

Newsletter

Advocates for Victims of Violence, Inc.

You are not alone

You are not to blame

You do not deserve to be abused

Spring, 2016



Alaska's 1st Lady Visits AVV!

On April 28th, 2016 Alaska's First Lady Donna Walker stopped by for a visit here at AVV! She was able to take a tour of the shelter and sat down for some cold ice tea! During her visit with the staff and board members she discussed the issues and challenges of the agency and showed appreciation in the work and services AVV provides for the community and those in need! Thank you for your support!

Upcoming Events

June 7th, 2016- Proclamation AVV's 35th Year of Recognition

June 7th-9th, 2016- 3rd-5th Grades Summer Camp

June 15th & 16th- 1st & 2nd Grades Summer Camp

July 5th-7th, 2016- 6th-8th Grades Summer Camp

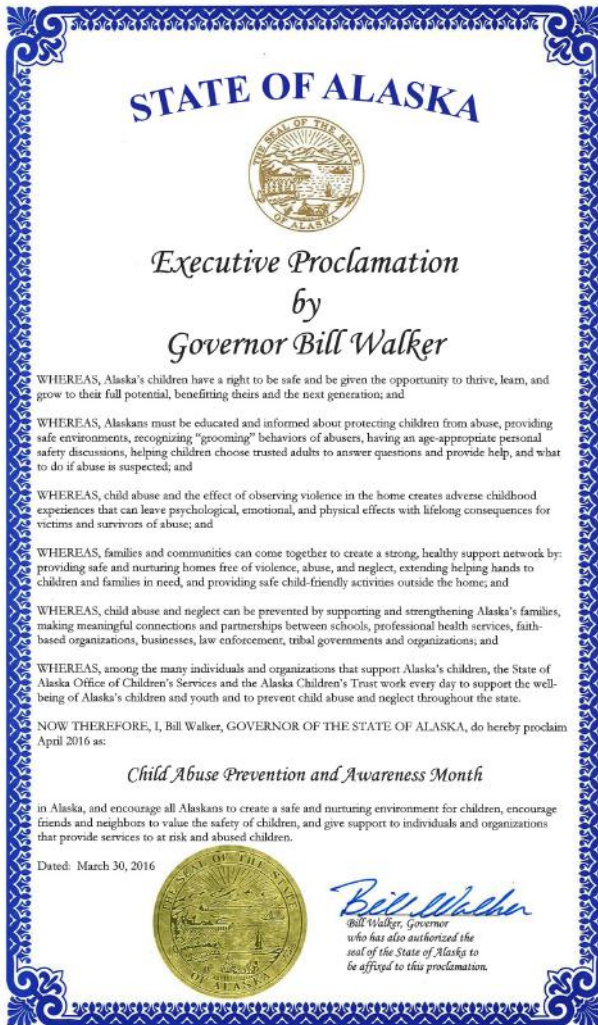
July 18th-22nd, 2016- 9th-12th Grades

Tangle Lakes Canoe/Campout

August 6th-8th- Gold Rush



Walk a Mile in Her Shoes made the FRONT page! Valdez men Bob Engebretson and Nick Weicht along with several other men in the community sport red high- heels to support AVV's fundraiser and to raise AWARENESS about gender violence and men's sexualized violence against women!

