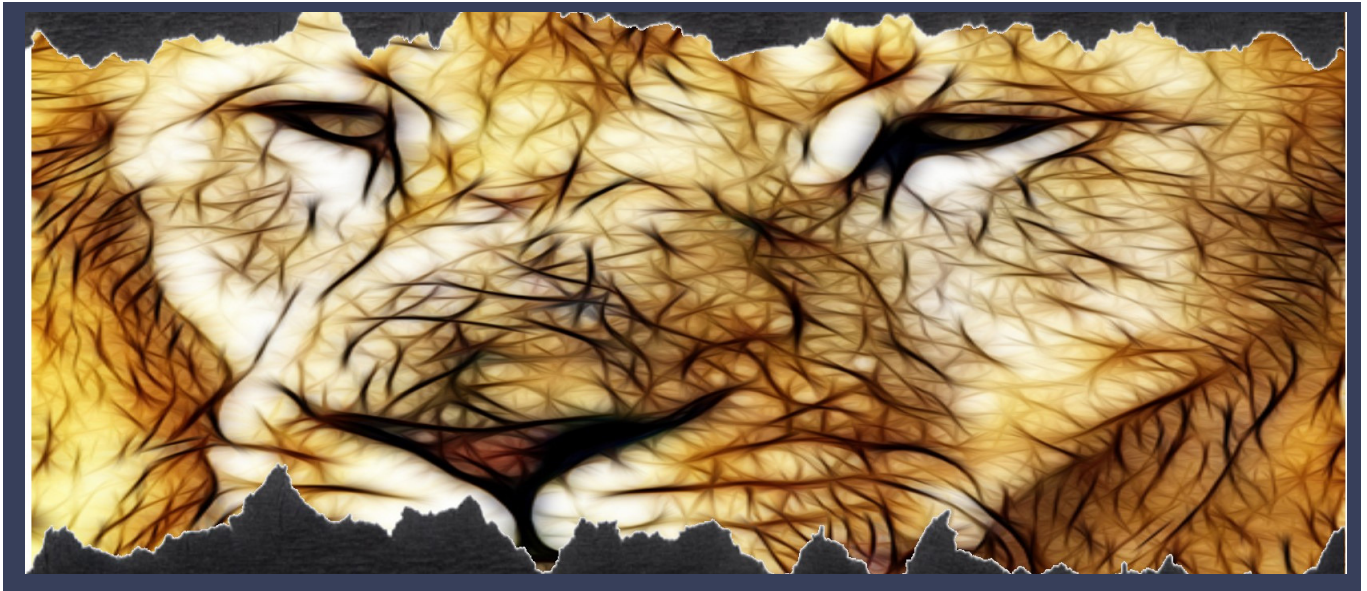




# CRA INSIGHTS

Information to grow with



## Volunteers

### Sharing your knowledge

Volunteering is tough. A lot of times schedules just don't match up. We get that! We are working at creating a database that will allow us to make the most of our volunteer's time and talents, while making it a beneficial experience to our survivors. This is likely to be a process that will take some time, so please be patient. We want this to become a perfect pairing and will be a work in progress with the outcome of creating a positive impact on both the volunteers and the survivors!

For more information about volunteering for CRA, please see page 2 of this newsletter.

## UPCOMING FUNDRAISING EVENTS

### PURSE BINGO

saturday, april 13th at  
the elk's lodge in rice  
lake!

### DENIM DAY

april 24th  
wear jeans to work  
donate \$5 each to our  
S.A.N.E backpack  
fundraiser

### GIVE BIG SCV

one day of giving for  
non profits

**please see additional  
information on pages  
3, 4 & 5 inside this  
newsletter**

*The best way to find yourself is to lose yourself in the service of others.*  
Mahatma Gandhi



## Restructuring

We are going to take a look at our volunteer program. Change some things, add some things and take a look at what our survivors in shelter need.

Here are some things that we will be looking at going forward to improve our program.

