

SHALVA NEWS

Giving voice to the unspeakable...
responding to domestic abuse
in Jewish homes.



FALL 2005

UNITY DINNER

TUESDAY, DECEMBER 6, 2005

HYATT REGENCY CHICAGO COCKTAILS: 5:30PM • DINNER: 6:30PM

H O N O R I N G



**RODEF SHALOM AWARD RECIPIENTS: MARGIE MUCHIN GOLDBLATT,
ELAINE MUCHIN, KAREN MUCHIN & ANDREA MUCHIN LEON**

GLADY ISER AWARD RECIPIENT: ANDREA YUSIM MELTZER

**KEYNOTE SPEAKER: RABBI JOSEPH TELUSHKIN,
AUTHOR, "WORDS THAT HURT, WORDS THAT HEAL"**

DINNER CO-CHAIRS: LISA NEWMAN, VIKI RIVKIN AND RIVKA ZELL

AD BOOK CO-CHAIRS: DEBBY HECHT, JEN GROSSMAN LEVINE AND SUSAN MALTER

RAFFLE CO-CHAIRS: CORTNEY STARK COPE AND RACHEL TREISTER

CALL 773-583-HOPE (4673)

(MORE INFO. ON PGS. 4-5)

**May you be inscribed for a good and blessed New Year.
L'Shana Tova!**

Letter from the President

Carol Gaines



It is that time of year again...change is in the air, the kids are back in school, the weather is finally getting cooler and yes, Congress is back in session. You may wonder what the connection is between Congress being back in session and SHALVA. The answer is simple: VAWA. The Violence Against Women Act (VAWA) was enacted in 1994, reauthorized in 2000, and will expire in September 2005, unless Congress votes to reauthorize it yet again.

VAWA is a landmark piece of legislation that sought to improve criminal justice and community-based responses to domestic violence, dating violence, sexual assault and stalking throughout the country. When originally enacted in 1994, VAWA fostered community-coordinated responses that brought together, for the first time, the criminal justice system, the social services system, and private nonprofit organizations responding to domestic abuse.

When VAWA was reauthorized in 2000, it identified the related crimes of dating violence and stalking and created a much needed legal assistance program for victims of domestic abuse and sexual assault. Without question, the passage of VAWA in 1994 and its reauthorization in 2000 has changed the landscape for victims of domestic abuse who once suffered in silence.

This is why the reauthorization of VAWA in 2005 is a must. Sponsored by U.S. Senators Joe Biden (D-DE), Orrin Hatch (R-UT) and Arlen Specter (R-PA), VAWA of 2005 renews several successful programs and provides funding for training, education and outreach so that state and federal agencies can do a better job of preventing violence against women and assisting victims of domestic abuse.

According to the United States Department of Justice, on average, more than 3 women are murdered by their husbands or boyfriends in this country every day. More than 2.5 million women are victims of domestic abuse each year and nearly one in every 3 women experiences at least one physical assault by a partner during adulthood. Reports also indicate that up to 10 million children experience domestic abuse in their homes each year. According to VAWA's author, Senator Joe Biden, "The Violence Against Women Act helped Americans recognize battered women are survivors worthy of our support, not women who should wear long sleeves and sunglasses to work to hide their bruises."

VAWA 2005 provides a comprehensive approach to combating domestic violence. It seeks to shift the response to domestic abuse from just the criminal justice system to a more community-based response: to help the victims become self-sufficient and will continue to serve the needs of children exposed to domestic abuse by providing funding for expanded services addressing domestic abuse.

Ten years of progress reinforces the hope that violence against women can be overcome. In 2005, we continue to strive for a nation without domestic abuse, dating violence, sexual assault, and stalking. As the new President of the Board of Directors of SHALVA, I am asking that YOUR voice be heard. So, when the school bus has pulled away from the curb and you've pulled that familiar sweater over your head to keep out the chill, think about the importance of VAWA of 2005. Pick up the phone, turn on your computer, or write a letter to your local congressman and voice your support for VAWA of 2005.

