

***“The doors we open and close each day  
decide the lives we live.”***

Flora Whittemore (1890-1993)

Dear Friends of Advocates,

Each of us pass through many doors during our lives but, for some of us, those doors hide a vicious secret – the secret of family, domestic and sexual violence. Behind these doors life is not as it appears in public. Rather, it is secretive, scary, brutal and demeaning. Many women and children live behind these doors for many years and suffer the abuse of a partner who they trusted would love and protect them. Advocates offers a different kind of door; an open, caring, understanding, non-judgmental door; a door to safety both physically and emotionally.

*Won't you please use the enclosed envelope to make a year-end gift!*

Advocates' door has been open for over 30 years and during that time thousands of women and children have found comfort as well as the strength and courage to start over by creating their own safe and nurturing home. The number of women and children passing through Advocates doors and their needs have increased again in 2011 and we need your help to continue to meet the need.

Thank you all for your support.  
Barb Fischer  
Executive Director

## The Mealies Willy Porter & Carpe Diem String Quartet



## Save the Date To Join Willy Porter & Carpe Diem String Quartet

Saturday, January 28, 2012  
8:00 p.m.

at the  
Cedarburg Performing Arts Center  
W68 N611 Evergreen Blvd.  
262-376-6161

Tickets \$25 pre sale \$35 at the door  
General Admission

Tickets available by  
calling PAC Box Office

or at [www.advocates-oz.org](http://www.advocates-oz.org)

or at all Port Washington Banks

For More Info go to [www.advocates-oz.org](http://www.advocates-oz.org)

## ADVOCATES' HOLIDAY WISH LIST

Digital camera for shelter	Scented lotions, body wash and perfume
Retail store gift cards or restaurants, or movie theaters gift cards	Zip drives
Craft and jewelry making sets	Pajamas --all sizes
Gifts for teens	New underwear and socks
Gas cards and Ozaukee County Shared Ride Taxi punch cards	Kitchen items – silverware sets, pots, pans, cookware, and bakeware
Slippers	Wrapping paper and gift bags
Jewelry	Candles

## ANYTIME NEEDS

Laundry baskets  
Waste baskets  
Laundry soap and dryer sheets  
Dishwasher detergent  
First aid supplies  
Toilet paper/ Kleenex/ Paper towels  
Hand soap in pump bottle  
Trash bags/Sandwich and freezer bags  
Coffee

## Boundaries – A Gift we Give Ourselves

The “Holiday Season” is officially here. The months of November and December are packed with decorating, cooking (and eating), gift-giving (and buying), and celebrations. Sounds wonderful.... right? Well it can be, but it can also be very stressful as the continuing demands of everyday life meet the demands of holiday traditions and expectations. Our time and finances can be stretched along with our relationships. So how can we enjoy the festivities more and not become overwhelmed by the hustle and bustle?

It starts with a gift we give ourselves. A gift we talk about being part of any healthy relationship. A gift designed to protect us, strengthen us, and keep us sane. It is the gift of...Boundaries. Boundaries are a practical way that we take care of ourselves. Frequently, when we find ourselves overwhelmed and frustrated it is because we have not set an appropriate boundary with our words, truth, or time. An inability to say no or being fearful of giving an honest response can bring us increased stress. Boundaries work to protect us so that we can enjoy what we do as well as protect us from getting bitter and resentful when we feel we are being taken advantage of. A simple “no” or “I am unable to” strengthens us and keeps us focused on the commitments that matter most.

If the holidays are difficult due to grief or broken relationships then “truth” is a boundary that will allow others to be able to share with us in a caring way. Honesty protects us from a hard heart and strengthens our relationships. Setting “time” boundaries protects us physically so we can get the rest we need.

Boundaries may be practical but they are also an extravagant gift. Not many people give this gift because it is costly. Many feel that this is a gift that is too indulgent or selfish to give to themselves. It is actually an essential gift. The best way to take good care of others is to take good care of ourselves otherwise they are getting a stressed, distracted, and worn out version of us. When we give the gift of boundaries to ourselves only then are we able to give others the best gift of us.