- **Tailoring the volunteer to the survivor.** We will do our best to find out where your strengths are and make a compatible match to a survivor. It is important to know that you won't "click" with everyone. Don't take it personal if a survivor requests to be reassigned to another volunteer.
- **Supplying teaching moments.** Our goal is to provide a variety of Life Skills taught by volunteers that survivors can learn and put to use after shelter life.
- **Provide structure.** We are hoping that these volunteer lessons can be set up to meet at the same time so that the survivor knows not to schedule appointments or meetings during their "time" with you.
- **Start a group activity weekly.** The turnover at the shelter sometimes makes this difficult. We would be looking at specific guidance, such as basic baking or cooking, basic sewing etc.
- **Front desk.** We are also looking for help answering phones and helping to sort/organize our donations. Not all volunteering at CRA is one on one.
- **Fundraising.** We do many fundraising events during the year. These events take a lot of people to accomplish our goals. We are always looking for people to help prior to, and the day of our events.
- **Community.** Educating the community is very important to us. Volunteers are needed to bring flyers to business, churches, public areas and hospitals. Our flyers assist us in getting valuable information out to survivors on how to contact us if they need help. We also often need help getting flyers out in the public regarding our fundraisers.

Your assistance may not be needed on a day to day or weekly basis. Scheduling will depend on your availability and what areas you can help out the most. It will also depend on the needs of the survivors in shelter. Shelter residents constantly change. Some need to stay for longer periods than others to get themselves back on their feet, some need a shorter period of time. Because of this, it makes volunteer scheduling difficult. **PLEASE,** be patient. We want to help you share your talents and will do our best to make that happen.

## But I am not a teacher

You do not need to be a certified teacher to help us out. You just need to have a skill that you are able to share and a compassion to help someone that may need to learn your skill. Take a look at the list below and see if you fit into any of these areas.

If this is something that you think you would be interested in, please fill out our volunteer application, background release form and confidentiality form and return to us. We will be working on setting up the program and it may take us some time to get this organized the way we would like. Please be patient. We plan to update volunteers weekly as to the progress so a valid email is important to provide to us.

## Volunteering areas to be filled

When filling out your Volunteer application, be sure to let us know which of the following areas you think you could assist us with.

- **JOB:** How to job search. How to write a resume, How to interview for a job. Getting a job and keeping it.
- **CAR:** Checking tire pressure. Changing oil. Changing a tire. Basic car maintenance
- **FOOD:** Easy baking. Easy cooking. Preparing freezer crock pot meals. Basic nutrition. Shopping the best deal.
- **HOBBY:** Gardening. Basic sewing. Yarn hobbies. Scrap booking.
- **FRONT DESK:** Answering the phone. Helping with donations. Copying & filing.
- **FUNDRAISING:** Distributing flyers. Helping the day of our event. Assisting in preparing for the event.
- **COMMUNITY:** Distributing flyers etc to area businesses, churches, public areas and hospitals
- **FAMILY:** Organize a family movie night. Game night. Etc
- **FOSTER PETS:** Sometimes there just isn't a safe place for the family pets. Foster homes for these pets are needed.
- **Light Shelter Maintenance:** Room painting. Carpet cleaning. Shoveling snow. Gardening.

**This list isn't just limited to these areas. If you have a life skill that you think could benefit someone, please let us know. We can add it to our data base.**

# Fundraising

CRASHELTER.ORG

**April is a busy month for fundraising!**

## Designer Purse Bingo

**Mark April 13th on your calendar to attend our Designer Purse Bingo fundraiser. It will be held at the Elk's Lodge in Rice Lake, WI.**

We had so much fun at our last Purse Bingo Fundraiser, we are doing it again!

Did you know that in addition to the shelter located in Milltown, we also have Advocates serving Barron and Burnett counties. Our advocates work along local S.A.R.T., End Abuse, local law enforcement and other local agencies. They can provide support to survivors offering them support groups, medical and legal advocacy and many other services. They also work alongside our shelter advocates providing education to our communities.