At SHALVA, we give voice to the unspeakable. For millions of American women and children, you can do the same. For more information, go to www.ncadv.org/publicpolicy/ViolenceAgainstWomenAct2005_165.html

SHALVA

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SHALVA NEWS
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SHALVA HAPPENINGS

SHALVA 2nd ANNUAL MEETING LUNCHEON

On June 21, 2005, 235 guests attended The Standard Club for SHALVA's Second Annual Meeting Luncheon to hear Lisa Madigan, Illinois' first female Attorney General, discuss the many costs of domestic violence in our community.

The Attorney General discussed how domestic abuse does not discriminate by race, religion or even economic status. She emphasized that 1 in 4 women will have to deal with some type of domestic violence situation in her lifetime. She focused on the many costs of violence –

emotionally and economically and explained what the Attorney General's Office is doing to assist victims of abuse.

Since she became Attorney General, Ms. Madigan has sponsored an initiative to help law enforcement officers provide critical information to domestic abuse victims. Her office has developed and is distributing "tear-sheets" which detail the rights of domestic violence victims under the Illinois' Domestic Violence Act. These tear sheets provide easy access to domestic violence service agencies, like

SHALVA, throughout the entire State of Illinois. Officers are now required to leave this sheet of paper after answering a domestic violence emergency call for assistance.

Additionally, Ms. Madigan made a surprise announcement that the Attorney General's Office has awarded a first-time grant of \$15,000 from the Violent Crime Victims Assistance Program to underwrite a portion of one of SHALVA's Crisis-Intervention Therapists!



(left to right) SHALVA Board members: Hilary Rosenthal, Hilary Greenberg, Susan Malter, Marilyn Eisenberg, Viki Rivkin, Janice Wannon (Executive Director) Lisa Newman, Cortney Stark Cope, Linda Schiffman, Rachel Treister, Debby Hecht & Hadassah Goodman, (seated) Carol Gaines & Faye Kroshinsky



(left to right) Carol Gaines (President Elect, SHALVA Board of Directors) Midge Perlman Shafton (President, JUF Board of Directors), Lisa Madigan (Illinois Attorney General), Faye Kroshinsky (President, SHALVA Board of Directors), Lynn Barron (Luncheon Co-Chair)



(left to right) Luncheon Co-Chairs: Shulamis Weinfeld, Edie Davis, Lisa Madigan (Illinois Attorney General), Lynn Barron & Nancy Moss



Jeff Schoenberg (Illinois State Senator) & Lisa Madigan (Illinois Attorney General)

SHALVA Unity Dinner

Tuesday, December 6, 2005

Hyatt Regency Chicago in the Crystal Ballroom

Cocktails at 5:30pm Dinner at 6:30pm

Dinner Co-Chairs: Lisa Newman, Viki Rivkin and Rivka Zell

Raffle Co-Chairs: Cortney Stark Cope and Rachel Treister

Ad Book Co-Chairs: Debby Hecht, Jen Grossman Levine and Susan Malter



Andrea Yusim Meltzer is the President and Owner of Executive Options, Ltd., an executive search and organizational consulting firm that was established in 1991.

Andrea serves on the Boards of Solomon Schechter Day School and Chicagoland Jewish High School, is a founding member of the Advisory Council of the University of Chicago Women's Business Group and has served on the Board of the Medical Research Institute Council of Children's Memorial Hospital.

Ms. Meltzer earned an MBA

from the University of Chicago and a BA from the University of Michigan. Andrea and her husband, Jeff Meltzer, live in Skokie and have two daughters.

Glady Iser Award:

In recognition of her ongoing commitment to SHALVA and her work to make Chicago a safer place for Jewish families.



