



Winter 2012



Helping local stalking victims

He taps into the GPS signal from her telephone so he always knows where she is. He shows up unexpectedly at her workplace. He calls her a dozen times a day and even has his friends watch her.

He is a stalker who terrorizes his victim by taking away her sense of security and, according to staff at the Women's Resource Center, stalking is just as prevalent in Tillamook County as elsewhere around the country.

January is National Stalking Awareness Month and, to mark the month, TCWRC Education and Outreach Program Manager Romy Carver conducted training sessions about stalking in local high school classes. The goal is to help young people – both boys and girls – understand that stalking is not a sign of love and that there are resources available to deal with perpetrators.

TCWRC Volunteer Coordinator Eleanor Watkins and Advocate Norma Obrist said stalking is a frequent component of domestic violence cases they see locally.

"You'll see cases in which the stalker waits in parking lots and calls the victim constantly," said Watkins. "Some are computer savvy and are able to track their victim through their telephone GPS. I've heard the victim of this kind of stalking say, 'He keeps showing up everywhere I go, even though I haven't spoken to him in months. He always knows where I am.'"

Obrist said stalkers often do things that are meant to send a message to

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'I was bullied all my life because I was different. ... I think we will be able to connect with other kids. We can talk the same language.'

*- Savanna Kellogg
Youth Training Youth*



Youth Training Youth

Pilot project taps teens to teach peers about healthy relationships

To high school student Savanna Kellogg, the issue of bullying is very personal.

"I was bullied all my life because I was different," says the 16-year-old junior at Tillamook Options Program.

A former student at Nestucca High School, Kellogg said it got worse as she entered her teens, when she "came out" and let people know she was a lesbian.

"Everyone hated me," she said. "They put up a petition to get rid of me. They wrote (profanity) in lipstick on my locker, telling me to get out."

Kellogg said she got through it by staying centered.

"It hurt, but I kept my head high," she recalled.

Now Kellogg hopes to use her personal experience

to help others as part of a Youth Training Youth project initiated by Tillamook County Women's Resource Center. The goal of the program is to use student leaders to teach other teens about bullying, domestic violence and healthy relationships.

Kellogg is one of a group of students at TOPS taking part in training to prepare them for their leadership roles. Also taking part is 18-year-old senior Brandy Reed.

"I was bullied by my sister's boyfriend when I lived in Salem," Reed explains. "Because of that, I always wanted to help prevent other kids from having to go through it."

TOPS teacher Mary McGuinness said Kellogg and Reed were chosen to take part because of their leadership skills. Also selected for the program are four students from Tillamook High School and a couple from Tillamook School District's teen parent program.

According to Kathleen Marvin, executive director of the Women's Resource Center, the pro-

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Annual Report

2011 brought challenging times

By Kathleen Marvin
TCWRC Executive Director

The year 2011 was difficult in many ways. Not only did we experience a serious decrease in funding from a variety of sources, but many people in Tillamook County also faced hardship and uncertainty. Thus, at the very time when our resources became stretched to their limit, the need for our services became greater than ever.

To deal with our budget shortages, we have undertaken a number of measures and looked for creative ways to do more with less. Our ultimate goal: to avoid cutting the programs that are so critical to our growing list of clients.

We have cut staff, of course. But along with that, we have ramped up our volunteer recruitment and training efforts with the goal of building a dedicated cadre of helpers who can assist us at every level of our operation.

We also developed new group services to leverage the staff we have and, at the same time, draw upon the diverse experiences and strengths of group members to help each other.

As a result of these creative efforts, we were successful in achieving our goal in 2011. We did not have to cut any of our client services. In the coming year, we will continue to strive to leverage every resource we have and partner with other organizations to draw upon each other's expertise to achieve more with less. But we also know we will face

even more difficult realities in 2012. We know that a major local source of our funding will be gone this year. And other state and federal revenue sources are likely to continue to shrink.

We will do our best to keep our services intact, but we may be faced with extremely difficult choices ahead.

We know that every nonprofit in the county is facing similar challenges and that many of our traditional private donors also are dealing with changed circumstances. That is why we are constantly looking for creative ways of getting things done.

We have been blessed by the support of a number of caring individuals who have taken it upon themselves to hold fundraisers on our behalf. We would be thrilled to work with anyone willing to do the same.

We continue to benefit from the revenue generated by our Wild Flower Thrift Boutique. Now more than ever, donations of furniture, appliances and even (titled) derelict vehicles are gratefully accepted. Such donations can benefit you by providing a tax deduction, while ridding yourself of unwanted items. And they are an important source of funding for our day-to-day operations.

