

S U M M E R 2 0 1 6

Advocates for Victims of Violence, Inc

Stay informed...AVV's Newsletter is available at the end of every quarter! Please email us at avv@avvalaska.org or call us at (907) 835-2980 and ask us to mail or email you a copy!



OUR MISSION:

Advocates for Victims of Violence, Inc. is committed to ending domestic violence and sexual assault by providing confidential services to victims and their families, offering educational programs, and effecting social, political, and legal change.

We serve the following communities Chistochina, Chitina, Copper Center, Gakona, Glenallen., Gulkana, Kenny Lake, McCarthy, Mendeltna, Mentasta, Nelchina, Paxson, Slana, Tazlina, Tolsona, Tonsina, and Valdez.

Phone: (907) 835-2980

24HR Crisis Line: (907) 835-2999

STATEWIDE: 1-800-835-4044

Email: avv@avvalaska.org

City of Valdez Recognizes AVV's 35th Year in Serving the Community

On June 7th, 2016 at the Valdez City Council meeting AVV was recognized for its' 35th year in serving the communities in the Prince William Sound. AVV staff, board members, and advocates were able to attend and receive a Proclamation from Valdez Mayor Ruth E. Knight. We are very grateful for this recognition and we will continue advocating for men, women, and children victims of abuse and sexual assault!



Gold Rush Day



See Pg. 6

Save the Date!

AVV After School Programs September

Girl's Time & Express Yourself will begin. For more information please contact Youth Services Coordinator Mel Bowden.

Domestic Violence Awareness Month Month of October

Through out the month of October help raise awareness of domestic violence and join our efforts to end violence by wearing purple!

Women of Distinction

We are accepting nominations for women and young women of distinction through October 17th, 2016. The celebration will be held on November 12th, 2016.

AVV's Summer Camps

AVV held Summer Camps for kids and teens. Staff, kids, and teens had lots of fun and enjoyed their time together in the outdoors!

1st-2nd Grades Camp- Day 1

Kids going into the 1st-2nd Grades attended AVV's Summer Camp for 2 days! The first day staff and children went to Ivie's farm at 10 mile, where they had hands-on experience with the goats and chickens. Later they went to Rhonda Wades to learn about horses.



1st-2nd Grades Camp- Day 2

The second day staff and children met at the AVV shelter to build boats from a variety of materials. Then a walk to Mineral Creek provided opportunities to see if their boats would float.

3rd-5th Grades Camp-1st Day

Kids in 3rd-5th Grade started the day with AVV staff on the Stan Stephen's Columbia Glacier Cruise. Due to technical difficulties on another ship they were turned around. But that did not stop the fun. A detour to Dock Point for a hike and other fun activities in the outdoors completed the day.



3rd-5th Grades Camp- 2nd Day

The next day staff and children drove out to Blueberry Lake where the children were able to do some hiking and canoeing!





3rd-5th Grades

Summer Camp- Day 3

For one of the camp events AVV staff decided to hold Hawaiian Day. All that attended were able to learn about the Hawaiian Culture, Music, Dance and Food!



Basic Hawaiian Hula Moves

Hula is a beautiful and graceful form of dance.

It combines foot movement along with meaningful hand movements that tell a story!



Hip Movements:

'Ami: Right- rotate hips counter clockwise, one rotation for each count. **Left-** rotate hips clockwise, Bent knees make the 'ami easier.

Hela: Point right foot forward, bring back, then point left foot forward, the bring back.

Huli: Rotate around while swaying hips.

Kaholo: A kaholo is more of a sliding step, rather than lifting the foot as you move. It is used to step side to side, front to back, and diagonally.

Ka'o: Sawy hips by shifting weight to the right side and lift left heel. Then shift weight the left side and lift right heel.

Lele: Step right, then left, either forward or back.

Hand Movements:

Love Hand Movement: hands cross at the chest to show embracing love

Ocean Hand Movement: hands gently beat up and down showing the rhythm of the waves.

Rainbow Hand Movement: palms of the hands meet at the left...right hands lifts and shapes an arching rainbow.

Rising Sun Hand Movement: start at the knees, both hands part and rise above the head to shape the sun.

Singing or Story Telling Hand Movement: hand gracefully gesturing at mouth for song

Swaying Palms Hand Movement: left arm becomes the land, right arm and fingers sway showing a waving palm.

Swirling Winds Hand Movement: left hand forward while right hand circles twice over head.

'Tide Roll Hand Movement: hands continually roll over each other to show the rolling sea.



3rd-5th Grades Summer Camp- Day 4



On the last day of camp children and staff were able to re-take the Stan Stephen's Columbia Glacier Cruise. They saw glaciers, a colony of sea lions, and even touched a piece of the glacier. They had front row seats to watch sea lions fight for a spot on the buoy!



