



April 2014  
Spring Issue

# Alliance Advocate



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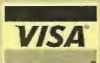
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[www.southernvalleyalliance.org](http://www.southernvalleyalliance.org)

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She sat on the floor, teary eyed, sorting through her high school memorabilia box on a beautiful spring morning. She reminisced as she packed things away in order so that her little sister could take over her room when she leaves for college. Photos of the many activities she was involved in brought back a time when it seemed that she was involved in most everything in her high school. The Pep Club, Choir, French and the Yearbook staff. She stopped and pondered the photo of her and Jake, taken on her first day of volunteering to cover homecoming for the year book. He was a Senior, she just a Sophomore. She was impressed by his self-assuredness, and of course to her, he was the cutest guy in the whole school. Although she enjoyed the school activities, it was her way of really trying to come out of her shell and become “someone”. She wasn’t sure of who that someone was, but she knew that within her was a heap of talent and personality waiting to burst forth. When Jake paid attention to *just her*, she felt special, and Jake told her she was *soooo* special, that she was made just for him. At first, they went out for pizza with the yearbook staff or just hung around with friends, dreaming of when they all were going to be the next great literary writers. Eventually, it just became the two of them seeing each other, because Jake felt that all they needed was each other.

Sometimes she felt lonely because she missed her friends, and if she told herself the truth, she needed more than just Jake. When she tried to talk with him about hanging out with others, he surprisingly became really angry, accusing her of flirting and even sleeping around with others. When she attempted to leave the yearbook work room, he grabbed her arm and threatened her that if she ever saw any one else that “she would be really sorry”. Her mind was racing amongst her feelings of fear and panic. In her mind she asked herself, “What should I do, What will I do?” What came to her mind was a presentation a woman from the Southern Valley Alliance had made to her class on dating violence.

... Continued on page 2



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**CONTRIBUTIONS**

On behalf of the hundreds of women and children who reach out to The Alliance for assistance, we thank the following for their contributions. Your donation, grant, special event or in-kind gift is changing lives.  
(Gifts recorded December 31, 2013 through March 7, 2014)

**Individuals**

- Anderson, Scott and Caralyn
- Anderson, Susan
- Burtzel, Robin
- Hershberger-Thun, Mary and David
- Jasan, Char
- Knowlton, Thomas and Carol
- Nicklaus, Helen
- Schwartz, Pat
- St. Angelo, Anne
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**Churches/Schools**

- Discovery United Methodist Women
- Family of Christ Lutheran Church
- West Union Lutheran Church

**Government/Businesses Foundations**

- Carver County
- Give with Liberty
- Greater Twin Cities United Way
- Scott County
- State of Minnesota
- Statewide Gas Services Inc.
- Wells Fargo

**Community Organizations**

- City of Prior Lake
- Chaska Lions Club
- Chaska River City Days Run
- Prior Lake Rotary Club

**Maxine Kruschke Fund**

- Schwartz, LeRoy and Pat
- In memory of Jean Dumas

**In Kind**

- Super Target ~ Chaska
- Walmart ~ Shakopee



continued from page 1...

She remembered listening to the statistics that 25% of teens will experience some form of dating violence by the time they are 18. The power and control wheel they diligently went through now made sense to her. Oh my, she was not learning about or reading about dating violence, this was happening to her! He was isolating and controlling her! Her friend Heather stopped by the room to pick up her assignment. She and her friends had taken to heart the importance of establishing a safety code word, just like the woman from Southern Valley stressed. This is what she would do! She would use her code word! She worked the code word into her brief conversation with Heather, catching the quick non-verbal acknowledgement that her friend had caught on. Shortly thereafter, a school counselor and the school police liaison officer arrived. She was safe. Safe to leave Jake, safe to have other friends, safe to discover and be who she really was, not what someone else wanted her to act like or be. It was OK to be just her.

As her fingers thumbed through other keepsakes from school, she noticed a spring event outside of her window. A Mama bird was taking worms to the chicks in her nest. How like those little birds she was just a few years ago, vulnerable and unaware of the dangers of abusive personalities like Jake. She had that knowledge now. She was ready to leave her nest, confident of who she was and where she was going. She was heading off to college - to become the next great American writer.



