

LAST CALL to ALL Courageous Men of Westmoreland County to...



Walk a Mile in Her Shoes®

The 5th Annual Men's March to Stop Rape,
Sexual Assault & Gender Violence

WE INVITE YOU to become actively involved in Blackburn Center's mission ...
to raise your voice (as you move your feet!) in speaking out against
the social norms that perpetuate domestic and sexual violence.

Saturday, April 18, 2015

St. Clair Park, Greensburg

Registration: 9:00 AM – 9:45 AM

Opening remarks at 9:45 AM, walk begins at 10:00 AM

Registration is \$5 for each participant.

Men, women, and children are welcome.

Includes free event t-shirt (while supplies last).

TO REGISTER OR FOR MORE INFORMATION

www.blackburncenter.org

or call 724-837-9540 x144

TO REGISTER ONLINE

**Go to blackburncenter.org and click on
"register for an event"**

In Westmoreland County, a project of



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TUSCANO
AGENCY

Honorary Chairs:

Commissioner Chuck Anderson

Commissioner Tyler Courtney

Commissioner Ted Kopas

LIVE UNITED



United Way of
Westmoreland County

Teams are encouraged! Form groups at work or school and walk as a team.

You may carry an identifying banner, but the banner must be pre-approved by Blackburn Center prior to the Walk.

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In support of Blackburn Center's commitment to engaging men in our mission to end gender violence, we invite men of all ages to read and commit to the:

10 THINGS MEN CAN DO TO END GENDER VIOLENCE

I JOIN BLACKBURN CENTER'S MISSION TO END GENDER VIOLENCE BY PLEDGING TO:

1. Approach gender violence as a MEN'S issue involving men of all ages, socioeconomic, racial and ethnic backgrounds.
2. Not look the other way if another man is abusing his partner or is disrespectful or abusive to women and girls in general. I will urge him to seek help. If I am not sure what to say, I will consult a friend, parent, professor or counselor. I WILL NOT REMAIN SILENT.
3. Have the courage to look inward. I will question my own attitudes and try hard to understand how my own attitudes and actions might inadvertently perpetrate sexism and violence and work hard toward changing them.
4. Gently ask if I can help if I think that a woman close to me is being abused or has been sexually assaulted.
5. Seek professional help NOW if I am or have ever been emotionally, psychologically, physically or sexually abusive to women.
6. Be an ally to women who are working to end all forms of gender violence.
7. Recognize and speak out against homophobia. Discrimination and violence against lesbians and gays are wrong in and of themselves. This abuse has direct links to sexism.
8. Educate myself and others about gender inequality, the root causes of gender violence and how larger social forces affect the conflicts between individual men and women.
9. Protest sexism in the media. I will refuse to purchase magazines, films or music that portray women in a sexually degrading or abusive manner.
10. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. I will lead by example.

Adapted from "10 Things Men Can Do To Prevent Gender Violence" by Dr. Jackson Katz, 1999.

Actions

What are some actions YOU can take to support this pledge?

- Encourage other men to take action to end gender violence.
- Speak up if you think a friend is abusing his partner.
- Think about what you are really saying if you say "man up."
- Ask what you can do to help if you know someone who has been raped or abused.
- If you have been abusive in any way in your marriage or intimate/dating relationship, take the necessary steps to end this behavior ... and be deeply committed to the changes you'll need to make.
- Educate yourself about the issues of domestic and sexual violence.
- Lead by example by never excusing or remaining silent about violence, and by communicating with other men and boys about gender violence.
- Understand the impact of the words you use.
- Educate yourself about homophobia. Call out homophobic behaviors and attitudes.
- Become a conscious consumer of media. For example, refuse to buy products that use degrading images of women in their advertisements, change the channel when an offensive show comes on TV, refuse to read books like "50 Shades of Grey" or buy tickets to movies that glorify abuse and violence against women, refuse to play video games where women are sexualized, raped, beaten or otherwise abused.
- Think critically about ads—why is a half-dressed woman being used to sell a car?
- Seek out opportunities to interact with and mentor boys and young men, to share your experiences.

THE SPECIAL OCCASION CARD: A GREETING WITH A PURPOSE

In 1853, Esther Howland brought young girls into her Massachusetts home to hand-color valentines. She provided them with shelter and an opportunity to earn a livelihood. In that tradition, this specially created collector's card was designed by a Blackburn Center client.