We are hosting our Purse Bingo Fundraiser in Rice Lake for a couple of reasons. One is to get people to start recognizing CRA's logo and that we have a full time advocate in Rice Lake to handle crisis calls, S.A.N.E. Exams and education. The second reason is to raise funds to purchase a used car. The car will help these advocates with transfers from Sexual Assault medical exams, legal appointments and so much more .

**Because of the limited seating we will be pre selling Bingo packets on Wednesday, April 3rd at JJ's Club 35 (between Luck & Milltown) from 3 p.m. - 6 p.m. and on Friday, April 5th at Cedar Mall Herberger's hall entrance Rice Lake from 1 p.m. to 6 p.m.**

**Please contact Joan or Brandy at 715-825-4414 or joans@crashelter.org or brandyh@crashelter.org. Any donations can also be mailed to : CRA, PO Box 365, Milltown, WI 54858. Please note PURSE BINGO in the memo so we can provide the appropriate tax receipt and thank you!**

## Help us out with a Purse Sponsorship

Of course when hosting a fundraiser like this, we incur certain costs prior to the event. In order to help us out, we are looking for Purse Sponsors. We will be purchasing designer bags to use as prizes. Although these bags retail for \$150.00-\$400.00, we will be doing our best to shop the sales to obtain the best pricing before purchasing the designer bags.

**WOULD YOU BE WILLING TO HELP US REACH OUR GOAL?**

**Our donation structure is as follows:**

**\$150.00 - SILVER SPONSOR** - Sponsorship of a tier one bag

**\$250.00-GOLD SPONSOR**- Sponsorship of a tier two bag

**\$500.00-SUPER DONOR**- Includes one reserved table for 8 BINGO participants & one tier two purse sponsorship (includes lunch buffet served from 11-a.m - 1 p.m.) Does not include any additional BINGO packets or raffle purchases. \$62.50 a person!!!

For your generous gift, your business, organization or group name will be posted at the event as well as on our website, FACEBOOK, and the local paper as a donor. We hope that we can count on you to help us with this event.



The flyer is for a "Designer Purse Bingo" fundraiser held on Saturday, April 13th at the Elk's Lodge in Rice Lake. It features a red and white color scheme with silhouettes of women in elegant dresses. The text provides details about the event, including the location, time, and ticket prices. A large "\$45" is prominently displayed, indicating the cost of the package. The flyer also mentions that the package includes 15 regular Bingo Games and Buffet Lunch, with lunch served from 11 a.m. to 1 p.m. only. Additional raffles and special BINGO games are available throughout the day. The flyer notes that there are only 350 seats available and that pre-sale packages are being sold on Friday, April 5th, from 1 pm to 6 pm at the Cedar Mall Herberger entrance. The event doors open at 11 a.m. on Saturday. The flyer is brought to you by the Community Referral Agency (CRA), an outreach and emergency shelter serving survivors of domestic abuse / sexual assault & their families. Logos for CRA and United Way St. Croix Valley are also present.

**Designer Purse Bingo**

**Saturday April 13th**

**Held at the Rice Lake ELK'S Lodge**  
36 E. Eau Claire St. Rice Lake

**\$45**

Package includes 15 regular Bingo Games and Buffet Lunch  
**Lunch served from 11 a.m. to 1 p.m. only**

Additional Raffles & Special BINGO games throughout the day!

**ONLY 350 seats available**

**PRE SALE** Bingo Packages to reserve your spot being sold on **FRIDAY, APRIL 5th** from 1 pm to 6 pm at the CEDAR MALL Herberger entrance  
**Cash or check only**

**Doors open at 11 a.m. on Saturday**

This fundraiser is brought to you by Community Referral Agency an outreach and emergency shelter serving survivors of domestic abuse / sexual assault & their families

**CRA**

United Way St. Croix Valley



# Denim Day

## How it started :

The Denim Day story begins in Italy in 1992, when an 18-year old girl was raped by the 45-year old driving instructor who was taking her to her very first driving lesson. He took her to an isolated road, pulled her out of the car, removed her jeans and forcefully raped her.

