

S U M M E R / F A L L 2 0 1 1

# the KARMA *connection*

THE QUARTERLY NEWSLETTER OF  
CUP O' KARMA: COMMUNITY CAFE FOR A CAUSE  
A PROJECT OF THE NATIONAL ADVOCACY AND TRAINING NETWORK  
AND THE SEEDS PROGRAM

## *Sharing our successes with you*



All of us at [The National Advocacy and Training Network \(NATN/SEEDs\) Program](#) and [Cup O' Karma Community Cafe for a Cause](#) are thrilled to launch our quarterly newsletter, *The Karma Connection*.

We want to be able to share with all of you our successes and we don't want you to miss anything. We know that it is important for you to know how our program is growing, what our ongoing needs are, how you can help and how you *have* helped. Without our army of volunteers and supporters, we could not do the work that we do addressing the needs of domestic and sexual violence survivors in recovery.

We like to think of all of you as our *Karma Community*--sharing, connecting, healing and recovering.

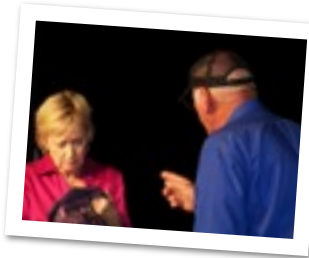


There are always many exciting happenings going on behind the scenes and we hope that this newsletter provides us with a better platform by which to keep you informed of the trainings we offer through NATN; the magnificent successes of the women in our SEEDs program; the incredible live entertainment at Cup O' Karma: Community Cafe for a Cause donated by artists from around the valley, our partnerships both local and around the globe; book signings and comedy and poetry open mic nights. We want to shout it all from the rooftops, thank goodness this newsletter will do. Welcome everyone--this newsletter is for all of you, so sit back and relax and enjoy. We hope to see you all at Cup O' Karma very soon and very often.



At The National Advocacy and Training Network, our mission is to address the health, safety, economic and social justice issues related to domestic violence, sexual assault, and substance abuse through education, public awareness, and direct services.





## *Domestic Violence Awareness Month - October 2011* **CONTROL.ASSAULT.DELETE**

A must see for those seeking to understand the frustration, discouragement and real danger of a violent relationship. Follow a [typical young woman](#) as she enters college with high hopes and plans to fulfill her dreams and then meets her abuser, who controls her life and ultimately ends all hopes of her ever achieving those dreams. Watch as her parents step back into their true life roles, as well and the roles of the young woman and her abuser to bring to life her story. Directed by David Barker, this [55 minute presentation](#) will touch your heart as you see the things this young woman experiences in her quest to find happiness, save the man she believes loves her and finally as she frantically seeks to save her own life!



### *Robert Wagner and Wonderama Theater*

NATN/SEEDs and Fix The Hurt are most grateful to [Robert Wagner](#), Manager of the [Wonderama Theater](#) at the Tempe Improv for allowing us the opportunity to use this magnificent space to hold our big annual fundraiser to raise awareness about the issue of domestic violence in our communities. It was truly an ideal venue.

### *Fix The Hurt - John and Linda King*

NATN/SEEDs is proud to have had a long and purposeful relationship with the amazing John and Linda King of [Fix the Hurt](#) and our latest collaboration has reinforced that the partnership will be one that sustains itself. On October 15, 2011 John and Linda King performed their two-person play, Control.Assault.Delete, as a fundraiser for NATN/SEEDs. The performance was spectacular and they played before a full house. So many came out to support us and to honor John and Linda for all they have been through and their unflinching determination to spread the message about how painful domestic violence is for all involved. We are truly grateful for their spirit of service.



## *New Journeys - In Their Own Words*

SEEDs stands for Support, EDUCATION, Empowerment and Directions. It is in the spirit of education that we bring you the following three tales of new paths travelled and how the loving support of sober transitional living for women who have experienced violence can be. As we usher in the beginning of the 2011-2012 academic year, NATN/SEEDs is proud to share the success stories of three of our residents in their own words and how education is an important aspect of their new journey in life.

