

Dear Friends,

Global, national, and local news can feel dispiriting in our efforts against gender-based violence. Yet here in our own Upper Valley, the outpouring of support WISE receives is so incredibly strong.

You remind us every day that we are moving forward together. You give philanthropic support and donate welcome packets for our Safe Home guests. You share sweat equity in the upkeep of our Program Center and celebrate survivors on International Women's Day. No setback or struggle will prove too much for us. Our community will not waver in our work together to end gender-based violence.

The Upper Valley truly is a wonderful place to live and work. Our bucolic landscape is unquestionably appealing. Yet it does not compare to how generous our community is. We are so grateful for this amazing support. From all of us at WISE, thank you for this powerful commitment. You provide us with energy and renewed resolve every day.

Warm regards,


Peggy



Save the Dates

Covered Bridges Half Marathon
June 4

Foundations of Gender-Based Violence
June 17 & 24 • 9:00 am-5:00 pm

Program Center Tour
May 23 • 8:15 am-9:30 am

Ottawaquechee Musicfest 2017
August 5

For more information call 603-448-5922

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highlights

May 2017

end violence
wise
share hope • change lives

"I now think of my wide ranging community of poets and writers, colleagues and cousins, friends and family, and anyone associated with WISE, as one wide river of gold, making me whole again, while stronger and better for the mending."

- Gretchen Cherington, *International Women's Day participant*



Dartmouth Rockapellas perform at the Skinny Pancake

International Women's Day

The house was full with our beautiful river of gold including Upper Valley writers, musicians, students, and community members as we gathered at The Skinny Pancake in Hanover to honor International Women's Day on March 8. Joining with people around the world, we both recognized the injustice of gender inequality as well as celebrated the strength and resilience of women.

Our We're Acting to End Violence (WAEV) group organized the event bringing community members together to focus attention on gender inequality, gender-based violence, and social justice. The multi-generational participants shared original poetry and prose, while local musicians performed inspirational music.

A different approach to yoga

We are proud to introduce Trauma Center Trauma Sensitive Yoga (TCTSY) to the Upper Valley. While many yoga practices may offer benefits to survivors of gender-based violence, this practice is specifically designed for trauma victims. TCTSY is an empirically validated treatment for complex trauma or chronic PTSD with foundations in Trauma Theory, Attachment Theory, Neuroscience, and Hatha Yoga. This approach offers an opportunity for trauma victims to reconnect with their bodies, something that trauma makes difficult. Participants are led in a practice that facilitates feeling sensation and making choices based on their experiences. We will continue to offer TCTSY to women as well as educational programs for providers.

Congratulations Kate

UNH's Prevention Innovations Research Center (PIRC) awarded Kate Rohdenburg the 2017 PIRC Practitioner Award, recognizing her vision and leadership in ending gender-based violence. Join us in congratulating Kate.

WISE Women Writing

For the past three years, we have offered a writing group facilitated by Joni Cole. Through writing exercises specifically tailored to the group, writers access and own their stories in a fresh, unedited, deeply authentic way. They control their narratives, writing as much or as little as they want. Writing allows women to access their creativity and share experience with a group of supportive witnesses grounded in similar life experiences. We see survivors through a different lens, laughing, relating to each other, and so generously exchanging feedback. They write, share their creations, and the room comes alive with supportive comments, insights, laughter, tears, and epiphanies. It is a lovely, welcoming group, and these women shine with the opportunity for creative expression.

"There's something very powerful about the process: relating something from deep within, putting it out there to the group and then receiving the group's validation and appreciative inquiry." - WISE writer



Celebrating A Day Without a Woman at WISE

A community-based model

Kate Rohdenburg and Delaney Anderson traveled to Austin, Texas to present at the National Association of Student Personnel Administrators (NASPA) Sexual Violence Prevention and Response Conference. They reviewed our unique Dartmouth relationship and discussed strategies for planning, implementation, and impact of collaboration for campuses nationwide. Community-based advocates, Title IX Coordinators, campus health professionals, students, and other student affairs professionals attended. The audience was engaged and eager to discuss struggles and how to think about campus advocacy, particularly at smaller institutions in more rural areas.

Farewell and welcome

After five years as a warm and friendly presence, Edith Walsh, our Development Coordinator, has moved on to new adventures. Edith will be missed by all.

Help us welcome Lisa MacDonald as the newest member of our Development team as of May 1.

Philanthropic partnerships

A big shout-out to so many of you who supported us through the Ledyard 25th Anniversary Contest and the Co-op's Pennies for Change Program. We are very grateful to Ledyard Bank and Co-op Food Stores, two outstanding community partners, for providing these terrific fundraising opportunities. And we send a special thank you to community members who took the time to participate. Because of your support for these two programs, we raised nearly \$10,000 for our advocacy and education programs.



Co-op employees help with fall clean-up

RVC spin-a-thon 2017

Bigger and better than ever! With over \$5,000 in sponsorship support from local businesses, and over 60 awesome spinners riding and fundraising, this year's RVC spin-a-thon raised more than \$23,000! We are incredibly grateful to the River Valley Club for their continued commitment. A huge thank you to our generous sponsors: Geokon, Incorporated • Adimab • Jake's Market & Deli • Lang McLaughry Commerical • Mascoma Savings Bank • Apple Island Fund • Campbell & Boyd Insurance • Chippers • Courtyard Marriot • Green Mountain Physical Therapy • Hubert's Family Outfitters • Jesse's • JMH Wealth Management • King Arthur Flour • KIXX 100.5 • Lake Sunapee Bank • Robert's Auto Service • Schuster, Buttrey & Wing

Spreading the word

Look for our exterior sign as it travels around the Upper Valley on Advance Transit. The sign rotates among the Orange, Brown and Green lines, as well as the Hanover and DHMC-Medical School Shuttles.



Our new sign on the Advance Transit bus

Many ways to connect

Women for Sobriety An internationally recognized 13 step program that encourages and supports the emotional and spiritual growth for all women recovering from substance abuse. *Wednesdays at 3:00 pm*

WISE Women Writing A writing program facilitated by Joni Cole.

Conversations for Change A monthly discussion about inequality, gender-based violence, and what we can do as a community to end it. *May 8, June 12, July 10, August 14, September 11 at 5:30 pm*