She reports the rape and the perpetrator is arrested and prosecuted. He is then convicted of rape and sentenced to jail. Years later, he appealed the conviction claiming that they had consensual sex. The Italian Supreme Court overturned the conviction and the perpetrator was released. A statement from the Court argued that because the victim was wearing very tight jeans, she had to help him remove them, and by removing the jeans it was not rape but consensual sex. This became known throughout Italy as the "jeans alibi."

Enraged by the verdict, the women in the Italian Parliament launched a protest wearing jeans on the steps of the Supreme Court. This protest was picked up by international media which inspired the California Senate and Assembly to do the same on the steps of the Capitol in Sacramento. Patti Occhiuzzo Giggans, Executive Director of Peace Over Violence, saw this in the media and thought everyone should be wearing jeans to protest all of the myths about why women and girls are raped. Denim Day in LA was born. The first Denim Day in LA event was held in April of 1999, and has continued annually since.

## Wear Jeans to Work

April 24, 2019

**Talk to your BOSS.** Let them know that you want to help out a great cause in support of Sexual Assault Awareness Month.

Community Referral Agency is asking that each person that wears Jeans on April 24th to work, pay a \$5.00 fee to their Boss. Your Boss will then send the money collected to CRA.

This year Community Referral Agency is going to use the donations collected to purchase and supply 12 "Go" bags. These are bags that our Advocate will keep in their car for when they are called out on a hospital S.A.N.E. Exam after a sexual assault.

## "Go" bags

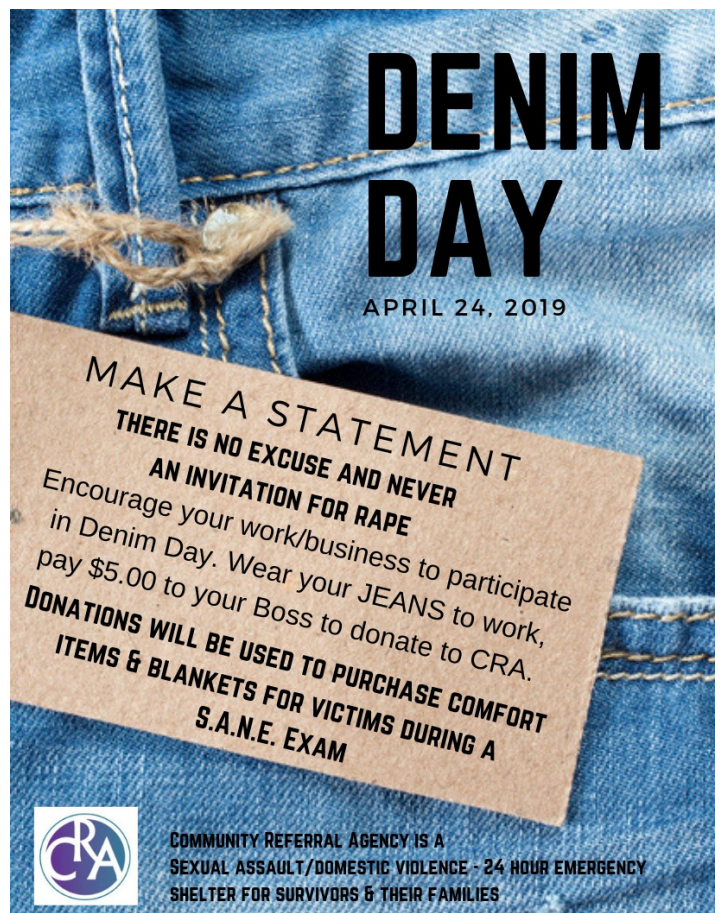
### So what is in a "GO" bag?