Sea Lions Battle for the Buoy



View of the Glaciers



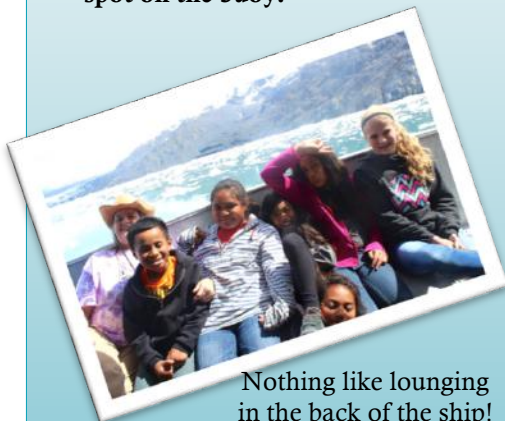
A Sea Lion colony



Taking in the beautiful view...



AAARRRGHH...It's cold!



Nothing like lounging in the back of the ship!

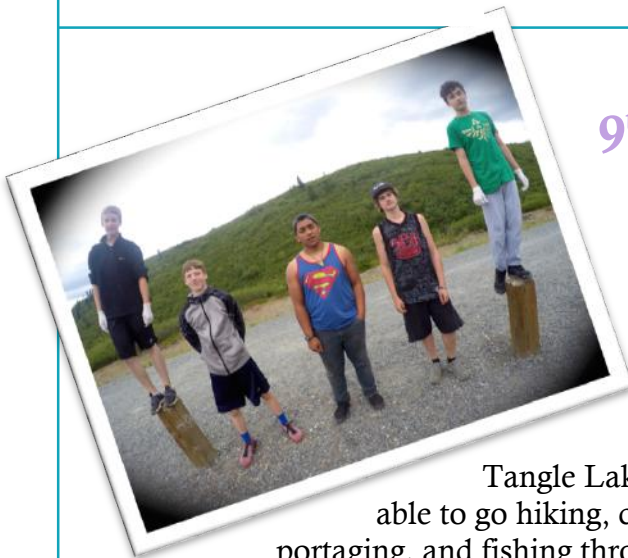
6th-8th Grades Summer Camp

Kids going into the 6th-8th grade enjoyed a Stan Stephen's Cruise on the first day. The next day was spent at Blueberry Lake hiking and canoeing! On the last day they toured Solomon Gulch Hatchery, where they learned about egg take and spawning process. Later they took a swim at Ruth's Pond and stop for some ice cream at Northern Treats.



Tangle Lakes

9th-12th Grades Summer Camp



This year 9th-12th grade teens participated in four-day camp at

Tangle Lakes. Teens were able to go hiking, canoeing, portaging, and fishing through out the Tangle Lakes campground. They learned to help set up their own tents, cook their own dinner, and wait for it...they were able to communicate with one another with out texting! ☺



Teens & Staff prepare to go canoeing on a beautiful sunny day on the lake.



Campers take a quick picture before they hike through Tangle Lakes.



Got fish?



The ladies prepping dinner for the rest of the campers!



All smiles...tents are set up!



C'mon you can do it...reel it in!



Gold Rush

AVV wins 1st Place in Best Club/Organization Category

On August 5th, 2016 AVV staff, advocates, board members, family, and friends marched in the rain during the Gold Rush Parade! With our matching baby blue ponchos and baseball themed signs we were able to take 1st place in the Best Club/Organization category. This was a great opportunity for us to spread awareness of domestic violence and sexual assault and show the community what we are about!



AVV Booth

AVV also had a booth at the open market to give out information about the services that we provide for Prince William Sound communities.

Back to School

Starting a new school year can be very exciting and...nerve wrecking for parents and their children. Here are some tips we found on www.pbs.org that can help calm your child's and your own fears.

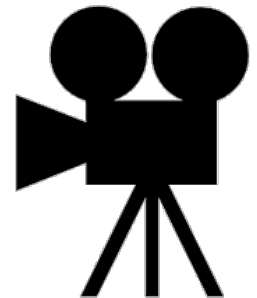
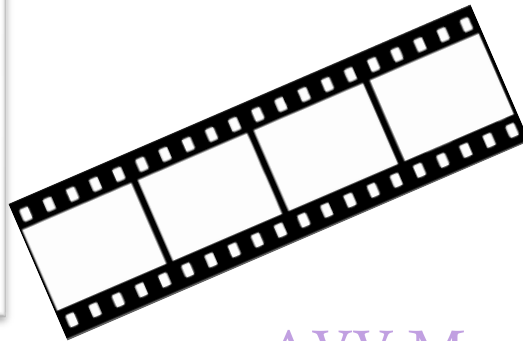
Back to School Tips

- Meet the new Teacher. – Take advantage of your school's back-to-school night or open house to get better acquainted with your child's teacher.
- Tour the school- Familiarizing your child with his or her environment will help avoid a nervous stomach on the first day.
- Connect with friends- A familiar friend can make all the difference when heading back to school. You might try calling parents from last year's class and finding out which children are in your child's class this year. Refresh these relationships before school starts by scheduling a play date or a school carpool
- Tool up- Obtain the class supply list and take a special shopping trip with your child. Having the right tools will help him or her feel prepared.
- Chat about today's events and tomorrow's plans- While it's important to support learning throughout the summer, don't spend the last weeks of summer vacation reviewing last year's curriculum. Last minute drills can heighten anxiety.
- Ease into the routine- Switching from summer to a school schedule can be stressful to everyone in the household. Avoid first-day-of-school mayhem by practicing your routine a few days in advance. Set the alarm clock, go through your morning rituals, and get in the car or to the bus stop on time. Routines can help children feel comfortable, and establishing a solid school routine will make the first day of school go much smoother.



