

# Shalom Bayit

#### **ENDING DOMESTIC VIOLENCE IN JEWISH HOMES**

*Summer 2013 ~ Tammuz 5773* 



#### **Support Groups**

Offered in San Francisco, the East Bay, Marin, and the Peninsula, all healing groups are free and open to women who have been abused in a current or past relationship. For details call our Bay Area Toll-Free Helpline

#### 1-866-SHALOM-7

West Bay groups made possible by the Jewish Community Endowment Newhouse Fund

East Bay groups made possible by the Civic Foundation and by a joint grant from the Jewish Community Foundation and Jewish Federation of the East Bay. Thank you!



Newsletter Editor Abigail Taubman

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Shalom Bayit is a beneficiary of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties, a project of the Tides Center, and a proud member of the San Francisco Domestic Violence Consortium.

#### **Turning 21: Coming of Age**

Naomi Tucker, Executive Director

I'll take any opportunity I can get for renewal. Beginning a new year, a new life stage, marking a transition to a new phase – rituals that mark our growth are precious opportunities to re-envision ourselves, begin anew or strengthen what is already there. In Judaism we delineate age 13 as the moment of transition to adulthood. American culture celebrates that milestone at 21. Regardless of what year you choose, each is an opportunity to pause and reflect – and personally, I'll take them both, because those reflective moments create openings for positive change.

As Shalom Bayit celebrates 21 years of empowering women and teens, we are exploring what it means for both individuals and organizations to come of age with the right tools to build healthy futures. In our abuse prevention programs we ask: what tools do young people need in order to build a foundation for healthy relationships as they enter adulthood? As an organization, we ask: how do our agency and programs reflect 21 years of experience?

#### **Towards Healthy Relationships**

Turning 21 is a critical time. Young people must suddenly be ready to face "the real world." As parents we worry about our college graduates' final departure from the nest: Will they stay "out of trouble"? Are they ready to support themselves, get a job, carve a career path? When we pack our kids up for their next phase of life we want to send them off with the right tools and skills. It's critically important to make sure relationship skills are on that list.

One of the key ways to prevent domestic violence in adult life is to ensure that children learn about healthy and unhealthy relationships before they begin to form their own. Kids need exposure during their early adolescence, and reinforcement throughout their teenage years. If we don't prepare young people to know what they want, seek out healthy patterns, and recognize red flags, how can we expect them to create healthy relationships?

—continued on p.2

#### Reflections on Creating Hope

Rabbi Howard Ruben

Head of School,

Jewish Community High School of the Bay

Creating Hope was an important evening because of the power of stories. There is a story, retold by Ellie Wiesel, about the Baal Shem Tov who had a ritual for seeking protection for his community. The ritual included going to a special spot in the forest, lighting a fire, and saying a particular prayer. With that ritual, the community was protected. Then generations later - long after the place, the fire, and the prayer were forgotten - all that remained of the ritual was this story about it.

Telling the story protected the community. Wiesel concludes by writing, God created humanity because God loves stories. So it was the night of *Creating Hope* - I was mesmerized by the stories we heard about a community that needs protecting. Shalom Bayit was instrumental in transforming stories of fear and loneliness into tales of courage and hope. I am grateful for Shalom Bayit's evening of stories to remind me how much God loves those who tell stories and how much work remains to protect the dignity of all in our community.

### **Upcoming Events**

August 6th

Safe At Home—SF Giants

Jewish Heritage Night at the Ballpark
(San Francisco)

September 29th

Celebrate Sukkot with Shalom Bayit Join us in creating a shelter of peace (East Bay)

Oct 11th -12th • Shabbat Shalom:

A Sabbatical from Domestic Violence Shalom Bayit's annual sermon campaign, Parshat *Lech Lecha* (Bay Area wide)

May 14th, 2014

**Creating Hope** 22<sup>nd</sup> Anniversary Gala (San Francisco)

Tickets, location & info: (510) 451-8874, (650) 574-7233 or events@shalom-bayit.org

That's why we chose to make that topic the focus of our annual *Creating Hope* benefit dinner this year, highlighting the voices of young people – along with experts in the field – to share what they know about guiding youth towards healthy futures.