We plan on packing each bag with items that a survivor of sexual assault may need during or after their exam.

- **Sweatpants, t shirt, underwear:** Sometimes the survivor isn't able to take their clothing with them. It may have been taken for evidence or it may have been ruined in the attack.
- **Snacks & water bottles:** The wait for a S.A.N.E. Nurse can sometimes take quite awhile. Sometimes they nurses to travel many miles to come to the hospital to provide medical testing.
- **A small soft blanket:** Let's face it, hospital exam rooms are usually cold and stark. After experiencing the trauma of sexual assault, something warm and soft might be welcomed.
- **Personal items:** Comb, chap stick, lotion, hair binder, etc.

**These bags will stay with the Advocate, be used only for S.A.N.E. exam visits and will be re-stocked after each survivor exam.**

**The money raised for Denim Day will be used to purchase these items and to continually spread awareness and education to our communities.**



# give Big St. Croix Valley

go to :

[www.givebigscv.org/organization/Community-Referral-Agency](http://www.givebigscv.org/organization/Community-Referral-Agency)



24 hours of giving for non profits

April 30th

## Don't just live BIG, giveBig

On April 30, 2019 our community will come together for giveBig St. Croix Valley, and we need YOU to join us! It is 24 hours of unprecedented giving-and it is your chance to make a real difference, right here in our community.

If you love Community Referral Agency, what it does and the people that we help, then we are asking your help. By showing your love for CRA through giveBig SCV, you will help us to reach our goal so that we can put in new security cameras in our parking lot!

Join us on April 30th.

Goto [www.givebigscv.org/organization/Community-Referral-Agency](http://www.givebigscv.org/organization/Community-Referral-Agency) to make an online donation. You can make a donation at anytime before midnight. Remember any amount you can give adds up.

Make sure to go to our FACEBOOK page at [crashelter.org](http://crashelter.org) to follow our progress on April 30th.



We will be at Wayne's Food's in Luck set up in the entrance on April 30th from 10 a.m. until 6 p.m. if you would like to stop by and make a giveBIG donation to CRA

**Help us reach our goal of \$3,000.00 to put in place security cameras in the shelter parking lot**

**24 hours of giving!**



To donate, please go to [www.givebigscv.org/organization/Community-Referral-Agency](http://www.givebigscv.org/organization/Community-Referral-Agency)

## We are always available

*Community Referral Agency*



7 days a week

If you need help, call us

**24/7 CRISIS LINE: 800-261-7233**

**24/7 CRISIS TEXT LINE: 715-533-3359**

providing shelter for survivors of domestic violence & sexual assault

## Want to learn more about CRA?

Check out our website: [crashelter.org](http://crashelter.org)

Our website is packed with information. You can learn who we are, how CRA started and what you can do if you fear someone may need our help.

**LIKE** our Facebook page:

We update our Facebook page often. It always has interesting facts to help you become educated about the tough subjects we deal with. Human Trafficking, Teen Dating Violence, Elder Abuse Sexual Assault, Domestic Violence, and more. This is one of our primary spots to post our fundraising activities.

**REMEMBER** that you have to **LIKE** our page, not just like a post to make sure you catch everything we post.

**Remember to POST, PRINT & SHARE our information. We would love to have you help us spread information and raise awareness.**





## Donations needed in shelter

### CRASHELTER.ORG

Sometimes a survivor will only be able to leave their home safely with the clothes on their back. While in shelter they will need basic items to restore their quality of life for themselves and their children. You can view a larger ["WISH LIST"](#) of needed donations on our web page. The items listed here each month are things we are in immediate need of.

