



*Committee Against Domestic Abuse*

# Inspire Hope

*Our Mission*

*To provide safety and support to victims of domestic violence and sexual assault through education, advocacy, and shelter.*

## **Welcome CADA, Inc.'s New Executive Director**



Julie Ellefson received her master in Public Health-Community Health Education degree at the University of Minnesota. Her Bachelor of Arts degree was completed at Wartburg College in Waverly, Iowa with emphases in special education and biology. Julie spent several years working with emotionally challenged and profoundly disabled children prior to working in the violence prevention and intervention field. Her cross-cultural experience includes five years with Peace Corps Ecuador as a volunteer and technical trainer. In 1994, Julie began work in the domestic violence prevention and intervention field. As Co-Director of Legal Advocacy Programs at the Family Violence Network in Lake Elmo, MN, she provided leadership toward system change through multi-disciplinary collaboration. Julie also served as Program Director at CornerHouse Child Abuse Evaluation and Training Center in Minneapolis, MN from 2003 to 2008. Program planning and evaluation, self-directed team building, multi-disciplinary coordination, and grant writing are specific skill areas Julie brings to meeting CADA's mission as Executive Director.

We welcome Julie and are eager to have her a part of our team!

### **CADA Programs**

Battered Women's Shelter  
P.O. Box 466  
Mankato, MN 56002-0466  
507-625-8688 Business  
800-477-0466 Crisis

Keep Me Safe  
Parenting Time Center  
P.O. Box 466  
Mankato, MN 56002-0466  
507-625-8688 Business

CADA of Blue Earth County  
100 Stadium Court  
Mankato, MN 56001  
507-625-8688 Business

CADA of Faribault County  
125 North Main, P.O. Box 203  
Blue Earth, MN 56013  
507-526-5275 Business

CADA of Le Sueur/Sibley Counties  
212 North 3rd Street, P.O. Box 922  
Gaylord, MN 55334  
507-237-5977 Business

CADA of Nicollet County  
100 Stadium Court  
Mankato, MN 56001  
507-625-8688 Business

CADA of Waseca County  
105 South State Street  
Waseca, MN 56093  
507-835-7828 Business

CADA of Watonwan County  
55 8th Street South  
St. James, MN 56081  
507-375-3040 Business

### **Message from the Board Chair**

On behalf of the Board of Directors, I'd like to welcome Julie Ellefson to the organization as CADA's new Executive Director. We are very honored to have her here and we look forward to her leadership. I'd also like to take this time to thank the search committee for all of the time and effort they put in to find the right fit for CADA. We are planning an open house in the near future to give you all an opportunity to meet and welcome Julie.

Silas Danielson  
Board Chair



## **Domestic Violence/Sexual Assault Conference**

Wednesday, April 14, 2010

8:00-8:30 a.m. Registration 8:30 a.m. - 3:00 p.m. Conference

Location: Best Western Hwy.169, 1111 Range Street, North Mankato, MN

**Olga Trujillo**, an attorney who, after 12 years with the United States Department of Justice, started her own consulting business to work on domestic violence, child abuse, sexual assault, immigration and human trafficking issues will present: “Why Don’t Domestic Violence and Sexual Assault Victims Behave the Way You Think They Should? An Inside Out Perspective” and “Enhancing Your Responses and Assessing Credibility.”

**Mike Gormley**, Faribault County Sheriff and **Scott Adams**, Faribault County Chief Deputy will present: “The Working Relationship Between Advocates and Law Enforcement in Domestic and Sexual Assault Cases.”

**Brenda Miller**, Chief Deputy Waseca County Attorney will present: “How to Effectively Prosecute Domestic and Sexual Assault Cases.”

Registration fee is \$30 includes lunch and snacks.

Make checks payable prior to the conference to CADA, Inc.

Send to: CADA, Inc. PO Box 466, Mankato, MN 56002-0466 c/o Cody Walth.

**You must be registered by March 30, 2010.**

Registration limited to 150 participants

*CLE's, CEU's and POST Credit applied for (Accreditation Pending)*

**There will be no on-site registration.**

**If you have questions feel free to contact Cody Walth at 507-625-8688.**



### **Survivor Psalm**



I have been victimized.

I was in a fight that was not a fair fight.

