



THE BBHS FOOTBALL TEAM WALKS A MILE IN HER SHOES AND SAYS NO TO VIOLENCE

DOVES Quarterly Newsletter

Big Bear Office: 909-866-1546
41943 Big Bear Blvd | Big Bear Lake, CA

Twin Peaks Office: 909-377-1900
26696 Hwy 189 | Twin Peaks, CA

October – December 2013

EVENT PHOTOS

DVAM Lives Up to Its Theme: It Takes a Community

By: Sarah Garrison, Assistant Director of Outreach Services

This year's Domestic Violence Awareness Month lived up to its theme: It Takes a Community. Like always, we kicked off the month of October with our annual Walk-a-Mile-in-Her-Shoes event. Different organizations that attended the event included: the Big Bear Middle School Interact Club, Lutheran Social Services, the Big Bear Sheriffs, the Big Bear City and Big Bear Lake Fire Departments, and the Bear Valley Unified School District. The event was held at the Big Bear Masonic Lodge and started with a presentation that detailed the effects domestic violence has on our community, and ways we can prevent domestic violence in our town. We also thanked different members of the community for their positive contributions towards ending domestic violence. Those members thanked included: Gabe and Maria Rojas (Sonora Cantina), Captain Tom Bradford (Big Bear Sheriff's Department), Eileen Hofer (Lutheran Social Services), Reverend Linda Logan (Bear Valley Center for Spiritual Enrichment), Dave Griffiths (Big Bear High School), Al Woodward (Kiwanis Club), Scott Hird (Big Bear High School), the VCA Animal Hospital, Big Bear Disposal, Dena Arbaugh (Big Bear Middle School), Al and Ellie Ferguson (Haus

and Home), and John Wells (TV6). Shortly after, the Big Bear High School football team led about 100 community members on a mile walk, literally in women's shoes, to bring awareness to the community.

The night before The Walk we partnered with The Big Bear Theater Project for a DOVES benefit performance of *13 - A New Musical*. The musical was about the everyday life and troubles of 13-year-old teens, so we added inserts in the program that focused on the effects domestic violence has on children. We also had a table that displayed our client's artwork and more information on domestic violence.

During the month, we also participated in the Clothesline Project, a national campaign which allows real survivors to tell their stories of abuse, despair, hope, and empowerment by expressing their feelings and experiences of domestic violence through their own art on a t-shirt. The t-shirts were displayed at the Big Bear Public Library and the Rural Health Clinic.

Story continued on page 2.



Purple Boulevard

Big Bear residents march to end violence against women. Purple is the national color for domestic violence awareness.



Clothesline Project

T-shirts with client's artwork were displayed at the Big Bear Public Library and the Rural Health Clinic for Domestic Violence Awareness Month.

The Spirit of Christmas is Alive in Big Bear

by Sarah Garrison, Assistant Director of Outreach Services

Growing up in Big Bear I always knew I lived in a generous community, and working for DOVES during the Holiday season let me see that generosity in action.

The Holiday donations started with turkey baskets provided by Crabco for Thanksgiving. The baskets were filled with potatoes, celery, stuffing, onions, cranberry sauce, dinner rolls, and a turkey. I was lucky to hand out these baskets to our clients. The joyful expression on their faces was priceless. One client was even brought to tears. Contributions from the Big Bear Middle School Annual Holiday Food Drive added to our pantry. Needless to say, our shelves were stocked full.

Our Christmas events started with the Big Bear High School toy drive. I went to the high school holiday assembly with Michael Natzic and we were presented with boxes and boxes of toys. We used these toys for our own Santa Shop where clients were able to get toys for their children and grandchildren.

The festivities continued with BodyTek hosting a Zumba Dance Party charity event. All proceeds went to DOVES. Joanne Ott, BodyTek owner, used the money to purchase gifts for the clients living in Lorrie's House. That was a huge success and brought smiles to our residents.

We were also pleased with Sue Klump and her photography crew for taking free family photos for our clients. Our outreach office meeting room was transformed into a professional studio and clients received their photos that day.

Clients also had the opportunity to meet Santa Claus on a few occasions. First, the Barnstorm Café hosted a free breakfast with Santa and Mrs. Claus for our clients and their children. Santa arrived on a helicopter and the children loved it. Later in the month Big Bear Disposal had their annual Christmas party for our clients. The Christmas party was at Northwoods, and like every year, it exceeded expectations. Santa was there and he had presents – a lot of presents. Every client and child received a gift specific to his or her wish list. The party also included a free lunch and live music. The spirit of Christmas was truly alive and seen on the children's faces as they open presents and ran to

give Santa hugs. The San Bernardino County Sheriff's Department hosted their annual Christmas party for all shelters in the county of San Bernardino. Our clients were taken off the mountain to a secret location where the party was held. Gifts, Santa, and great food were all present, and again it was a great joy for the clients.