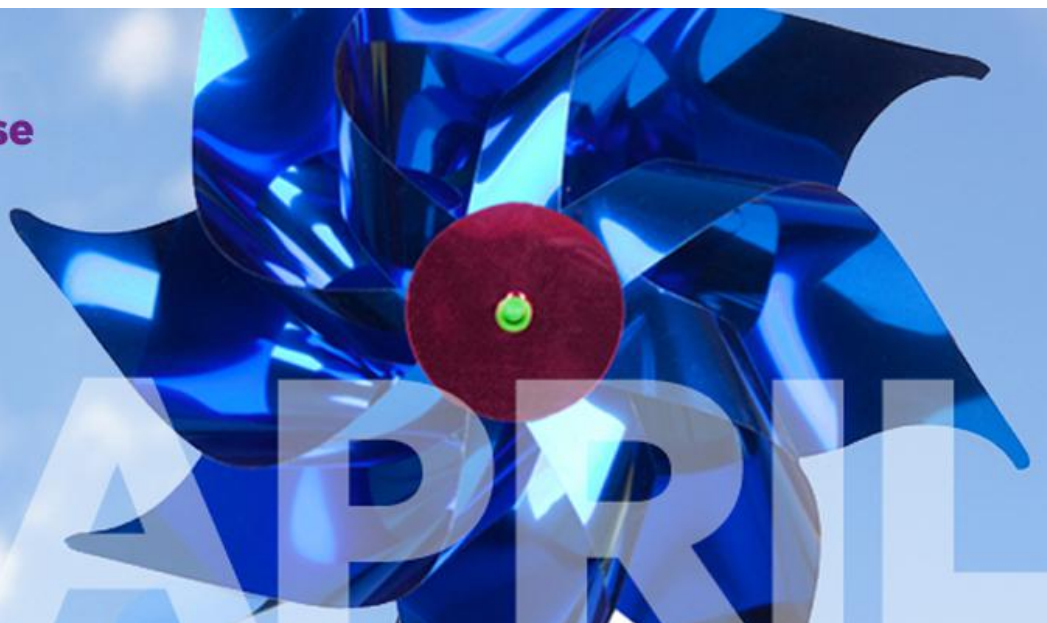


April Proclamation

On April 5th AVV Staff, Board Members, and local children attend the presentation of the Executive Proclamation by Governor Bill Walker for the Child Abuse & Prevention Month of April.



**National Child Abuse
Prevention Month**





April is Child Abuse & Neglect Prevention Month

Hermon Hutchens Elementary students decorated shirts to show what it means to feel safe & protected!

AVV provided shirts for students at Hermon Hutchens Elementary to decorate. Each student expressed through ART what it means to feel safe and protected. Students BEAUTIFY their shirts with words or drawings of parents, siblings, friends, and pets. Other shirts had displayed hearts, PEACE signs, holding hands, and names of loved ones. We are very proud of the effort and work the HHES students and teachers put into making these AWESOME shirts! Again, thank

you to all the HHES students and teachers who participated in this project. A special thank you to Mr. Patrick Olson for hanging up all the decorated shirts throughout HHES. If you want to get a closer look, stop at the HHES and take a tour of the hallways.

Another way AVV promoted the prevention of Child Abuse in the Valdez Community is displaying blue colored pinwheels in front of the buildings all over town.

Valdez City Hall



Pinwheels for Prevention

All children deserve a great childhood because our children are our future.



The Weathered Anchor Resale & Consignment



Hermon Hutchens Elementary

Go BLUE Day!

AVV invited Valdez City Schools and it's community to wear blue on April 1st to show support of Alaska's kids.



Teachers and Students from Hermon Hutchens Elementary

On April 1st, 2016 Valdez Teachers and Students from Hermon Hutchens Elementary and Gilson Middle School helped raise awareness of Child Abuse and Neglect Prevention Month by wearing BLUE!

The well-being and safety of our children is very important. April is National Abuse and Prevention month, a time to learn how we can all take small steps to help Alaska's kids grow up safe, happy, and healthy.



Teachers and Students from Gilson Middle School

Although April is Child Abuse Prevention Month, you can act to support families and protect children all year round. Below are some tips by the Alaska Children's Trust (ACT) in making a difference for your family, friends, neighbors, and community.

Thank you for your support!



Continued

For your family:

- As a parent, block out 15 minutes a day to play one-on-one with your child - doing anything he or she wants.
- Tell the children or youth in your life how much you care for them and appreciate them. All children deserve to have someone who is “crazy about them” and loves them unconditionally.
- Connect with grandparents to preserve cultural heritage. Grandparents are an incredible source of cultural heritage – from traditions to language to food! Encourage them to tell stories to their grandchildren and even visit their schools to share where they come from.

For friends and neighbors:

- Compliment a father – someone you know or even someone in public – on something positive you see him do with his children. Dads contribute uniquely to children’s development.
- Offer your time to baby-sit for the child of a friend, neighbor or family member
- Mentor a young dad you know in growing his relationship with his kids
- Support parents looking for a job by offering your professional knowledge and experience in resume writing or preparing for a job interview. Financial stability links directly with family stability and can have a big effect on the emotional well-being of caregivers and their children
- Encourage single mothers you know, whenever possible, to support the involvement of children’s fathers in their lives. When non-custodial dads work to be involved in the lives of their children, they need the positive support of the child’s other parent or caretaker to encourage the development of that relationship.
- Arrange a potluck event in your neighborhood to get to know other parents and their kids.