### *Erica*

My name is Erica and I have been sober since April 6th, 2010. I came to Mesa after completing a four month inpatient rehabilitation program. I entered the S.E.E.D.S. Program immediately after leaving treatment. That was the best choice I could have made.

In order to stay sober I had to change everything in my life. I had to distance myself from family, and I chose to let go of most of my friends. I needed support and structure, resources and direction. I made a list of the goals I wanted to achieve my the first day here. Finding a job was an immediate goal, but I really wanted to get back into school.

I started work at Cup O' Karma during my first month and have been there ever since. It has been a little over one year since I

moved into the Mesa House. I am able to support myself while I go to school. The staff have become like a surrogate family, and the new women coming into the program offer me the chance to give back the love I have received.

I have confidence that when I am ready to move on I will live the life I could only have imagined. I did all of the footwork, but S.E.E.D.S. helped me build the foundation. I will always be grateful for that.



*Erica and Ashley*

### *Ashley*

I have been sober now for 21 months. That is the longest I have been sober in 14 years. I went through a 6-month rehab where I was introduced to the SEEDs program. I left my husband while in treatment along with everything and everyone else in my life. I needed a safe sober place to live if I was going to make it. Well let me tell you, I got so much more than that. I got a second chance at life! I have had support through every step and I haven't had to do this alone. I am currently attending Mesa Community College where I will be majoring in nursing and I am currently in my third semester.

Seeds connected me with a mentor to walk me through the process of going back to school after 10 years. Again, I have been given a second chance at life! This program is much more than a half way house. The Seeds program continues to love me as I learn to love myself!

### *Kerri*

My name is Kerri. I have been sober since January 14, 2011. I have been at S.E.E.D.S since May 3, 2011. I decided to go back to school so I could make a future for myself. I graduated high school a year and a half early at the age of 17. I then went to Apollo College and became a Medical Assistant right before my 18th birthday. It has been about 15 years since I have been in school. I was a little nervous going back in a classroom. Now I am enrolled in Mesa Community College. I am taking classes in Criminal Justice Studies. I really enjoy it, I just have to get used to doing homework again!

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Congratulations also to **Melissa N. and Kathy H.** who are attending the CASS School of Dental Assisting and to **Kamara L.** who is studying at the Southwest Institute of Healing Arts. All of them are graduates of the SEEDs program. When we say we promote education and a sustainable future for women in our program we mean it. Not only have these women gone back to school, each and every one of them continues to give back to the program in a multitude of ways, from serving on our resident advisory committee to speaking to house support groups and special projects/fundraisers.

# The Heart of the Matter: Volunteering

At NATN/SEEDs/Cup O Karma we have only 3 paid staff members and the rest of what we do is carried out by a vast and dedicated army of professional, technical, and support volunteers. There are so many wonderful people who share their strengths and talents with us and their dedication is unwavering. From IT professionals, and job coaches to musicians and comedians who have performed at Cup O Karma for free for years now, we can honestly say that we have the greatest team of volunteers in town. Many thanks to all of you and we hope to highlight each and every one of you as our newsletter becomes a regular publication.



## Eric Douglas - Wells Fargo

by Judy Baker

I have had the great fortune to work closely with Eric in developing a Data Base for our non-profit agency, NATN/SEED's. Eric spent countless hours both in our office and on his own to build a program that would enable us to produce the complicated and lengthy reports required by our grantor's.

He answered my novice user questions with patience and kindness. Adjustments we requested to the data base were no problem for someone with Eric's level expertise. As a result we can use the data base with

ease, accuracy and pride. Pride in having a partner and friend of NATN/SEED's of Eric's caliber. Eric received the Volunteer Service Award at Wells Fargo for his countless hours of service to our organization resulting in \$1000 being donated to NATN/SEEDs--way to go Eric!

## Sally Antczak - Avnet

by Leah Heathcoat and Rob Dapcich

Sally Antczak came to NATN/SEED's in 2011 via the Social Venture Partnerships as a Fast Pitch Mentor. One of several mentors assigned to our agency to help us deliver our 'pitch' about our agency and the work we do in 3 minutes. Sally volunteered to sit on a panel of mock judges, became a vanguard for advancing the program and encouraged us at every turn.