During the month of December we also had our annual pajama drive. In the past we did an undies drive, but this year we asked for pajamas and I couldn't be happier with the outcome. We had donation boxes at the DOVES Outreach Center, Citibank, Community Church by the Lake, Bear Valley Center for Spiritual Enrichment, Big Bear Electric Company, and First Mountain Bank. At the end of the drive we received over 100 pajama sets for our clients. These will be used for women and children who first enter our shelter and need something comfortable and clean to sleep in.

On top of all that, Big Bear Methodist Church and Big Bear Electric Company donated gifts to our shelter. Clients received gifts and Lorrie's house was spoiled with new sheets, kitchen items, Christmas decorations, and necessary toiletries.

I must say, the community members mentioned above are Christmas personified. I saw so much love and generosity throughout the entire Holiday season. I am blessed to live in a community like ours.

DVAM continued from page 1

To wrap up the month, we worked with Wolf Fitness, Big Bear Yoga, and BodyTek to offer a Salute to Non-Violence yoga class which focused on non-violence, compassion and kind-heartedness. The class admission was one non-perishable item for our food pantry.

The community's overwhelming participation in these events was incredible, and I am so grateful we are a town that cares about ending domestic violence.



Toys for everyone

Toys from the Big Bear High School toy drive were used in our "Santa Shop".



Full of gratitude

Food donations from Crabco and the Big Bear Middle School filled our pantry and our client's homes.



Photo Magic

The DOVES Outreach Center is turned into a photography studio for client's family photos.

Hispanic Outreach

by Laura Morales-Rojas, Hispanic Outreach Advocate

Since my return from maternity leave I have helped the Spanish speaking community by seeing clients and walk-ins, and answering hotline phone calls. I have assisted them with one-on-one counseling and legal services. I have been able to work with Sarah to translate the website text to Spanish and that will be ready in February. I'm getting ready to start support groups for our Spanish speaking community. Participants will be able to express themselves through art, and also they will discover how to increase their self-esteem. Groups will start in February.



DOVES representatives attended the Sorpotimist Disbursement Luncheon on October 24th. Pictured are Executive Director Helen Adams, Assistant Director of Outreach Services Sarah Garrison, and other donation recipients.

DOVES QUARTELY STATS

835

Individual counseling sessions

112

crisis calls answered

100

new clients served at outreach center

CHECK OUT OUR NEW FACEBOOK PAGE



Make sure you like us on [Facebook](#) to get all of our updates!

Search: DOVES – Domestic Violence Education and Services.

From the Executive Director

by Helen Adams, Executive Director

We are pleased to share with you, our friends and supporters, the first DOVES Quarterly Newsletter. The Newsletter will inform you about the activities that have occurred in the previous three months. This October-December 2013 Newsletter includes reports from all parts of our agency: Big Bear Outreach Center, Twin Peaks Outreach Center, DOVES Nest Thrift Store, and Lorrie's House.

Many changes have occurred at the agency in the past few months. At the end of September, after over seven years of leading the organization, Kathi Harper retired from her position as CEO. We thank her for her years of dedication to our clients and to the DOVES organization and wish her well in this new chapter of her life.

Upon Kathi's retirement, I took the helm as the Interim Executive Director through December. At the January 15, 2014 Board Meeting, I was appointed as the Executive Director. I am excited to

serve in this capacity for the DOVES organization alongside the talented and caring staff members. I obtained my BA in Sociology from Biola University, and most recently obtained my MA in Counseling Psychology from Argosy University. My work experience includes 10 years in banking and mortgage lending, and 18 years working for Bear Valley Unified School District. Prior to accepting the Executive Director position, I served as Director of Shelter Services for DOVES. In addition to my responsibilities as Executive Director, I am a member of the clinical staff and provide therapeutic services for DOVES clients.

I want to offer my personal thanks to community members, businesses, and individuals who support the work we do here at DOVES. Without you, we would not be able to offer the programs and personalized services to the clients who come to us for assistance.

Lorrie's House Updates

by Jeanette McMillian, Director of Shelter Services

The month of October saw a variety of activities and emotions at Lorrie's House. The month began with a lovely graduation celebration of one of our clients. There were tears of joy as we said good-bye. Two of our other clients began the transitional phase of their program.

