



Spring 2011

April is Sexual Assault Awareness Month

Dealing with sexual assault

Nurse says early medical exam key

Ann Batchelder sees the effects of sexual assault first-hand. As the designated sexual assault nurse examiner at Tillamook County General Hospital, she said she serves at least one or two victims of sexual assault each month when they come through the emergency room or the Women's and Family Health clinic adjacent to the hospital.

"The vast majority of those we see are adolescents or in their 20s," she said. "My sense is that older victims are less likely to report here."

Batchelder, who was raised in a tiny town in Ohio and has been working in Tillamook for the past 11 years, said the nature of life in small, rural communities makes reporting such crimes especially problematic for victims.

"The young women I see often experience a lot of self-blame and guilt, as well as fear. That's because they know everyone and they fear they will be stigmatized or blamed for the assault. Even among some of

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Family Nurse Practitioner Ann Batchelder outside her clinic office at Tillamook County General Hospital

Common sexual assault myths

- Myth: Sexual assaults happen on dark streets and alleyways.
- Fact: The vast majority of assaults occur in either the victim's or the perpetrator's house.
- Myth: Most sexual assaults involve strangers.
- Fact: Most sexual assaults are committed by someone known to the victim.
- Myth: "No" sometimes means "Yes."
- Fact: "No" always means "No." In fact, the only way to know for sure that a person is consenting is to ask her.
- Myth: A woman can avoid sexual assault if she really wants to.
- Fact: The only way a woman can "avoid" sexual assault is to lock herself away and never come into contact with other people.
- Myth: After paying for dinner, entertainment and drinks a man deserves something in return.
- Fact: All anyone deserves following an expensive date

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Annual Soup Bowl Dinner is April 16

The 5th Annual Tillamook Soup Bowl will be held on Saturday, April 16 from 5 to 7 p.m. at the Old Mill Marina in Garibaldi. Richard Rowland and a group of north coast potters are creating 150 bowls for the event.

There will be from 15 to 20 soup makers, 20 bread makers and from five to 10 dessert makers preparing all the food, which is donated.

"Our capacity is about 200 people and we have sold out every year," said TCWRC Executive Director Kathleen Marvin.

"Tickets are available at The Wild Flower Thrift Boutique and we encourage everyone to buy them early. There have been many disappointed people who have waited too long and missed out in the past."

The price for all-you-can-eat soup, homemade bread, dessert and beverages PLUS the privilege of taking home a one-of-a-kind bowl is just \$40, or \$15 for the meal without taking home a bowl.

From My Desk



By Kathleen Marvin
TCWRC Executive Director

Invite you to look at Page 3 of this newsletter. It bears the image of our new billboard, which presents the theme: “Be the Change.” And, as I look around our county, I am thrilled and inspired by the momentum that is building toward that concept.

Many of us at TCWRC have long believed that it is through changing our culture that we will reduce domestic and sexual violence. And, in these past couple of years, I believe that change has begun in our community.

We have been joined in our work by leaders and members of the county’s faith, medical, law enforcement, government, business and education communities.

Last fall, when we held our groundbreaking summit, we were thrilled by the broad-based participation and by the subsequent work that the participants have put in to envision ways to restructure our approach to domestic violence prevention and prosecution at the institutional level.

At the personal level, a group of local men has begun meeting to discuss ways in which they can be the change among their peers. Local educators have approached us to help our young people learn about healthy relationships. And from every corner of the county, we have heard positive feedback about our public education efforts during the past two years.

We all know that change seldom comes quickly. And profound changes in attitude and behavior evolve over time. But we also believe that each person, in his or her own life, can strive to live the change as a model for others.

The more we find ways to celebrate this commitment to help every member of our community to be valued and safe in their homes and lives, the less violence there will be.

Thank you for helping us grow ever closer to that goal. Thank you for being the change.

Nurse

From Page 1

the mothers who bring their daughters in, there sometimes is a subtle undertone of doubt or that somehow ‘she asked for it’ through her behavior,” she explained.