Keynote Speaker:

Rabbi Joseph Telushkin is a widely known spiritual leader and scholar. He is the author of many highly acclaimed books, including Jewish Wisdom, Biblical Literacy, Jewish Humor, and The Book of Jewish Values. Born and raised in New York, he is a graduate and ordained rabbi of Yeshiva University in New York. He later pursued graduate studies in Jewish history at Columbia University. He is an author of many books on Jewish theology, philosophy, and history, and has written several novels as well as popular articles and television and film scripts. He has also written several books on Judaism and anti-Semitism with childhood friend and LA radio personality, Dennis Praeger. Joseph Telushkin lectures across the US, serves as an associate of CLAL, the National Jewish Center for Learning and Leadership, and as spiritual leader of the Synagogue for the Performing Arts in Los Angeles. He lives in New York City with his wife, writer Deborah Telushkin, and their four children.

Margie Muchin Goldblatt

has worked at Terrapin Properties, LLC, since 2001 as a real estate developer.

Prior to that she worked as a real estate consultant at S.B. Friedman & Company and for the City of Chicago's Department of Planning and Development. She received her Bachelor of Arts Degree from the University of Wisconsin (1988) and a Masters Degree from the University of Chicago (1991). Margie has been active throughout the Jewish community having participated in Israel programs, interning



(Left to right) Margie Muchin Goldblatt, Elaine Muchin, Karen Muchin & Andrea Muchin Leon

at the Ark and working at the Jewish Federation of Chicago. She has also served on the Associate Division of the Jewish Council on Urban Affairs. Margie and her husband, Tom Goldblatt, live in Chicago and have three children.

Elaine Muchin received a Bachelor of Science Degree and a Master of Education Degree from the University of Wisconsin/Madison.

She earned a second Masters Degree in Clinical Social Work from the Jane Addams School of Social Work at the University of Illinois/Chicago. Professionally, Elaine has served as the National Director of Marketing for Parkside Medical Services Employee Assistance Program Division in Park Ridge, Illinois. She co-founded the Human Resource Consulting Group in Chicago. She has served on the Board of the Jewish Family and Children Services, Urban Gateways Summer Camp, and was active in the Jewish United Fund of Chicago. Elaine was also a founding member of the Jewish Women's Foundation and is still an active member of that organization. Elaine has been a member of the Illinois Arts Council since 1988, and a member of the Women's Board of the Boys and Girls Clubs of Chicago since 1996. Elaine and her husband, Allan, reside in Chicago. Elaine and Allan feel blessed to have three daughters, three sons-in-law and seven grandchildren living near them in Chicago.

Karen J. Muchin has been an Originator in Direct Housing Investments for the Investment Bank at JP Morgan Chase, since 1995.

She is responsible for investing approximately \$70 million per year in affordable housing tax credit projects throughout the country. Karen has served on the Associate Division of the Jewish Council on Urban Affairs, and the Board of Directors of CityPAC, Personal PAC, South Lakeview Neighbors Association, The Tibetan Resettlement Project, and Friends of Ibrahim. Karen has a Bachelor of Arts degree

Rodef Shalom Award:

In recognition of their lifelong dedication and visionary leadership throughout our local community, as well as for Jews around the world.

from the University of Michigan (1986) and a Masters in Public Policy from Harvard University's John F. Kennedy School of Government (1991) where she received a Kennedy School Fellow Award. Karen and her husband, Charlie Kubert, live in Chicago and have two daughters.

Andrea Muchin Leon is a partner at the matrimonial law firm of Schiller, DuCanto and Fleck, where she has worked since 1991.

Andrea specializes in handling all aspects of highly complex financial, child custody and removal cases. Prior to practicing matrimonial law, she worked as a Cook County Assistant State's Attorney. Andrea served on the Board of Directors of SHALVA for five (5) years. Currently, she is very active in her children's school, Bernard Zell Anshe Emet Day School, where she serves on the executive board of the PTC. Andrea received her Bachelor of Arts degree from the University of Michigan (1984) and her Juris Doctor from Boston University School of Law (1987). Andrea and her husband, Michael Leon, reside in Chicago with their two children.