For 16 years, Blackburn Center has offered a meaningful way for you to mark important occasions and celebrate special people in your life through our *Special Occasion Card*. This year's card, designed by a Blackburn Center client, features a verse from Emily Dickinson:

**Hope is the thing with feathers that perches in the soul –
and sings the tunes without the words – and never stops at all.**

For each \$25 gift to Blackburn Center, we will send a card to the person you specify and will include your personal message inside the card. For any level of giving, your name and the name of the person or occasion you honor will be included in the fall edition of our newsletter, and your name will appear in Blackburn Center's Annual Report. (If you prefer, we will list you as "anonymous.") We have enclosed a remittance envelope in this newsletter for your convenience.

Please consider this way to touch the lives of thousands of people in our community as you touch the lives of those you honor. On behalf of those we serve, thank you for sharing in our mission.

Planting the seeds of promise to nurture a bouquet of hope.

ENDING GENDER VIOLENCE THROUGH COMMUNITY ENGAGEMENT

Mission: Blackburn Center advocates for the rights of all individuals to live free from domestic and sexual violence in their homes and communities by eliminating the root causes of this violence and providing for the well-being and safety of survivors/victims.

In support of our mission to end gender violence, Blackburn Center is working to expand its educational focus beyond what individuals can do to reduce the possibility of abuse to community engagement to end this violence. This means addressing the beliefs and behaviors in our neighborhoods and broader society that promote violent behavior. The agency is moving beyond community awareness to community action in its prevention/education programming. This work has several components:

Partnerships with College Campuses: Blackburn Center is in partnership with colleges and universities in Westmoreland County to address the issues of domestic and sexual violence by creating opportunities to develop and evaluate primary prevention strategies, engage students in Blackburn Center's social transformation goals, and test the effectiveness of Blackburn Center's messaging with young adults.

Social Media: Blackburn Center's website, blog and other social media strategies (Facebook, Twitter, and Pinterest) invite community members to talk about how media and cultural messages promote violence, as well as how concerned individuals can take action.

Future Advocates of Blackburn (FAB): This group was founded on the idea of getting feedback from young professionals in the community on topics that support Blackburn Center's mission. It has evolved into a group of concerned citizens who gather four times a year to explore what changes would need to happen in our communities to end gender violence.

Walk a Mile in Her Shoes: Men from all walks of life stride, stroll or saunter one mile (some in women's high-heeled shoes!) and join their voices with women in speaking out against the social norms that perpetuate domestic and sexual violence. In 2014, close to 1,000 participants, including 180 brave men in heels, turned out to make the fourth "Walk" a big success. This year's walk will be on April 18, 2015, with an even bigger crowd expected!

Engaging Men: By working with men, Blackburn Center helps to build new models of masculinity and manhood, which reject gender violence and build respect for women. These initiatives teach men how to stop violence — not only by refusing to participate, but also by challenging other men who do participate in it and by calling out the ideals and attitudes that support violence against women. The goal is to empower men in Westmoreland County to take an active role in ending domestic and sexual violence.

Join us in this important work! If you'd like to learn more about these initiatives, please contact Ann Emmerling, our Executive Director, at 724-837-9540, x115.

PAYING IT FORWARD – NOT A NEW IDEA ...

Quatrini Rafferty has served as Blackburn Center's solicitor for nearly as long as the agency has been providing services in Westmoreland County – and has done so at no charge to the agency. This very generous contribution has provided much-needed support for Blackburn Center while allowing us to devote more of our financial resources to client and education services. In this newsletter, we share a perspective on this relationship from our community partners at Quatrini Rafferty.

Blackburn Center Against Domestic & Sexual Violence has many long-standing relationships with the community. One of those relationships is with *our* law firm, Quatrini Rafferty. As a law firm, we are proud to serve the needs of an organization that does such important work in our community.

The relationship between Blackburn Center and Quatrini Rafferty goes back to the 1970's. At that time, a group of community members – including local attorneys – recognized that there needed to be an organization in Westmoreland County devoted to reaching out to members of the community who had been raped or were trapped in abusive relationships. While it may have been called different names in the past, what is now known as Blackburn Center came into being through those efforts. The agency is here today because of the work and vision of these local attorneys and other community members.

The evolution of Blackburn Center has been amazing *for us to watch*. While still being available 24/7 to help those in need through hotline and shelter services, Blackburn Center has also taken on the challenge of educating the community and dared to think that community attitudes can be changed to ultimately end domestic and sexual violence.

Along the way, Blackburn Center has had the assistance of Quatrini Rafferty. Our office has helped with legal matters ranging from fending off requests for records kept in the process of helping victims of domestic violence to drafting leases and other corporate documents. In providing these services at no charge, Quatrini Rafferty has allowed Blackburn Center to concentrate on its core mission and vision without the distraction of worrying about legal issues.

