



CRUISIN' TO STOP BRUISIN'

# DOVES Quarterly Newsletter April - June 2014

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EVENT PHOTOS

## “Cruisin’ to Stop Bruisin’” was a Success Thanks to Community Support

by: Sarah Garrison, Assistant Director of Outreach Services

Our annual car show, “Cruisin’ to Stop Bruisin’” was a huge success. We had great raffle prizes, vendors, kids’ games, and music – and we made \$3,160! There were about 80 classic cars and hundreds of spectators.

First, I need to thank the Bear Valley Cruisers for hosting the event. They were such an incredible group to work with and made my job easy. Members of the car club collected all of the donations for the raffle prizes, put everything together for the kids’ games, organized the car show registrations, and much more! We were so lucky to work with them.

The Elks Lodge was great too and sold breakfast and lunch. We appreciate that they donated some proceeds from the lunch sales to DOVES.

We had some wonderful volunteers who collected donations, sold bake goods

and distributed information about DOVES.

And finally, I have to thank all of the spectators. This event was about helping victims of domestic violence - you were a big part of that. We filled our donations jar continuously, and our bake sale items (with homemade cupcakes from our shelter residents) were a hot commodity.

Fundraisers like this are key to keeping DOVES operating. We are the only full-service domestic violence organization in the mountain area. Our services include: shelter for up to six months for women and their children, individual counseling, support and educational classes, social services advocacy, legal advocacy, emergency food and clothing, and a 24/7 emergency hotline.

Thank you all for joining us in the fight to end domestic violence.



### DOVES Booth

*DOVES’ staff collected donations and distributed information at the car show.*



### Hood Up

*It was a beautiful day to look at classic cars.*

## Soroptimist RIM of the World Gives “Day of Service” to DOVES

On April 12<sup>th</sup> Soroptimist members rose to the occasion and donated their “Day of Service” to DOVES. Soroptimist RIM, led by volunteer Annie Tuttle, collected donations for DOVES clients in front of Stater Brothers and Goodwin’s. Pictured below are the items we received.

Katrina Laframboise, DOVES Peer Counselor/Advocate, said it was a fun filled day, and she couldn’t believe how everyone was so eager to donate. The donations were priceless, and they will go toward the needs of DOVES clients.

We are very grateful for Soroptimist RIM’s time and efforts!



## RIM Health Fair

by Katrina Laframboise, Peer Counselor/Advocate

On Saturday, May 17, 2014 the RIM Community Health Fair was in full swing. DOVES of Twin Peaks joined with the Rim Communities Resource Network, a coalition of local organizations that took part in the event. The RIM Community Health Fair encourages healthy living and support services to those residing in the RIM Communities. During the day, attendees wandered around to all of the different vendors collecting valuable information.

Information on the following was available to the attendees: Domestic Violence, Inland Counties Legal Services, Mountain Pregnancy Center, drug and alcohol education, human trafficking, fitness, banking, and many, many more. Melissa Astle, our volunteer Criss Silvas, and I spent the day interacting and educating the public about domestic violence, and the different services we provide to women, children, and men. DOVES of Twin Peaks would especially like to thank Criss Silvas for volunteering her time and wonderful energy at the DOVES booth.



Katrina LaFramboise and volunteer Criss Silvas at the DOVES booth.

We're looking for donations!  
Here are some items needed at the shelter:

- Hair Dye – any color
- Basketball Hoop
- Xbox 360
- Bras – any size
- Alarm Clocks



*Renea and Tina from Perfect 10 Nail Salon opened their shop on a Sunday for our shelter residents and offered free manicures. We are so grateful!*

#### DOVES QUARTELY STATS

# 400

individual counseling sessions

# 165

crisis calls answered

# 28

new clients served at the outreach center

# 12

temporary restraining orders filed

## Volunteers Join Shelter Family

by Sharon Knapik, On Call Shelter Manager

The last three months seem to have flown by and there have been some changes and new faces at Lorrie's House. We are so fortunate to have several new volunteers who have joined the Shelter Family.

Connie Hutchison comes every Wednesday. She is in charge of our kitchen for the day and does our grocery shopping. Connie also prepares a lovely salad bar for lunch and leaves us in the evening with a dinner to look forward to. Needless to say, Wednesday has become our tummies' favorite day of the week.

Another wonderful addition to our Shelter is Susan Scott, who volunteers on Tuesdays. Susan is a Group Facilitator for Self-Esteem and Codependency classes for our clients. We are truly fortunate to have someone with Susan's expertise donate her time and knowledge to our organization.

Lori Morgan is another great volunteer, who provided terrific support to our Resident Assistant, when it came to helping her find employment. Lori kept track of job openings, helped her drop off job applications, and drove her to job interviews. Our Resident Assistant is now a working gal!