#### Creating Hope

Our annual dinner on May 8th was a powerful evening, with young people and experts in the field teaming together to help us plan for a future free of violence. The sold-out crowd of nearly 300 people was propelled to action by our keynote speakers Esta Soler (Founder and President of Futures Without Violence) and filmmaker Jeffrey Brown (whose upcoming movie SOLD about child trafficking will premier next year), and by young voices alongside them on stage. We were entertained by talented students from Jewish Community High School of the Bay. We heard from young women like Shira Chester and Sarah VanZanten sharing their personal stories of teen dating violence, and from teens as young as 12 spreading a message of respect. Their visions and voices were profoundly inspiring and encouraged all of us to engage in the task of guiding youth towards safe and healthy relationships.

In this newsletter we bring you some highlights from that wonderful evening: from celebratory photos (p.3) to one of the powerful spoken word pieces shared from the stage (p.4), and a guide for teaching healthy relationship skills to young people (p.5). We hope all of these pieces inspire you to pass on a message of hope to the next generation.

#### Coming of Age as an Organization

In our first decade Shalom Bayit was a small, all-volunteer task force, planning programs from our kitchen tables and meeting women in cafés when they called us to ask for help. We entered our second decade transforming that task force into a strong professional agency, slowly building our staff team, board, and communal visibility. Now with offices on both sides of the Bay, clients in nine counties, and highly effective programs serving over 2,000 women, teens, families

and community members each year, Shalom Bayit is a name people recognize as a safe haven, a strong voice, and an effective program making a tangible difference. Most importantly, confronting domestic violence is recognized as a Jewish communal priority – and Shalom Bayit is a vital part of our community's core services. With all these successes, the next natural stage in our growth is to focus on strengthening our core (think pilates) and increasing our reach. This means both ensuring our infrastructure can support the communal needs that arise, and reaching out to those who may not yet know about our programs.

Some important infrastructure changes we've been working on as we "come of age" include adding a new staff person to our team (Abby Taubman, our new administrative support person), redesigning our offices to update technology systems and renovate the counseling space for clients; and improving our website with a new site that will launch later this year.

After 21 years of awareness-raising, healing, empowerment and education, Shalom Bayit has changed the communal conversation about domestic violence in Jewish homes. As we look to the future, our next task is to expand the tent of who is involved in building solutions. In the coming year several new strategic initiatives will help us broaden our reach to increase the effectiveness of our abuse prevention efforts. These include adult workshops on healthy boundaries, synagogue and agency protocols for responding to domestic violence, engaging more men to be a voice against domestic violence, and extending programs to segments of the community that may not be aware of our services. We'll be counting on all of you to help us grow in all those ways - and to spread the word about Shalom Bayit within your circles. Because if there is one hope I have for Shalom Bayit's coming of age, it is that we grow into our next phase of life within a strong community of friends. After all, as Golda Meir said about building Israeli society, "I never did anything alone. Whatever was accomplished in this country was accomplished collectively."

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#### A WARM WELCOME

Please give a warm welcome to the newest member of our team: Abigail Taubman, Program Associate. Abby comes to Shalom Bayit committed to the mission of ending domestic violence in the Jewish community and in all communities. After receiving her B.A. in Community Based Mental Health in 2012 from Pitzer College, Abby is excited to begin working with activists, change makers, and healers in the Bay Area who dedicate their lives to creating a violence free world.

Abby can be reached at our main office at (510) 451-8874 or abby@shalom-bayit.org.
Welcome, Abby!

#### Thank you to our In-Kind Donors (7/12 - 12/12)

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## 21st Anniversary Celebration May 8th, 2013

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### **BREAKING SILENCE** by Dyanna Loeb

for everyone who asks, why didn't you tell anyone?