Some of our supporters give generously with amazing in-kind donations of goods and personal services. We could not operate without these extraordinary people. We would be eager to hear from anyone who wishes to do the same.

Finally, this year we will reach out to

2011 Achievements

Programs Operated

- ✓ 24/7 Crisis Line
- ✓ Advocacy Center
- ✓ Emergency Shelter
- ✓ Transitional Housing
- ✓ Outreach & Education
- ✓ School-Based Violence Prevention

Clients Served

- ✓ 979 families (includes single adults)
- ✓ 2,176 individuals

Services Provided

Safety Plans Completed	
Adult	289
Child.....	16
Crisis & Non-crisis Counseling	979
Civil Legal Assistance.....	1,410
Advocacy with Agencies & Courts	2,447
Ongoing Support Services	2,510
Persons Sheltered	101
Number of Shelter Nights Provided	1,722

those who may be interested in planned giving through their estates via charitable bequests, life insurance, charitable trusts, gifts of assets and similar arrangements. Through such instruments, we hope to build an endowment to ensure our long-term sustainability.

While we know that 2012 will bring a host of challenges, I remain confident in one principle: Dedicated individuals working toward a common purpose can achieve great things.

We will strive to prove that in 2012.

Youth

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gram is a pilot project. The teens are receiving six weeks of training covering the topics of oppression, bullying and dating violence prevention, healthy and unhealthy relationships, bystander intervention and allies, healing and how to make a good presentation. Then the student leaders will be given

the opportunity to speak to classes at their schools, under the supervision of a teacher.

Marvin said one goal will be to encourage youths to teach other youths in the years ahead, helping to

make the program sustainable.

"It's a work in progress," she explained. "We want this be youth directed. We want it to resonate with young people."

Kellogg and Reed believe it will be effective.

"I think we will be able to connect with other kids. They will listen to us more than they might an adult. We can talk the same language," Kellogg explained.

"I really hope we can have an impact," said Reed. "I hope that if we can show them what an unhealthy relationship looks like, maybe they will see it in their own life and change."

Women's Resource Center Prevention Coordinator Terri Niemann, who is helping to train the youth leaders, said she is very excited about the program.

"Anytime you get peers involved in the process, kids listen," she said. "The kids will

develop their own PowerPoint presentation. They'll go into classrooms and lecture. We'll give them a lot of freedom, while still overseeing them. There may be some wonderful positive fallout from this. We want this to be sustainable."

McGuinness said this is the second year Niemann has taught TOPS students about healthy relationships and she believes students do listen.

"I have seen the kids asking more questions about their friends and themselves, asking for advice. The classes open the door to conversation."



Brandy Reed



Mary McGuinness

Community Outreach

Agency partnership targets Tillamook teens

Lean times call for creative measures. So, to leverage their limited resources, three local agencies have come together in a partnership to prevent teen suicide and foster healthy relationships.

Tillamook County Women's Resource Center has joined forces with the Tillamook County Health Department and Tillamook Family Counseling Center to present a series of classes to Tillamook area high school students this spring.

Taking part will be the Health Department's Joellyn English, a public health nurse, who will teach about healthy sexuality; Daeh Christensen-Carney, from Tillamook Family Counseling Center, who will focus on suicide prevention; and Tillamook County Women's Resource Center Prevention Coordinator Terri Niemann, who teaches classes in healthy relationships.

According to Women's Resource Center Executive Director Kathleen Marvin, the project will leverage the resources of the three agencies. The Women's Resource Center portion is funded by a grant from the Oregon Attorney General's Sexual Assault Task Force. The Health Department will contribute staff time and Christensen-Carney's unit is funded by a grant.

The series of courses will be presented as part of the junior class health curriculum at Tillamook High School and Tillamook Options Program. The course series is expected to fill an entire week of classes.

Healthy relationships

Niemann said she will cover such topics as bullying, sexually transmitted diseases, contraception and healthy behavior.

"I'll discuss how to create allies ... safe relationships with people who want us to succeed," Niemann explained. "I'll tell them what a healthy relationship looks like. What is healthy and unhealthy. I'll also cover all the 'isms,' like sexism, classism, racism and talk about how they affect behavior."

On the theme of domestic violence, Niemann said she will discuss the dynamics of power and control and describe the systematic power practices that most perpetrators use to control their victims.

