

The Freeman Flash

AUGUST 2013

ELIZABETH FREEMAN CENTER'S OFFICIAL NEWSLETTER

ISSUE XXII



Walk the Walk

Fall is in the air! And so is Elizabeth Freeman Center's pledge walk, the **3rd Annual Walk a Mile in Her Shoes International Men's March to Stop Rape, Sexual Assault & Gender Violence!**

On **September 19th at 5:30pm**, come out to **Third Thursday in Pittsfield**, corner of North Street and Park Square, with your family, your friends, your pets, and, if you have them, your heels, to take a stand against violence.



Why Is This a Men's Issue?

- 1 in 5 women are raped, 73% of the time by someone she knows.
- 1 in 4 women will be beaten by her partner or ex-partner.
- While it is important not to forget about women who are perpetrators (and men who are survivors!!), men make up 99% of arrestees for rape and 95% of all batterers.

If gender violence is ever going to end, women cannot be the only voices calling for change. Men, you are vital allies in the movement to change how women are treated in our society.

What Men Can Do (with thanks to *mencanstoprape.org*):

- Choose respectful language. When you put women down, you support a belief that makes it easier to ignore a woman's decisions or wellbeing.
- Speak up when you hear attitudes and see behaviors that degrade women and promote a culture of violence.
- Support survivors of rape. Rape will not be taken seriously until everyone knows how common it is, and how devastating.
- Join us for the 3rd Annual Walk a Mile in Her Shoes Men's March to Stop Rape, Sexual Assault, and Gender Violence. Our movement is growing. Last year, our numbers tripled from the year before. If we can triple them each year, we can stomp out violence. Show the world what being a man is all about, in the name of the kind of world you want your children to grow up in.



Thank you to our Walk a Mile underwriters!



- Donovan & O'Connor, LLP



- Berkshire Bank Foundation
Berkshire Health System
Onyx Specialty Papers, Inc.
WJ Blueprint and Digital Graphics



- Cain, Hibbard & Myers
Iredale Mineral Cosmetics
J.H. Maxymillian, Inc.
Mountain One Bank
Rotary Club of Pittsfield

Want to join this illustrious group? There's still time to become an underwriter. We recognize our underwriters in press coverage, with banners in the March, and in our event posters. Be known as an organization taking a stand against violence. Contact Janis at (413) 499-2425 for more information.

Check out those shoes!

Chin of *Flavours of Malaysia* and the staff at *Bagels, Too* are ready for Walk a Mile and busy raising pledge money. Are you?



Pittsfield - 43 Francis Ave.
(413) 499-2425
Gt. Barrington - 40 Railroad St.
(413) 429-8190
North Adams - 85 Main St.
(413) 663-7459



24 hour Hotline 1-866-401-2425

Supported locally by: Berkshire United Way • Northern Berkshire United Way • Williamstown Community Chest • City of Pittsfield • Town of Great Barrington • Verizon Foundation • Women's Fund of W. Mass. • Aria Foundation • The Green Foundation • Berkshire Bank Foundation • Many community members, groups, businesses, and towns •

Elizabeth Mumbet Freeman, Part II



We've teamed up with local author Jana Laiz to bring you a six-part series on the life of Elizabeth Freeman. When we left off, it was 1751 and seven-year-old Bet had been given by her owner, Pieter Hogeboom, to his daughter, Hannah Ashley in Sheffield, MA. As a slave, Bet served the Ashleys, working from morning 'til night:

By 1773, unrest was brewing in the colonies. Colonists were speaking heatedly about the high taxes King George was forcing them to pay, and Colonel Ashley's study has become a hotbed of revolutionary discussion. Bet, now serving the gentlemen gathered in Colonel Ashley's study, listens to their talk of freedom from British tyranny.

Both Colonel and Mrs. Ashley rely on Bet for the smooth running of the household. For reasons known only to herself, Hannah resents Bet and only grudgingly allows her to serve the men gathered to write letters of grievance to King George. All the slaves are afraid of Hannah's wrath. All except Bet.

Although the historical records indicate that Bet died a spinster, folklore suggests she "jumped the broom" and got married in the slave tradition. Marriage by slaves would not have been recognized, but Bet has a relationship resulting in a baby girl, affectionately known as "Little Bet."

As the Sheffield Resolves are written and read in the study, Bet hears a phrase that would change her life. "Resolved that Mankind in a State of Nature are equal, free and independent of each other and have a right to the undisturbed Enjoyment of their lives, Liberty and Property." All men are free and equal. These words, repeated again and again, stir Bet to wonder, "Why is it that I, who am not a beast, but of Mankind, why is it that I cannot be free?"

"Tell Them About the Dream, Martin"



Fifty years ago this month, a quarter of a million civil rights supporters gathered on the National Mall during the March on Washington for Jobs and Freedom to hear Martin Luther King, Jr. call for an end to racism in the United States.

As Dr. King neared the end of his prepared speech, the great gospel singer and activist Mahalia Jackson called out from the crowd, "Tell them about the dream, Martin!" and Dr. King departed from his notes and began to preach. What he said next became the most famous part of his address that day.

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream...I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."...I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character...This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

From A to EEE: Everything You Need to Know For the Walk a Mile March on Sep. 19th

Registration forms and pledge sheets are available online (www.facebook.com/ElizabethFreemanCenter), at any Elizabeth Freeman Center office, at *Bagels, Too* and *Flavours of Malaysia*, or by email at info@elizabethfreemancenter.org. Walkers can also register the day of the walk from 5-6 pm.

Handy Pledge Sheet Tips

- Buddy system – Carry your pledge sheet with you wherever you go. You never know where you might meet a potential supporter.
- Pop the question – Ask everybody to pledge – friends, family, co-workers, classmates, Facebook friends, strangers in line at the grocery! Raising \$55 (that's just \$5 from 11 people) guarantees you a Walk a Mile t-shirt!
- Team up – Form a team with your family members, co-workers, or friends. Challenge another team to a "pledge-off."
- Mix and match – Does your employer offer matching gifts? Do your supporters' employers offer matching gifts? Include their form with your pledge sheet and double your impact.

Supporters can donate online!



Just have them visit www.facebook.com/ElizabethFreemanCenter and click on the Walk a Mile 2013! tab.

There they can make a secure credit card donation of any amount and include the name(s) of the walker(s) they're supporting. (While they're there, encourage them to 'Like' us, too!)