



Peacemaker Chris Smith

CVIC awarded its 2009 Peacemaker Award to Chris Smith, an investigator with the Grand Forks County Sheriff's Office, for his outstanding commitment to ending domestic violence and sexual assault in our community.

Chris is a vital member of the Greater Grand Forks Domestic Violence Task Force and Coordinated Community Response (CCR) Project, involving 12 agencies working to improve the local response to violence. Further, he speaks regularly to CVIC's children's group (see story at right) about his own

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Investigator wins Peacemaker Award, helps children to cope with abuse

A week before Chris Smith comes to the Little Souls Children's Group, our child therapist asks the kids to think about all of the questions they have for someone who has lived through what they have, seeing violence at home.

The kids, usually between the ages of 5 and 12, are ready to ask Chris things like, "What did you see?" "Did anyone get hurt?" "Did you call the police?"

Our therapist adds a few more, such as, "Did you think you were the only one this was happening to?" and

"Did you think it was your fault?"

The kids are excited for the day when "our friend Chris" comes to the group. Though Chris is in law enforcement, he comes in plain clothes so the kids won't think that he would automatically be the officer at the other end of the line if they did have to call 911 for help. Chris knows what it's like to hope for an officer to come to the rescue. He grew up in a home in which his dad was violent with his mom and verbally abusive to him.

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The picture above was drawn by a courageous boy who allowed us to share his picture about how angry he feels sometimes. He was part of a group of children who talked with Chris Smith about the violence in their home during our Little Souls Children's Group.

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CAN YOU HELP?

At this time of the year, we are aware of the stark contrast between the message of peace for the holidays and the reality of life for those we serve, who experience fear and isolation every day.

This year, the needs of those we serve are among the greatest we have seen. Families are not only trapped in violence, but they are hungry and unable

to find work or safety. We need to be there for them, but with the economic downturn, CVIC expects a 33% decrease in unsolicited donations, a 26% decrease in direct mail gifts, and decreases in foundation grants and other giving.

We need your help more than ever, so that we can help local children and families. Can you help this holiday?



DIRECTOR'S VOICE

Kristi Hall-Jiran

CVIC Board of Directors

Leaders with *passion* for our mission

Identifying values reveals passion and commitment

It is good to stop amidst the daily challenges here at CVIC – increasing numbers of clients to serve,

seemingly unending paperwork requirements, and a continually increased pace at which all tasks need to be accomplished in order to “keep up” – to really focus on the bigger picture, our vision. What is it that we are really trying to accomplish as an organization – and how are we doing on getting there?

Retreats focus on value identification

It is for this reason that we schedule both staff and board retreats each year. It allows us time to step away from the daily craziness and reflect on our larger goals.

This year, we decided to focus part of our time on our values as an organization. As evidenced by the other articles in this newsletter, both the board and staff of CVIC are extremely passionate and dedicated to serving our clients. So how does this passion show itself in terms of our values as an organization?

Top five values of CVIC board and staff

After completing an exercise in value identification, the top five values of the staff (in order of importance) were shown to be: service to others, honesty and integrity, teamwork, respect, and communication.

Interestingly enough, the board shared four of the five top values (again in order of importance): honesty and integrity, respect, customer focus, service to others, and communication. I believe the “service to others” and “customer focus” values were quite similar in meaning to both groups – with that meaning being a focus on serving our clients.

I see these values lived out daily at CVIC in so many ways: going “above and beyond” for our clients, meticulously collecting and organizing statistics for progress reports, staff working within and across programs to focus on our larger vision of ending

“With this kind of commitment, dedication, and passion, I firmly believe our vision of a peaceful community *is* achievable.”

violence, seeking to be completely transparent in all we do, financially and programmatically, and in our board

implementing a systematic protocol to ensure accountability at all levels and areas of operations.

We will next mold these identified values into an official values statement, which we will use to guide all of the work we do at CVIC.

Unity in values makes our vision achievable

But to me, the challenging part of this exercise has already been completed. To have such unity in values both among and between board and staff is incredibly exciting and edifying to me.