She asked questions, challenged the process and made us better at communicating our mission. Sally has continued to be involved in NATN/SEEDs through our SEED's in Bloom Mentor Program and in

assisting with the renovations at Cup O' Karma: Community Cafe for a Cause. Through Avnet's Dollars for Doers, Employee Volunteer Program, NATN/SEEDs received \$1000. Thank you Sally for all that you do!





# Good Times and Celebrations

"Today was good. Today was fun. Tomorrow is another one."

Dr. Seuss



## NATN/SEEDS GAME EVENT WITH THE PHOENIX MERCURY



On September 11, 2011 the SEEDs residents and a few other supporters of our Mercury Fundraiser attended the last regular season game for the playoff bound [Phoenix Mercury](#). Some of the tickets purchased for the residents to attend were sponsored by Geralyn Reardon of [Tic Tac Pro](#) and by Monalou Callery and Rob Dapcich. It was a great day to ride the light rail into beautiful Downtown Phoenix and to watch the Mercury Take on the Minnesota

Lynx. Although we did not take home a win, it mattered not because the Mercury had already clinched a spot in the playoffs. For two of our residents hailing from Minnesota, it was a moment to rejoice for their home team.

Far too often women who have survived domestic violence and are in recovery forget what good healthy fun feels like so it



was nice to spend an afternoon engaging in a great activity. Thank you to all who participated and special thanks to our liaison from [Groups Sales at the Suns/Mercury Organization](#), Allison Ahlgrim for making the event a total success. If your organization or group is interested in a Suns or Mercury Night Out you can contact Allison at: [aahlgrim@suns.com](mailto:aahlgrim@suns.com).

## SEED SKATING AT SKATELAND

On July 30th we all decided to get in touch with our inner child once again by having a skating fundraiser at [Skateland in Mesa, AZ](#). It was magnificent fun and we were joined by our friends at Ebony House in Phoenix. A great time was had by all and we raised a few \$\$ but most importantly we had a good time with each other, our supporters and our friends. Many thanks are due to Skateland Mesa and their entire amazing staff and most especially, Camille Cloud for always thinking about us and ways that Skateland can help support our organization--this isn't the first time they have reached out to us and we are very grateful indeed.





## Cup O' Karma Happenings

Cup O Karma has live entertainment and special events every single week. It is a way for us to provide a safe place for the people in our community to gather and sing, speak poetry, read books, play board games and meet with others. It's all free and the atmosphere is family friendly.

### Children's Author, Conrad Storad

On August 27th Cup O Karma was proud to host an amazing local author to kick off our monthly Children's Story Hour.

Conrad Storad is the author of more than 30 science and nature books for children and young adults. His books have won many awards. In 2010, his book *Rattlesnake Rules* won a Glyph Award from the Arizona Book Publishers Association. In 2008, *Meerkats* won the Glyph Award as "Arizona's Best Book." It also won for "Best Children's Non-Fiction." In 2005, as part of her program to promote reading, then Arizona Governor Janet Napolitano selected Storad's *Don't Call Me Pig! (A Javelina Story)*. More than 93,000 Arizona first graders received a special edition copy of the book. In 2001, the Arizona Library Association honored Storad with the Judy Goddard Award as "Arizona Children's Author of the Year."



The children had a wonderful time and moms and dads enjoyed their favorite coffee beverage. Conrad was very generous and donated HALF of the proceeds from the sale of his books that day

and he also lowered the price of his books for our guests! Please stay tuned for Conrads return to Cup O' Karma next

year. He has been named the official Centennial Children's Author for Arizona and will be returning to read his Centennial book *Way Out West and Wacky*. To learn more about Conrad Storad visit his website at <http://www.fivestarpublishations.net/conradstorad/about>



## Book Signing with Sue Ellen Allen

It was with great anticipation that we awaited the visit of local author and activist and ex-felon Sue Ellen Allen. After enduring breast cancer in jail and in prison and losing her cellmate needlessly to a diagnosable and treatable illness, Sue Ellen was determined to make her journey meaningful. In her book, *The Slumber Party from Hell* she talks about turning pain into power and how education, not incarceration is the smart and economical way to approach issues of criminal justice in our communities. It was an incredible evening and we thank all of you who came out to listen and support Cup O Karma. To learn more about Sue Ellen Allen and her organization GINA's Team, visit their website at: <http://www.ginasteam.org/>.