Four your community:

- Sponsor, volunteer at or participate at local events or nonprofits
- Take action on legislative issues that affect children and families. Call your elected representatives.
- Introduce yourself to neighbors
- Create a “Safe Children Zone” in your neighborhood. Host a community meeting with your neighbors to talk about what each of you can do to help create a sense of safety for the children of your neighborhood.
- Volunteer at or donate resources to a local preschool or daycare center.
- Ask yours or another faith-based organization in your community about donations that can be made to support families in need.
- Become a foster parent.



It helps to **REMEMBER THE positive**

Kids can be a big challenge, but they can also be an incredible joy. When you're going through a tough time, take a moment to remember the positive about your child.

During National Child Abuse Prevention Month in April, learn other ways to build resiliency, strengthen families and raise great kids! Visit alaskachildrentrust.org to learn more.



It helps to **PLAN together**

Have a plan for handling difficult situations with your child before they happen. Problem-solve with a friend or loved one so next time an issue comes up, you're better prepared.

During National Child Abuse Prevention Month in April, learn other ways to build resiliency, strengthen families and raise great kids! Visit alaskachildrentrust.org to learn more.



It helps to **TAKE A break**

Taking time for yourself isn't selfish – it can help you be a better, healthier, more patient parent. So pick a date, schedule a babysitter and go do something you enjoy!

During National Child Abuse Prevention Month in April, learn other ways to build resiliency, strengthen families and raise great kids! Visit alaskachildrentrust.org to learn more.



PWSC staff members
posed for a picture!



Starting Line, Ready
Set, & Go!



Gilson Middle School
Teachers and
Principal taking a well-
deserved break!



Father & son, Monty
& James Morgan
show off their trophy!



Walk a Mile in Her Shoes 2016

On April 9th, 2016 Advocates for Victims of Violence had a Walk a Mile in Her Shoes Fundraiser. Although it was raining 49 men came out to the Gilson Middle School Parking lot located in Valdez, Alaska to participate in walking a full mile in red HIGH HEELS not only to raise money for AVV's services, but to raise awareness in our community about gender violence and men's sexualized violence against women! A special appearance was to be made by Governor Bill Walker but due to the weather he was unable to make it to the event. In his place Deputy Chief of Staff John Hozey joined several local men in the march in red- heels to STOP rape, sexual assault, and gender violence!



AVV also had a few contests where the men had an opportunity to win gift cards and trophies. The award winners this year was: Monty Morgan for Most Funds Raised, Nick Weicht for Fastest Runner, James Morgan for Fastest Youth Runner, Bob Engebretson for Most Flair, Robert Huston for Best Effort, and Kovel Hari for the Youngest Walker. Thank you to all that made this event possible and to all that came and supported this year's Walk a Mile in Her Shoes Event!



Thank you to all that
participated in this
year's Walk a Mile
in Her Shoes Event!

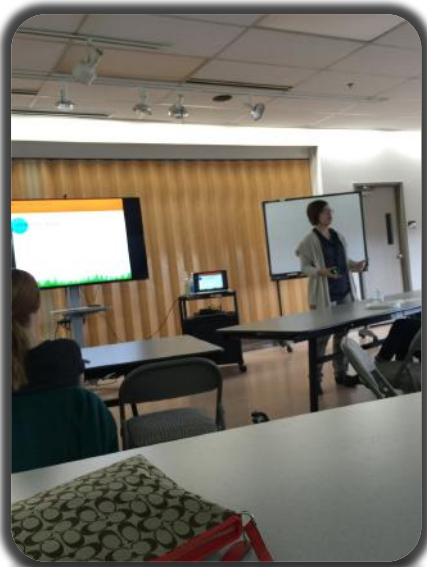
We were able to
raise over \$3,000.00
in donations for
AVV services!

