

# Alternatives

www.abwrochester.org

Spring 2007

The numbers really do add up over the course of a year...

## How many meals does a 38-bed shelter need to prepare each year?

And you thought *you* had a big grocery bill!

**A**t first glance, cooking for the residents in shelter our size doesn't *sound* like such a huge task—until you start adding things up...

Multiply 38 people times three meals and two snacks a day, times seven days a week, 52 weeks a year...Hmmm, this could be big!

That adds up to over 69,000 meals and snacks a year! Now we're talkin' some pretty full shopping carts.

In order to keep to a reasonable budget, our food service manager (magician?) extraordinaire, PJ Leccese, resorts to a whole bag of tricks—the same thing that anyone cooking for a big family must do!

A grant from **Foodlink** helps us each year; shopping for bargains and good deals at buying clubs helps, too, as do donations from private donors who either donate gifts in kind (anything from a bushel of apples, to a side of beef), or a cash gift



specifically earmarked for food.

The wonderful folks at the **Kraft Foods** plant in nearby Avon, NY have helped with a very generous grant for this purpose each year for the past eight years, for a total of over \$40,000; the agency just received a wonderful \$5,000 grant from **Citizens Bank**, for our Healthy Meals, Healthy Moms program that aims to integrate nutritious, well-balanced meals into the larger therapeutic picture; and the **Monroe Foundation** has recently granted our request for funding, with a gift of \$1,000.

Still, even with such generous help, keeping our kitchen running seven days a week, all year long, isn't easy. PJ's easy-going manner and ability to work his special brand of culinary magic keeps everyone well-fed and able to focus on bigger issues, like taking the first steps towards violence-free lives.

"There are a lot of different needs, and even personalities, here every day," PJ says, "and we try to please diverse tastes while keeping to a budget and serving food that's healthy and appealing." Not an easy trick, whether you are cooking for two or 20. Since he joined ABW in 2002, PJ has been able to reduce the cost per meal/per person to less than a dollar—a figure most of us would love to be able to duplicate in our own homes!

Thanks to the support of generous donors like you, we are able to offer a hot meal in addition to a warm bed and a concerned shoulder to lean on—all vital for our clients' recovery and healing.

For one of PJ's favorite recipes, **Barbecue Ribs with Seasoned Rice and Vegetables**

visit our website:

[www.abwrochester.org/recipes.php](http://www.abwrochester.org/recipes.php)



# Services to the Community

*The Holidays were happy days here at ABW!*

## Once again, the community responds most generously to our appeal for help

**D**ay after day, the donations came pouring in—gifts for families, items so children in our shelter could “shop” for their moms, personal hygiene items, pajamas—you name it, we got it!

As in other years, the community was extra-ordinarily generous in its response to our annual appeal for donations. In 2006, 45 groups adopted over 50 families, providing a bevy of gifts—toys, nightgowns and pajamas, sweaters, electronics, household items, and cold weather necessities such as coats, hats, scarves and mittens—to help make our clients’ holidays brighter and more festive.

More than just the gifts, though, is the knowledge that there are so many caring, kind-hearted individuals who support ABW. Every year, we are heartened to see such an outpouring of compassion. If anyone ever doubted that the holiday spirit still exists, they have only to visit us during the month of December, and have their faith in humanity renewed.

*You truly inspire us—on behalf of all of our clients, we thank you!*



## ABW Annual Meeting draws record crowd Agency honors three special folks with its annual awards

ABW hosted its annual meeting on November 17, 2006, to a record crowd. The group of close to 100 attendees dined on fine food at the Rochester Club Ballroom, and enjoyed the music of **Walter Marquardt**, who once again volunteered his talents for the evening, as he did in 2005.

The crowd rose to its feet to give a standing ovation to **Vince Butler**, Director of the MENs Workshop, winner of ABW’s “Stop the Hurt” Award. This award recognizes individuals or organizations that work to educate and make our community aware of the issue of domestic violence. One of the three originators of the Monroe County Domestic Violence Consortium, he directed a battered women’s support group before ABW even existed. Former ABW Executive Director **Phyllis Korn** was unable to attend



Vince Butler, winner of ABW’s 2006 “Stop the Hurt” Award.

the event, but sent her congratulations to Vince, which were read aloud by current ABW Executive Director, **Cathy Mazzotta**.