# SOS

## ESTABLISHING A SAFETY CODE WORD

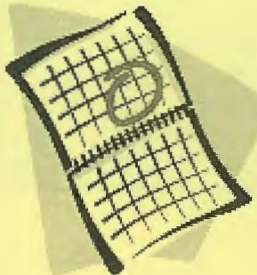
A safety code word is a very valuable tool to have no matter what age or stage one is in life. A code word is any word that one would choose to work into a conversation that is known only to those, such as family and friends, that you have shared the word with in confidence. If in the event one is in danger and for whatever reason is not able to speak freely, the code word can be dropped into a conversation and relays to those who know the safety word "Help, I am in trouble. For whatever reason, I am not able to speak freely about my situation and even though everything looks okay, I am not. So please, get help and have my back." We encourage everyone to have a safety code word. It can literally save yours or someone else's life.

## Sole Sisters

...Nike, Adidas, New Balance, Saucony...a woman can never have too many shoes! Put the soles of your shoes to the pavement on July 26 and run against domestic violence. Please join us at the Chaska River City Days 5 K Run on July 26. Proceeds from this fun event go to Southern Valley. Last year, The Alliance received over \$ 1000.00 from this event! The race begins at 8:00 am, with registration starting on site at 7:00 am in downtown historic Chaska City Square. For more information, visit the website: [www.ChaskaRiverCityDays.com](http://www.ChaskaRiverCityDays.com). Both men and women runners are welcome and encouraged to run for the cause. Fila, Puma, Asics....pink high tops!



Attention all runners . . . Attention all runners . . . Attention all runners



## TRAINING FOR CRISIS LINE ADVOCATES BEGINS MARCH 22

Southern Valley's telephone crisis line is answered 24-hours a day, 365 days per year.

This valuable service is a real life line for victims and concerned individuals. In order to provide complete coverage of the crisis line, Southern Valley is fortunate to have dedicated volunteers who are able to commit to a one year opportunity to answer the crisis line two shifts per month.

We will be conducting training for additional Advocates beginning on **Saturday, March 22 from 8:30 am until 3:30**, with two additional evening training sessions.

If you are a caring individual who has a passion to help others, please call **Jan or Anna at 952-873-4214** for additional information.







## VALUING OUR ELDERS

June 12, 2014 is the 9<sup>th</sup> World Elder Abuse Awareness Day.

The goal of this day is to raise consciousness and an action plan designated to enhance the lives of the aging as individuals, allowing them to enjoy in mind and body, full and freely, their advancing years in peace, health and security. This day is in support of *the United Nations International Plan of Action*, which recognizes the significance of elder abuse as a growing social concern. The United Nations plan is a very interesting and comprehensive plan if you wish to look it up on the web under the above mentioned name. Minnesota advocates and professionals in the field join in with other organizations around the world to better address the abuse and neglect of older persons. We at The Alliance salute the work done for this cause, and continue to serve older women involved in the situation of domestic abuse.

### ***DID YOU KNOW . . .***

In 2013 The Alliance provided the following services:

- We conducted 155 supervised visits and 5 supervised exchanges at the I'M o.K Children's Visitation Center.
- Staff and volunteers advocated for victims at 129 civil and criminal court appearances.
- We presented 27 non-violence education presentations for children and youth with a total attendance of 854 persons.
- 278 victims were served through the Criminal Justice Intervention Project. These referrals are from the 10 law enforcement agencies in Carver and Scott counties.
- The Latina Advocacy Program assisted 41 victims.

# Thank you Volunteers!



*Volunteers do not have more time - They just have more heart.*

Last year, our volunteers donated **7,400 hours** of their time and drove nearly **11,000 miles** in order to continue services. This is the equal to almost 4 full time staff positions.

The staff deeply appreciates our volunteers sharing their time and talents in assisting us in the fight against domestic violence.

