

Fall 2023 Newsletter



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*“From every
wound there is a
scar, and every
scar tells a story.”*



The mission of the Gillette Abuse Refuge Foundation is to provide a comprehensive range of quality services to meet the needs of those affected by domestic violence and or sexual assault, and to reduce the elements that foster violence through community collaboration and education in Campbell County, Wyoming

Upcoming events:

Silent Witness Ceremony

Learn to Love Yourself Support group

Suicide Prevention Council Lip Sync Battle Fundraiser

“Why Does he do that? Domestic Violence Support group”

Healthy Relationships Seminar.

Haunted Gingerbread House Competition Fundraiser.

Trick -or-Treat at GARF.

Pizza Ranch Fundraiser

Comedy for a cause

Bingo at Legends

Dream Catcher class



Wyoming Silent Witness Ceremony

Remember My Story

2023

Remember My Name



The Staff, Board and Volunteers of GARF invite you to join us on OCT. 6th, 5p.m. at Gillette College TEC Center, to honor the Silent Witnesses, hear their stories, and join in the fight against domestic violence

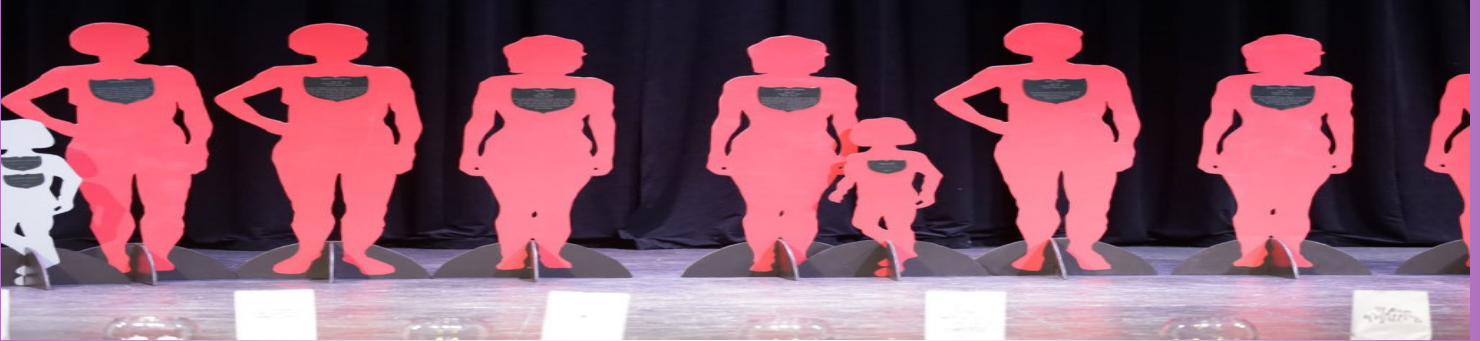


Kimberly Ann Apple, Gabby Venora Petito and Madison Cook, are the latest names added to the registry of Silent Witness, bringing the total to 78.

Remember My Story., Remember My Name

"... As your eyes glance at my name, understand, once I breathed, walked, loved, just like you. I wish for all who glance at my name to know love turned fear kept me there, love twisted to fear, kept me in a choke hold, cut off my air, blurred my vision, I couldn't see how to break free.

~Kimberly A. Collins~



KIMBERLY ANN APPLE

Age 48

May 17, 2021

Torrington, Wyoming

The night of May 16, 2021 into the morning of the 17th, Marty Colwell stole the life of Kimberly Ann Apple. Kim was 48 years old when she was taken away ever so aggressively from her three kids.

On the day of the 17th, Kim's body was found stripped down in the house they briefly shared outside Torrington, WY. She passed away from internal and external bleeding caused by Colwell. One major injury she suffered from was a large gash on her head. Cowell attempted to glue shut the wound rather than call for help. The family is not only left with extreme despair but also many questions that will never be answered due to the fact "he can't remember".