Having children in the house kept us all busy with Halloween activities and the excitement that accompanies the holiday. Our families went to "Boo At The Zoo" and spent Halloween night in the Village.

Anticipating cooler weather, we began the transfer of food from our outside pantry to the inside of the house. The shelves in the computer room were utilized and somehow everything fit. The room looks terrific. Clients and staff are pleased that they will not have to go out into the cold and snow to retrieve the majority of our food.

A big thanks goes to Alan Hay and Jack Lind who volunteered their time to give our guest bathroom a makeover. It got a fresh coat of paint and a new light fixture was installed.

The month of November saw us initiate a new program with the Bear Valley Unified School District. We are working on maintaining stronger communication with the district when it comes to the educational needs of the children who reside in the house. Sharon Knapik went to North Shore Elementary to meet with the principal and teachers to discuss our children's special needs. She will also be accompanying all mothers when they enroll their children in any school in the district. She will then continue to be a liaison between the clients and school personnel.

Our clients ended the month of November with a visit to the Barnstorm Café. Santa paid an early visit there and our clients and their children went over to get their Christmas lists in early.

December was a busy month for both the shelter staff and our clients. Clients and their children attended several holiday parties and had a wonderful time at each event. Our clients and their children were so appreciative of all of the wonderful gifts they

received. The house also received flannel sheet sets for all of our beds, a new vacuum, and several kitchen items.

We continue to work on different areas of the house. Our outside storage area, behind the therapy room, has been a major project. With all of our food moved inside, the outside storage is now used to store clothing. Thanks to the pajama drive, we have a wonderful stock of women and children's pajamas. We also received socks, mittens, beanies, and a wonderful supply of children's toys.

Sharon and Ellie will soon be visiting a State Pre-School Program at Baldwin Lane Elementary and a kindergarten class at Big Bear Elementary in order to align our day care program with the expectations of the state preschools. This way our children will be equipped for a successful transition into kindergarten.

Don't Be Scared, Be Prepared!

by Dawn Forbes, Legal Advocate

The definition of advocate is a person who argues for or supports a cause or policy: a person who works for a cause or a group.

As the legal advocate here at DOVES, I am not a licensed attorney and cannot represent a client in court.

However, I can assist our clients in preparing court documents and accompanying them to court. All services are free of charge through DOVES, including the attorney services.

DOVES also has a licensed attorney available who will assist with all other family law matters such as custody, child support, divorce, etc. Our attorney's office is in Victorville. However, for those without transportation, appointments can be made to meet with the attorney at the DOVES Outreach office. He is regularly scheduled at the Outreach for the 2nd Wednesday of each month.

If you have questions, or would like to make an appointment, call DOVES at 909-866-1546 or email me at dforbes@doves4help. For a list of our services, check out our website: www.doves4help.org.

Quarterly Legal Stats

Client Court Accompaniment - **40**

Temporary Restraining Orders - **20**

Proof of Service - **30**

Safe-At-Home Applications - **2**

Law Enforcement Accompaniment - **4**

Name Change Applications - **2**

"Dawn was excellent. She helped me complete my restraining order paperwork, and took me down to court twice. We were successful getting both the temporary and the permanent restraining orders. I cannot express my gratitude enough and I feel much safer sleeping at night."
Outreach Client (Legal Services)

Twin Peaks Office Stays Busy with DVAM and Holiday Events

by Katrina LaFrambosie, Peer Counselor/Advocate

October was DVAM (Domestic Violence Awareness Month) and a very busy time for DOVES of Twin Peaks. Our activities included Walk-a-Mile-in-Her-Shoes and The Clothesline Project, both staged at the Lake Arrowhead Village.

On Saturday, October 12, we held our first-ever Walk-a-Mile-in-Her-Shoes event. Our male participants were in great spirits and happy to help raise awareness of domestic violence in their community. The men had a variety of fabulous heels to choose from and once suited up, they proceeded to walk a mile through the village carrying signs reading "Stop The Abuse." We were well received in the village. We got applause, smiles, questionable looks, and few questions from curious individuals. All in all, the DVAM events were fun, informative, and educational, and we look forward to doing it again this October!