Suicide prevention

Christensen-Carney said her part of the program is funded by a special State of Ore-

gon grant she received to teach suicide prevention in the schools. She will be using a curriculum called RESPONSE, a program developed by ColumbiaCare mental health services that increases awareness about suicide among high school staff, students and parents.

Christensen-Carney said the program starts with a video in which two teens are featured. One sees the other struggling but is not sure how to help. After the video, Christensen-Carney will talk about it with the class and lead a discussion about how to establish rapport with someone who seems troubled, how to recognize the signs

'We found we were not collaborating in the past. Now, we will work together, avoid duplication and each of us will reinforce the message of the others.'

*— Joellyn English
Tillamook County Public Health Nurse*

of suicidal thoughts and how to make sure the person is able to ask for help.

Christensen-Carney taught the same curriculum countywide last year.

"Most of the kids really loved it," she said. "About 10 stayed after class to talk about people they knew, such as parents or a neighbor, they were worried about. And the teachers also enjoyed it because it taught



Left, Joellyn English; center, Daeh Christensen-Carney; right, Terri Niemann

them how to recognize the signs."

Personal health

The personal health segment taught by the Health Department's Joellyn English is meant to provide teens with straight-forward information about sexuality, health and body awareness.

"The kids are asking for this kind of nonsense, accurate health information," English said. "We are especially interested in talking about such sexually transmitted diseases as HIV and Hepatitis C, both of which are on the rise again, particularly in younger populations. And, if students fear they may have been exposed to something, we'll tell them how to access care."

English said this is the first year the three agencies have worked together to present a unified series of lectures. She said the decision to do so was not only driven by economics, but also by a desire to increase the effectiveness of the message.

"We found we were not collaborating in the past," she explained. "We would each give our presentations, but they were not coordinated and, in some cases, they duplicated each other. This way, we will work together, avoid duplication and each one of us will help reinforce the message of the others. We hope, as a result, we'll engage the students more effectively and make our messages stronger."

TCWRC News

Volunteer Profile

Barbara Herdman

For the past 13½ years, Barbara Herdman worked as a pediatric nurse practitioner at Tillamook County General Hospital.

She enjoyed the work, but she didn't enjoy the new computer record-keeping she had to do in recent years. "I don't get along with computers very well," she confessed.

So last year, she decided to retire and switch to her "dream job," which is working as a massage therapist at the hospital a couple of days a week.

However, the new schedule left her with a bit of free time on her hands. So one day she was caring for her granddaughters to give their mother a bit of relief.

"I began to think about how difficult it must be for single moms who don't have someone like me around to give them a break once in a while. I decided that I really wanted to find a way to provide some support for single moms."

So Herdman decided to get involved with the Women's Resource Center.

"I went through the training and I was really impressed by the wonderful job the staff does and how good they are at showing women how



to be safe. We so need to educate our girls so they can support themselves and not be trapped in toxic relationships with no way out."

Herdman's desire to give support to moms was soon realized after she finished her training. Besides answering telephones and doing paperwork at the center from 9 a.m. to noon on Mondays, she now works on Tuesday afternoons and evenings providing childcare for women who come to the center to take part in support groups.

"I'm working seven hours a week and I really feel that I am helping," she said. "It's a great organization."

Staff Notes

Leeauna Perry joins team

Contract worker Leeauna Perry is a new face at the Women's Resource Center. Perry is helping with bookkeeping, payroll and fund-raising efforts.

Since moving to Tillamook two years ago from Eugene with her husband, who works at Tillamook PUD, Perry has gotten involved in



the local arts community. Besides teaching piano and violin, she is the volunteer executive director of Bay City Arts Center and is a 4-H leader helping in the areas of sewing, cooking and photography. She is helping to plan a number of fundraising events, including possible house parties for donors. She hopes to assist TCWRC with planned giving campaigns and the establishment of an endowment. And she may be doing a soup cookbook that would be sold during the annual Soup Bowl in May.

Allen changes hats

Adrienne Allen, who has been an advocate at Tillamook County Women's Resource Center for three years, will now be spending a large portion of her half-time position working out of the County Health Department helping teen mothers, pregnant women and others in need of counseling around the issues of domestic violence and sexual assault. She replaces Emily Fanjoy, who recently joined the Health Department staff.

The position is funded through a grant given to Women's Resource Center by the Oregon Department of Justice, Crime Victims Assistance office.

Deborah Yund retires

Deborah Yund retired Dec. 31, ending a 17-year run as a volunteer and then staff member of Tillamook County Women's Resource Center.

"There's really no way we can describe how valuable Deb's contributions to this agency have been over the years," said WRC Executive Director Kathleen Marvin. "Whenever and however we needed her, she was always there for us. We will miss her and we wish her every happiness."