Kim was born in July of 1972, she had many different accomplishments throughout her life from finishing college at EWC to becoming a loving grandma. She had a rough past for a very long time but Kim managed to find comfort in a variety of things. From fishing at the Glendo lake during any free time to bowling or shooting a game of pool. She will be deeply missed by everyone blessed with memories of her.

Remember My Story., Remember My Name

GABBY PETITO

Age 22

August 27, 2021

Teton County

Gabby was born March 19, 1999. On August 27, 2021, Gabby was strangled to death by her fiancé Brian Laundrie while on a road trip visiting national parks across the country. At just 22 years old, her life abruptly ended at the hands of the man she trusted, loved and thought she would spend her life with, but she had so much life left to live. Her killer then proceeded to head home to his parents house in Florida where they had all lived under one roof. He drove Gabby's van the entire way, while texting Gabby's phone, and texting her mom to make it seem like Gabby was alive and well. Gabby was reported missing on September 11th. Brian was found dead on October 21, 2021, by "apparent suicide" in the Myakkahatchee Park just a few miles from their home.

Gabby's story made national headlines as the world looked for her, hoping and praying she was still alive. After Gabby's remains were found on September 19th, 2021 at Spread Creek near Bridger-Teton National Forest, her father Joseph made a powerful statement, "She touched the world," this was the moment we realized we needed to turn our tragedy into purpose. Gabby Petito Foundation, founded in response to a domestic violence tragedy, works with organizations that support victims of domestic violence and organizations that support locating missing persons. Gabby's life may have been cut tragically short, but she lives on through us, her parents, fighting for victims of domestic violence, and to create change to prevent this from happening time and time again. Her story has inspired people around the world, and we hope her legacy will continue to help others be free from the dangers of intimate partner violence.

Remember My Story., Remember My Name

MADISON SHANA COOK

Age 20

April 20, 2021

Torrington, Wyoming

Madison, the daughter of Nate and Stacey Cook, was an amazing young woman with the most beautiful blue eyes. From the moment she could walk and talk, she loved all things in nature. She had a vivid imagination and a passion for art, which led her to create many things. She was a family oriented young woman who aspired to be a tattoo artist. She also loved anything her dad loved - like fishing, hunting, horseback riding and mud racing.

She graduated from Lingle-Ft. Laramie Highschool in 2019 and attended classes at Eastern Wyoming College, but as quickly as her adult life began, it ended. Evil showed up in her life and told her he loved her. She and Sean Pettus had only been in a relationship for 3 months. Three days prior to the discovery of her body, she contacted family for help and moved out. On April 20th 2021, Madison's body was found under a heap of bedding in Sean's apartment. She has been stabbed a total of 6 times with a butcher knife, asphyxiated with plastic around her neck, and showed signs of blunt force trauma to the head

In memory of Madison the family frequently plants sunflowers, has dedicated a piece of land in her honor near Register Cliff, holds an annual river float on the North Platte River in Guernsey Wyoming, and will continue to promote domestic violence awareness in her honor.

Remember My Story., Remember My Name

Wyoming Silent Witness Initiative

The mission of the Wyoming Silent Witness Initiative is to promote peace, healing and responsibility in intimate relationships in order to eliminate domestic violence.

Since 1985, an estimated seventy-seven Wyoming women, seven men, four boys and one girl have been murdered as a result of domestic violence. In 1994 alone, eight women died at the hands of a husband, ex-husband, or acquaintance. Three additional children and seven males, including brothers, were also killed during these same domestic violence incidents.

Because all of us have a responsibility to act to end these senseless deaths, Wyoming joined other states in a national initiative committed to raising the level of awareness about domestic violence.