Thank you so much for the support Lori!

Our last new volunteer is Dale Glinka. Dale began teaching a cooking class on Monday evenings. If last week's dish was any indication, we will need to add an exercise class after all of this wonderful food.

We made a major repair during the month of April. Our West Wing heater was replaced on April 10 and is now working perfectly. In May, we had bedroom locks installed on all of the client's bedroom doors to provide them with personal privacy.

The month of May was a busy one for our clients. With Mother's Day taking place this month, we wanted to make sure we honored the mothers residing at Lorrie's House. Each client received a beautiful plant from the staff.

The following week, several of our clients got their nails done at the Perfect 10 Nail Salon. We ended the month with a field trip to the Village. There was shopping, "girl time" and a movie (popcorn included).

# Be Part of the Solution

## Donate to DOVES and Help End the Cycle of Violence

by Michael Natzic, Chairman of the Board

It is that time of year that we look to our Annual Support Campaign (ASC) to round out our budget. So how important is this campaign? Extremely important! Every year we look to our donors to lend an extra hand of support through our Annual Support Campaign. This is a special time as it allows our donors to monetize their support and help DOVES with much needed funds that will balance our budget for the year. The funds raised through ASC go to a number of initiatives, but most important, they cover costs that are not already grant funded. For example, before we start a new program that we hope to have grant funded, we need to demonstrate to our grantors the viability of

the program. This would be most evident in our Children's Mentoring Programs and our Teen Violence Prevention Programs. These programs are not only needed, but also essential to our battle against domestic violence. Without tackling these issues during the formative years of a child or teen's life, we don't stand a chance at victory over violence. These programs are already in full swing and it is your valued donation dollars that make these programs possible.

So at this time, I would encourage you to look into your heart and give to DOVES so that you may join us in becoming "Part of the Solution" to end domestic violence. You can donate by a lump sum, pledge, or monthly

donation. DOVES recognizes the value of our donors, and, because of that, we make a point to ensure that we can accommodate just about any type of donation or pledge that is made. If we don't mention an option to you, just ask us as we are happy to assist you in assisting us.

Thank you for your support of DOVES and becoming "Part of the Solution!"

Visit [www.givetodoves.org](http://www.givetodoves.org) to give now.

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## Volunteer Corner: Susan Scott

*This quarter, we chose to feature volunteer Susan Scott. Susan is a retired trauma therapist who grew up in the Dallas, Texas area. Her jobs have included private practice, Clinical Director of Cedar Springs Hospital in Colorado Springs, Director of Human Resources for Dallas/Ft. Worth International Airport Board, and Assistant to the City Manager of the City of Dallas. She knew her deceased husband Randy for 50 years--they graduated high school together--and she has one 35-year old son, Brian.*

### Why did you choose to volunteer with DOVES?

I worked at Cedar Springs Hospital until two days before I moved to Big Bear, and retired when I got here. However, I found I really missed working with people and DOVES seemed to be one of the most involved and active organizations in this area with which to become involved. I wanted to offer my time and any skills I brought from my clinical career, and I often think I'm getting more from volunteering at DOVES than I'm giving back. The first time I walked into the Outreach Center and talked to Phyllis and Helen, I knew I wanted to be a part of DOVES.

### What do you do as a volunteer?

Currently, I have the opportunity to provide group counseling to the women at Lorrie's House, and I also write grants for DOVES in efforts to support its financial needs. I'm also a new member of the Board of Directors. I'm really looking forward to helping with our fundraiser, Starry Starry Night in October, too.

### What is your favorite part about volunteering with DOVES?

I think it's being able to give back, using my clinical training. It's an honor to be a part of these strong, brave women's journeys, even in a small way.

### When you're not volunteering, what do you enjoy doing?

I love every form of living creature, so I'm also a docent at the Big Bear Alpine Zoo. I go down the hill to spend time with my son and his wife and her family a lot, too. I read a lot (I love whodunits!) and I like to cook and travel. I'm currently planning a trip on the Coast Starlight train from LA along the coast to Portland, Oregon. I'm also finishing up an outline for a book I hope to publish.

### What is your favorite inspirational quote?

"Don't stumble over something behind you."



