



HOUSING FOR OUR NEIGHBOR IN NEED

NOVACO Key Chain

Ben & Jerry's Free Scoop Day is Delicious!

NOVACO Volunteers Serve Up Community Support with Ben & Jerry's Ice Cream!

On April 19th, NOVACO staff and volunteers discovered how delicious community partnerships can be when the program was asked to be the showcase charity for four local Ben & Jerry's Gourmet Ice Cream stores' Free Scoop Day fundraising drives. We provided extra scooping arms and program information to Ben & Jerry's patrons in exchange for groovy t-shirts, chocolate-laced giggles and the proceeds from the day's fundraising activities.

Ben & Jerry's celebrates Free Scoop Day each year, to mark the anniversary of the first store opening in 1978. On this day, Ben & Jerry's patrons are given a free scoop of ice cream and encouraged to provide donations to a local charity in lieu of pay-

ment. NOVACO got to be one of those lucky charities this year! With NOVACO volunteers from Lord of Life, King of Kings, Holy Cross, Saint Andrews, Christ Evangelical and Emmanuel Lutheran Churches lending a hand, we were able to raise over \$2,500 in support of our families through donations given at four Ben & Jerry's stores in the Northern Virginia Area.

We would especially like to thank David K., a regional manager with Ben & Jerry's, that made this special partnership possible. Volunteers and patrons alike delighted in the delectable combination of good food, good company, and a good cause! We look forward joining David and his staff again for the 2006 Free Scoop Day extravaganza!



Ben and Jerry's dishes out generosity!

President's Report

Greetings to you as we welcome Fall, and I hope that you and your family enjoyed your Summer. We are thankful this Fall for all of you—the wonderful volunteers who serve and give, and give again to the NOVACO families. During 2004, volunteer groups and individuals logged over 2,900 volunteer hours with over 600 volunteers participating! Your efforts are key to the continued success of the NOVACO Program. Great job...keep up the good work! NOVACO continues to look for ways to improve its services. For example, we added two more families and now provide supportive housing to 7 homeless families; a partnership was formed with The Women's Center of Vienna to teach money management skills as part of the Life Skills Program; our volunteers helped to provide

almost every client family tutoring services for the moms and the children; youth groups and Scout troops have supported our families with activities and needed donations.

Our success continues... NOVACO was proud of having two more graduates in 2004 and one graduate family move

on to self-sufficiency in 2005. The NOVACO Board of Directors has also been active. We are in discussions with the LSS Board of Directors on a broad range of topics that are focused on improving the NOVACO Program and enabling it to address the needs of even more homeless families in our community. Thank you again for all you do for our families, and may your Fall be filled with enriching family outings for your family!

Board of Directors

- Paul E. Porter, *President*
- C. David Hartmann, *Vice President*
- Patricia A. Shaulis, *Secretary*
- Beverly K. Bolden, *Director*
- Matthew A. Brennan III, Esq., *Director*
- Paul W. Gross, *Director*
- Michael G. Kessler, *Director*

We Want Your Car

With your car donation, we can give our families the freedom of mobility — to hold a job, drive the children to child-care or after school activities, or go to the grocery store. For moms coming from abusive situations, where access to transportation is controlled by the batterer, a car is a very liberating gift!

With many of our clients attending school full time and subsisting on child support income or TANF, the expense of purchasing a vehicle is prohibitive. Gifts such as these are so important to our clients while they work towards a better life where they can financially support their families.

Donated vehicles are given full blue book value for tax purposes, because we do not sell them, but fix them and give them directly to our clients. A receipt is provided by the program for your tax purposes.

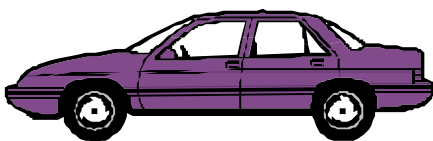
NOVACO has been able to receive grants from several foundations to assist us with car repairs for our clients, including the grant from Fairfax County.

Spread the word...

GOOD Used Cars Needed

We are also searching for mechanics to keep the cars safe on the road—

Please give us a call!