It puts into words, perhaps, the blessings that I feel every day in working with a group of people that are so single-heartedly united in what they believe to be of utmost importance. With this kind of commitment, dedication, and passion, I firmly believe our vision of a peaceful community *is* achievable.

It is good to stop and look at the bigger picture. It refocuses and re-energizes our board and staff. It also reminds us of the gift that it is to work with others who are deeply committed to the same outcome.

Community's values keep us moving forward

If you, our donors and supporters, had participated in this values exercise, I have no doubt that you would have had similar results among all of you as well, despite your diverse backgrounds and personalities.

You have shown us over the years that your commitment and dedication to ending violence, once and for all, is boundless. You have been there to keep us moving forward as an organization, time after time.

And most importantly, you have all, through your support, been that voice of hope for those we serve – letting them know that peace is achievable. And that, together, we can get there.



“I have never needed to use CVIC’s services personally; however, I have seen the faces at the emergency room of those that have, I have heard the voices at 2 a.m. of those that have, and I have heard countless violent stories of those that have. CVIC brings relief to those faces, strength to those voices, and peace to those stories. I am proud to be a small part of the CVIC team making a significant difference in our community. I would be lying if I said that my life has not been changed by the violence I have seen and heard, but it has been changed so much more by the compassion and dedication I have seen in the CVIC team and in the strength, perseverance, and growth I have witnessed in the people they serve.” – Tom Erickson, CVIC Board President

“Many organizations follow a philosophy of ‘by the time all is said and done, more is said than done.’ CVIC’s dedicated employees, volunteers and supporters break that mold every single day by providing compassionate, caring services to our community with very little acknowledgement or comment. Having served in communities that lack such a commitment, I marvel at CVIC’s accomplishments and greatly appreciate an organization that under-promises and over-delivers. By the time all is said and done, our employees say very little and accomplish a lot.”

– CVIC Board Member and Grand Forks Police Chief John Packett

Welcome to new board members!

Marlene Miller: *As Program Director/Interim Co-Director for the UND Center for Rural Health, Marlene has a wealth of experience to bring to CVIC. “I feel like I am stepping into a highly functioning board that works together for the right reasons,” she said. “CVIC has strong leadership and I look forward to working with this group.”*

Heather Strandell: *As Manager/Utilization Management for Managed Care at Altru Health Services, Heather brings passion for children and management experience to CVIC’s Board. “I am grateful there is an outlet for children to get assistance, and I’m amazed at the wonderful work CVIC does to help people better their life.”*



Board members at left, from top: Tom Erickson, CVIC Board President, Associate Director of Research, UND Energy and Environmental Research Center; Sandy Dittus, Attorney, Zimney, Foster, Johnson, Dittus & Flaten; David Eppelsheimer, Pastor, Sharon Lutheran Church; Joanne Gaul, Physician, Altru Clinic Family Medicine Center; Marcia Kelley, First Lady, University of North Dakota; John Packett, Chief, Grand Forks Police Department, Mark Sanford, Retired Superintendent, Grand Forks Public Schools. Not pictured: Judd Sondreal, CVIC Board President-Elect, Owner, McKinnon Company Inc.

See more comments from Board members on Page 11.

Shirley and Lloyd

Making spirits bright



Couple's compassion and love of service bring healing and peace to families

Shirley Rath was sitting in her church women's group nearly 20 years ago when she heard that CVIC was in need of crisis line volunteers.

She didn't hesitate. "I thought, 'This is something I can do,'" she said. "This is something this organization needs, so I decided that was what I would do."

For the next 10 years, Shirley answered crisis calls on weekends and the middle of the night, "helping people, sometimes just listening to them, but they knew there was someone on the other end of the phone that would listen and not judge them."

This simple principle has guided Shirley and her husband, Lloyd, in their life and work at CVIC. Both work for CVIC's New Choices Program (formerly the Domestic Violence Offender Treatment Program). Lloyd coordinates the program and facilitates groups, and Shirley handles the administrative work.

"We're just here to teach about values, and real values are about loving one another," Lloyd said.

That may seem an unlikely way to describe work with violent offenders, but to the Raths, it rings true.