## JOIN A SUPPORT GROUP

Groups are open to all women and their children experiencing domestic and/or sexual violence.

## Domestic Violence

Tuesdays  
6:30—8:00 p.m.

Children's Domestic Violence Support Group meets at the same time. It is open to children of all ages.

## Sexual Violence

Thursdays  
6:30—8:00 p.m.

Childcare provided.

Call for more information.

262.284.6902 or  
1.877.375.4034

# DAY OF CARING 2011

Our great Rockwell friends once again partnered with Advocates for our 2011 Day of Caring. Rockwell volunteers worked in many different areas of the shelter and by the end of the day the grounds and buildings looked amazing. We have new windows in our storage-Hope Room building, newly painted



railings, our gardens are gorgeous, the donations are sorted, the house was power washed, the playground equipment is safer and we made many new friends we hope to see again. Thank you to all our Rockwell Friends and families for your continued support of Advocates!!

## Many Ways YOU Can Help

Thanks to all of you who have helped with all of our fundraising opportunities that do not cost you or us anything but a little bit of time. Please keep the phones and receipts coming.

**Cell phone collection** - drop your cell phone in the box at Cornerstone Community Bank. You can get posters at [www.shelteralliance.net](http://www.shelteralliance.net) to run your own collection for us. Call to find out more at 262-284-3577.



**Pick N' Save** - stop in at the customer service desk and choose Advocates - 014750.



**Sanfilippo Sentry** - send your receipts to us from September through December by January 10.



Sign up for Charitable Checking at **Cornerstone Community Bank.**



Cheryl Legel, (seated) Advocates Community and Volunteer Liaison joins a group of Crossroads Presbyterian Church Volunteers for a day of sorting and work around the shelter.

### WAY TO GO...

Once again Kleen Test Products Corporation's volleyball tournament chose Advocates of Ozaukee for their charity to receive the proceeds from the tournament. *Go Lion Tamers – the winning team who chose Advocates!*

Advocates of Ozaukee  
P. O. Box 80166  
Saukville, WI 53080

Office: 262.284.3577

Fax: 262.284.4403

Support Lines:

262.284.6902

877.375.4034

TTY/TDD 262.284.8828

www.advocates-oz.org

Contact [officemanager@advocates-oz.org](mailto:officemanager@advocates-oz.org)  
if you would like our newsletters emailed to you.



**2011 Board of Directors**

- Roberta Campbell, President  
Vice President, Branch Manager  
Port Washington State Bank
- Rebecca Arndt, Vice President  
VP, Retail Banking, WaterStone Bank
- Dave Fischer, Treasurer  
CFO, Kapco, Inc.
- Patty Eubanks, Secretary  
Realtor, Coldwell Banker Residential Brokerage
- Kathleen Bentley  
Director, North America Customer Care  
Rockwell Automation
- Kathy Butler  
Assistant Director of Graduate Admission  
Concordia University Wisconsin
- Deanna Dewey  
Manager, Process Excellence  
Rockwell Automation
- Lupe Duenas  
Translator & Community Volunteer
- Lucia Francis  
VP, MATC - Mequon
- Mark Langholz  
Attorney, Levy and Levy
- Jorjan Loos  
Manager - Product Sales Consultant  
FIS Banking Solutions
- Peg Roethle  
Director/Human Resources  
Great Lakes Packaging Corporation
- Donna Steffens  
Retired Education Consultant  
Cardinal Stritch University
- Thomas Ter Horst  
Vice President, Human Resources  
Aurora Health Care

**OUR THANKS TO:**

*The many of you who answered our requests for food.*

*The Ozaukee Master Gardeners for another beautiful year of plantings and gardening care.*

*Cedarburg Woman's Club Pajama party  
Mel's Pig Roast and American TV for our awesome new shelter television.*

*McNabb & Risley Furniture*

*Allure Intimate Apparel*

*Kohl's Care Volunteers*

*Carters Salon*

*Boz's Closet*

*Ladies of Ozaukee Grafton Chamber of Commerce*

*Mequon/Thiensville Woman's Club*

*Maurice's*

*Lakeview 4H Club*

*DeRiah Boutique Salon*

*Saukville Police Department*