I dream

about picking the lock the day he deadbolted me into our apartment I dream about running downstairs revealing my swollen red black and blue face to the guy at the borekas shop

I fantasize about stumbling into the police station blood not yet dried under the skin of my forearms before I showered the evidence off my inner thighs bumps still protruding from my skull misplaced mountains and telling them his name

What if I told my teacher the truth?

Sorry I can't come to class or meetings all week. My boyfriend beat me so bad last night I can barely walk and my eyelids are so swollen I can barely see and the blows impacted my jaw so hard that it hurts to chew.

I wake up

silence traps me.

I call in sick for a week.

When my concerned program counselor sends me to a therapist,

I say,

"He just gets angry and yells sometimes."

She tells me

"Unless you want to leave him, there's nothing I can do for you."

I remember the first time I ever saw a man hit a woman

was in Israel 2 years ago,

and when I asked my roommate to help me call the

because my Hebrew wasn't good enough,

he brushed me off

"There's no point. They won't do anything."

So I lay in bed quiet/stomach gnawing smell the borekas baking but never venture downstairs never open my mouth and have a taste

Dyanna Loeb is an MC, poet & dancer. She is currently writing her first full-length poetry collection, to be published by First Word Press in July 2013. You can find her music and upcoming performance dates at facebook.com/dynamic510

Thank you to Creating Hope chair extraordinaire JAN REICHER, and to Honorary Host Committee chairs Leona & RABBI STEVEN CHESTER.

Together with our many generous supporters and sponsors, you helped Creating Hope meet our ambitious fundraising goal of raising \$100,000 to support Shalom Bayit's programs.

We are grateful for the community's partnership in making healthy relationships a right and responsibility for all.

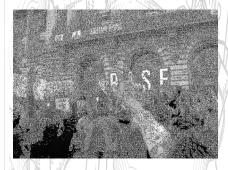


- 1. Talk to teens about relationships both healthy and unhealthy. Start this early and often. You can use Jewish text and teachings as a springboard for your conversation.
- 2. **Teach** young children about healthy friendships, peaceful conflict resolution, strong communication skills and healthy boundaries.
- 3. **Counter** harmful gender stereotypes by teaching girls and boys that beauty comes from within, that they are not defined by others, that every person is in charge of their own body, that it's OK for boys to cry and express their feelings, and that respect is cool.
- 4. Ask teens what's important to them in a healthy relationship and then genuinely listen to what they have to say.
- 5. Give information about dating violence and sexual assault not to alarm, but to inform. Remember that knowledge is power, and it's good to think in advance about "what you would do if..."
- 6. Point out things you see out in the world a movie scene, a music video, an argument you witness at the grocery store and ask teens for their opinion on what they saw/felt/noticed.
- 7. Watch what teens are watching and pay attention to what is important to them. Share your opinions, and respect theirs too.
- 8. **Empower** kids with the tools they need to protect <u>themselves</u>, as well as the courage to stand up for what they believe in if they <u>witness</u> bullying, harassment or other harmful behaviors. Bring up topics like love, respect, control, consent, dating, peer pressure, and ways technology can help or harm.
- 9. Bring Love Shouldn't Hurt workshops to your school, synagogue or youth group. Every teen deserves healthy relationships education!
- 10. Model healthy boundaries and relationships– in your own family, home, workplace, congregation and community.

Through interactive workshops for middle, high school and college students *Love Shouldn't Hurt* helps young people recognize abusive behavior and gain the knowledge and tools to make healthy relationship choices in their future. *Contact us* to schedule a teen or parent workshop in your school, synagogue or youth group!

teen@shalom-bayit.org 510-451-8874

# Shalom Bayit Around The Bay



One Billion Rising

On February 14<sup>th</sup> Shalom Bayit staff, board, and volunteers took part in the One Billion Rising event at San Francisco City Hall, the largest global action in history to end violence against women and girls. Women and men in 207 countries came together to dance and RISE up to express their collective outrage towards violence against women.