But Batchelder said the notion that young women report assaults as a way of punishing boyfriends or covering up for consensual sexual activity is false.

“Sexual assault is a violent act, not a sexual one,” she noted. “Questioning the motives of a young woman who must go through the process we go through to gather evidence of the assault would be like questioning the motives of a heart attack patient who is reporting chest pain.”

Batchelder said she always approaches sexual assault victims with affirmation and helps her patients through each step of the examination by providing support and information. She said the examination process can take three or four hours or as long as seven hours, depending on the case. At each step along the way, Batchelder said, she tries to have a patient advocate on hand from either Tillamook County Women’s Resource Center or the District Attorney’s Office.

One challenge with prosecuting the assailants, she noted, is that very few of the victims she sees are physically beaten by their attackers, so there is less outward physical evidence of the assault that can be used in court. For this reason, she said it is critically important that the physical examination be done as soon as possible after the event so that the less visible forensic evidence can be gathered before it degrades or is washed away.

Batchelder said she believes women in Tillamook County are very fortunate that the hospital administration has placed emphasis on women’s health care. She said the hospital has had specially trained sexual assault nurse examiners on staff for the past five years.

Batchelder offered the following advice to women who might find themselves victims of a sexual assault:

- Come to the emergency room or a health care provider as soon as possible to get a physical examination.
- Always ask for an advocate to be with you during the examination process. They can help explain the process and provide follow-up support and services to you later.
- Get an examination immediately, even if you are not sure you will be pressing charges. Once the evidence is collected, it can be held until you decide what you wish to do. It can be discarded later, if necessary, but it cannot be obtained later if you ultimately decide you want to report the assault to law enforcement. Failing to immediately seek a medical examination can make subsequent prosecution very difficult.
- Follow-up after the examination is very important. This may include both medical and emotional support. And it is important to seek this help from trained professionals. The counseling of loved ones, no matter how well intentioned, may not always be helpful.

Myths

From Page 1

is a “thank you.” If money is a concern, discuss sharing expenses.

- Myth: Sexual assault only happens to a few people.
- Fact: Sexual assault can happen to anyone, regardless of gender, sexual orientation, race, class, age or any other factor.
- Myth: If someone dresses and acts provocatively, she or he is asking to be raped.
- Fact: How a person dresses or acts is

not indicative of whether or not he or she wants to have sex.

- Myth: If a person is drunk, he or she is asking to be raped.
- Fact: No one asks to be raped.
- Myth: If you have had sex before, then you owe it to the other person to have sex again.
- Fact: It doesn't matter if you have had sex once or many times with a person in the past. Each time it is your choice whether or not you want to have sex. If someone forces you to have sex and you don't want to, it is rape.

Community Outreach

Sign up soon for our new E-letter

As reported in the January newsletter, we have created a new electronic newsletter that currently is sent out in between our print versions. We plan to continue alternating between our print and electronic newsletters for the time being. However, in the interests of economy, we plan to phase out the print edition sometime in the months ahead. We would hate to have you miss out on any important news about the Tillamook County Women's Resource Center.

To ensure that you don't miss a single issue, we encourage you to contact Kandy Staples-Cooper at tcwrc@oregoncoast.com and ask her to place you on our email list. Or, if you prefer, you may go to our website at www.TCWRC.net and click on the button on the home page to sign up.



New Hebo billboard

New billboards go up!

After the positive response from our 2010 billboards, which informed the community that one in three Tillamook County women have been touched by domestic violence, we have just raised our new billboards in Hebo and Rockaway Beach promoting the theme of respect as the basis for healthy relationships. The new billboards will be up through 2011.

TCWRC awarded grant for special DHS advocates

A \$160,000 grant has been awarded to Tillamook County Women's Resource Center to provide staff people who are "out-stationed" at the local Department of Human Services and County Health Department offices to work with teen mothers, pregnant women and others in need of counseling around the issues of domestic violence and sexual assault.