Domestic Abuse is no longer just a women's issue, it is a community issue.

Facing the reality that Domestic abuse exists in our own Jewish community is difficult and frightening. It is much easier to believe that it happens in other ethnic or religious groups. Domestic abuse occurs in the Jewish families at the same rate as it does in the general population regardless of religious affiliation, socio-economic status, age, race, or education. One in four women will experience some form of abuse in their lifetime. This means that someone you know; your daughter, sister, mother, aunt, niece, co-worker, neighbor or teacher could be abused, or worse yet, already has been abused. Domestic abuse threatens the very foundation of Jewish life. The entire Jewish community is hurt when women and children are abused.

It is our responsibility as Jews, to begin the work of Tikkun Olam, repairing the world, by reaching out to each other as partners to effectively communicate zero tolerance for domestic abuse in our community. We must continue to work together in order to help our community achieve the over all ideal of Shalom Bayit, peace in the home, beginning specifically with the safety of women and children who seek our help.

What can you do?

Help Raise Community Awareness and Take Action!

Invite a SHALVA speaker to talk to your group, synagogue or organization to help raise awareness about the complex issues surrounding domestic abuse. This is your community...take action!

WHAT CAN THE COMMUNITY DO?

C Collaborate with SHALVA, Rabbis, schools, friends and legislators in order to create a united front against domestic abuse.

O Offer support to women who are in need of legal and financial assistance.

M Make sure your synagogue and school provide prevention and education programs about respect, bullying, teasing and the role of the bystander for all ages.

M Mentor and teach young boys and girls about healthy relationships. Lead by example.

U Use your talents and skills to fundraise, petition legislators, and speak out against domestic abuse.

N Negate the myth that domestic abuse does not happen in the Jewish Community. It is happening in 20%-30% of "respectable" Jewish families. Lessen the shame of talking about it.

I Initiate a dialogue if you suspect that a woman you know is being abused; gently ask how you can help. Have resources available.

T Take action, don't look the other way or remain silent if a brother, friend, classmate or teammate is making derogatory comments about women. Speak up and say, "that's not right."

Y Yes, you can make a difference. You can say there is no justification for domestic abuse.

HOW TO HELP SOMEONE

- Believe her.
- Guarantee confidentiality.
- Listen without being judgmental; believe her, never blame her.
- Offer support, not advice
- Encourage her to seek professional assistance and provide resources.
- Respect her right to make decisions at her own pace.
- Don't desert her or show frustration when she does not take action. She is frightened.
- Recognize that you cannot "fix" the situation.
- Remind her that Shalom Bayit (peace in the home) is not the absence of conflict, but rather the ability to positively negotiate inevitable difficulties in life.

If you suspect abuse, call SHALVA for a FREE confidential consultation with one of our therapists. 773-583-HOPE (4673)



The Jewish Double Standard How can we condemn Gentiles but not ourselves?

By: Letty Cottin Pogrebin
Moment magazine, June 2005*

Right now, all over this country, Jews are being beaten up, slapped, punched, kicked, tormented and humiliated. But you haven't heard about these attacks because the perpetrators aren't anti-Semites. They're Jews.

Moment's Lisa Newman documented the problem of domestic violence in a comprehensive article featured last October [momentmag.com/features/feat2.html]. Here I want to make a narrower point, an indictment if you will: though far more Jews are hurt by domestic violence than by anti-Semitic violence, abused women and children get only a fraction of the attention and resources of our community than anti-Semitism does.

Ironically, a victim has a better chance of being supported and defended by "the Jews" if she is attacked by an anti-Semite than if her husband smacks her around in her kitchen - especially if the husband is a macher and a big giver whom no one wants to offend. She's more likely to have her synagogue friends rally around her if her child is sexually abused by an intruder than if the accused is the child's father. She's more likely to get support and succor if her Gentile boss constantly criticizes her work than if her Jewish lover constantly denigrates her body or her cooking. Laws against sexual harassment and religious discrimination protect her on the job. At home her husband is protected by the ethos of family privacy.

