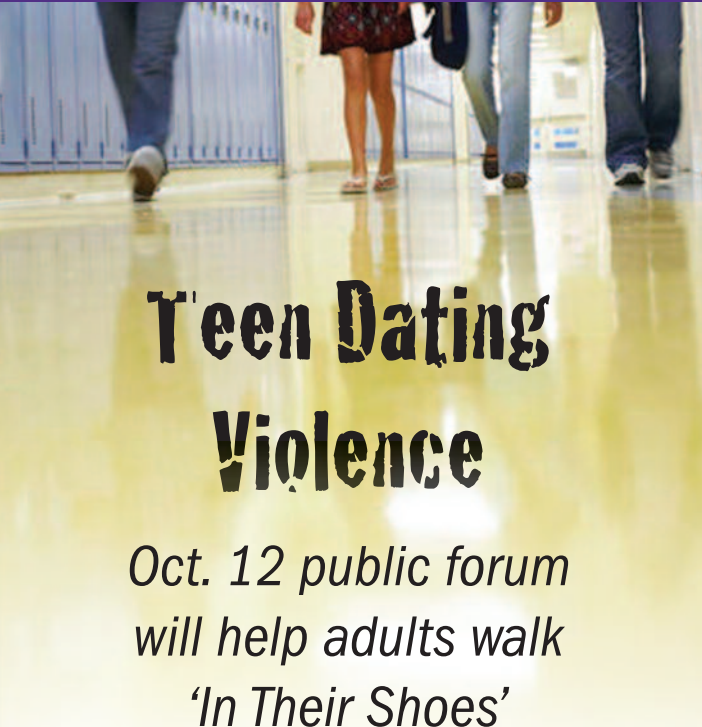




October is Domestic Violence Awareness Month



Teen Dating Violence

Oct. 12 public forum will help adults walk 'In Their Shoes'

Teen dating violence is a serious issue among our youth. On Oct. 12, Tillamook County Women's Resource Center will present a public forum to shed light on the problem and help participants recognize the signs of trouble and help put an end to it.

"In Their Shoes: Teens and Dating Violence" is the title of the forum, scheduled from 4 to 6 p.m. in the Mark Hatfield Room at the Tillamook County Library in Tillamook.

The scenario-based training program is a tool for parents and adults who work with teens. Participants learn what dating is like for today's teens by becoming a teen character, making choices about their relationship and seeing the results.

It was developed by the Washington State Coalition Against Domestic Violence in response to a tragic case there in which a teen-age girl murdered her ex-boyfriend in 2004. The program was developed with the help of a grant from the girl's parents.

"Our goal is to make a difference in the lives of others," said Melody Hafter, mother of the Washington teen. "I feel that my daughter did what she thought was right, but many people that she went to for advice needed more knowledge. It is my hope that when people experience In Their Shoes, they get more information about what to look and listen for."

See Page 2

Building a Volunteer Force

TCWRC looking for a few good hands & hearts

Challenging times call for creative solutions. So Tillamook County Women's Resource Center is looking for volunteers to lend a hand.

Like most nonprofit agencies, Tillamook County Women's Resource Center is currently facing reduced funding from government and private sources. This means we've been tightening our belt and reducing staff. To ensure that we can continue to meet the needs of our community, we are getting creative by establishing more group sessions for clients and looking for more volunteers to assist our paid staff.

"We are always on the lookout for volunteers," explains Volunteer Coordinator Eleanor Watkins, "but right now the need is even greater than in the past."

