



Batterers are often considered individuals who terrorize, intimidate, control and abuse their partners. And, they typically do it again and again. In fact, 31 percent of those convicted on a misdemeanor domestic violence charge were arrested again within a year of being released, according to the Center for Court Innovation, and 44 percent were arrested again within two years.

If someone has abused you or another person in the past, are they destined to repeat their actions in the future?

“The chances are high that an abuser will be abusive again, and any past history of domestic violence should be a huge red flag,” says Gretchen Shaw, NCADV associate director. “In order to change, the abuser has to consciously choose to change and take responsibility for being abusive, permanently.”

The question is how do you know if someone has truly changed? Here are some indicators.

He or she has gone to counseling. A lot of counseling. Alone. Notice we didn’t say they’ve gone to counseling with you. “Abusers really need to do individual therapy first to work out their issues,” says Dani Bostick, a counselor and member of the American Counseling Association. “You can’t make an abusive relationship healthy by going to couples counseling. That presupposes it’s a relationship problem and that the abused partner is somewhat to blame. That’s not the case at all.” Additionally, it may place the victim in further danger of being abused.

He or she does not badmouth the ex. If you’re considering a relationship with someone who previously was abusive, consider how he or she speaks about exes. If your potential partner blames an ex for all their problems or calls him or her crazy, take note.

“Slandering past partners is a big red flag that an abuser hasn’t changed,” Bostick says. “That shows a lack of respect for previous partners and isn’t a good bonding technique with a new partner.”

Keep in mind that however someone speaks about an ex is likely how he or she could speak about you one day.

They take responsibility. Abusers who have changed will see the error of their ways and take responsibility for their actions—full responsibility. If someone blames their partner for any part of the abuse or begins negotiating his or her part in the abuse, that’s a clear sign he or she is not reformed.

“If there’s any element of blame, including blaming previous partners, that’s a sign that that person may still be abusive,” Bostick says. “Someone being nice or less mean might just be part of the pattern of abuse. And remember that abuse patterns can change, too. Don’t think just because a lot of time has gone by between abuse doesn’t mean it isn’t still there.”

(Thanks to National Center on Domestic Violence for the shareable content article.)

THANKS TO ALL OF YOU!



Once again we have so much to be thankful for. We had a great outpouring of support for the holiday toy and Mom's gift drive and many churches, businesses and individuals donated toys, clothes and needed items to make our clients holidays great.

We thank you all from the bottom of our hearts.

In February we had our 10th Annual Willy Porter Concert at a new venue and despite it being a bit hard to find...you came and were treated to an incredible concert with Brett Newski opening for Willy and Carmen Nickerson. The concert was packed with appreciative fans and the music was spell binding. Advocates raised just over \$7,000 this year thank's to the generosity of so many of you and our sponsors, **Port Washington State Bank**.

Thank you to **Coldwell Bank Foundation** for their \$7,250 gift to Advocates. Each of the realtors work hard to raise these funds and we are honored to receive them.

We couldn't do it without all of your support! Thank you!

Unbroken Challenge COMING APRIL 30th - 7:30am to 10:00am

Cross Fit Unbroken (CFU) of Cedarburg is hosting the "Unbroken Challenge"; a true test of fitness, strength and toughness. Can you survive "The Unbroken Challenge"? The event, on April 30th will bring awareness to domestic and sexual abuse as we seek to survive this test to support those real survivors. All proceeds will go to Advocates of Ozaukee.

Patrick Manner and Kyle Krogmann, partners at CFU, work everyday to empower individuals through the sport of Cross Fit. "We are asking our CFU family, friends and anyone with a desire to support this event to either participate, cheer on our athletes, or donate much needed funding to Advocates." the coaches stated. You can pledge at [Gofundme.com](https://www.gofundme.com) - **Unbroken Challenge** anytime prior to, during or following the event. Pledge for each pound lifted!

Together we can take the necessary steps to help victims reclaim their personal power, change their lives and survive. UNBROKEN!

As thank you, anyone participating will be offered a free one month membership to all new guests to the gym. **The gym is located at N69W5289 Columbia Road Cedarburg. Refreshments will be served.**



www.bodybuilding.com

ADVOCATES OF OZAUKEE

April is Sexual Assault Awareness Month

January 3, 1972, I won't ever forget that date and the moment I heard that my roommate and friend Mary had been murdered during an attempted rape. My life changed that moment and for the past forty plus years I have taken Mary with me on many of my journeys. Some of those journeys, like my work at Advocates, were inspired by Mary and the events of that January.

I have seldom mentioned this to people whom I work with, to colleagues, or even to board members at Advocates. I'm not sure why; it just didn't feel right. For some reason that has changed. The past few months I have felt the need to tell the story of my vibrant, strong willed, easy to laugh friend, try to stop remembering her first as a victim. I had stopped remembering her as a friend, a pal, a conspirator in fun and games and always remembered her first as a victim, a loss.

Today I change that. Today I start to again remember my friend who happened to be in the wrong place, working at a pizza take and bake at 5pm on a Tuesday evening, at the wrong time and suffered the ultimate fate for that. I've worked hard but am finally there, to the place I wanted to be, to remembering her as the smiling young woman in her favorite purple dress and not the body I pictured on the pizza place floor.

What I remember most from that time and what I believe has drawn me to this work is the amount of blame placed on Mary for happening to be alone at work, for not fighting hard enough, for dying under such torrid circumstances. Most remarkably to me was that at her funeral service the officiant asked us all to pray "extra hard for her that given the circumstances of her death her path to heaven may be harder." Wow, I lost it at that moment. How could anyone believe that? I was totally shocked and oh so very angry.

In 2016, we are better about not blaming the victim, at least we recognize it, but we are still in the throes of a rape culture that all too often blames the victim, even a little, for what they wore, what they drank, how they "put" themselves in harm's way. Just this week I read an article about a judge in Spain who asked a victim if she couldn't have kept her legs together. Really!

This April during our yearly Denim Day, a day set aside to stand up and say, "We are done with victim blaming", "We are done with a culture that allows perpetrators to keep offending." I will be participating in a different way. I will be celebrating the life of a friend and at the same time calling for a change in how we deal with victims, and an end to our rape culture that allows perpetrators to go free. Mary's murderer, someone she had gone to grade school with, was only caught when he confessed during a parole hearing. He was about to be released again from prison after being caught raping another young woman, when he told the parole board he was afraid he would rape and kill again. He is now serving a long, long sentence.

Please join me on April 27th, wear denim for someone you love who was a victim or join me in honoring Mary.

Barb Fischer

Save The Date



Plan to join us on September 29th at the Wisconsin Museum Of Quilts and Fiber Arts for a wine, cheese and chocolate tasting. We are working on the details for this exciting evening and will be sending out more information with our next newsletter.



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ADVOCATES

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Join Us For The New Advocates Beyond Abuse Group



Thursday 6-7:30pm
A Support Group for survivors of trauma.



After the initial trauma is over we are sometimes still left with the after effects.

- * Learn about resiliency and increasing protective behaviors.
- * Spring back despite exposure to extreme stress.
- * Share resources and information with group members.

Call Pam at 262-284-3577
Pre-registration required.