Think how quickly Jews decried anti-Semitic violence in France. How doggedly we pursue justice when one of our own has been wronged by

Gentiles. How intense and widespread was our community's outrage when Jesse Jackson and Louis Farrakhan perpetuated negative Jewish stereotypes. Now think of how long it has taken Jewish organizations, leaders, rabbis and the rest of us to acknowledge, much less try to end, the abuse happening in Jewish families. How might this be explained?

Partly by the shande [shame] factor. Just as shame silences victims who might otherwise seek help, it silences those who might provide it. And partly because so many Jews are deeply invested in the idea that we are morally superior and less violent than other people. They refuse to absorb the fact that we can be as bad as anyone else. They're more interested in protecting the image of the community than protecting women from their partners' fists.

I'm thinking of Rabbi Avi Shafran, the Agudah spokesman who issued a press release stating: "The attention now being focused on spousal abuse among Jews is tantamount to Orthodox-bashing." Although Shafran conceded that violent Jewish husbands exist and called them "terrorists", his paramount concern was his community's reputation. "All the Orthodox rabbis I am privileged to know are exquisitely sensitive toward women as they are toward men," Shafran wrote, asserting that there is "strikingly less spouse abuse among Orthodox Jews than in the broader Jewish community and non-Jewish society." If I may paraphrase Garrison Keillor, Shafran would have us believe that the Orthodox world is a place where all the rabbis are wise, the husbands are kind and the marriages are above average.

Other rabbis acknowledge the problem within their denominations but remain blind to its magnitude. Recently, I emailed a dozen of my rabbi friends to ask if they'd ever given a sermon on domestic abuse or included victims in the "Mi Shebeirach", the prayer for healing. A Reconstructionist and an Orthodox rabbi said they'd sermonized about it and that the results had been heartening. But a Reform rabbi said of the "Mi Shebeirach", "If we did that every Shabbat, I think people might feel overburdened with the tsores of a small minority".

Who says it's small? Maybe it's just repressed and ashamed. But in any case, would a rabbi worry about overburdening his congregation if one member in four were being tormented by Gentiles? Wouldn't these victims be worth one prayer once a week? How many abused women must turn up before the issue makes it into every Jewish agenda? We need to come up with creative ways to help these efforts along: introduce a ketubah tax to fund shelters, encourage Jewish lawyers to offer pro bono services to victims, add abuse prevention line items to every Jewish defense organization's budget.

We need a fully-funded public campaign against domestic violence similar to actions for other Jewish causes like anti-Semitism and Tay-Sachs. It's time for us to put our money where our values are. Anything less would be the real shame of the Jewish world.

*Reprinted with permission

DEVELOPMENTS

Ways to Give To SHALVA

Supporting SHALVA is easy and the possibilities are as varied and diverse as the individuals and families whose generosity supports our mission of service.

Gifts of Cash

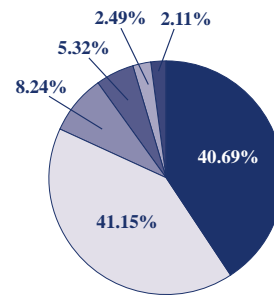
The easiest way to make a contribution is to donate to SHALVA by writing a check or by credit card. Unrestricted gifts of cash are used to fund the areas of greatest need. Cash gifts are deductible for federal income tax purpose, subject to some limitations.

Make a Recurring Gift

SHALVA is excited to offer a new way for you to show your support and help us ensure that no Jewish woman face domestic abuse alone – recurring gifts. Recurring gifts offer the option to easily make regular donations in support of SHALVA's programs and crisis-intervention counseling, including our 24-hour crisis Hope-Line.