AVV at the Kenny Lake Fair

AVV advocates attended the Kenny Lake Fair this year to promote domestic violence and sexual assault awareness. AVV set up an Information Booth where advocates passed out pamphlets of information and resources about domestic violence and sexual assault. Advocates spoke with the public about the work done by AVV and the services AVV provides for Prince William Sound communities.



AVV Movie Night



AVV staff, advocates, and board members gathered at the shelter and watched "Breathe in the Light" a documentary about the survival stories of 4 Alaskan women.



AVV is the proud fiscal sponsor of Breathe in the Light. To learn more about this amazing project, please visit their [website](http://www.breatheinthelight.org) at www.breatheinthelight.org

"Breathe in the Light" will educate a broad audience about the ordeals that face survivors of sexual assault in Alaska and convey that these trials are relevant to everyone in the US, not just to women, and not just to Native Americans or Native Alaskans. Ultimately, this journey will enable viewers to transcend the disillusionment that breeds apathy and disconnection and thus realize how these stories of survival are our stories of survival.



During the longest day of the year, in a land that celebrates the summer sun, six women will join together for a week long trek on Kesugi Ridge in the Alaska Range. These women are all survivors of sexual assault and they live in a state that leads the nation with it's rates of domestic violence, intimate partner homicide, child abuse, neglect, child sexual abuse and sexual assault. They know that telling their stories in a sacred space and being believed are key factors in promoting healing. They have the grace and courage to share their stories, and in doing so, these six women will change their lives and those who view this film.



Upcoming Events

September-

- Women of Distinction Nominations (Open)
- AVV After School Programs (Start Date TBA) for more information please contact Youth Services Coordinator Mel Bowden at (907) 835-2980

October-

- Domestic Violence Awareness Month
- Candle Light Vigil (TBA)
- Women of Distinction Nomination Deadline October 17th, 2016 by 5pm
- National #Purple Thursday October 20th, 2016

November-

- Women of Distinction Celebration November 12th, 2016 Doors open at 6pm
- Lead On Youth Conference November 18th-20th, 2016

EMPOWER



Advocates for Victims of Violence
9th Annual
Women of Distinction
CALL FOR NOMINATIONS

AVV is currently accepting nominations to recognize women and young women of Prince William Sound, who demonstrate leadership, who are outstanding role models, support the development of others, show vision and initiative and have strong professional and philanthropic achievement.

More information and nomination forms are available by emailing executive@avvalaska.org or call AVV at 835-2980. Nomination deadline is October 17th, 2016 @ 5pm.

AVV After School Programs



Candlelight Vigil



Support DOMESTIC VIOLENCE
AWARENESS with me THE
ENTIRE month of OCTOBER
LET'S ROCK THE PURPLE



AVV Spotlight

In this quarter's issue we like to SPOTLIGHT a new member to our day staff, Office Coordinator Schar Togagae. Schar is passionate about helping the children and youth of today to pursue a higher education and in teaching music.

Schar was born in Oahu, Hawaii. During the school year she stayed in Orange County, California, but spent her summers between West Valley Utah & Laie, Hawaii. She is the youngest of 12 and enjoys being the favorite of her siblings! After graduating in 2002 Schar worked at the Boys & Girls Club of Huntington Valley as a staff member for over 7 years. Later she worked for the City of San Bernardino as a caregiver for 5 years. In 2013 she came to Valdez, Alaska to visit her siblings and decided to stay because she fell in love with the beauty and peacefulness of Valdez. Schar has been working for the City of Valdez at the Teen Center since 2014, and she joined AVV this year as the Office Coordinator. Schar enjoys reading and making music! Her favorite quote is by Henry Wadsworth Longfellow, *'Music is the universal language of mankind'*. She loves spending time with her family, especially when there is a jam session. Schar also loves football and basketball and is a loyal San Francisco 49ers & Los Angeles Lakers fan!



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24 Hours Crisis Line: 907-835-2999
Toll Free: 1-800-835-4044
Office Phone: 907-835-2980
Fax: 907-835-2981
P.O. Box 524 Valdez, AK 9968

AVV is committed to ending domestic violence and sexual assault in the Prince William Sound and the Copper River Valley.



- 24-hour Support
- Emergency Shelter
- Crisis Intervention Services
- Advocacy Services
- Information & Referral Services
- Legal Advocacy
- Support Groups
- Community Outreach and Prevention Programs
- Comprehensive Services for Children and Teens

Email: avv@avvalaska.org, or visit our website at avvalaska.org



Thank You for Your Support!

OUR AVV Team



**Executive
Director**

Rowena Palomar



**Youth Services
Coordinator**

Mel Bowden



**Direct Services
Coordinator**

Patty Masters



**Office
Coordinator**

Schar Togagae

OUR AVV BOARD members



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