Thank You Volunteers - from a recent graduate

Karol knew it was time to leave when she came home to find her son slashed with a knife by her impatient and jealous husband. At the hospital where her son was treated, she was connected to the Bethany House domestic violence emergency shelter staff and thus began her journey towards rebuilding her life and her family without violence. A journey that wouldn't have been possible without the numerous volunteers who supported her throughout her time in our program and beyond.

First, she needed a safe place to live with her son, which is where NOVACO & its many volunteers entered Karol's story. The sponsors at Emmanuel Lutheran Church went to work, preparing its housing unit for the arriving family -- new carpet, new flooring, new water heater, new paint! Next came stocking the cupboards, providing meals, and developing the relationship ties that would emotionally assist Karol through the next two years in our program.

Karol's next hurdles were legal ones. Like many immigrant women in the United States, Karol's legal status in this country was tied to her continuing her relationship with her abuser. As long as she remained married to her husband (who is a citizen of the USA), she would

maintain legal residency here. Fortunately, Karol could seek protection under the Violence Against Women Act (VAWA). Through this act, battered immigrant spouses of citizens or legal permanent residents can apply for legal immigration status that no longer keeps them tied to their abusers. While Karol's application process was longer than most, she did finally achieve independent legal status for her and her son in 2004.

Throughout these issues, the volunteers of Emmanuel Lutheran Church were at Karol's side. Led by Kitty DeWitt, these volunteers couldn't be kept away! From finding tutors for her son to finding assistance for car repairs and apartment maintenance, ELC volunteers helped take care of the day to day living details so that Karol could concentrate on the big picture -- paralegal school, counseling, and a new life for her and her son.

"Thank you so much for supporting me, while I went to school. Especially thanks to my church sponsors, whom I consider my friends."

Partnering with The Women's Center of Vienna & Fairfax County Public Schools

NOVACO and The Women's Center of Vienna have partnered together to teach financial management to NOVACO clients. This 8 week course was designed by Freddie Mac to teach techniques for improving your credit and increasing your savings, in order to be able to purchase your own home. Clients are walked through the basics of budgeting, interest rates, mortgages and loans. We would like to give a Special **Thank You to Sumit from Capital One** for volunteering his time to teach our first 8 Money Management sessions this past Spring!

We are also very lucky to Partner with **Fairfax County Public Schools Adult**

Education for the S.T.E.P. (Systematic Training for Effective Parenting) classes. This course is based on the American Guidance Services tested methods of parenting and discipline. In August the Life Skills classes covered 'Parenting Young Children 6 and Under,' and in January, Life Skills will be covering parenting children ages 6-12. These classes are led by **Ms. Padia Grant**, who is a personable and caring teacher and a great resource for our moms.

These topics are a high priority for our families. Maybe for yours too! We are blessed to have these new partnerships and these caring and gifted teachers!



We really Appreciate *Thrivent Financial* for Matching Funds raised at the Appraisal Fair in 2005. Thrivent also supports our program through matching church fundraising projects, and gifts to help with repair work on our condos!

Thanks to Youth Volunteers, Girl Scouts & Potomac School



Girl Scout Troop 3040 comes once a month to play games, and make crafts with our kids.



Potomac School Sr. High Youth sold roses for a fundraiser for the program, then with the money bought each family a DVD player and a few movies.

They gave everyone in the program flowers too! Thank you Potomac School for making everyone smile!



Valentines made with pipe cleaners and a lot of Love!

NOVACO seeks 2006-2008 Board of Directors

NOVACO is seeking a nominations for its Board of Directors for 2006. Board members serve 2 or 3 year terms. Open positions on the Board include:

- Treasurer — the Treasurer is responsible for advising the Board of Directors on all financial, budgetary matters.
- Secretary — the Secretary responsible for taking meeting minutes for Board and Cabinet meetings.

- Directors needed to participate on committees or to serve as a General board member, participating through networking, advocacy, and meeting attendance.

We are looking for Board members from a variety of church, community and business backgrounds. No prior NOVACO volunteer experience is needed, just a desire to serve Homeless families through advocacy and community involvement.

If you know of anyone who has a background in volunteering, fundraising, management or fiscal support and would be willing to serve in any of these open positions, please contact Mike Kessler at (703) 262-0942 or maekessler@aol.com.

NOVACO Board Meetings are held in the evenings monthly, at our Fairfax Office near Rt 50 and Fairfax Circle, just off of Pickett Rd, in the Mantua Office Park.