"When you hear about all the violence that has been done to victims, it's really hard not to hold it against the offenders," Shirley said. "But I've always thought that something happened along the way with these guys that they could do that. What did they live through as children, did they learn respect for a person, was their father abusive to their mother?"

Seeing potential for change

So when an offender walks through the door or is court-ordered to New Choices, Lloyd said, he considers it another opportunity to "plant seeds" and not give up on the human potential for change.

"What I tell the guys in orientation is, 'Nothing I say or do in this group will make you change your behavior. It's your choice. But what I provide are the tools to make that change.'"

Some of the tools include ways to use time-outs or compromise, a stark look at the impact the men's abuse has on their partners and children, and what may have led up to them using violence.

"They come in because of their violence," Lloyd said. "But in reality, we need to take them much deeper, to their attitudes and beliefs, which come from their childhood and what they were exposed to when they grew up."

Teaching leads to soul searching

As Lloyd began challenging the men on their attitudes toward women, he said he had to do some soul searching himself – something he continues to do even after 11 years of leading groups.

"I realized that some of those attitudes are part of how we're raised as males, and some of the things I was teaching them even applied to me," he said. "I realized I needed to invest a little



"Lloyd and Shirley just radiate warmth and compassion, touching co-workers and clients alike with their genuine spirit." – CVIC Executive Director Kristi Hall-Jiran



Photos from top left: Shirley and Lloyd Rath in a recent photograph • Shirley and Lloyd as Mrs. Claus and Santa at CVIC's 2004 Breakfast with Santa event • CVIC staff Edie Dahlen, Kristi Hall-Jiran, Shirley and Lloyd in 2005.

more in my relationship with Shirley and see how my attitudes and beliefs were harmful to our relationship. It's still a learning experience for me."

Perfecting the art of compassion

But one practice the Raths have mastered is living out their beliefs.

In addition to working nearly 30 combined years to end family violence, the Raths contribute financially to CVIC, becoming early members of CVIC's Dream Maker Society and pledging \$5,000 over five years.

strongly in the mission of CVIC and want to be a role model in that, too."

Kristi Hall-Jiran, CVIC's executive director, said that Lloyd and Shirley impact CVIC on a daily basis.

"Lloyd and Shirley just radiate warmth and compassion, touching co-workers and clients alike with their genuine spirit," she said.

'That's what keeps us going'

The success of New Choices, in part because of system collaboration, has

been remarkable. (See CVIC's website at cviconline.org for the exciting progress.)

Both Lloyd and Shirley recounted many situations in which men or their wives have thanked them years after completing the group because of the impact the group had on their lives.

But it's not about changing the world, or even masses of people, Lloyd said. "I know that everybody that comes to group doesn't go away changed.

"But knowing that some people will have a better life because of our being here, that there are children out there who will have a better life now because of what we did in that group with their dads," he said, "that's what keeps us going."



“Thank you for helping my mom.”

We recently asked our staff this question:

What do you love about working at CVIC?

“I met a woman who had been abused for 10 years and felt like a prisoner in her own home. She and her kids came to our shelter in the middle of the night after calling our crisis hotline. She was spending her first night away from her abusive husband, and I think it was both freeing and terrifying. When I went to the shelter to visit her and her children the next day, her 11-year-old son came up to me, held out his hand to shake my hand and said, ‘Thank you for helping my mom.’

It’s moments such as these when I feel blessed to work for CVIC and be a small part of restoring safety and peace for one little child, one family at a time.”

– Rachelle

“Seeing the strength of the human spirit by watching victims overcome such horrific events. The need is still there – but I know we are reaching more and more and I hope that we can reach them all.” – Peggy

“I believe our cause is worth talking about and fighting for.”