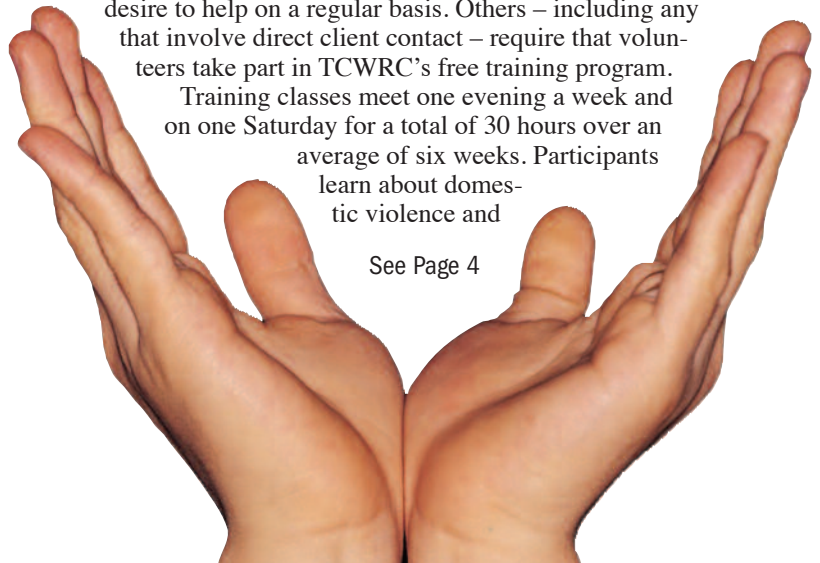
For instance, TCWRC trimmed costs by cutting its part-time development director position. That person had overseen fundraising activities.

"We are hoping that some volunteers will step up to help in that area," she noted.

There are a great many different types of volunteer opportunities available. Some require little or no training or experience; just a desire to help on a regular basis. Others – including any that involve direct client contact – require that volunteers take part in TCWRC's free training program.

Training classes meet one evening a week and on one Saturday for a total of 30 hours over an average of six weeks. Participants learn about domestic violence and

See Page 4



From My Desk

By Kathleen Marvin
TCWRC Executive Director



As we mark another Domestic Violence Awareness Month in October, we are more aware than ever of the importance of our work. Requests for services have never been higher. Unfortunately, this increase comes at a time when our financial resources are strained to the maximum due to funding cuts from some supporting agencies. So, like the community we serve, we are facing tough economic choices.

We have been very fortunate in recent years to receive federal grants for some special public education programs. However, those funds cannot be used for our day-to-day operations. For that, we rely on government funds, revenue from our Wild Flower Thrift Boutique and on contributions from our generous donors.

To deal with our reduced means, our team has been working together on some creative solutions.

On the staffing side, we are working to grow an army of volunteers to help keep things running smoothly, despite reductions we have had to make in staff hours. Thankfully, we have a wonderful volunteer coordinator in the person of Eleanor Watkins (see article on Page 1), who has developed an exceptional training program. We believe recent additions to our force of volunteers will not only add extra hands, but also be a rich source of life experience and skills that will make our organization even stronger.

We urge you to consider volunteering. It is an incredibly rewarding experience and you will be helping to change lives.

Our other creative method of stretching resources is to launch more client support groups. Not only can we help more people in groups than we could using only one-on-one counseling, but groups also bring an added sense of validation to clients. They learn in group that they are not alone and that others have experienced similar problems and are finding a path to change.

Thirdly, we are working to increase the income we receive from the operation of our Wild Flower Thrift Boutique. We have recently become authorized to accept used vehicles of all kinds as donations. We can match these vehicles with a client need or sell them to dealers for resale or scrap. We help meet a need or get additional revenue for our operations and the donor receives a charitable gift deduction at tax time. We can accept any vehicle, running or not. So if you or someone you know has a vehicle that is no longer in use, please consider donating it to us. It's a win-win thing to do.

Of course, we also are grateful for your cash donations, either directly or through United Way.

Together, we can weather these challenging times and be stronger for it on the other side.



Tillamook County's United Way board at the start of the 2010 campaign

United Way campaign helps TCWRC

October is national Domestic Violence Awareness Month, but it also is the kickoff of the Tillamook County United Way annual fundraising campaign.

Because Tillamook County Women's Resource Center is one of our local United Way member agencies, you can contribute to TCWRC by designating that a specific portion or all of your United Way contribution goes to us.