Robby Rhein—Eagle Scout Project:

In August, **Robby Rhein** performed and led his **Eagle Scout Service Project** with the NOVACO Transitional Housing program in Fairfax, Virginia. Robby's project was to clean and paint a condominium owned by the NOVACO program to make it suitable for a family to move in.

An Eagle Project requires the boy scout to plan, organize and follow through on a needed community service in order to earn the rank of Eagle Scout. Robby's project included all the elements that the scouts look for. The condo was cleaned before painting, so that the dust and dirt from the drywall repairs would not interfere with the paint. He organized about 20 volunteers that would each take responsibility for a portion of the kitchen, living room, dining room, 3 closets, bedroom, hall and closet doors for painting. He had his clean up crew on hand to vacuum and rearrange furniture as needed.

NOVACO provides Safe Housing,



Robby Organizes the Work

Childcare, Counseling and Life Skills classes, Education and Job Training, and assigns clients a mentor while they are in the program. Safe Housing means a clean, freshly painted, and warm environment for the family to live in and not worry while they overcome their traumatic past.

Robby worked with NOVACO's Director, Victoria Neeley, to plan the entire project. He organized, the work day, scheduled the volunteers and worked with his fellow scouts to gather required materials to prepare for the project day including paint supplies, cleaning supplies, trash bags, and tarps.

Twenty four scouts and volunteers turned out to help. Robby put this all together in record time so that we could get the unit ready for a family waiting to move from a local shelter. In just a weekend, he turned the condo into a welcome home environment. Even the refrigerator shelves were cleaned!

Congratulations and Thanks to Robby Rhein and Troup 50, from Fairfax Virginia for a project well done! Over 190 service hours were logged and donated to the NOVACO Transitional Housing Program.



Scouts clean and paint the kitchen

Sponsor a Child or a Family this Holiday!

SPONSOR A GRADUATE FAMILY FOR NOVACO. Many of our families have graduated and moved on to support themselves, but some are still doing that without child support and proudly without TANF or Food Stamps. If you would like to sponsor a child in a graduate family by donating a specific gift for them this Holiday Season, give us a call.

BUSINESSES—You can sponsor a graduate family for their Thanksgiving or Christmas Holiday dinner! Find out more by emailing me or contacting me for more details. 703-218-3984 email vneeley@novaco.org.



Holiday Parties are On their Way!

- 4 Million women in America experience a serious assault by a partner during an average 12 month time period.
- 1 in 3 women around the world has been beaten, coerced into sex or otherwise abused during her lifetime.
- 1 in 5 female high school students reports being physically and/or sexually abused by a dating partner.
- 1 in 3 teens reports knowing a friend or peer who has been hit, punched, slapped or choked or physically hurt by their boyfriend or partner.
- Women of all races are equally vulnerable to violence by an intimate partner.
- 37 % of all women who sought care in a hospital emergency room for violence-related injuries, were injured by a current or former spouse, boyfriend or partner.
- 92% of women say that reducing domestic violence and sexual assault should be at the top of any formal effort taken on behalf of women today.
- For 30% of women who experience abuse, the first incident occurs during pregnancy.
- Violence against women costs companies \$72.8 million annually due to lost productivity.
- 74% of employed battered women were harassed by their partner while they were at work.

Quoted from the NDVH of the Council on Family Violence National Domestic Violence Hotline of America 1-800-799-SAFE

The Good Neighbor Program is launched!

Alexandria is getting in on the NOVACO volunteering and will be sponsoring a family! Good Shepherd Lutheran Church in Alexandria has now been trained and they are ready to begin sponsoring their family who graduated from a domestic violence shelter and will be entering transitional housing on her own.

The Transitional Housing program of United Community Ministries, will be working with our NOVACO trained mentors to provide the family with in kind goods, and friendly neighborly support as she works toward self-sufficiency. This program was the ingenious idea of Nancy Lopez, Cheryl Malloy, Denise Gray and Jean Albright after members of Good Shepherd had worked several years with a NOVACO family. They wanted to expand the services to help families even if there wasn't funding

for housing the family ourselves. The sponsorship of the 'Good Neighbor' Program is for a 12 month period.