*Sue Ellen Allen*

## Poetry and Spoken Word - Open Mic Returns to Cup O' Karma

Tuesday night, Aug 30 marked the debut of what we hope to be our monthly Poetry and Spoken Word Open Mic Night at Cup O' Karma. This incredible night was hosted by ASU Philosophy student Aaron Ortiz and dear old friends of NATN/SEEDs, Jane Ysadora and Amanda Martin came to share their talent with words.



*Aaron Ortiz*

Tom Cleary, member of the Park Central Toastmasters came from the other side of Phoenix to grace us with his magnificent words! The response has been very positive but we could sure use a regular host who can help promote the event. Right now Poetry night is on hiatus for the busy holiday months but is scheduled to return in January so if you are interested, please contact our volunteer coordinator Janice Skinner at [volunteernatn@gmail.com](mailto:volunteernatn@gmail.com)

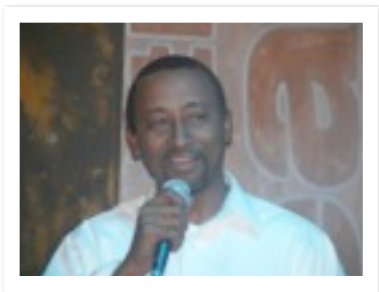


*Poetry lovers & readers*

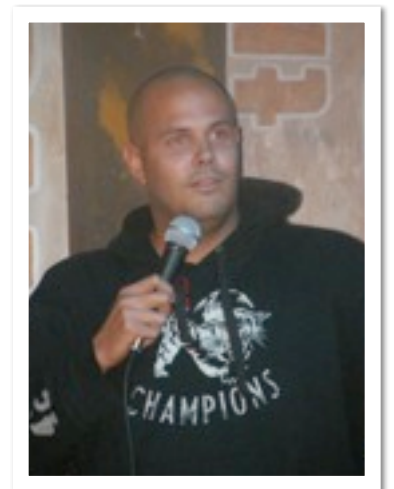
## Comedy Connection

Since 2009, [Robert Wagner](#) has been bringing open mic comedy to Cup O' Karma and bringing his comedic friends from around the Valley and around the country. Now joined by fellow comedian [Keith Ellis](#), they flex their comedic chops every Monday Night at Cup O' Karma with a variety of other local comedians--for free. That's right, they give their time for free, just like the incredible local musicians who play our coffee

house every month. It is the absolute best Monday night gig in the East Valley. Did we mention that it is family friendly? Always. Robert Wagner is now managing the Wonderama Theater at the Tempe Improv in addition to his volunteering at our Monday night comedy showcase. To learn more about the family friendly fare at Wonderama you can visit their Facebook page at: <https://www.facebook.com/wonderamatheater>.

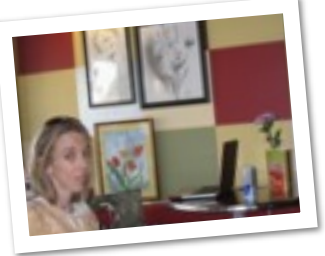


*Keith Ellis*



*Robert Wagner*





# Upcoming Events

Every month our calendar at Cup O' Karma is chock full of exciting events, live music, poetry readings, book signings and group meetings. You can prevent any chance of missing any of these great events in several ways. First, you can follow us on Facebook or you can sign up to be on our email list at our website and get a calendar and this newsletter automatically sent to your

email. We suggest you do both because we know you wont want to miss anything about your favorite Community Cafe for a Cause--Cup O' Karma! If you wish to perform, book an event or just have general questions about Cup O' Karma, email me, Leah at [leah.natn@gmail.com](mailto:leah.natn@gmail.com) or call us at 602-459-6506 or (480) 890-0579.