The Tillamook County United Way was incorporated on June 28, 1976. Since then, it's been independent and locally controlled. It is a nearly all-volunteer organization with a local board of directors. A total of 91 percent of donations go directly to

the 18 member agencies. Donations to the United Way are tax deductible. Donors receive a receipt letter upon receiving the donation.

There are three ways to donate to United Way:

- Make an online donation. Online payments are made via a secure website connection and your information is encrypted for safety.
- Send a one-time donation.
- Sign up for a regular payroll deduction through your place of work.

A donation form is available through the United Way website at www.tillamookcountyunitedway.org.

October forum

From Page 1

According to the American Journal of Public Health, one in three teens has experienced some form of abuse in their dating relationship.

"Abuse can look different in teen vs. adult relationships," said Nan Stoops, executive director of the Washington State Coalition Against Domestic Violence. "How we respond needs to differ, as well."

"In Their Shoes: Teens and Dating Violence" is a training kit for parents or adults who work with youth, such as teachers, counselors, youth group leaders and law enforcement. Participants become one of six teen characters. They make choices about their relationships and move through the scenario by reading about interactions

with their dating partner, family, friends, police, counselors and others. The teen characters are based on the experiences of real teens that include sexting, pregnancy, homophobia and stalking.

"We all have a role to play in teaching teens about healthy relationships," said Kathleen Marvin, executive director of Tillamook County Women's Resource Center. "In Their Shoes gives adults the tools to get the conversation started."

The forum is free of charge and open to the public. Refreshments will be served. For information or to sign up to attend, contact Romy Carver at Tillamook County Women's Resource Center, (503) 842-8294.

Community Outreach

New support group uses self-expression to help survivors heal

We have launched a new support group that meets every Tuesday from 5:30 to 6:30 p.m. in the Women's Resource Center offices. This support group uses art as a tool for healing from the emotional trauma of domestic violence.

Led by Emily Fanjoy, Adrienne Allen and Tam Hulburt, the group encourages survivors of domestic and sexual violence to take part using self-expression and self-reflection to gain a sense of empowerment and build self-esteem as they explore their life goals. Participants will have an opportunity to share their projects and their experiences among supportive peers who provide encouragement and a feeling of safety.

Free childcare is available for participants. For information, call TCWRC at (503) 842-9486.

Last in the series

The month of September marked the final month in a nearly two-year grant-funded campaign featuring noted members of the community speaking about their experience with or perspectives on domestic violence and sexual assault.

"This campaign has been remarkable in its effect," said TCWRC Executive Director Kathleen Marvin. "Between this, our billboards, public forums, press releases and newsletters, I believe we have had a huge beneficial impact on public understanding of the problem. Since the campaign began, we have seen requests for information and services increase by about a third."

Marvin said that, although the advertising campaign is now concluded, TCWRC will continue its outreach efforts through more community events and one-on-one contacts.

"The campaign really helped us ramp up community awareness. Now we can use that awareness as the foundation for our future efforts."

Domestic violence hurts communities

In Tillamook County, the strength of our communities depends on our ability to work together and support each other. At times, one's very survival may depend on the help of a neighbor. However, violence in any form undermines those human relationships. That's why domestic violence not only hurts families, it also weakens the entire community. Any one of us would not hesitate to rescue a neighbor from floodwaters. In the same way, we owe it to our community and our neighbors to help bring an end to domestic violence.

— Shirley Kalkhoven
Mayor of Nehalem

**Violence is a choice.
To make a difference or get
help 24 hours a day, call
(503) 842-9486.**

Tillamook County Women's Resource Center
1502 2nd St., Tillamook, OR 97141
(503) 842-9486 1-800-992-1679



TCWRC.net



This project is supported by Grant No. 2008-WF-AJ-003R, awarded by the Office on Violence Against Women, U.S. Department of Justice. The graphics, layout, illustrations and advertisements prepared 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.



Outpost advocates program working well

A \$160,000 grant that makes it possible to station two part-time Women's Resource Center advocates at the Oregon Department of Human Services and County Health Department offices is already making a difference, according to everyone involved.