If you are able to help out and drop off a donation, you can do that right at the shelter. If you would rather make a monetary donation, you can mail the donation check to: CRA

PO Box 365

Milltown, WI 54858

### March Donation requests

- XL fitted twin sheets
- Laundry Soap/dryer sheets
- Drawstring FLEX garbage bags
- Tennis shoes-all sizes kids & adults
- AA & AAA Batteries
- Floor cleaner & dish soap
- Shampoo & Conditioner



**Donations are greatly appreciated and help us to carry out our commitment to survivors and their children.**

**Call our 24/7 Crisis Line, 800-261-7233 for help.**

## Community

## Education

CRA works to increase the communities awareness about domestic and sexual violence through community outreach. Part of CRA's mission is to help eliminate violence in our communities, and with that in mind, we offer presentations regarding our services and education on a variety of topics related to domestic and sexual violence awareness to schools, community organizations, church groups and other service providers. If you are interested in learning more about the cycle of violence and how to help stop domestic violence and sexual assault in your community, Call us at **715-825-4414** to find out more.

## Support Groups

All groups are held every week unless noted.

**Please call to sign up 715-825-4414**

### POLK COUNTY GROUPS:

#### MONDAY'S:

Amery S.T.A.R.S. Group: From 4-5 pm  
(Surviving Trauma Advocacy Resource Support)

#### TUESDAY'S:

Osceola S.T.A.R.S. Group: From 6-7 pm  
(Surviving Trauma Advocacy Resource Support)

#### WEDNESDAY'S:

Milltown Parenting Group: from 1-2 pm  
Milltown S.T.A.R.S. Group: from 2-3 pm  
(Surviving Trauma Advocacy Resource Support)  
Domestic Violence Education Class: from 10-noon  
every other Wednesday

#### THURSDAY'S:

Milltown Family Group: Dinner from 5-5:30pm  
F.U.N. Family Group Milltown: from 5-6pm  
Milltown S.T.A.R.S.: from 6-7 pm  
(Surviving Trauma Advocacy Resource Support)

**Burnett County** – 715-349-7272

**Burnett County Group:** from 4-5 pm on Monday

**Barron County** – 714-651-4969

**Barron County Group:** from 5:30-6:30 on Thursday



## FEBRUARY 2019

### AIDING SURVIVORS & THEIR FAMILIES

While the majority of funding for this shelter comes from very generous grants and personal cash donations, we still need help with the day to day needs of our clients & their families.

We are fortunate to have the support of some very loyal donors.

#### How can you help?

Take a look at the flyer on the right.

It may give you an idea that you didn't know about.

If you would like more information regarding any of these donation options, please give us a call at 715-825--4414.

*Thank  
you!*

### HOW CAN I HELP?



**In Kind Donation**  
These are donations of new personal items, baby care items, person hygiene items, cleaning products, new or gently used household items, clothing, toys, furniture



**Cash Donation**  
We use cash donations to purchase items such as food, toiletry items, cleaning products, diapers or what ever is needed in shelter. Mail to CRA, PO Box 365, Milltown, WI 54858



#### Thrivent Choice Dollars

Thrivent Choice allows eligible members to recommend where Thrivent distributes part of its charitable outreach funds. For information visit the Thrivent Choice page on [Thrivent.com](http://Thrivent.com).



#### amazonsmile

Every time you purchase on [AMAZON.COM](http://AMAZON.COM), they will donate to CRA. Just go to [smile.amazon.com](http://smile.amazon.com) before purchasing and pick **Community Referral Agency**. You are making a donation that doesn't come out of your pocket!



#### Fundraising Events

Participate, volunteer or share our events on social media. We do a lot of fundraising to keep up with the needs at shelter. "LIKE" our Facebook page to keep up on current fundraisers.



All donations are greatly appreciated by Community Referral Agency & clients.

We would not be able to continue our work with out you.

### FEBRUARY IN-KIND DONATIONS

\$4,359.00

Amery Lions Club  
Bethesda Willing Workers  
First Lutheran Church- Baldwin

Natural Alternative Coop  
Brenda & Jay Stackhouse  
Zion Women of Life

We appreciate your support!

United Way  
St. Croix Valley



FEEDING  
AMERICA

Ruby's  
PANTRY