– Jennifer

“One of the things I love about my program is that I feel we are making a difference in how professionals respond to victims. In a recent training to 11 professionals working in a health care setting, 10 checked that they will alter their practice as a result of the training.” – Kari

“I love the variety of work I do here, but what keeps me passionate are the stories of women’s lives and being situated to make a real difference for them and our community – making social change!” – Julie

“I love that CVIC makes a difference in people’s lives.” – Jill

“We can actually see first-hand the fruits of our labors, and it’s an affirming experience to know we’ve made such a positive difference for the vulnerable people in our community.” – Colin

“I love being kind to someone who might really need that kind of support in their lives at the time that I am meeting them.” – Sheila

“What keeps me passionate about work is when I meet someone who has been through some of the worst imaginable abuses that can happen to a human being, and yet by some miracle, they have survived it. When I can reach that person on a deep level, and they are able to let go of the guilt, shame, self-hatred, or whatever is holding them back, they can finally live life to its fullest potential. It’s an awesome thing.”

– Laura

“I enjoy knowing that when I come to work, I will make a positive impact on someone’s life.” – Jamie

“I love working here because I may be presenting to a large group of people, but to one person in that group, I might be the light at the end of the tunnel leading them to safety and giving them hope.” – Staci

“My main priority is to support our clients and assist them in achieving their goals. I think that CVIC is a special place that is able to provide a kind of help to clients that is unique. We offer them non-judgmental support and most importantly give them hope – hope that there is a way out, that life doesn’t always have to be that difficult, and that there is someone that believes in them. My ultimate reward is to see my client happy and living in a safe environment.” – Sara

“The work we do at CVIC is often times very difficult and I witness a lot of pain and injustice; however, the success stories of our clients and the amazing strength they have to continue fighting for a better life keeps me passionate about the work I do.”

– Amanda

Get involved: Make a difference!

“We like to know that what we give goes to a wonderful cause, and we believe in your mission. Our community is so fortunate to have the CVIC services available to those in need.”

– Brenda and Jim Sondreal, Dream Maker Society members

INVEST YOUR TIME & TALENTS

1 *Attend a Break the Silence Tour*

Attend a guided tour of CVIC and become informed about violence in our community and what CVIC is doing about it. Contact Edie at edie@cviconline.org or 746-0405 to sign up for an upcoming tour:

December 10 at 11 a.m.

January 21 at 11 a.m.

January 27 at 8 a.m.

2 *Serve as a table captain*

Our Rise and Shine for Peace Breakfast is on May 6, 2010. Contact Edie at 746-0405 for information.

3 *Provide crisis intervention*

Respond to calls on our 24-hour crisis line from victims of abuse and rape, either in the office or by pager. Our next training will be in February 2010. Contact Jamie at 746-0405 for information.

MAKE A LEGACY GIFT

CVIC supporters who want to make a lasting impact on our community may consider making a legacy, or planned, gift. Individuals making legacy gifts care about the long-term stability of CVIC, and they want to be a part of building a community in which all members uphold safety as a basic right, join together to end violence, and thrive in an environment in which peace is a way of life.

Below are a few examples of legacy gifts. If you would like to talk more about these or other opportunities, please contact Edie Dahlen at (701) 746-0405 or edie@cviconline.org. CVIC's giving program is built upon high ethical standards, treating contributors thoughtfully and with their best interests in mind.

Bequests

Are you one of the majority of Americans who will die without a will, forfeiting to the state their right to determine what happens with their assets? Making a will is an important way of protecting your family and others important to you, ensuring they are cared for after your death. To assist you in making your will, we can provide you with a free estate planning kit, offering information to help you write or revise a will or living

trust and make more efficient use of your time with an attorney. It also provides information on how, if you choose, to also support the work of CVIC. Just give Edie a call and she will answer questions and send you a planning kit.

Life Insurance

Do you wish you had the ability to make a major difference in the lives of those struggling to overcome the effects of violence? Some supporters may choose to buy a life insurance policy and make CVIC the beneficiary, or change the beneficiary of their current policy if it is no longer needed for the original purpose, such as covering mortgage debt. This enables you to make a gift that is far greater than you may have imagined you would ever be able to make. The premiums you pay on such a policy may be tax-deductible.

IRAs or Other Retirement Plans

You may also provide long-term support to CVIC by making our organization the primary, secondary or final beneficiary on your tax-deferred retirement plan, or by naming CVIC as a recipient of a percentage of the proceeds.