"I think it is helping to build much better relationships with other agencies," asserts Susan Bush, one of the two TCWRC advocates taking part in the program.

"It is an important way for us to understand each other's roles and to train each other through our day-to-day teamwork," she added.

And at Tillamook's DHS office, Manager Sandy Kephart agrees.

"It's been really great to have the advocates on site," she said. "Women's Resource Center has always been a great partner to work with. But now, with someone on site, our staffs can work together as a team and collaborate on cases and learn from each other."

The 30-month grant is paying to have two TCWRC staff people splitting time between

the TCWRC office and the other agency offices to help work with teen mothers, pregnant women and others in need of advocacy and support services around the issues of domestic violence and sexual assault.

"This grant is allowing us to place two part-time advocates, one of whom is bilingual, at DHS and the Health Department to make sure we are screening properly for domestic violence," explained Kathleen Marvin, executive director of the Women's Resource Center.

"Sometimes, particularly among Spanish-speaking populations, cases of domestic violence are especially difficult to identify due to language and cultural barriers."

Bush, who has been with TCWRC for 13 years, said working in the other offices "has given me more of an understanding of the people in those offices. When you have worked side by side with someone and know them, it is much easier to know who to call when you have a client that needs services. Being on a first-name basis with them is a huge help. It will be really beneficial to the clients we are working with."

She said the program has already had benefits for clients.

"We have been able to help their clients access legal help that they might not otherwise have known about, for instance," she noted. "Also, I believe the women feel safer being able to see us in a different environment that is a place their abusers might not be suspicious of. In a small community, that kind of confidentiality is very important."

Kephart said she has seen the collaboration already making a difference at DHS.

"For instance, there was a case we all worked on together that had multiple issues in the home," she said. "Having a Women's Resource Center advocate there as part of the team helped the client develop a safety plan much more quickly and helped them get to a safe environment."

Kephart said the cross training that happens through the regular interaction of personnel is also invaluable, particularly for her younger, less experienced staff members.

"I believe it is well worth the money," she said. "And I think there will be a great long-term benefit from having them with us."

Campaign on to recruit volunteers

From Page 1

sexual assault and about working with clients.

“We have an average of from 20 to 25 volunteers who work with us currently,” Watkins reports. “We would like to double that so that the burden is not too great on any single volunteer.”

Volunteers are needed to help at the front desk, updating training materials and doing paperwork, working at fund-raising events and at public information booths, helping with mailings and doing maintenance work at the agency’s facilities.

After receiving training, those willing to take a more active role might consider becoming court watch advocates. These volunteer to observe court cases involving domestic and sexual abuse and tracking cases. Knowledge of legal procedures is a plus for such volunteers and Spanish speaking capability is desirable. Court watch advocates also must be available to work at the courthouse according to the court schedule and be able to commit to enough time each month to track the ongoing cases.

“This really requires a commitment, but it can be extremely interesting and rewarding work,” Watkins notes.

And, of course, we always need trained volunteers to help on the telephone hotline.

“After taking part in our training program, our hotline volunteers are scheduled to be on call for one 16-hour shift each month,” she explained. “You do this from your home. You don’t need to come into the office. The phone calls come in to an answering service and then are switched over to the volunteer’s home phone.”

Watkins said hotline volunteers listen to the callers, then might refer them to local



Volunteer Coordinator Eleanor Watkins says a new volunteer training class will begin in late October or early November.

services, give basic information about legal services available to them, might accompany a caller to the hospital or be with them when they make a report to law enforcement. Or they might help them get into the shelter or find emergency housing.

Other trained volunteers might work in the office providing direct services, such as helping clients get restraining orders, working with the District Attorney’s Office victims assistance program or with law enforcement or providing child care for clients while they are attending group sessions.

“Confidentiality is the key to all of this,” Watkins stressed. “Our volunteers must be non-judgmental and willing to work with all kinds of people. They must strive to empower clients, be empathetic and believe in a non-violent philosophy,” she said.