2<sup>nd</sup> Annual South Bay Womyn's Conference

On March 9th Youth Program Coordinator Zephira Derblich-Milea led a workshop on healthy relationships and setting healthy boundaries at San Jose State University. This was the second year that this workshop was offered at the South Bay Womyn's Conference and we look forward to more in the future!

#### Strengthening Leadership

Executive Director Naomi Tucker was invited to join two Jewish leadership initiatives this past year. Locally, Naomi was part of UpStart's leadership cohort for directors of small Bay Area Jewish nonprofits, a project funded by the Walter & Elise Haas Fund. She was also accepted into the Bay Area cohort of Selah, a national leadership development program for Jewish social justice leaders. Selah is a collaborative project of Bend the Arc: A Jewish Partnership for Justice and the Rockwood Leadership Institute. "I have loved being part of these two amazing programs," Naomi writes, "Both provided valuable training and mentoring to deepen my leadership skills. It is a privilege to learn and grow in a community of colleagues."

#### Honorary and Memorial Gifts July 2012 – December 2012

#### **Honorary Gifts**

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In honor of
Brenda Gates-Monasch
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# 2012 Semi-Annual Report (Donations & grants received July - December 2012)

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### **Shalom Bayit**

P.O. Box 10102 Oakland, CA 94610 www.shalom-bayit.org www.love-shouldnt-hurt.org Phone: 510-451-8874

Helpline: 510-451-SAFE or 650-574-SAFE
Bay Area toll-free helpline: 866-SHALOM-7

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# Live in the North Bay? Know someone who might need our support?

#### MARIN WOMEN'S SUPPORT GROUP

Coming this fall to a confidential Marin location. For women in abusive or controlling relationships (past or present). A supportive gathering of women and experienced facilitators offer hope, help and healing in a Jewish context.

Co-led by Shalom Bayit and the Bay Area Jewish Healing Center FREE; childcare provided.

For more info or to sign up, call Shalom Bayit toll free at: (866) SHALOM-7 (866-742-5667)

### Everyone has the right to be...

# SAFE AT HOME

Come schmooze at the ballpark with us! Tuesday, August 6<sup>th</sup>, 2013 ♦ 7:15pm

Bring your family and friends to join the Shalom Bayit contingent for Jewish Heritage Night at the Ballpark. World champion San Francisco Giants will face off against the Milwaukee Brewers.

Reserve your tickets now! (650) 574-7233 or safeathome@shalom-bayit.org



### Shalom Bayit Wish List

Gift cards for food and basic necessities (Target, Safeway, etc.) Laptop

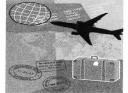
In-kind & financial contributions are tax deductible.

Please send your gift to "Tides Center / Shalom Bayit" at PO Box 10102, Oakland 94610 or donate securely online at www.shalom-bayit.org

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# Three Cheers for our VOLUNTEERS (July 2012 - present)

Sally Aelion Dafna Bearson Lee Bearson Laura Bingham Tamela Broer Leona Chester Valerie Curtis **Diane Davies** Susan Davis Sam Dolin John Ebel-Davies Josiane Feigon Heidy Feinberg Lori Fineman Liana Hersh Marilyn Hoffman Deborah Israel Zara laffe Stacy Kahn Lisa Kama Eva-Lynne Liebman Iodi Magen Lamda Chi Mu Marcia Meister Miriam Reed Robin Reiner Jamie Rose Melly Rosen Linda Schireson Carole Siegel Iris Sorokin Jeri Taylor Kate VanZanten

#### THANK YOU

to the many individuals, foundations, businesses and organizations who make our programs a success.
We couldn't do this without you!



Don't forget to send us those old cell phones, iPods, & iPads!

You will be helping to provide 911 emergency phones for battered women, and raising funds for Shalom Bayit too!