“Being a donor means that I am not helpless in making the city safer. It is replacing fear with confidence. Knowing that I am a part of that change is both powerful and humbling. Supporting CVIC is investing in the future of our area so that our children and parents will have more freedom to be who they are created to be. Their community of tomorrow will have a more coordinated system of support when there is trouble.”

– Brent Jiran, Dream Maker Society member

JOIN OUR DREAM MAKER SOCIETY

To build a stronger foundation for our programs, we offer a multiple-year giving program called the Dream Maker Society. Members of this society are true partners of CVIC, helping to make our services possible. For more information, contact Edie at 746-0405 or edie@cviconline.org.

1 *Building Hope*

At this level, members give \$1,000 each year for five years – or \$83 a month. This support provides crisis intervention and life-saving support for single-parent families impacted by violence for each of the next five years.

2 *Creating Dreams*

At this level, members make a gift of \$10,000 each year for five years, providing a way out of violence that includes healing, refuge and a fresh start toward financial independence.

3 *Changing Lives*

At this level, members make a gift of \$25,000 each year for five years, helping to prevent violence at its very roots, changing our community and offering those impacted a future that includes safety, stability and long-term freedom.

MAKE OTHER FINANCIAL GIFTS

If you are interested in making one of the following gifts, please contact Edie at edie@cviconline.org or (701) 746-0405 for more information.

1 **Automatic Withdrawal:** Make a monthly gift through automatic withdrawals from your checking account.

2 **VISA or MasterCard:** Make a one-time gift or

regular monthly gifts charged automatically to your credit card.

3 **Website:** Make a gift by credit card through our secure website at www.cviconline.org.

4 **One-time gifts by cash or check:** Simply send a gift to CVIC, 211 S. Fourth St., Grand Forks, ND 58201.

Thank you for supporting the Community Violence Intervention Center and the many children, adults and families served each year.



Sanders Celebrity Night

We are grateful to Kim Holmes, owner of Sanders 1907, for allowing our wonderfully eccentric celebrity servers to compete for tips at Sanders – and to Kim’s staff for putting up with us!

Though we are unable to list them all here, we adore our celebrity servers, who stopped at nothing to achieve top tip-earner status, from tackling gymnastic feats to fancy dribbling techniques and twirling a hoola hoop! A special thanks goes to Hugo’s Wine & Spirits for the wine at dinner, Full Tilt for the great music, Ryan Askim, our auctioneer, and to everyone that generously contributed silent auction items.

Last but certainly not least, we extend a warm thanks to the 130 diners, who generously helped to support services to families who have been harmed by violence.



New Choices: new name, same quality service

CVIC announces the New Choices Program, the new name for the Domestic Violence Offender Treatment Program.

“Our new name is more reflective of the program’s mission, offering new options for

adults using violence,” Director of Program Operations Faye Kihne said.

Providing four groups for men who batter, New Choices will soon offer its first group for females.

Investigator wins Peacemaker Award, helps children to cope with abuse

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Now, he helps children to find a way to cope with the conflicting emotions from being raised with violence.

“Rarely do children hear adults saying they experienced this as a child. The males in their life are not in touch with their emotions, they’re often angry and are not aware of the impact their actions are having,” said Laura, a CVIC therapist.

“So with Chris, here they have a grown-up male role model talking about his experience, about being scared, walking around on eggshells, hiding in his room with his sister. He lets them know it’s okay to talk about it, okay to feel afraid and to let this huge secret out of the bag that they’ve been holding inside. It’s powerful for the kids,” she said.

In fact, both CVIC staff and parents see the transformation in children when Chris comes to talk with them.

One 8-year-old boy started group so withdrawn and quiet that he didn’t utter a

word. “He would tuck his head down and squirm, not able to say anything,” Laura said.

Then Chris came to group, and “he was like a new kid,” she said. “He even shared his story because he related so much to what Chris told them. He actually joked around with the other kids, and shared and answered questions.”

Another 7-year-old boy seemed to hang on Chris’ every word, occasionally whispering to himself that “they say it will change but it never does,” and, “my dad just lies.”

After Chris left, the boy told our therapist that he “can trust that guy,” and that he felt he could talk more with Chris about what’s happening at home.