Sponsorship through Good Neighbor means,

- Welcoming them with a small gift when they move in .
- Bringing the family a meal.
- Calling and visiting weekly
- Liaison back to the entire congregation if there is a need for donations.
- Carpool help while mom attends school or work.
- Tutoring,
- Babysitting
- Being a friend and neighbor

The program does not include giving any

money to the client family, or paying any bills for the client, but their will be available services from a NOVACO counselor and other optional services to the client family as needed. The Good Neighbor program is a model of what a Village can do, with a little money and a lot heart and some CARING VOLUNTEERS!

A small grant to start this program was received from *United Way of Alexandria*.



*'Good Neighbor Program'
A Little Goes a Long Way*

Brink's Home Security Showing Community Involvement

Brink's Home Security expresses solidarity with the NOVACO program by donating a Life Safety System worth \$349. Brinks installed this system at no charge, with discounted monitoring rates, for the Fairfax City office. Brinks also installed a Life Safety System for one of our beneficiaries.

Brinks Home Security is partnering with NOVACO, on an ongoing basis, by offering a Residential Life Safety System installed at no charge. Brinks Home Security will donate \$75 to NOVACO for every system installed under this program.

Contact **Giovanni Garcia** at 1-800-874-8882 Ext. 77804 to take advantage of this special offer and help raise money for NOVACO.

Volunteer Breakfast 2005

Congratulations to **Allen Griffith, and Rebecca Gilchrist**, who attended the Volunteer Fairfax 2005 Awards Breakfast. Allen represented over 30 volunteers on Christ Evangelical's Jubilee Committee who worked for 4 months to get a housing unit ready for a family, including furnishings, groceries, a stocked pantry and refrigerator, stocked linen closet, and so much more! They truly made the family feel welcome. Rebecca Gilchrist, represents **Laura Callahan** and all the great volunteers at Lord of Life Lutheran, who gave in so many ways to the family and to the program overall. Lord of Life helped with the Picnic in June, activities over the summer for the family, and collected gifts for all the children, including the graduate families who attended the Holiday Party in December! Part of the team effort Laura used was to recruit Rebecca and Bill to tutor their family. Even after the family graduated from the program, Bill and Rebecca finished the school year tutoring for the girls, and helped them with Summer school as well. THANKS TO ALL WHO VOLUNTEER!



*More than 2000 volunteer hours
were donated . That's really
making the effort , that's our
Volunteers of the Year!*



Our Most Recent Graduate

Melissa and her kids, pictured to the right, have come a long way. She used to work long hours for a food service company, making minimum wage, only to go home to abuse. Originally, Melissa said she stayed with her abuser, for the kids sake; One day she realized that an abusive home was no where for her children to be. They were becoming reclusive and shy. She fled to Bethany House shelter, where she received counseling and assistance in filing child support. She was accepted into NOVACO Transitional Housing to begin their new life. Her very enthusiastic and supportive sponsors were there for her, finding them donations for everything they needed in their kitchen & home, to school supplies, a computer, and even a car. Volunteers sometimes helped with babysitting or driving the kids to the doctor for her, they also helped her to learn to drive. Lord of Life in Fairfax made sure they gave them lots of family meals and invites to dinner and activities at the church. They also supported this family with a great tutoring team (see below). NOVACO helped with legal issues such as divorce, and donations came in to cover some of the many doctors visits that children need. Within 12 months, she learned to manage her finances so well that she was out of debt and improved her credit rating. Melissa also was a star pupil in the Northern Virginia Family Services Training Futures program. She graduated and began working in Office Management position at a big name accounting firm in Fairfax. Her family still comes to activities regularly, and we are all very proud of this 2005 Graduate!



"My kids love coming to Monday Night Classes."

Husband & Wife Tutoring Team

Bill and Rebecca Gilchrist are part of the Lord of Life Lutheran Church Team that helps one of our NOVACO families. Their son is grown now and they were looking for ways that they could work together as a team to help the community. The perfect opportunity came up when our client family Melissa asked for a tutor for her two girls in math and reading. When Bill and Rebecca arrived the first night, they found *three children* that were eager to be tutored and needed homework help, because the youngest son very much wanted to do better in school as well. Bill is the 'Math Guy' and Rebecca handles English, reading, spelling, and writing. In addition, Stephanie

McGuire, a ninth grader who aspires to be a teacher someday, helps tutor the family.