April's featured Sandwich of the Month is a...**Rowe Sandwich!** Super Intendent Jim Nygaard and VHS Counselor Jason Williams sandwiched AVV's Executive Director Rowena Palomar, while posing for a picture!



ANDVSA in Valdez...

On April 18th & 19th ANDVSA representatives Ariel Herman and Electra Gardinier held training at the Prince William Sound College and AVV facility. During the first day of training, ANDVSA invited special guest speakers Billy Farrell (Identity, Inc. and Kris Pitts (3-Squared Consulting) to speak about working with the LGBTQ Community. Later in the evening Ariel touched based on the Role of Legal Advocacy. On Day 2 we had our very own local special speaker Betty McIntosh speaking about Historical Trauma and Ariel speaking about Vicarious Trauma. In the evening Valdez Police Officer Major educated participants on Mandated Arrests, while Ariel trained about Court Accompaniment. This training was very informative and useful to all that were present! Thank you to all the special guest speakers and to those that attended for making this ANDVSA training successful!



While ANDVSA was in Valdez they were also able to Team Up with AVV and give a presentation at the Gilson Middle School & Valdez High School! Electra educated students about CYBERBULLYING! Electra went on to define what cyber bullying is, how it impacts students, and what we all can do to stop it. Many of the students and teachers were engaged in the discussions during the presentation and expressed appreciation for bringing up this topic!



Career Day

On April 28th, 2016 Valdez City Schools hosted a Career Day Event at the Valdez High School. AVV was able to set up a booth and give a presentation on the career of Advocacy. Below Youth Services Coordinator Mel Bowden tells her experience at Career Day!

There were a lot of different Career Booths there. It was nice to chat with other care providers, learn about different fields, but especially to talk with the students one on one about AVV's Services, Camps, Outreach, and our shelter. They were able to get to know us better, get information, handouts, and understand our place in serving the community.

I had the pleasure of talking to the Freshman Class for an Hour about what being an Advocate (Shelter, Direct Services, Youth Services) entails, the dynamics and jobs of the people that work for AVV and what a challenging and rewarding career it can be.

They asked a lot of questions and were generally interested I had a great time.

Mel



Summer Camps & AVV Event Posters



Other Booths at the Career Day



AVV's 35th Annual Meeting

On Friday, May 13th, 2016 we hosted our 35th Annual Meeting at our AVV Shelter! Board members, day-staff, advocates, and community members were in attendance. This is our 35th year in serving the communities throughout Prince William Sound and the Copper River Valley which includes: Chistochina, Chitina, Copper Center, Gakona, Glennallen, Gulkana, Kenny Lake, McCarthy, Mendeltna, Mentasta Lake, Nelchina, Paxson, Slana, Tazlina, Tolsona, Tonsina, and Valdez. During the meeting Executive Director Rowena Palomar recognize long time supporter and board member Janis Johnson for her hard work and dedication to AVV. Members of the community were also able to vote for positions on the board. We had a great turn out and we would like to thank all that came and joined us for our annual meeting.

AVV Supporters!



Board Member Janis Johnson with Executive Director Rowena Palomar



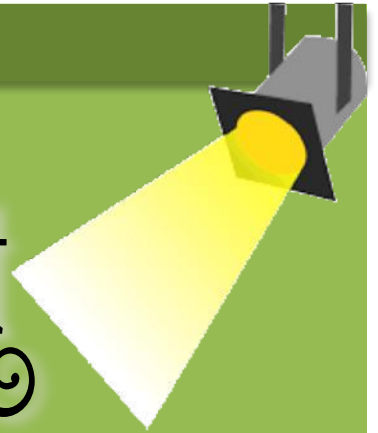
AVV supporters in line for some YUMMY food!!

The annual meeting is a great opportunity for all the people involved with AVV to stay informed and share their stories from the events they attended to. It is also a perfect time for people interested in the work we do at AVV to find out more about activities and events we offer! We invite you to attend our next annual meeting to come meet the staff and learn more about AVV. Hope to see you there!



Rowena & Mel take a quick photo before announcements!

AVV's Spotlight



In every Newsletter issue we try to SPOTLIGHT a person or persons that are new to AVV or have been with AVV throughout the years. In this quarter's issue we like to SPOTLIGHT a longtime, loyal friend, and supporter, Janis Johnson. Janis has a passion for finding ways to support people who are faced with challenges in life. She has also been a member of AVV for over 30 years and joined the Board of Directors in 2006, 5 years as the President of the board.