On February 28, 1997, Wyoming unveiled an exhibit as the first phase of the Silent Witness Initiative at a special ceremony in the State Capitol. The exhibit consisted of 38 red life-size wood silhouettes representing the women and children murdered as a result of domestic violence. Brandy Jo Imhoff's small silhouette speaks for children murdered in domestic violence situations. Each adult silhouette bears a shield with the name of the murdered woman, age at time of death, and the circumstances of her death. To represent the associated victims, a male silhouette and an additional child silhouette were added to the exhibit in 2001.

Former Wyoming Attorney General William U. Hill and First Lady Sherri Geringer sponsored Wyoming's involvement in the Initiative. The Department of Corrections Director, Judy Uphoff, enthusiastically supported creation of the exhibit with help from inmates at the Women's Prison in Lusk and inmates from the Wyoming Honor Farm in Riverton. Many individuals and nonprofit groups have and continue to work on the initiative and the Wyoming Silent Witness Committee promotes domestic violence awareness year-round.

The exhibit was displayed in the Herschler Gallery of the Capitol until it began its journey around the State of Wyoming to "bear witness" to the serious problem of domestic violence in the state.

In October of 1997, the exhibit traveled to Washington, D.C. to appear with the Witness representatives of all states to demonstrate for increased awareness, stricter enforcement of laws, and assistance in fighting the problem of domestic violence nationwide.

On October 18, 1998, state and local representatives gathered at the Capitol in Cheyenne, for a "March to End the Silence." A caravan of vehicles approached the city from opposite sides of the state coming together to "call for the healing of domestic violence in our cities, state, and country." Former State Senator John Perry from Buffalo, who co-sponsored Wyoming's Victims Bill of Rights, was the keynote speaker. Four new silhouettes were added to the exhibit. The event was held in conjunction with marches across the United States.

GARF is honored to be hosting the State Ceremony this year and encourages individuals to spread awareness, educate themselves, and remember those who have lost their lives because of domestic violence.

The Silent Witness exhibit is a traveling memorial honoring adults and children who were murdered in Wyoming as a result of domestic violence. The exhibit is made up of life-size red silhouettes, each representing a person who once lived, had neighbors, friends and family- whose life ended violently at the hands of someone claiming to have loved them. The ceremony will consist of multiple speakers, a silent witness pledge, introductions and retirements of silhouettes, and a procession.

Thank You

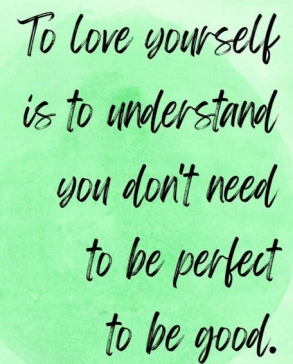
Thank you to all who donated to GARF on WyoGives day! With your help we raised \$7,223.00. Together we CAN make a difference!

September Upcoming Events:

Beginning Sept. 11th, every Monday @10a.m., GARF'S "Learn to love yourself" women's Self-esteem Support Group will be held at the main office. This 8 week group will release self-doubt, build self compassion, and embrace who you are!

(there is no class Monday September 18)

For more Information contact
Suzie @686-8071



*To love yourself
is to understand
you don't need
to be perfect
to be good.*

VOLUNTEERS NEEDED!

The week of Sept. 25th-29th, we are needing volunteers to help hang Purple Ribbon posters in every location possible in the Gillette/Wright area. Please Contact Shawna @686-8071

October Upcoming Events:

National Domestic Violence Awareness Month is recognized each October through educational events, community gatherings, and support groups. Domestic Violence Awareness Month (DVAM) was launched nationwide in October 1987 as a way to connect and unite individuals and organizations working on domestic violence issues while raising awareness for those issues. Over the past 30+ years, much progress has been made to support domestic violence victims and survivors, to hold abusers accountable, and to create and update legislation to further those goals.