For volunteers who wish to help, but may not choose to work directly with clients, a good volunteer option might be working at the Wild Flower Thrift Boutique on Main Avenue in Tillamook.

The shop provides an important source of income that supports TCWRC’s programs. In the past, the agency received workforce-training funds that paid for part-time staffing at the boutique. Those funds have been cut by half.

“Ironically, this reduction in paid staff is coming right at a time when, because of the economy, we have more customers in the shop than ever,” notes TCWRC Executive Director Kathleen Marvin. “So it is important that we have enough hands available to keep things operating smoothly.”

Wild Flower Manager Melissa Finnell said volunteers are needed who are willing to commit to a regular work schedule, whether it be for one hour a week or more.

“It is very helpful to us to know exactly when a volunteer will be coming in regularly. That way, we can schedule our operations with some predictability.”

She said volunteers in the shop do such things as price items, set out merchandise in displays, straighten things on racks and shelves and work the cash register. Others with special skills are needed to do such things as painting furniture, making minor furniture repairs and sewing.

To help would-be volunteers determine their best options, applicants are asked to undergo a pre-screening interview with Watkins. If you wish to volunteer, you may pick up an application at the TCWRC offices at 1902 Second St. in Tillamook, or download one from the website at www.tcwrc.net.

For more information, contact Eleanor Watkins at (503) 842-9486.

Volunteer Profile

Nancy Contolini

Nancy Contolini was a high school science teacher for 30 years in Connecticut before retiring and moving first to Lake Oswego and then to Tillamook. So it was only natural that her passion for working with others would continue into her retirement.

"I wanted to help the community in some way that was useful," she explains.

So when she saw advertisements about the Women's Resource Center and its programs, she decided that was for her.

"After I went through the training in June, I wanted to be of help to the client advocates. One of them was spending part of her time answering the phones, so I offered to do that."

But Contolini also hopes to work with clients at the shelter, perhaps helping children with their homework or assisting clients study for the GED.

She says the training she received was a revelation to her.

"I learned that every case is different and unique. But the most surprising thing was that I had always believed that people who abused their partners did it in a fit of rage. That they just lost control. But in training I learned that most abusers are very calculating and use violence to control their victim. It's not really about losing their temper at all."

Contolini, who volunteers for about 10 hours a week, says that, as a result of the training she received, she sees many of the



incidents she witnessed as a teacher in a different light.

"Among my high school students, I often saw boys being very controlling with their girlfriends and the girls thought they were lucky to have boyfriends who cared so much. Now I see all that differently."

Contolini said she has been especially impressed observing the way the staff at the Women's Resource Center work together as a team.

"I watch them consult together so they can make sure their clients get every available service. They are so dedicated. They are really concerned and want to be sure these women get the help they need."

Briefs

Healthy Relationships Class

Tillamook County Women's Resource Center Prevention Coordinator Terri Neimann will be teaching a college-level course on healthy relationships this fall at Tillamook Bay Community College. The course, which will meet every Monday from 3 to 4 p.m. during the fall term, beginning Sept. 26, is for young adults or others who want to know how to choose an appropriate life partner and maintain a healthy relationship. Topics that will be covered include information about sexual violence and assault, how to foster healthy relationships and warning signs of unhealthy ones. It will provide you with the

tools to help you make decisions that are right for you and are not dependent on outside influences. To sign up, contact TBCC at 4301 Third St., Tillamook, (503) 842-8222.

Women's Safety Class

A personal safety class for women will be held on Saturday, Oct. 15, at Tillamook Bay Community College. The cost is \$25. Contact TBCC to enroll. The Women's Resource Center has eight scholarships available for those who need financial assistance to attend. Contact Romy Carver at the center for scholarship information.

Calendar

October is National Domestic Violence Awareness Month

Saturday, Oct. 1, 5 p.m. – Bay City Arts Center. Free opening reception of an exhibit and silent auction, "A Walk in Their Shoes," featuring the work of local artists. Call Romy at (503) 842-8294, ext. 209 for information.