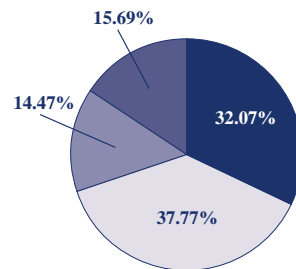
The idea is simple – choose a donation amount and decide how often you would like to make the gift. Your donation will automatically be deducted from your credit or debit card and you always have the option to change or cancel a recurring gift. You may also be able to double or even triple the impact of your recurring gifts to SHALVA if your employer offers a matching gift program.

Fiscal Year 2005 Snapshot



Revenue \$495,444

Individuals	40.69%
Foundation Support	41.15%
Jewish Federation/JUF	8.24%
Misc. Activities	5.32%
Synagogue & Outreach	2.49%
Major Gifts	2.11%



Expenses \$510,867

Clinical	32.07%
Outreach/Prevention	37.77%
Administrative	14.47%
Fundraising	15.69%

INVEST in a Healthier Community

You can make a lasting contribution to the struggle against domestic abuse in the Jewish community. A bequest gift to SHALVA – is an easy, yet very important, way for you to help.

If you don't already have a will or a living trust, consider consulting an attorney about drawing one up. Either will provide you with an excellent way to meet your needs and those of your loved ones while allowing you to continue supporting the organizations you care about. If you already have a will or trust, you can change it any time to include a gift to SHALVA.

Here is some language you can use to make a bequest:

I hereby give to SHALVA, 1610 W Highland #9, Chicago, IL 60660, the sum of \$___ dollars (or describe the percentage of your assets or the specific property you intend to give).

Once you decide to make such a bequest, please let us know. We would like to thank you for your very special gift and make you a part of our Legacy Circle, which recognizes those forward-looking individuals who make bequests and other planned gifts to SHALVA. **For information, please contact Ava Newbart, Development Director, at 773-583-4673.**

Client needs: WISH LIST

Many women come to SHALVA seeking emergency funds for basic needs – often clothing, food and household products. Your donation of gift certificates is an easy way for you to directly assist these women and children.

Gift Cards from: • Dominick's • Jewel • Osco • Target • Walgreen's • Wal-Mart

Other needs: • Donated legal consultation



Cell Phones for Safety

A big thank you to our donors for giving SHALVA your old cell phones!

Your cell phone contributions have generated over \$12,000 for SHALVA programs in the last year.

A special thank you to Streamline Wireless in Highland Park for their continued support of our program.

Thank you to our organizational supporters for collecting cell phones and for so generously providing space for cell phone drop offs!

Please search your drawers and closets for cellular phones you can contribute.

Shelters and domestic violence agencies collect cell phones to refurbish for use by abused women. The phones are distributed free and can be used as part of a safety plan to have immediate access to police, as needed. Public concern over abused women's welfare has been such that the number of cell phones collected nationwide far out measures the number needed.

The agency that we partner with in Florida has found a way to further the cause of domestic violence agencies and shelters by buying the extra phones for \$1-\$20 per phone, depending on the model. They pay the cost of shipping. More than 200 organizations participate in this program. This is a unique and simple fundraising opportunity for SHALVA.

Cell Phone Drop Off Locations:

Anshe Emet, Chicago
773-281-1423

Am Shalom, Glencoe
847-835-4800

Adas Yeshurun, Chicago
773-465-2288

Beth Hillel Congregation, Wilmette
847256-1213

Congregation Beth Or, Deerfield
847-945-0477

Moriah Congregation, Deerfield
847-948-5340

Northshore Congregation Israel, Glencoe
847-835-0724

North Suburban Synagogue Beth El
Highland Park
847-432-8900

Ner Tamid Ezra Habonim
Congregation, Chicago
773-465-6090

Shir Shalom, Arlington Heights
847-870-8005

Temple Jeremiah, Northfield
847-441-5760

Let us know if you want to add your organization to our list.

We've Got A Friend!



Looking for an easy Bar or Bat Mitzvah Project?