Also honored were the **students of the University of Rochester School of Medicine and Dentistry**, and the Medical Center’s **Office of Student Enrichment Programs**, for their ongoing efforts to raise funds for ABW at their annual Silent Art Auction (see p. 4 for details), winners of the “Special Friend” Award; and **The Wolk Foundation**, winners of the “Restore the Hope” Award, for its loyal support of the agency since 1990, with grants totaling over \$60,000.

If you were able to join us, thank you for sharing in this special evening. If you were not, be sure to make a point to attend in 2007—it’s a very uplifting, enjoyable event!

- 24-Hour Hotline • Bi-Lingual Services • Children's Programs • Court Advocacy
- Domestic Violence Prevention and Education • Emergency Shelter
- Individual Counseling and Support Groups • Professional and Community Education

## Recent Grants from our Wonderful Funders

ABW has received grants from the following generous supporters this past Fall:

- The **Citizens Bank Foundation** contributed \$5,000 towards our "Healthy Meals, Healthy Moms" program (see page 1).
- The **Cornell/Weinstein Family Foundation** granted our request for help in purchasing room air conditioners, and car seats/booster seats for our youngest clients, with a generous gift of \$5,000.
- Thanks to the **Dorothea Haus Ross Foundation**, we have new furniture and rugs in both of our children's playrooms—furniture that is specifically designed for such high-use areas, and easier to keep clean and in good condition. Their gift of over \$3,000 is most appreciated!
- The **Verizon Foundation** and the **HopeLine Foundation**, a program of Verizon Wireless, have granted a total of \$31,000 to our Education and Prevention program—the largest non-government grant this program has received since its inception!
- The **Marie C. and Joseph C. Wilson Foundation** gave us \$5,000 for our Transition Support Services Program, which helps our non-residential clients with counseling, advocacy, and support. This program served over 800 women last year, as many as our shelter/residential program did.
- We also received gifts in the last few months from the **Alstom Signaling Foundation**, the **Goldberg Berbeco Foundation**, the **Monroe Foundation** (see p. 1), the **Alvin F. and Ruth K. Thiem Foundation** and the **Wal-Mart Foundation**.

With so many generous supporters in our community, it's clear that our efforts are recognized and appreciated. Please know how much we value those whose donations enable us to continue our mission of helping women and children at risk of abuse. We truly couldn't do it without all of you!

### Honor/Memorial Gifts

Below is a list of honor and memorial gifts made between July 25, 2006 - January 19, 2007

#### In honor of Melissa and Gregory Schropp

Ms. Allison Leet and Mr. Koel Sherman

#### In memory of Cynthia M. Machia

Ms. Beth Legler

**Wish List:** Space limits prevent us from printing our list here—but if you want a copy of our current Wish List, please consult our website, or call us:

[www.abwrochester.org](http://www.abwrochester.org), 585-232-5200, ext. 265

## A New Year Brings Changes for ABW's Annual Fundraiser

After doing a wine tasting for eight consecutive years, the Special Events Committee has decided to try a new idea, at a favorite location!

Our next annual fundraiser will be held on Thursday, May 10, 2007, from 6-8 p.m. (with a patron reception at 5:30), at the

Robach Community Center, the very popular site of our 2005 wine tasting. The location made this year's theme an easy choice—we're *throwing a Beach Party, and you're invited!*

We'll have our ever-popular Silent Auction (just in time to buy something special for that special mom you know, since Mother's Day is May 13), music, gift basket raffles, door prizes, and food. Tickets are only \$50/guest and \$75/patron. *Talk about a great gift for Mother's Day!!*

Since 1999, we've raised over \$123,000 with these events, providing funding so that our clients get the services they need, whether it is shelter, counseling, or something as simple as a warm bathrobe or pair of slippers to replace the comforts of home they have to leave behind as they begin their journey to safety.