For Chris, participating in CVIC’s children’s groups is gratifying.

“It feels great to be a part of helping kids who are living just the way I was,” he said. “In some small way, I hope that by sharing what I went through, it will make a difference in their lives.”

Investigator Chris Smith

Continued from Page 1

experience of being raised in a violent home, and also shares his story at educational events to raise awareness of the impact of violence on children.

Through his work with the CCR Project, Chris developed a laminated card to assist deputies when investigating cases involving strangulation. This card has now been distributed at area training events.

“Chris excels in his investigations of domestic violence and sexual assault, and his compassion and sensitivity for victims are exceptional,” CVIC Executive Director Kristi Hall-Jiran.

“In addition, he has brought his unique perspective to educating the community about violence that has had a tremendous impact on us all. I can think of no one who is more deserving of this award.”

Leaders with passion for our mission

Continued from Page 3

“I am honored to support the mission and people of CVIC. The results of their efforts are so impressive – hundreds of lives are impacted each year as CVIC provides the opportunity to move from conditions of violence and disregard to those characterized by respect and hope. CVIC serves all of us by this commitment to peace-filled lives.”

– Mark Sanford
CVIC Board Member

“CVIC is taking us a long way on our journey to becoming a violence-free community. Being on the board, and helping in the ways that I can, lets me be a little part of that journey. I’ve learned so much from CVIC about what can work and what doesn’t work in helping people get out of dangerous relationships, and that education has made me a better doctor.”

– Dr. Joanne Gaul
CVIC Board Member

“Being involved in the work of the CVIC Board has opened my eyes to the reality of violence in our communities and has given me a tangible way to work with others to effect change for the better. For that I am grateful.”

– Rev. David Eppelsheimer
CVIC Board Member

Community Violence Intervention Center
211 S. Fourth St.
Grand Forks, ND 58201

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Printing generously provided by Fine Print Inc. of Grand Forks.
Newsletter also available in alternative formats.



Fine Print celebrates its 25th anniversary!

We congratulate Fine Print Inc. on 25 years of service to the Grand Forks area! In addition to giving back to the community, Fine Print has supported CVIC in many ways over the years, including printing all of CVIC's newsletters each year, a tremendous gift to us. In addition, Fine Print is a member of our Dream Maker Society, giving \$1,000 each year for five years, and has donated holiday gifts to families in need. We are grateful for this support and wish Fine Print another 25 great years!

Name correction

In our last newsletter, we inadvertently misspelled Mary Romanoski's name. We thank Dennis and Laurie Ball for their contribution in memory of Mary Romanoski and apologize for our error.

Holiday wish list

We are in need of the following items and truly appreciate anything you are able to contribute. For more information, please contact Jamie at jamie@cviconline.org or (701) 746-0405.

OFFICE NEEDS

- New HP Compaq Desktop computers
- 4-drawer file cabinets
- Secretarial chairs
- Frequent flyer miles to attend training
- Postage stamps and phone cards
- Copier and laser printer paper (92-96)
- #10 white envelopes (no window)
- 5160 Avery Labels
- Cleaning supplies and latex gloves

CLIENT & SHELTER NEEDS

- Cell phones
- DVD player
- Bathroom caddies/space savers
- Living room set
- Dresser
- Riding lawn mower
- Bath and kitchen towels
- Curtains and blinds
- Basic games, building blocks and play food for our children's playroom
- Laundry detergent, fabric softener
- Dish and dishwasher soap
- Baby wipes, diapers, formula
- Paper products, sanitary products
- Toilet paper
- Hand soap, lotion and deodorant
- Curling irons, hair dryers

CVIC INFORMATION

CRISIS LINES

24-Hour Line: (701) 746-8900
Toll Free: (866) 746-8900

OFFICE LINES

Main Office: (701) 746-0405
ND TTY: (800) 366-6888
Wishing Well: (701) 787-5806

FAX

WEBSITE

(701) 746-5918 www.cviconline.org

E-MAIL

embracepeace@cviconline.org

ADDRESS

211 S. 4th St., Grand Forks, ND 58201

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