Collect used cell phones for SHALVA. Bessie Nolan included this note in her Bat Mitzvah invitations & collected 82 phones – raising \$500 in the process for SHALVA. **THANK YOU!**

Here's what she wrote...

Dear Friends and Family,

A literal translation of the word Bat Mitzvah means daughter of the commandments. As a Bat Mitzvah I accept the obligation of doing mitzvot, commandments from God. For one of my mitzvah projects, I plan to partner with SHALVA, an organization that provides crisis intervention and counseling to Jewish women in our community that are dealing with domestic abuse.

You can directly help domestic abuse victims in Chicago by bringing your old cell phone to my Bat Mitzvah. We will be collecting them and turning them over to the SHALVA offices. The phones do not have to work; they just need to be intact.

I bet you are wondering what SHALVA will do with the phones? Once you donate your phone to SHALVA, they partner with another agency that sends cash donations to SHALVA in exchange for each cell phone (ranging from \$1-\$20 per phone). SHALVA uses the money to provide direct crisis intervention services to Jewish domestic abuse victims in Chicago and the suburbs.

You can drop off your cell phone(s) my house or at JRC, before or after my Bat Mitzvah service. If you can't come but have a phone to donate, please send it to my house. Thank you and I hope to see you at my Bat Mitzvah!
Love, Bessie

TRIBUTE CARDS



Artwork by poster contest winners for Domestic Violence Awareness month
Send positive messages about healthy relationships through art!

6 cards for ONLY! \$24

You can use them for...thank you notes, event invitations, birthday cards, & donation acknowledgments. This month's favorite use... as place cards & favors for each guest attending a recent 60th birthday celebration.

Use the attached envelope to order!

• **To Make A Donation to SHALVA use the attached envelope.** •

SHALVA Bulletin Board

October is Domestic Violence Awareness Month

SHALVA Sponsors Two Events for Middle and High School Students

3rd Annual POSTER CONTEST

**Middle School Poster Contest, Grades 5-8
Theme: Friendship & Healthy Relationships**

Size: 8 1/2" x 11" or 11" x 8 1/2"

Submission Date: by October 31, 2005

- **Winning posters will be displayed at Jewish Federation building.**
 - **Winner's class receives a PIZZA PARTY!**
 - **SHALVA reserves the right to use the winner's artwork in future promotional materials.**



CELL PHONE COLLECTION CONTEST

High School Students! Collect old and used cell phones.

Competition by grade level.

Winning Class receives a PIZZA PARTY!

SHALVA partners with an agency that recycles the phones and sends cash donations to SHALVA for each cell phone (ranging from \$1-\$20 per phone). SHALVA uses the money to provide direct crisis intervention services to Jewish domestic abuse victims in Chicago and the suburbs.

For more information call Debbie at 773-583-HOPE (4673)

**Are you receiving duplicate newsletters or mailings?
Has your address changed?**

Please let us know!

We make every effort to send only one newsletter or mailing to each family. If you are receiving more than one copy, please call us at 773-583-4673 and let us know.

Are your kids ready for school?

You've just finished buying spiral notebooks, loose-leaf binder paper, pens, pencils, rulers, gym clothes -- everything on the list the school sent. You think you have all the materials your child needs to successfully navigate the new school year, but have you taken the time to bully-proof your child?

Did you know there is a sort of test that goes on during the first few weeks of school? It's not one the teacher gives. It's the test your kid has to pass on the playground or on the bus. It's the one that the bullies of the school impose on their peers. Bullies harm people in different ways. They may tease, push, pull, pester, taunt, punch, frighten, humiliate, heckle, insult, annoy, bother, hurt, threaten, torment, trip, pinch, intimidate, kick, or act more violently.

How prepared is your child for this important test?

Who bullies?