For more information about the event, including becoming a corporate sponsor, donating a silent auction item, or volunteering on the event committee and/or the night of the event, please contact Deb Howe Allen, ABW's Director of Development, at 585-232-5200, ext. 223; or Pamela Turnblom, Development Assistant, at ext. 265. You can also visit our website for further details—and this year, for the first time, you can register for this event (or make a donation, if you're not able to attend) on line!

Hope to see you there—surf's up!!!

WE HOPE YOU CAN JOIN US FOR A



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Mr. and Mrs. Elliot Landsman

Dr. Gary and Ruth Myers

Sponsor list as of February 11, 2007.

## Upcoming Events

MAY 10, 2007

### ABW BEACH PARTY

Robach Community Center,  
Beach Ave.

5:30 p.m./patron reception  
6-8 p.m./main event

Tickets:

\$50/guest; \$75/patron  
Register on-line!

- Silent Auction!
- Food! Music! Fun!
- bikinis optional (realllllly optional)—having a good time is not!

For further details, call our office or visit our website: 585-232-5200, ext. 265 [www.abwrochester.org](http://www.abwrochester.org)

JULY 21, 2007

### 2007 WOMEN SKIPPERS INVITATIONAL

Genesee Yacht Club  
9 a.m. - 1 p.m.

pre-event social hour:  
Friday, July 20, 7 p.m.

Genesee Yacht Club

- \$25 per person; advance registration required
- Proceeds to benefit ABW

For further details, call Celeste Blair at 585-339-9737 or Mary Finnegan at 585-802-1102

Register on-line at:  
[www.geneseeyc.org](http://www.geneseeyc.org)

## Last Fall was a busy time for our community partners Community Groups and Fundraisers Bring in an Impressive Sum for ABW

Since this past Fall, 38 community groups have donated or raised a total of over \$10,000 for ABW!

With this generous support, we are able to buy much-needed new items, like mattresses or air conditioners for our shelter; toys for our playroom, or food for our kitchen. We couldn't be more grateful!

We can't list them all here, but do want to mention a few outstanding efforts, including:

**Pottery** in Pittsford (now, say *that* three times fast!), raised \$368.

- The **Oak Hill Holiday Bazaar**, run single-handedly by the amazing **Laura Villanti**, brought in over \$3,000 for the agency (as well as providing way too much temptation for ABW Board and staff members!).

In 2006, 57 community groups raised a total of \$22,538 for us—an amount that really does make a difference, in hundreds of lives.

- The **Twisted Sisters Motorcycle Club**, which raised \$1,000 for us at their annual pig roast this past September.

- The wonderful, multi-talented med students at the **University of Rochester School of Medicine and Dentistry/Office of Student Enrichment** who netted almost \$4,000 from their annual Silent Art Auction, last November 3.

- A benefit organized by the **Women's Club of Pittsford**, held at **People's**

- Four year olds at the **Destiny Enrichment Preschool**, inspired by a book they read about a boy whose parents couldn't afford to buy him a pair of pajamas, staged a penny drive, raising enough money to buy 153 sets of PJ's. Members of the **Faith Temple**, where the preschool is located, donated another \$350 to help buy even more pajamas. We'll be warm all winter long, thinking of their generosity and kindness!

On behalf of them, and us—*thank you!*

Does your partner ever act in ways that make you feel afraid?

Call Alternatives for Battered Women's Hotline

**(585) 232-7353**

**TTY (585) 232-1741**

CONFIDENTIAL HELP IS AVAILABLE  
24 HOURS A DAY, SEVEN DAYS A WEEK

Are you receiving duplicate mailings from Alternatives for Battered Women? Have you moved or changed your name? Do you know someone who would like to be added to the mailing list? Please call Pamela at (585) 232-5200, ext. 265 and she will be happy to talk with you.

**ALTERNATIVES** is a publication of Alternatives for Battered Women, Inc.

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