**THANK YOU!**



**Southern Valley Alliance  
For Battered Women  
Presents**

**15th Annual Silent  
Auction & Dinner  
Fundraiser**

**Jeans  
&  
Gems**

**Date:** Friday April 25, 2014

**Time:** 6:00 p.m. Social Hour/Cash Bar  
7:30 p.m. Dinner

**Place:** The Grand Ballroom  
Mystic Lake Casino Hotel  
2400 Mystic Lake Blvd.  
Prior Lake, MN 55372

**Cost:** \$50.00 per person

**Meal Selections:**

- A. Roasted Pork Loin w/Cherry and Roasted Shallot Demi-Glace
- B. Grilled Vegetable Moussaka w/Marinara Sauce (Vegetarian/Gluten Free)



**Hosted by:** RE/MAX Advantage Plus  
Emcee JJ Holiday of KCLD Radio

**Dinner tickets available until  
April 18, 2014**

**Advanced Sales Only!  
Limited seating**

**Any questions, call  
952-873-4214**

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Reserved hotel rooms held until March 24, 2014 Call 1-800-262-7799 to reserve your room.

Funds raised for Southern Valley Alliance for Battered Women will be supplemented by: Thrivent Financial for Lutherans Carver County Chapter 30085, Carver - Hennepin County Chapter 30102 and Southern Dakota - Scott County Chapter 30104.

▲ Cut along here ▲

▲ Cut along here ▲

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Email Address \_\_\_\_\_

Number of tickets needed \_\_\_\_\_ Meal choice (s) A \_\_\_\_\_ B \_\_\_\_\_

Payment amount enclosed \_\_\_\_\_

Return this portion, along with your payment to:  
Southern Valley Alliance for Battered Women  
PO Box 166  
Belle Plaine, MN 56011

Visit us at [www.southernvalleyalliance.org](http://www.southernvalleyalliance.org) or e-mail your comments or questions to: [svabw@frontiernet.net](mailto:svabw@frontiernet.net)

A portion of your donation may be tax deductible. Please check with your tax advisor.





## APRIL IS Child Abuse PREVENTION MONTH

Throughout the United States, the month of April is recognized as the month to take pause and concentrate on the well-being of our country's future generation, our children. Here at The Alliance, the effect of domestic violence on children is on our minds all year long. We know that more than half of the children whose mothers are battered are likely to be physically abused themselves. Research indicates that woman abuse in a

family may be the single most important risk factor for child maltreatment. The rate of child abuse or serious neglect is 150% higher than the national average. Children who witness domestic violence are 24 times more likely to be sexually assaulted, and children who witness violence are 6 times more likely to commit suicide. The emotional impact on children who live in a home with violence are life-long. Children whose mothers are abused are denied the kind of home life that fosters healthy development. How children react and cope with the violence is as individual as the child themselves. They may be overly aggressive and difficult to control or they may be unusually passive and withdrawn. Children, like the parent, are often isolated and lack interaction with others outside the home, which makes it difficult for children to get along with peers and adults. Most experts believe that children who are raised in abusive homes learn that violence is an effective way to resolve conflicts and problems. Clearly, our entire community and nation feels the negative effects of domestic violence on children.

The dedicated staff and volunteers at Southern Valley are trained and know the many dynamics and the correlation that domestic violence has on children. In our Advocate training, we stress the importance of this knowledge, so they have the educational tools to not only inquire about the well-being of the victim calling us for help, but the children in the home also.

The i'M o'K Center is a tangible presence of The Alliance's commitment of being a safe environment for children who live in families where violence is a reality. We are committed to reaching out to the most innocent and helpless of our society, our children. It is our privilege to be a part in recognizing the importance of Child Abuse Prevention Month and continuing the work in keeping our nation's future safe.



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Southern Valley Alliance for Battered Women is excited to announce that we are now accepting your old iPads and iPods. This is a great addition to our cell phone and smart phone recycling collection program.



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"How hurtful it can be to deny one's true self and live a life of lies just to appease others." ~ June Ahern



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## *Live Free Without Violence Campaign*



The Live Violence Free flag/yard sign campaign is a project to increase community awareness and to promote community involvement and conversation around domestic violence. Displaying these flags/yard signs is a way to give domestic violence homicides more meaning, to give individuals and community groups a way to take action.

**The core of this campaign is that each time there is a domestic violence homicide in Minnesota, individuals and organizations will display the flag and/or a yard sign for one week.**

Everyone who receives a flag/yard sign will be notified through contact information they provide to Southern Valley, we will let you know when to put up and take down your sign! The flags and yard signs are also available to purchase at cost for any other organization, institution, agency, business or individuals and families who wish to join this campaign.

For more information, or to purchase a yard sign or flag, contact **Southern Valley** at 952-873-4214.