The experience has proved to be as enriching for the tutors as it is for the students. They have celebrated birthdays and important achievements in the children's school work and lives. It is thrilling when the 'light bulb' goes off and the child understands how to do a complicated math problem or to write a creative story. Everyone celebrates when the child brings back an outstanding grade or an 'A' that they worked hard for. It is very rewarding to help each child meet his or her potential. The 3 children have

A Special Thank You

become an integral part of Bill and Rebecca's lives. They look forward to each tutoring session weekly and to the tutors.... Well they look forward to their special time with the kids.

Because they are so close to the family now, they have also been there as the family has moved in to their new apartment after graduation. They still plan visits and plan to continue their tutoring sessions with them this fall.

Melissa and everyone at NOVACO give you both a special **Thank You for all that you have shared.**

- story by Laura Callahan

The PURPLE Ribbon

The symbol of the Domestic Violence Movement is the purple ribbon. The exact history of the purple ribbon is somewhat difficult to pinpoint. Over the years, a number of sources have been credited with originating the use of the purple ribbon as a unifying symbol of courage, survival, honor and dedication to ending domestic violence. Across the country, families and friends of victims have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local battered women's programs use the purple ribbon to raise awareness about the crime of domestic violence in their communities. The purple ribbon also has been recognized by state legislatures in proclamations commemorating **October as National Domestic Violence Awareness Month**. In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there's no place for domestic violence in the homes, neighborhoods, workplaces or schools of its citizens.

(Adapted From National Resource Center's DVAM Tips Tactics and Resources 2001).

Appraisal Fair

Save the Date! March 4, 2006 for the Fourth Annual NOVACO Antiques Appraisal Fair & Silent Auction.

This event gets bigger and better every year!

In 2005, we were fortunate to have **Quinn's Auction Gallery** return for the third year in a row. Matthew, David and Paul Quinn all helped to appraise your attic treasures, furniture, fixtures, and works of art. They were joined in 2005 by Art and Bill Kravetz, of **Kravetz Auctions in New Jersey**, who specialize in furniture, collectables, and historic artifacts. In addition, Martin Fuller of **Fuller Jewelry Appraisers in Fairfax** let everyone know the value of their family heirloom or a little history about your great grandmother's jewels. These wonderful, talented appraisers all donated their time for NOVACO families!

Program Sponsors

Thank You to the local businesses who so generously give for our client families!

AAA of the Mid-Atlantic, Harbor Counseling & Consultation,

Brinks Security, Brothers Automotive of Chantilly,

Cox Cable of Fairfax, Freddie Mac Foundation,

Fairfax County Department of Housing & Community Services ,

Fannie Mae Foundation,

Fairfax County Dept of Housing

Partner's In Counseling, Reed Smith LLP,

Target Associates,

Thrivent Financial for Lutherans

Washington Area Women's Foundation,

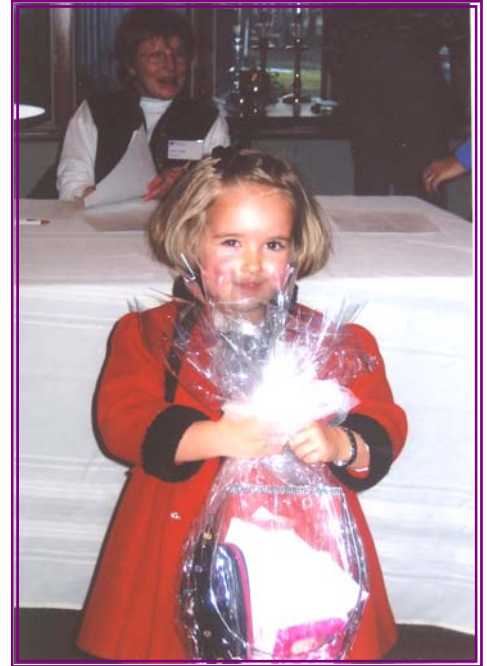
Zeta Associates.

And while you were waiting for your appraisal number to be called, there were refreshments and goodies, and a silent auction with lots of items to bid on -- from dinners for two at great local restaurants to weekend getaways at local hotels. There was even a week's vacation at Hilton Head Beach, and lots of great art, collectables, lamps and handmade crafts to bid on.