Janis grew up and attended college in Washington State. After graduating, Janis moved to Valdez, Alaska to take a teaching job as a Full Professor of Human Services with Prince William Sound Community College. In the 80's she helped start the Horizon's Unlimited, which was the first community program-servicing people with disabilities in the Valdez Community. Janis also served on the Horizon Unlimited Board of Directors for 14 years, until Horizons merged with Frontier Community Services, Inc. in 2001. In late 80's and throughout the 90's Janis also served on the Valdez School Board for 12 years, 5 out of the 12 years, as the president. Janis is an active member of the Valdez Emblem Club #514, has chaired the

Emblem Club Scholarship Committee for several years, and has participated in multitudes of community service projects undertaken by the Emblem Club. She also enjoys working on other community projects such as AVV's Women of Distinction Awards, to honor outstanding women who make contributions to our community. In 2005 Janis retired. In her retirement she enjoys gardening, traveling, and seeking the sunshine a few times each winter. Janis also LOVES baseball and is a loyal Seattle Mariners fan!



AVV'S SUMMER CAMPS

Summer 2016 OUTDOOR ADVENTURES

COME JOIN THE FUN AND GET OUTSIDE!!

All Activities are FREE!

YOUTHS GOING INTO

1st & 2nd Grade
JUNE 15&16

3rd thru 5th Grade
JUNE 7th, 8th, & 9th

6th thru 8th Grade
JULY 5th, 6th, & 7th

9th-12th Grade
**Tangle Lakes Canoe/
Campout
JULY 18-22**

Sponsored By AVV

**For More Information or to Sign Up
Call AVV @ 835-2980**

Spaces are Limited so sign up TODAY!!

Every summer AVV offers FREE summer camps to kids and teens in Valdez! Youth Services Director Mel Bowden plans different age appropriate activities for each age group to participate in, with help from the advocates and day staff. Last year teens in 9th-12th grade were able to go camping in Copper Center and canoe through the Klutina River. This year 9th-12th graders will get to campout and canoe at TANGLE LAKES! Spaces are limited so please sign-up ahead of time. For more information about the summer camps please call us at (907) 835-2980!



Clean-up Day



On Saturday May 21st, 2016 AVV was able to participate in the City of Valdez Parks, Recreation & Culture Services Community Clean-Up Day Event! Every year the Parks and Rec puts forth this event in hopes to keep our beautiful City of Valdez CLEAN!

AVV was assigned to clean up at Blue Berry Hills and at 1Mile (Kwik Trip)! With help from AVV staff, board members, and family we were able to quickly finish the job. We all had a great time outdoors in the rain and even got to bask in a little bit of sunshine.



Later, those that participated in the event were able to get a bite to eat, enter a drawing for prizes, and listen to a LIVE performance by a band called **Kayti and the Alter Boys** at the Teen & Community Center.



If you missed out bags are still available at the P&R Office in the Civic Center. Let's do our share and help keep ALASKA clean and beautiful. Stay classy Valdez!



OUR AVV Team



**Executive
Director**

Rowena Palomar



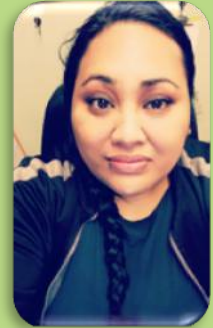
**Youth Services
Coordinator**

Mel Bowden



**Direct Services
Coordinator**

Patty Masters



**Office
Coordinator**

Schar Togagae

OUR AVV BOARD members



Dawson Moore

President



Janis Johnson

Treasurer



Linda Brandenburg

Secretary



Evie Smith

Member



Willie Morgan

Member



Jamesson Major

Member



Gianna McCune

Member

Making A Difference... One Life At a Time!



24-hour Crisis/Support Line:

Valdez: 835-2999

Toll-Free: 1-800-835-4044

Office: 835-2980

Fax: 835-2981

Located in Valdez, AK

www.AVValaska.org

STATEWIDE: 1-800-835-4044

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!

Thank you for your support!