Most recently, Yund, who earned a teaching credential in 1974 from the University of Michigan, had served as TCWRC's education coordinator. She came to Tillamook County in 1981, when she worked for Tillamook County Education Services District. She later taught kindergarten at Nestucca Elementary School in Cloverdale.

She began volunteering for what was then the Women's Crisis Center in 1994 as an advocate and trainer.

When Yund was appointed to the education coordinator position in 2009, she said she was excited to be able to teach all ages about the nature of violence.

"We're trying to educate everyone that violence is not an accident; it's a choice," she said then. "By learning how to recognize the difference between emotions and actions, we can learn how to change our behavior toward others. Any of us can learn how to change, whether it's the way we relate to people at work, in the community, at school or in the family."



Events

Win a gorgeous quilt!

Barbara Lewis, who last year donated nearly 200 pillowcases to Tillamook County Women's Resource Center, has stepped up again to help by creating a beautiful quilt that TCWRC is giving away in a prize drawing this spring.

In 2010, Lewis, who owns BJ's Fabrics & Quilts in Cloverdale, donated pillowcases as part of a nationwide challenge published in American Patchwork & Quilting magazine. The goal was to make a difference in American communities with a million pillowcases donated to charities.

Lewis said she immediately thought of the Women's Resource Center shelter. She and a bunch of her customers responded.

This year's gift, her handmade Mother's Day Quilt, has an estimated value of \$750, and is on dis-



play at the Wild Flower Thrift Boutique, 114 Main Ave., in Tillamook. TCWRC is selling tickets for \$1 each or six for \$5 to win it. The goal is to raise at least \$1,000 in ticket sales. The winning entry will be

drawn during the annual Soup Bowl fundraiser on Saturday, May 5.

To enter, you may purchase tickets at the Women's Resource Center office at 2nd and Ivy and at the Wild Flower on Main. In addition, during the coming months, the quilt will be moved around to retail locations in town, where it can be viewed and tickets can be purchased.

More Art!!

Mapusha exhibit

Showing of handmade textiles created by young people associated with the South African Mapusha Weavers will be paired with an exhibit of art created by youngsters from East Elementary School in Tillamook on Saturday, March 3, at Bay City Arts Center.

This is the second Mapusha exhibition to come to Tillamook County. This time, according to TCWRC Executive Director Kathleen Marvin, the art has been created by young people associated with the Mapusha group. Also on display will be art by East Elementary students. The event is a precursor to another show and sale of Mapusha textiles scheduled for November at Tillamook Pioneer Museum.

An open mic session will start at 7 p.m., featuring Judy Miller, who spends half of her time in South Africa working with Mapusha. She will share information about them.

tWEnty-Artist Show/Sale

What do you get when you put the creative minds of 20 local artists together in a free-for-all round-robin multi-media art project?

The answer is 20 separate unpredictable works of art, each passed from artist to artist, crafted a layer at a time.

You also get a fascinating art show and auction to benefit the Tillamook County Women's Resource Center.

It's called the tWEnty Artists Collaborative Show and Sale and is planned for Spring Break, so stay tuned for details. It was conceived by local artist Teresa Mahana.

According to TCWRC Executive Director Kathleen Marvin, the project began with 20 separate bare wooden panels, each about 18 inches square. One panel was given to each artist, who then adorned it with one small bit of creativity, then passed the panel on to the next artist, who added to it in turn. Eventually, each of the 20 panels will have been worked on by every one of the 20 artists.

"The result is that each panel evolves," Marvin explained. "It's quite amazing how the panels turn out."

Cross-cultural workshop

In April, TCWRC, Tillamook Family Counseling Center and CARE will partner to host Cliff Jones, a human rights activist with the Nonprofit Association of Oregon, for a workshop about working across cultural boundaries to leverage the community's human resources during difficult economic times.



Jones' workshop will be aimed at teaching participants how to reach out and work with all cultural segments of the community to accomplish more together than they could separately.

Jones said his topics will include:

- Types of cultural groups, including race, class, gender, economic status and sexual orientation.
- How to develop policies and methods that take cultural differences into account and draw upon them to strengthen an enterprise.
- Common pitfalls and challenges when working across cultural lines.

"Our goal will be to show how to build connections and make better use of community assets during a time of shrinking resources," he explained.

Jones has been on the staff of the Nonprofit Association of Oregon for 18 years and is one of the founders of the Tools for Diversity project.