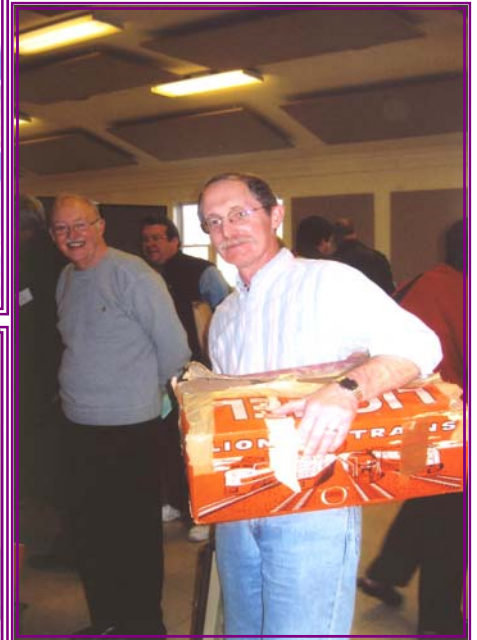
For our Fourth Year in 2006, the Appraisal Fair committee has expanded the event even more. The day's activities will include local speakers giving seminars on collectables, and local talent performing for your musical enjoyment.

Don't miss out on the fun! Meet us on March 4th in the Fellowship Hall of Prince of Peace Church, 8945 Old Keene Mill Rd, in Springfield VA. Come on out for a great afternoon filled with collectables, antiques and good food too!

If your business would like to donate to the silent auction or underwrite part of the event, please contact Donations Co-Chairs, Wava Vigen at 703-904-0216 or email

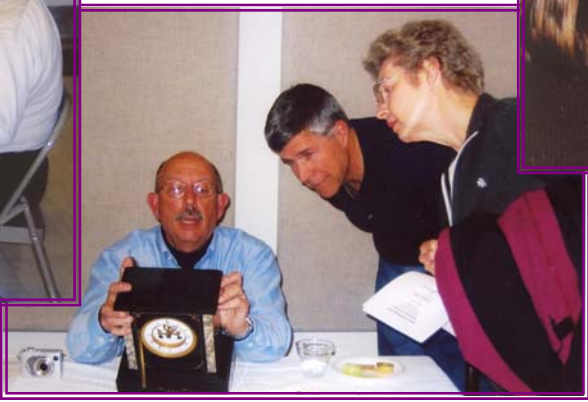
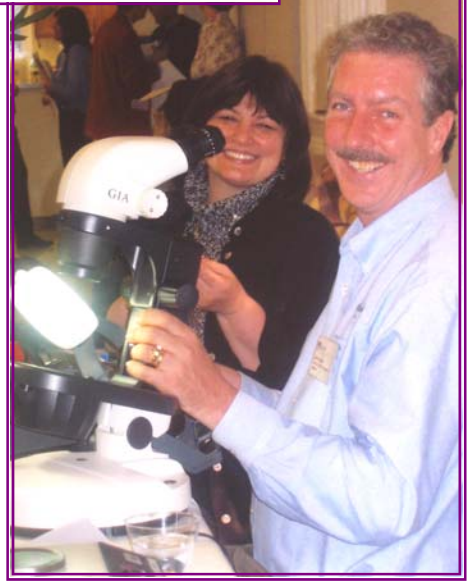
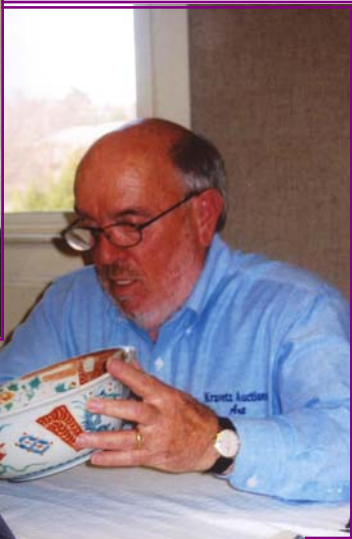


Vigen@erols.com; or Alicia Cannon at 703-764-9618 email gbcannon@msn.com.



Clockwise from top left: Beth Porter, Paul Gross & Kathy Gross, of Fairfax Station, enjoy the refreshments and conversation; Ed Vigen of Centreville finds out the real value of his Lionel Train set; Paul Quinn discerns the value of an antique statue at the Third Annual Antiques Appraisal Fair, March 2005

Appraisal Fair (cont.)