I did not ask for the fight.

I lost.

There is no shame in losing such fights.

I have reached the stage of survivor and am no longer a slave of victim status.

I look back with sadness rather than hate.

I look forward with hope rather than despair.

I may never forget, but I need not constantly remember.

I was a victim.

I am a survivor.

**April is Sexual Assault Awareness Month.**

Every two minutes, somewhere in America, someone is sexually assaulted. In at least 70% of these cases, this crime is perpetrated by someone the victim knows.

For more information and services, please call us or visit our website.

# Meet Our New Board Members

## Kelly Holland



Originally from Minneapolis, Kelly moved to Mankato in 1992 to pursue her education. After earning her Bachelor of Science degree in Women Studies and completing an internship at CADA she taught Freshmen level health classes as a graduate student in the Health Science Department with a focus on women's health issues and alternative medicine. Kelly served in AmeriCorps as a Sexual Assault Advocate and Volunteer Coordinator for the Minnesota State University-Mankato Women's Center and Blue Earth County. As she continues to work towards certification in the Non-profit Management & Leadership program at MSU Kelly works full time in fundraising and event planning for the School Sisters of Notre Dame. Her fundraising efforts include work for The March of Dimes, The United Way, The YWCA of Mankato and Healthy Communities / Healthy Youth Initiatives. In her free time Kelly teaches yoga and enjoys biking, cross-country skiing, gardening, cooking and spending time with her 13 year old daughter.

## Al Kluever



Al currently works for MnSCU at South Central College in the Center for Business and Industry in the areas of Law Enforcement and Emergency Preparedness and act as Security Director for the College as well. He retired from Mankato Department of Public Safety in 2005 and had spent 28 years with Mankato DPS in varying positions. Al has over 34 years of service in the public safety profession. His expertise is inclusive of the disciplines of law enforcement, fire service, hazardous materials response, and emergency management. Additionally, Al is certified as a firefighter II and holds certification as a technician and specialist in hazardous materials response as well as certification in clan lab mitigation. Al is married with two grown children and has lived in the Mankato area for most of his life.

## Mary Bliesmer



Mary has taught for over 30 years in the School of Nursing at Minnesota State University, Mankato. She also serves on two other community boards at this time: Pathstone Living in Mankato and Bethlehem Lutheran Church. Mary's educational background includes degrees from Mankato State College (now Minnesota State Mankato), the University of Minnesota and Rush University in Chicago where she earned a doctorate of nursing science in 1994. Mary lives in North Mankato with her husband Barry who is retired. Her daughter's family also lives in North Mankato and when Mary retires in May, she will have more time to spend with her 3 grandchildren, ages 15, 12 and 10.

## Are You Interested in Becoming a Board Member?

We are currently looking to add new members to our Board of Directors. We meet once a month to discuss a variety of topics that are set out to better our organization and further our mission to serve and empower victims of domestic and sexual violence. If you have a background in accounting, banking, investments or are just an interested active member of our community, we'd like to hear from you! Please contact Julie Ellefson for further details at 507-625-8688.

## **Committee Against Domestic Abuse, Inc.**

P.O. Box 466  
Mankato, MN 56002-0466

Phone: 507-625-8688  
Fax: 507-625-9431  
www.inspire-hope.org

### **CADA Board of Directors**

Silas Danielson  
Maria Bevacqua  
Pat Earle  
Kelly Holland  
Al Kluever  
Victoria Hanson  
Robert Sutter  
Mary Bliesmer

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## **CADA Wish List**

As many of you know, CADA accepts donations. As the seasons change, so do our needs. Currently, the women and children we serve are in need of the following:

- Spring and Summer wear (swim suits, swim trunks, sandals, light clothing)
- Towel Sets
- Twin size sheets
- Alarm clocks
- Laundry baskets
- Pack & Play
- Gift cards
- Gas cards
- Diapers & Pull-Ups
- Socks, underwear, bras
- Pajamas

### **At this time, we do not accept:**

- Any electronics
- Computers
- Stuffed animals
- Used car seats
- Stained, dirty and/or torn clothing



We accept donations Monday through Friday 9am—4pm.  
Please call ahead if your donation is large in quantity or size,  
or if you have any questions.