After wrapping up DVAM, November and December proved to be another very busy time for our office, our clients and our community. During the month of November, we started to prep for the holiday season, collaborating and meeting with other agencies throughout the RIM communities. Our focus was to find the very best holiday events, resources, and activities for our clients and their families. We tried to provide everyone with as many resources as possible as it is a very difficult time for many. We were able to provide our clients with free Christmas trees, clothing, bedding, house goods, Stater Brothers gift cards, and children's gifts. Melissa Astle decorated a beautiful DOVES Christmas tree, which was then donated to a family. All of this could not have been achieved without the help of our volunteers Lisa Shinkle and Annie Tuttle, RIM High School ROP students

from Kathy Horton's Customer Service Class, and the students from Connie Rigney's Interact Club for donating the children's gifts. In addition to this we, would like to thank Stater Brothers, Woman's Club of Lake Arrowhead, Joyce Savage from The Pineneedler's Club, and everyone else who supported us!

As we look to the New Year we are preparing for TDV (Teen Dating Violence) presentations that will be presented to our high school and middle school students. We will be completing our wonderful parenting class facilitated by Marsha Lofland and starting a new group for our clients. Our Director of Outreach Services, Melissa Astle, will continue to take part in many community meetings and activities. She will be presenting to a number clubs and agencies both on and off the mountain in regards to DOVES and our services provided to the RIM communities.



The Twin Peaks Christmas tree was donated to a family in the community.



Men from the Twin Peaks community say no to violence during the Walk-a-Mile-in-Her-Shoes event.

Perspectives from the Chair

by Michael Natzic, Chairman of the Board

Happy New Year! As we begin 2014, I think it is important for us to reflect on some of the events of 2013. Once again, DOVES was blessed with a holiday season full of generosity and cheer. We truly do have a caring community and supporters that genuinely care about our clients and the support that they receive through DOVES. Every year I am amazed with the outpouring that we receive throughout the Valley and the entire mountain communities in support of DOVES and our clients. This is a true testament that people want to be part of the solution to end domestic violence. On behalf of the entire Board of Directors, I want to extend a very heartfelt "Thank You" to all of our supporters, not just during the holidays, but also throughout all of 2013!

Also in 2013 our long time CEO, Kathi Harper, retired from DOVES and her predecessor, Janet Trott passed away after many years of illness. DOVES will carry on the legacies of each of these fine women for many years to come. With Kathi's departure, our then Director of Operations, Helen Adams, took on the role of Interim Executive Director. Over the past several months, the Board of Directors has had the opportunity to evaluate Helen's performance and we started 2014 with a unanimous Board decision that Helen should take on the permanent role of Executive Director. We are very excited to start this next chapter at DOVES, as Helen is only our 3rd Executive Director in our 31-year history! Helen brings a new and fresh approach to the

organization, which we feel, will add new direction and growth to our already expansive services. You may have noticed that we have eliminated the title of CEO and returned the title of Executive Director with Helen's promotion. We felt that this change was important to better reflect the organizational change that Helen brings to DOVES. As such we expect the next year to be full of change and revitalization of an organization that has served its community for so many years.

From the entire Board of Directors I want to once again extend a very hearty "Happy New Year" and here is to another year of being "Part of the Solution!"

Thrift Store Thrives with New Staff and Volunteers

by Phyllis Axton, Senior Manager

As we begin a new year, there is much to be grateful and thankful for in the past year regarding the DOVES Nest Thrift Store and much to anticipate in 2014! Without our volunteers there would not be a thrift store! To all of

you, we thank you and are forever grateful for your services each and every day you dedicate your time with DOVES. Exciting innovative ideas are forthcoming along with the development of our new website. We

are forever striving towards novel ideas for our dedicated customers and initiating new ones in a very comfortable, "botiquey" atmosphere.

How does domestic violence affect our community?

- DV is the direct cause of homelessness for over half of all homeless women in the US.
- DV is the leading cause of injury to women – more than car accidents, muggings, and rapes combined.
- 1 in 4 women and 1 in 7 men aged 18 and older in the US have been the victim of severe physical violence by an intimate partner.
- The national health care costs of DV amounts to nearly \$4.1 billion.
- Children who witness DV are at a greater risk of having serious adult health problems.

Do you want to be part of the solution?

If you would like to donate to DOVES, visit our website at www.doves4help.org and click on any of the DONATE button. You can also call our outreach office at 909- 866-1546 to make a donation over the phone.

"I am so grateful for DOVES. From the moment I encountered the DOVES staff I have felt nothing but respect for who I am, who I have been, and who I hope to be.

I came in here helpless and hopeless and each group and individual counseling session leaves me more and more 'able' and feeling as though I have value, and that there is hope for to be me, and that is a beautiful thing - be me.

There is a common bond experience when I walk through the front door. I am not alone."

- Outreach Client