House Pins by Lucinda

Once again the HOTTEST Fundraiser yet is our handmade pins that remind us of who we are serving: Women, children, our neighbors and friends. Choose from Fall Leaves, Christmas Scenes, Angels, Children playing, and **NEW THIS FALL— Domestic Abuse Awareness Ribbon Pins!**

Don't have one yet? We will gladly set up the display at your church or business. Proceeds pay for activities for our families. Buy a pin and send a homeless child ice-skating this Winter! They make great gifts for the holidays.

To set up a display call **703-218-3984** or Email lssnovaco@yahoo.com

Annual Bethany House & NOVACO Picnic

You bet we had fun. The Annual June picnic with Bethany House & NOVACO families was a Moonbounce Blast! Over 40 kids, 7 graduate families, 16 current client families and many, many volunteers who brought great goodies to eat! Our Thanks to Laura Callahan, Rosemary Stevens, Marge Youngwerth, Bill Diggs, Jenny Christman, Paul Gross, and Mike Kessler for helping, set up and clean up. Special thanks to our Grill- Masters Dave Hartman and Paul Porter for the great cooking! Thanks to Bethlehem LC for lending us their pavilion, playground and grills!

"Katie Pocalyco earned her Girl Scout Silver Award by Leading our Kids in Safety Seminars."

Life Skills Seminars

On Mondays, all of our families gather for a buffet dinner, brought to us by volunteers from area churches. After dinner, the moms attain trainings from local experts on a variety of issues including

Parenting— thanks to Padia Grant of Fairfax Co.; Achieving your goals — led by Jody Tompros of Partners in Counseling; First Aid — presented by Cynthia Coleman, Hospice Nurse.

The community joins us to share their knowledge & expertise weekly.

While the moms are in class the kids work on crafts, or play games and have story time with volunteers. Girl Scout

Katie Pocalyco received her Gold Award for coordinating lessons in Stranger Safety, Fire Safety and Personal Safety for our youth. One night, the kids spoke with a local police officer, sat in the squad car, flashed the lights, and shook hands with Officer McGruff, the crime-fighting canine. Next, the kids were awed by the brave team of the Chantilly Ladder Company 421. Such a big truck and such a strange mask they wear, but what important work they do! Lastly, Tae Kwon Do instructors, Robin & Piper taught the youth how to use their voices first to repel an attacker, then to run and to find an adult to help them. Thank you Katie for arranging these great seminars for our kids!



Officer McGruff teaches Stranger Safety



Picnic Pictures





NOVACO

HOUSING FOR OUR NEIGHBOR IN NEED

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Thank you to Mary Nelms for pictures and editing assistance

Volunteer Opportunities—join the Coalition

When NOVACO needed to expand to support another family, four separate churches teamed up to make it possible! Team Reston, made up of representatives from Christ the Servant in Reston, Holy Cross in Herndon, Christ the King in Great Falls, and Good Shepherd in Reston, are all part of the great 'Sharing Experiment' NOVACO needed to expand to support another family, but one church couldn't do it all, so these four decided they could accomplish it together, and that's exactly what the Northern Virginia Coalition is all about.. Working together to accomplish great things that we couldn't do alone.

It has worked out well these past 9 months, as the Team communicates via email weekly, takes responsibility for the family a month at a time and then meets quarterly to work as a team in offering services and support. The team provides for the family needs, while the mom attends school.

So now that we know how well it all works, to partner together and share the JOY of supporting a family. Why don't you join us and we'll make another team! **Good Shepherd in Alexandria**, will soon be supporting a family in Alexandria, **The Good Neighbor Program**, where we offer just supportive services alone to a family that has graduated from a domestic violence shelter or program, to make it a little easier for them to get back on their feet, just like a good neighbor would.

The *Good Neighbor* program is expanding to Loudoun County in January of 2006. We will be looking for churches and businesses in the Sterling, Ashburn area to participate in this team effort of service and sponsorship for a needy family that is graduating from *Loudoun Abused Women's Shelter*.

Call us to find out when we will be training in your area!



Team Reston, includes Jom, Robin, Marilyn, Anne, Maggie, Heather and Chris