The 30-month grant was awarded by the Oregon Department of Justice, Crime Victims Assistance office.

"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."

Marvin said the grant also is allowing Women's Resource Center to develop an even stronger working relationship with the two agencies and make it possible for all three organizations to provide better services to the community.

The grant went into effect March 1.

Neah-Kah-Nie students learn about relationships

Women's Resource Center personnel conducted instructional sessions on healthy relationships for students at Neah-Kah-Nie High School in classes March 28 and 29, according to visual arts teacher Steve Albrechtsen. The sessions were followed up April 1 with an all-school assembly and home room exercises after that.

"When kids get in trouble," he said, "it's usually a respect issue. This is a way to improve the culture and behavior in the school."

Events

May 1 musical benefit will honor Father Ray

The late Father Ray Ferguson, pastor of St. Alban's Episcopal Church in Tillamook, was a member of the board of directors of the Tillamook County Women's Resource Center and a tireless supporter of the organization.

On Sunday, May 1, a musical event will be held in his church in his memory, with proceeds to benefit the organization he loved. It is scheduled from 3 to 5 p.m. and the musical theme will be *The Wind Beneath My Wings*.

The musical is the second in as many years organized by local cellist Jeanna Stephens.

"I promised that I would continue to present these musicals every year and keep his dream working in the community," explained Stephens.

Last spring, when Stephens staged the first one, registered nurse Julie Alvarez and her five-year-old daughter, Amelia, were in the audience.

"Amelia saw first-grader Emily Nord-Rush perform there and she got so excited," Alvarez recalls. "She said she wanted to do that, too."

This spring, she will.

Amelia Alvarez, now six years old, will join her mother in a piano duet at the fundraiser.

Alvarez is a charge nurse in Outpatient Therapy Services at Tillamook County General Hospital, working mainly with cancer patients. The daughter of local physician Dr.



Julie Alvarez and her daughter Amelia will perform a piano duet at the May 1 musical fundraiser benefitting the Women's Resource Center.

Calvin Hill, she grew up taking piano lessons from Tillamook piano teacher Marianne Gienger. A year ago, her daughter also began taking lessons from Gienger.

"She has just made amazing progress,"

Alvarez said. "And she is so excited that she will be able to perform for the benefit."

As she did last year, Stephens will perform at the event along with her son, Jonathan Stephens on guitar, Joann Petty on piano and Dennis Wagner on harmonica.

Petty, Wagner and Jeanna Stephens have been performing together for four years. Petty is a long-time local music teacher.

Wagner is a retired dentist who owns more than 100 harmonicas and plays with a number of groups in the area. Stephens has been playing since she was 12 years old and has performed with a number of orchestras and for churches. Jonathan Stephens has been playing guitar since he was 14.

Emily Nord-Rush will perform again, as well. This year, she will sing "The Rainbow Connection."

Other music scheduled to be performed at the event will be the song, "Wind Beneath My Wings;" "Send in the Clowns;" "Moonlight Serenade;" "Music of the Night," from "The Phantom of the Opera," and "Wink and a Smile," from the soundtrack of "Sleepless In Seattle."

Food for the event will be prepared by Susan Barksdale.

Tickets for the fundraiser are \$10 each and are available at the door or in advance at the Tillamook County Women's Resource Center office at 1902 2nd Street in Tillamook, (503) 842-9486, or at the Wild Flower Thrift Boutique, 114 Main Ave., in Tillamook, (503) 842-2996.

Calendar



April is Sexual Assault Awareness Month. To show your support, fly a teal ribbon from your car antenna, wear a teal ribbon on your clothing. Watch our Facebook page for daily facts and resources.

April 7, Thursday, 4-6 p.m. - "Through the Cracks," a free community forum about the problems and methods of helping underserved groups deal with domestic violence and sexual assault. Featured speaker will be Gabby Santos, program coordinator for underserved communities for the Oregon Coalition Against Domestic and Sexual Violence. Location: Department of Human Services

building, 4670 3rd Street, Tillamook. To sign up, contact Romy Carver, (503) 842-8294.