## WEEKLY ENTERTAINMENT

**MONDAYS**  
**Open Mic Comedy**  
w/Robert Wagner and  
Keith Ellis  
**7 - 9 pm**

**WEDNESDAYS**  
**Live Music**  
w/ Paul Knight  
**7 - 9 pm**

**1ST 3RD**  
**SATURDAYS**  
**Open Mic**  
w/Chava Cannon  
**7 - 10 pm**

**2ND FRIDAYS**  
**Live Music**  
w/Jeff Carter

## WEEKLY ENTERTAINMENT

**4TH FRIDAYS**  
**Live Music**  
w/Jay Taylor  
**7 - 10 pm**

**2ND SATURDAYS**  
**SAM night**  
**Southwest Acoustical**  
**Musicians**  
booked by Maxine  
**8-11 pm**

**DEC 2**  
**Live Music**  
w/The Matt Vandal Trio  
**7 - 10 pm**

**DEC 16**  
**Live Music**  
w/Paul Raia  
**7 - 10 pm**

## SPECIAL GUESTS

**DEC 17**  
**11AM**  
**Children's Story Hour**  
w/Jesse Dowell  
author of  
**The Magic Kingdom**



**1ST & 3RD**  
**WEDNESDAYS 9AM**  
**Women of Faith in**  
**Business**

## MONTHLY GROUPS

**1ST TUESDAYS**  
Focus Group  
**6 - 8 pm**

**1ST THURSDAYS**  
Zonta Club of the East  
Valley  
**7 - 9 pm**

**2ND THURSDAY**  
Legislative District 18  
Democratic Meeting  
**6 - 8 pm**

**ALL OTHER**  
**TUESDAYS AND**  
**THURSDAYS**  
Open for Booking

**1ST & 3RD**  
**SATURDAYS**  
East Valley Poetry Writers  
Group  
**1 - 3 pm**



## Key Corporate, Foundation, and Community Supporters

Arizona Foundation for  
Women

Ebony House

Bruce & Diane Halle  
Foundation

David Gosseling

Deb Carstens

City of Chandler

Costco-Chandler

Discount Tires

EmpowerHer.com

Frankel Family  
Foundation

Gary & Jeanne  
Herberger Foundation

Halle Center for Family  
Justice

Sandra Day O'Connor  
College of Law

Luis Prado

Marilyn Seymann

NextCare - Urgent Care

Park & Co

Nina Mason Pulliam  
Trust Fund

Robson Communities

Az Sexual Assault  
Network

Fix The Hurt - John and  
Linda King

Manos Amigos, Green  
Valley

Naturopaths  
International (NI)

O'Connor House

Paul Raia

Sarah Buel

Songwriters for a Cause

SoundlightingF/X Inc.

Stealthmode Partners

Sundt Foundation

Veterans First

Zonta Club of the East  
Valley

Resident Advisory  
Committee Members

### OUR STAFF:

**Monalou Callery** - *Founder*

**Rob Dapcich** - *Director of Programs*

**Gwyn Passey** - *SEED's Program Manager*

**Judy Baker** - *Senior Support Administrator*

**Leah Heathcoat** - *Coordinator of Advocacy  
and Support Services*

*The National Advocacy and  
Training Network is constantly  
working to maintain the greenest  
standards in our non-profit so we  
are proud to offer you our  
quarterly e-newsletter. Please  
visit our website below to sign up  
to receive it in your email!*

**Connect to our website to learn  
more about our trainings, projects,  
and volunteer opportunities:**  
[NATN/SEEDs](#)

**You can follow NATN/SEEDs on:**

[FaceBook](#)

**You can also follow Cup O Karma  
on:**

[FaceBook](#)

**or bear witness to the voices of  
those who have survived at:**

[HearHer.org](#)

One of the first blogs to give voice  
and influence to the beaten,  
abused, hushed and hidden  
women of domestic violence.