



*A publication of the  
Community Violence  
Intervention Center*

Vol. 12 No. 3

Holiday 2007

## Join CVIC and Alerus Financial on Nov. 12-16 Take part in *Take a Stand Week!*

CVIC and Alerus Financial challenge you to take a stand *against* violence and *for* healthy relationships!

Take a Stand Week: Inspiring Healthy Relationships

brings in phenomenal speakers to address deeper issues in ending local violence.

"We saw the need in our community to work together with CVIC to offer proactive leadership



*Randy Newman, President and CEO of Alerus Financial*

in ending violence against women," said Randy Newman, President and CEO of Alerus Financial. "This week, dedicated to healthy relationships, will educate and inspire others to join with us and take a stand."



**JACKSON KATZ**

We are extremely fortunate to have Jackson Katz kick off our Take a Stand Week! Katz, whose Mentors in Violence Prevention Program has been used by over 100 colleges, NFL and major league baseball teams, has appeared on the Oprah Winfrey Show, Good Morning America and other national programming with his

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## Schedule of events

**November 12-16**

### MONDAY – 12th

**Men's Call to Action**  
Empire Arts Center  
Randy Newman and Jackson Katz will lead local men in an inspiring evening to discuss how they can join the fight against violence.

### Public Session

7:30 p.m. – 9 p.m.  
Empire Arts Center  
Jackson Katz will discuss how our culture contributes to gender violence and how to change it.

### TUESDAY – 13th

**Alerus Financial Employee Education**  
CVIC will offer sessions on workplace violence and healthy relationships. To find out how your business can do the same, call Kari at 746-0405.

### WEDNESDAY – 14th

**Break the Silence Tours**  
CVIC will offer tours at 9:30 a.m., 11 a.m., 1:30 p.m. and 3 p.m. To attend, call Edie at 746-0405.

### THURSDAY – 15th

#### Can I Kiss You?

Mike Domitrz will use humor to engage high school students and parents on dating violence.

- 9 a.m. at Central
- 10:45 a.m. at Red River
- 12:15 p.m. session for parents at Red River.

Lunch will be available.

### FRIDAY – 16th

#### Grand Forks Herald Ad

*For more information, call CVIC at 746-0405.*



**MIKE DOMITRZ**

Mike Domitrz speaks across the country about sexual and dating violence, launching his Can I Kiss You? program after his sister was raped in 1989. Domitrz offers fun, interactive and thought-provoking

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## DIRECTOR'S VOICE

Kristi Hall-Jiran

### Come and be part of Take a Stand Week!

It is with great excitement that I look forward to the events of the coming weeks! The caliber of speakers coming to our area for our Take a Stand Week is nothing short of outstanding, and I am expecting great things to come out of this unprecedented week of activities focused on healthy relationships.

#### *Thank you to Alerus Financial*

I have long been a believer in the power of partnerships; CVIC's whole history and success are built on collaborative relationships with individuals, organizations, government agencies, service clubs and supporters.

Our partnership with Alerus Financial for Take a Stand Week is perhaps our most preventive and far-reaching partnership to date. I am deeply grateful to Randy Newman and Alerus Financial for their willingness to literally "Take a Stand" on violence in our community.

#### *Violence is not a 'women's issue'*

For far too long, the mission and services of CVIC have been seen as "women's issues," and we have waited patiently (usually!) for our brothers to join us in our quest to end domestic and sexual violence, which disproportionately affect women.

In my experience, most men care deeply about these issues and want to be helpful in ending violence; after all, it is their moms, sisters, daughters, grandmothers and other women in their lives who are being hurt. The problem, as I have seen it, is that most men don't know what

to do to be helpful. Here, finally, is the answer to that question!

#### *Katz leads week with message of joining together to end violence*

Come and hear Jackson Katz talk about how men can join together to end violence against women. He will talk about how our society has de-gendered violence, leading to a continual focus on women "staying safe" rather than society looking at how we can stop men from being violent.