April 16, Saturday, 5-7 p.m. - 5th Annual Tillamook Soup Bowl dinner at the Old Mill Marina in Garibaldi. All-you-can-eat soup, homemade bread, dessert and beverages. Take home your one-of-a-kind bowl for \$40, or \$15 for just the meal. Tickets available at The Wild Flower Thrift Boutique.

April 23, Saturday, 9 a.m.-3 p.m. - Women's personal safety class at Tillamook Bay Community College. Enrollment fee \$25. For details, go to TBBC website, http://www.tbcc.cc.or.us/class_sched.

html and click on Spring Term 2011 to download the catalog. A limited number of scholarships are available through TCWRC.

April 28 - National Denim Day. Denim Day is a campaign to raise awareness about rape and sexual assault. It arose after an Italian court overturned a rape conviction because the victim had worn tight jeans. On Denim Day, wear your jeans as a visible sign that you reject the myths that surround sexual assault. We also have "Ask Me Why I'm Wearing Denim" stickers you can wear. And check out the Wild Flower Thrift Boutique for a sale on denim.

Volunteer Profile

Kimber Lundy

Kimber Lundy's first contact with Tillamook County Women's Resource Center was in 1989 when she needed help getting a restraining order against her abusive partner.

"They were wonderful to me," Lundy recalls. "My advocate went to court with me and was there for me every step of the way. That's when I decided that I wanted to help, too."

So, after her children were raised, Lundy did just that. Three years ago, she went through volunteer training and, since then, has been putting in 15 to 20 hours a week working in the office and helping clients.

"She is such a valuable asset to the organization," notes Executive Director Kathleen Marvin. "I just don't know what we'd do without her. She is always ready to do whatever is needed."

Lundy serves TCWRC in a number of important capacities. She very often can be found staffing the front desk, answering phones and doing paperwork. She also works as a volunteer advocate, accompanying clients to court, helping them with restraining orders and obtaining resources. She works on the crisis line one night a week and she is a member of the board of directors, currently holding the position of vice chairperson.

In addition, Lundy, who suffers from cerebral palsy, has been especially valuable to TCWRC because of her unique understanding of the needs of disabled and under-served populations.

She is on the Oregon Coalition Against Domestic and Sexual Violence, for which she works on the problems of under-served and marginalized people. And, according to Marvin, she is assisting TCWRC with a self-assessment to determine how well the agency serves disabled, culturally diverse and other marginalized groups. When the assessment is done, said Marvin, Lundy also will help plan how to implement any needed improvements.

Lundy said the work is very fulfilling for her.

"I enjoy the feeling of helping people," she explained.

"The system can be very scary for people. I enjoy helping them go through all the steps and come out on the other side. When I see



someone rebuild her life and finally get out on her own with a job and a future, that's an incredible feeling. That's why I do this. It makes me feel good to see our clients blossom. And the people at the Women's Resource Center are just fantastic to work with."



Your
chance to
make
a difference

Women and children in Tillamook County recovering from the devastating effects of family violence need information, support, advocacy in court and help obtaining community services. As a Women's Resource Center volunteer, you can help them.

We provide free orientation and training for our volunteers. There are volunteer opportunities to match every skill. As a volunteer, you will experience a powerful feeling of satisfaction and fulfillment. You will make a positive difference in the lives of others.

There are many ways you can help:

- Volunteer on the Hotline

- Provide information and direct services to clients
- Provide office and clerical support
- Help at the Wild Flower Thrift Boutique, doing such things as sorting and inventory, creative sewing, furniture restoration and using other skills you may possess
- Help with fund raising and public relations
- Do maintenance and odd jobs
- Volunteer at the shelter

We especially need Spanish speakers. To volunteer, call Eleanor Watkins at (503) 842-9486.

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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This project is supported by Grant No. 2008-WR-AX-0038, awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions and recommendations expressed 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.