Wednesday, Oct. 12, 4-6 p.m. – Free public forum in the Mark Hatfield Room at Tillamook County Library main branch at 3rd and Stillwell in Tillamook. "In Their Shoes" explores the issue of Teen Dating Violence.

Saturday, Oct. 15 – Personal safety class for women at Tillamook Bay Community College. The fee is \$25. A limited number of scholarships are available through the Women's Resource Center. Call (503) 842-9486 for information.

Mid-to-late October – A new round of volunteer training begins. Date to be determined. For information, call (503) 842-9486.

Friday, Oct. 28, noon, a Memorial Walk will be conducted from the Women's Resource Center office to Carnahan Park. Participants can meet at the office or just show up at the park. All are welcome.

FREE Purple car antenna ribbons and embroidered shirt ribbons are available at the Women's Resource Center main office or Education and Outreach office.

Watch for Domestic Violence Awareness Month displays at the library and other places around the county.

With Grateful Thanks!

We wish to thank the following supporters for their generous contributions. With your help, we continue our work to stop violence. Please forgive us if we have overlooked or misspelled your name. Please report errors by phone or e-mail to tcwrc@oregoncoast.com.

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A thrift boutique benefitting the Tillamook County Women's Resource Center

**Open Monday-Friday, 10 a.m.-5 p.m., Saturday 10 a.m.-3 p.m.
114 Main St., Tillamook • (503) 842-2996**

Fall specials at The Wild Flower

The colors of fall are ablaze at The Wild Flower Thrift Boutique. "For the next few months, we will be putting out our usual array of seasonal décor and household items," reports Melissa Finnell, manager at the Wild Flower.

"From Halloween to Thanksgiving and Christmas, we always have a great variety of things to attract shoppers during the holidays."

Also attracting shoppers are the regular specials. Among them are:

- Daily discounts on color-coded items
- Three items for a dollar the last Saturday of each month
- \$10 per bag sales on Fridays
- Senior discounts of 20 percent on purchases of \$10 or more every Wednesday

Finnell said the Wild Flower is currently fully stocked on clothing, but always needs donations of furni-

ture and appliances. And the Wild Flower can now accept donations of vehicles, running or not.

"It's a great way to get rid of derelict or unwanted vehicles of all kinds and get a great tax deduction," Finnell noted.

The Wild Flower is also seeking volunteers willing to work regular hours at the shop arranging racks, attaching price tags and keeping the shop orderly. Volunteers with special skills in minor furniture repairs and sewing are also needed.

Tillamook County Women's Resource Center relies on funds generated from sales at The Wild Flower to help support its operations, including client services and the shelter.

The Wild Flower is located at 114 Main Ave., Tillamook, phone (503) 842-2996. We will even pick up large items for donation, including non-functioning vehicles. Just give us a call to arrange pick up.

'In Their Shoes' public art show & sale

A unique public art display opens Saturday, Oct. 1, at Bay City Arts Center. The exhibit is the culmination of a collaborative community project, entitled "A Walk In Their Shoes," which began in September and invited the public to decorate shoes in a way that makes a statement about domestic or sexual violence.

The show kicks off Oct. 1 at 5 p.m. with an artist reception at the center. The event is free and open to the public. Then, throughout the month of October, the public may enter silent auction bids to purchase some of the individual creations. Proceeds from that auction will benefit Tillamook County Women's Resource Center.

"Shoes are a very personal item," explained project coordinator Romy Carver. "Creating art that expresses what it is like to walk in the shoes of a domestic violence survivor is a powerful metaphor for living that person's experience. It can really help bring a deeper understanding of the problem."

Carver said men, women and children contributed art for the project. Each display includes either a personal statement written by the artist or a pertinent statistic about domestic or sexual violence.

With Grateful Thanks!

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| Bi-Lingual Advocate | Norma Obrist |
| Advocate | Adrienne Allen |
| IPV Advocate | Emily Fanjoy |
| Education & Outreach | |
| Program Manager..... | Romy Carver |
| Education Coordinator | Deborah Yund |
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| Shelter Manager | Janet Stringer |
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