October Upcoming Events:



- GARF will kick off our October events with Healthy Relationships Seminar- at GARF, we believe EVERYONE deserves to be in a Healthy Relationship! Please join us for this free and open to the public seminar on OCT. 3rd @ Gillette College TEC Center, From 6-7 pm. Hope to see you there! For information Call Shawna @ 686-8071.
- Starting October 4th, our new Women's Domestic Violence Support group “Why Does This Happen”, will begin. This 8 week curriculum will cover the dynamics of domestic violence, red flags, safety planning, resources, and self-care. This Support group will be held at the GARF office every Wednesday @ 10 am. All services at GARF are free and confidential. For more information please reach out to Shawna @ 686-8071.
- Oct. 9th, Pizza Ranch Fundraiser. Please watch our Social Media page and website for more information.
- October 13th Comedy for a Cause @ Boothill Tickets are \$25 and be purchased at the GARF office. Please watch Social Media for more information.
- October 18th @7 p.m. Bingo at Legends
- On October 27th, GARF will be hosting our first Haunted Gingerbread House Competition! For more info. Please contact Shawna at 686-8071.
- October 31st, between the hours of 12p.m. & 4:30p.m, bring those ghouls and goblins to the GARF office for trick-or-treating.



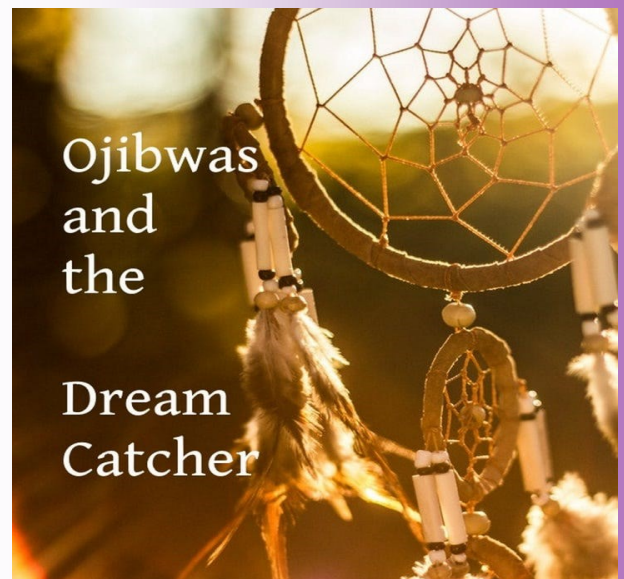


November is designated as National Native American Heritage Month. This observance commemorates the history, heritage, and culture of Native Americans and Alaskan Natives. It is during this month we acknowledge the vast achievements of America's original indigenous people.

November Upcoming Events:

Have you ever wanted to learn how to make a Dream catcher? Or wonder about the history of the Dream catcher? You're in luck! On Nov. 13 at 5:30 pm, two members of the Ojibwe (Chippewa) Tribe will be at the GARF office to teach both! Space is limited: for more information please contact:

Melissa 686-8071



The first week in August, we wrapped up our 8 week Codependency Support Group! We had a great turnout and the group was a success!

We still have our on-going Women's Stronger Together Support Group, every Thursday at the GARF office. Topics include but are not limited to: Boundaries, Red Flags, Self-esteem, Healing After Abuse, Emotional and Financial Abuse.

Walk-ins welcome.



GARF is looking for new volunteers! If you are interested in learning more please contact Alicia, our Volunteer Coordinator 307-686-8071.

How You Can Help:

You can help by donating: [Your Tax-Deductible Gift Helps Keep Families Safe](#)
To Donate Text GARF to 26989. You can do a one time Donation, monthly or simply round up your change.

The demand for domestic violence services continues to grow. We remain steadfast in our commitment to keeping families safe. With your help, we are able to provide survivors and their families not only with safe shelter, but with critical services such as groups and therapy, help with filing protection orders, and referral assistance to help find housing, daycare, and other needed services. As always, all our programs and services are provided free of charge to the families we serve.

You can make an immediate difference by making an in-kind or financial contribution today.