"We are very excited to be able to bring Cliff back to Tillamook," said TCWRC Executive Director Kathleen Marvin. "He is going to help us with problem solving in these tough times. We all gain when we learn how to work together."

Calendar

February

Teen Dating Violence Awareness Month

March

March 3 – Mapusha Educational Event

*Evening with the Pot-
tlers – date TBA*

Volunteer recruitment for spring training – contact Eleanor Watkins at (503) 842-9486

tWEnty-Artist Show/ Benefit for TCWRC, date TBA

April

Sexual Assault Awareness Month

Cross-Cultural Workshop. Day and time TBA.

April 18-20 – Visit us at the Tillamook pre-school multi-modular event at Tillamook County Fairgrounds.

April 21 – Red Hat Beach Party event, Old Mill Marina, Garibaldi, in support of TCWRC, 10 a.m.-4 p.m.

Spring Training for new volunteers

'Honoring Mothers' throughout April

May

May 5 – Soup Bowl, 5-7 p.m., Old Mill Marina, Garibaldi



Stalking is a dangerous crime. The better we understand the facts about stalking, the more we can do to stop it. That's why the Stalking Resource Center, National Center for Victims of Crime, and the Office on Violence Against Women, U.S. Department of Justice, designated January as National Stalking Awareness Month in 2004. Following are facts about stalking that illustrate how important it is and why it must be stopped.

STALKING FACTS

- 3.4 million people over the age of 18 are stalked each year in the United States.
- 3 in 4 stalking victims are stalked by someone they know.
- 30% of stalking victims are stalked by a current or former intimate partner.
- Persons aged 18-24 years experience the highest rate of stalking.
- 11% of stalking victims have been stalked for 5 years or more.
- 46% of stalking victims experience at least one unwanted contact per week.
- 1 in 4 victims report being stalked through the use of some form of technology (such as email or instant messaging).
- 10% of victims report being monitored with global positioning systems (GPS), and 8% report being monitored through video or digital cameras, or listening devices.

IMPACT ON VICTIMS

- 46% of stalking victims fear not knowing what will happen next.
- 29% of stalking victims fear the stalking will never stop.
- 1 in 8 employed stalking victims lose time from work as a result of their victimization and more than half lose 5 days of work or more.
- 1 in 7 stalking victims move as a result of their victimization.
- Anxiety, insomnia, social dysfunction and severe depression are much higher among stalking victims than the general population.

STALKERS

- 2/3 of stalkers pursue their victims at least once per week, many daily, using more than one method.
- 78% of stalkers use more than one means of approach.
- Weapons are used to harm or threaten victims in 1 out of 5 cases. Almost one-third of stalkers have stalked before.
- Intimate partner stalkers frequently approach their targets and their behaviors escalate quickly.

STALKING AND MURDER

- 76% of intimate partner murder victims have been stalked by their intimate partner.
- 67% had been physically abused by their intimate partner.

Stalking help

From page 1

their victim that they can do whatever they want to them with impunity.

"For instance, they might destroy the front yard in the middle of the night," she explained. "The victim will know who did it, but has no way to prove it. It is incredibly stressful for the victim, who never knows what the stalker will do next."

Watkins said another particularly terrifying tactic that some stalkers use is to break into their victim's home while he or she is out and leave a little sign behind that the stalker was there.

"The stalker might leave flowers or rearrange the furniture or something equally personal. It's a way of telling the victim that 'I was here and you can't stop me,'" Watkins said.

"This kind of invasion of privacy is very unsettling. It completely robs the victim of a sense of security. The stalker can mess with your mind and that can really scare you."

If you or someone you know is being stalked, said Watkins and Obrist, you should know that stalking is a Class A misdemeanor in Oregon, unless the offender has a prior stalking conviction or a protection order violation conviction. In that case, it is a Class C felony with a potential prison term of five years and fines of up to \$125,000.

The staff at TCWRC can assist victims in obtaining protection orders. Call the crisis line at (800) 992-1679 24 hours a day or the office number during business hours at (503) 842-9486.

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Janet Stringer
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Vivi Tallman
TBCC Student Government
The Village Merchants
Vicki Thomas
Carol Thompson
Tillamook County Quilt Guild

Tillamook Transportation District
Tillamook United Methodist Women
Tillamook Veterinary Hospital
TLC Federal Credit Union
Tomboy Tools
Trask River Therapy
Sue Trout
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Unfurl Clothing, Manzanita
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**Tillamook County
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This project is supported by Grant No. 2008-WR-AX-0038, awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed in this program are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