# DOVES Clinical Staff Bring Compassion, Knowledge to Clients

by Judy Henri-Farry, Clinical Director

PTSD means Post Traumatic Stress Disorder. For many years we have heard this term referencing the mental health condition of our military veterans returning from combat zones. As human beings, we naturally respond to perceived threats to our safety in a variety of ways. We may have flashbacks, nightmares, anxiety, and depression in response to the traumatizing event or events. Just as our returning soldiers may suffer long-term impacts from their duty in the war zones, we here at DOVES know that our clients may have similar responses to the traumatic events they have experienced in their intimate partner relationships. Sometimes they can't get these events out of their minds and their trauma response gets in the way of them moving on in their lives

When someone comes to DOVES for assistance, our counselors help each person identify their issues and form a working plan to support them finding the solutions that work for their own situation. Sometimes our clients have been so traumatized by their abusers that their PTSD symptoms do not naturally subside and they may need help from our clinical staff with their healing. As clinicians, we can assess the underlying psychological issues that can block our clients from achieving the outcome they desire.

We are fortunate to have on our clinical staff - three Registered Marriage and Family Clinical Interns - who are being supervised

by me. Our own Helen Adams, LMFTI, supports some of the clinical needs directly and indirectly through staff supervision from her highly skilled clinical perspective. Tonya Lewis, LMFTI, brings her own unique perspective to her clinical work as well as her being able to understand those who have been raised and educated as a local resident of Big Bear. Tonya knows how to compassionately guide our clients to make some of the difficult choices they need for their recovery from the abuse they have suffered. Cathryne Huffine, LMFTI, brings not only her long time experience as a special education teacher, but also her strong skills as a communicator with parents and children. In case you haven't heard, Cathryne is so committed to her work with DOVES's clients, she is willing to drive every day she works here from her home in Victor Valley - regardless of the weather conditions. Now that's commitment!

Recently, Dr. Susan Scott, PhD, moved to Big Bear from Colorado and has joined the DOVES team. She has started to volunteer and share her vast experience and clinical skills. We look forward to bringing more of the treatment style she knows so very well to our clients healing. I bring my over 30 years of experience with abused children and adults to this work while maintaining my role as the DOVES' contracted licensed clinician and clinical supervisor. This is an exciting time to be part of the clinical intervention supporting our clients' healing.

## Sales are HOT at the Thrift Store



*Business is booming as usual at the DOVES' Nest Thrift Store. Customers show off their purchases in the photos to the left.*

*On Memorial Day we had a BBQ for customers and we are excited to announce that we are now open on Sundays!*

### Thrift Store Business Hours

Monday-Saturday: 9:30am-5:00pm  
Sunday: 9:30am-3:00pm

# New Prevention Programs Added to DOVES

by Sarah Garrison, Asst. Director of Outreach Services

It is exciting to see our prevention programs growing at DOVES and I'm so glad that Helen and I are on the same page about making this a priority.

We've developed our Youth Mentoring Program, which was created so boys and young men exposed to family violence will have a positive adult male role model. Did you know boys who witness domestic violence are twice as likely to abuse their own partners and children when they become adults? It's our goal to break this cycle of violence. The mentor in the program acts as a teacher for the mentee and shows them how to

respect themselves and others. The young men in the program are taught that violence is never the answer and they get the opportunity to see and learn how non-abusive men act and treat others.

We've also noticed a need for female mentors and mentees and so we are expanding that too.

For teen girls, we have a new group class called VOICES at the Outreach Center.

The VOICES materials we use are authored by Stephanie Covington, and are based on the realities of girls' lives

and the principles of gender responsibility; it is also grounded in theory, research, and clinical experience.

I believe that empowerment and self-esteem are the strongest prevention tools. If we can get young women to realize they are worthy of respect, they will be able to establish healthy boundaries in a relationship.

I can't wait to see where these programs grow and I'm thrilled to be working with the youth in our community.

*"DOVES has taken my self-esteem from zero and has increased it to a five out of ten. I never knew I could feel this way. This feels good." – DOVES Client*

## You Gave BIG – Thank you!

*We would like to thank the following people for participating in Give BIG San Bernardino County and giving to DOVES. We received \$2,555!*

Janice Etter	Wendy Diemert	Thomas Benson	Kirk Garrison
Pamela Scannell	Melissa DeHann	Jessica Thompson	Melissa McCue
Lawrence DeHann	Golen Olsen	Sarah Garrison	Steven Baker
Catherine Frazier	Marlene Cain	Stephen Deitsch	Phyllis Axton
The Natzic Family	Melissa Astle	Alicia Cortrite	Dale Vogel
Bonnie South	Kathy Bradford	Helen Adams	Ramona DeMarco
Dena L. Arbaugh	Kathryn Sayer	Diane Masterpol	
Julann Warren	Linda Kalous	Melissa McCue	
Miki Carpenter	Sarina LaBate	Susan Walker	
Margo Penardi	Joan Walmsley	Mary Bradford	



*"DOVES has helped me with coping skills to help me move forward from my past, and allowed me to learn how to be the best "me" I can be." – DOVES Client*