Bullies come in all shapes and sizes, all ages and affiliations. Bullying can occur in any school. Boys and girls bully though they may do it in different ways. Girls are more likely to engage in bullying behavior that is classified as mean. They use more indirect tactics like gossiping, spreading rumors, manipulating friendships, exclusion, etc. Boys are more likely to engage in more direct bullying activities such as pushing, shoving, threatening, hitting, etc. Boys tend to bully acquaintances while girls tend to bully their friends. In general, "bullies have a strong need for power and control, they enjoy being able to subdue others and they have relatively little empathy for their targets." (Olweus, Dan, *Bullying at School*.)

Is your child a possible target?

Anyone can be targeted by a bully. Some of the following may increase the chances of a child being targeted for example, a child who is:

- passive and/or shy
- smaller or more vulnerable looking
- appears socially isolated
- has difficulty reading social cues to keep distance or leave a person alone
- dresses or acts in a way that may lead to ridicule or social stigma
- displays provocative behavior that may pester or irritate others

What can you do?

Help your child have tools to handle bullying, before it happens:

- Talk to your children about the difference between friendly and hurtful teasing
- Brainstorm situations with your child in which they or a friend might be bullied
- Work with your child to consider possible responses and outcomes
- Help your child decide what to do
- Rehearse these situations

If your child or his/her friend is bullied:

- Listen empathically to what your child tells you
- Don't dismiss bullying by saying "It's a natural part of growing up." The truth is, that bullying "represents one of the most painful memories of a child's school experience". (*Journal of American Medical Association*, April 25, 2001)
- Don't encourage using violence against a bully
- Problem solve solutions including your talking with school personnel, parents, as appropriate
- Don't push the problem back on your child by blaming him/her or telling your child to deal with it him/herself but do not exclude your child from participating in problem solving.

As Ed Dunkelblau wrote in, *Banishing Bullying* (*Chicago Parent*, October, 2001): "All of our children deserve a safe, secure learning environment where they are free from teasing, acts of aggression and intimidation. When acts of bullying occur, it is our job as parents to listen to our children and to intervene with them and with the schools to be sure that bullying behavior does not continue."

SHALVA offers "Bully Proofing" classes/discussion groups for parents and teachers. For information call: Bobbie Gordon 773-583-HOPE(4673)



Bibliography & Websites

Knowledge can be a powerful tool that can enable you to provide the necessary guidance for your children to feel good about themselves and the relationships they have.

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Kaufman, Gershen, *Stick Up For Yourself*, Free Spirit, 1999

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Romain, Trevor, *Bullies are a Pain in the Brain*, Free Spirit Publishing, 1997

Thompson, Michael, *Mom, They're Teasing Me*, Ballantine Books, 2002

Wiseman, Rosalind, *Queen Bees and Wannabes*, Crown Publishers, 2002

Read personal testimonials, hear songs, watch videos, or read poems.

www.bullying.org

Kidscape: Gives information about what bullying is, signs of bullying and what an adult can do to help a child. Gives insight for parents, teachers and kids.

www.kidscape.org.uk/kidscape/

Take The Bully By The Horns: This website is the outgrowth of the book by the same name. It features monthly articles, quizzes, media appearances, and tips on how prevent people from running and ruining your life. www.TakeTheBullyByTheHorns.com

SHALVA NEWS

SHALVA's mission is to bring tranquility and safety to Jewish homes and relationships through the prevention and alleviation of domestic abuse. Thank you for your support!

FALL 2005

SAVE THIS DATE
SHALVA UNITY DINNER
TUESDAY, DECEMBER 6, 2005
HYATT REGENCY CHICAGO
COCKTAILS: 5:30PM • DINNER: 6:30PM

H O N O R I N G

RODEF SHALOM AWARD RECIPIENTS: ELAINE MUCHIN,
ANDREA MUCHIN LEON, KAREN MUCHIN & MARGIE MUCHIN GOLDBLATT
GLADY ISER AWARD RECIPIENT: ANDREA YUSIM MELTZER
DINNER CO-CHAIRS: LISA NEWMAN, VIKI RIVKIN AND RIVKA ZELL

CALL 773-583-HOPE (4673)

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*Giving voice to the unspeakable...
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