We hope that providing these legal services has been a small help to everyone who is in need of the important services provided by Blackburn Center. This great relationship demonstrates that in helping each other, we can grow a better and stronger community. As Quatrini Rafferty pays it forward, we challenge everyone in our community to do the same. Pick an organization or effort that you are passionate about and you can support – and see the difference you can make by paying it forward.

NEEDS LIST

Items Needed throughout the Year for the Emergency Shelter for Battered Women and Former Residents

You may also access a current needs list on Blackburn Center's website (www.blackburncenter.org, then click on the "donate" button).

KITCHEN

Baking pans: 9" x 13" aluminum
Coffee (regular)
Coffee creamer
Cooking oil
Cooking utensils
Dish drainers
Dishpans
Dishwasher detergent
Drink boxes

Food items:

any canned food, other non-perishables, etc.*

Tall kitchen garbage bags
Packaged snacks for lunches
Paper products: paper towels
Paper towel holders
Skillets
Small appliances: toaster, knife sharpener, mixer, coffee maker, can opener
Spices and condiments
Zip-lock bags:
1 and 2 gallon sizes

**Food items we especially need include: all kinds of soups, condiments (mayonnaise, mustard and catsup), jelly, cake and brownie mixes, canned tuna, canned chicken and other meats, canned or bottled juices.*

BEDROOM

Bed pillows
Bed-in-a-bag sets
Garbage bags: 8 gallon size
Night lights
Pajamas:
women's one-size-fits-most & extra-large sizes, sleep shorts & housecoats, infants sizes 6 to 24 months and teen sizes

BATHROOM

Bath mats
Garbage bags: 8 gallon size
Paper products: toilet paper
Plungers
Shower curtains and rings
Soap dispensers
Toilet brushes
Towels: durable, bath and hand towels, and washcloths

PERSONAL CARE

Hotel-size items are no longer needed.

Conditioner
Body wash
Hand lotion

MISCELLANEOUS

Bras: all sizes
Bottled water
Brooms
Buckets
Diapers: Sizes 3, 4, 5, 6+
Eye contact solution
Fabric softener sheets
Flashlights
Gasoline cards:
(GetGo or Sheetz)
Gift cards:
(Walmart or Giant Eagle)
Laundry detergent
Laundry baskets
Markers: washable
Mops
Nasal aspirators
Outdoor garbage bags
Play Doh: (*brand name*)
Pull-up diapers:
larger sizes
Sweat suits: all adult sizes
Telephones
Tool kits
Umbrellas
Underpants:
boys & girls all sizes;
women's sizes 5, 6, 7, 8, 9
Women's tube socks

A donation of items from the needs list throughout the year helps Blackburn Center sustain the shelter program, and helps to maintain the support groups the agency provides for women and children. In addition, some of these items are made available to women – and their children – who are establishing their own homes and need support with basic household items.

Please put the items that are in **bold italics** at the top of your shopping list, and help Blackburn Center manage donations by bringing new items. If you have used items to donate, the agency can provide a list of thrift shops in the area that make items available to Blackburn Center shelter residents at no cost to them.

For more information about donation opportunities, contact us at 724-837-9540.



PO Box 398
Greensburg, PA 15601-0398

Address Service Requested

Nonprofit Organization
U.S. Postage
PAID
Permit No. 648
Greensburg, PA

Blackburn Center Against Domestic & Sexual Violence is a private, not-for-profit organization that provides 24-hour hotline services, counseling, advocacy and support groups to survivors of domestic violence, sexual assault, incest, child sexual abuse, and sexual harassment; emergency shelter is available to survivors of domestic violence and their dependent children. Blackburn Center also provides community education, school student awareness programs, and in-service professional trainings throughout Westmoreland County.

Contact Information

Office 724-837-9540
Fax 724-837-3676
Hotline 724-836-1122
Toll Free Hotline 1-888-832-2272
Website www.blackburncenter.org

Blackburn Center is funded in part by United Way of Westmoreland County, PA Department of Public Welfare funds, including Title XX and Act 44 funds, foundations and local contributions.

A copy of official registration and financial information for Blackburn Center may be obtained from the PA Department of State by calling within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.

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LIVE UNITED

 United Way of Westmoreland County

Donor Designation 382

PLEASE NOTE: Deliver donations to Blackburn Center's administrative offices on Tuesdays and Thursdays from 9 AM to 4 PM. Please call if you cannot bring your donation during regular business hours. We can make other arrangements if necessary.