He will provide multi-media examples of how our society has ingrained violence against women as "normal" and, most importantly, he will give specific ideas for men to implement to begin to turn the tide of violence in our culture. The message is targeted toward men, but of course, all are welcome!

#### *Domitrz focuses on teens, parents*

The focus of Mike Domitrz's presentation is different, but just as important. Mike uses humor and entertainment to engage students and parents in conversations about healthy dating.

#### *The most important partnership*

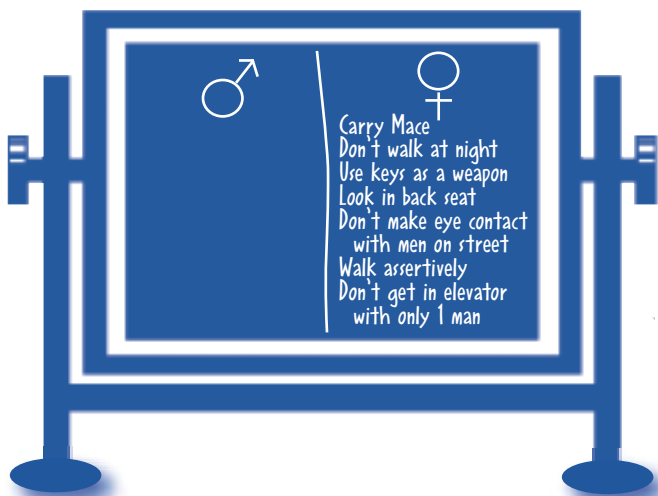
This week of activities promises to be a milestone in terms of working as a community to end violence. This partnership between men and women will absolutely be our most important partnership to date and we are excited to begin! We hope you will join us!

# What can MEN do to stop violence against women?

## Try to UNDERSTAND women's experiences

America is known by many as the freest country in the world – yet half of the population doesn't feel free enough to go for a walk at night.<sup>1</sup>

During his lectures and in his new book, [The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help](#),<sup>1</sup> Jackson Katz describes an exercise he uses with students. Drawing a line down a chalkboard, dividing it into male and female responses, he asks the men in the room: "What steps do you guys take, on a daily basis, to prevent yourselves from being sexually assaulted?" He describes awkward silence, nervous laughter, and then the answer: "Nothing." He then proceeds to ask the women in the room and, as hand after hand goes up, the board fills up with steps they take every day to prevent sexual assault.



(1) Katz, Jackson. [The Macho Paradox](#). Naperville: Sourcebooks, Inc., 2006, and [www.jacksonkatz.com](http://www.jacksonkatz.com).

- 1 See gender violence as a MEN'S issue  
Become empowered bystanders who can confront abusive peers.
- 2 Don't remain silent  
If a brother is abusing his female partner or is disrespectful to women in general, talk to him about it and urge him to seek help.
- 3 Have the courage to look inward  
Try hard to understand how your own attitudes and actions might perpetuate sexism and violence.
- 4 Ask women if you can help  
If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
- 5 Stop abusing women  
If you are emotionally, psychologically, physically, or sexually abusive to women, or have been in the past, seek professional help NOW.
- 6 Be an ally to women  
Support the work of crisis and women's centers.
- 7 Speak out against gay-bashing
- 8 Educate yourself about causes of violence
- 9 Don't fund sexism  
Refuse to view or purchase materials that portray girls or women in a sexually degrading manner.
- 10 Mentor young boys

Copyright 1999, Jackson Katz. Used with permission.  
For more information, see [www.jacksonkatz.com](http://www.jacksonkatz.com).

# It's all for the children:



“How it feels to be angry.”  
Joey, age 8

## Little Souls offers kids a safe place

Every day, we are privileged to be part of amazing transformations. Through our Little Souls Program, we become the safe place that kids need to share their fears and begin to heal from violence.

We can think of no higher calling, no greater work, than to help children like Joey (see article at right), whose greatest wish is for the violence to stop, or kids whose definition of *normal* includes a fear that never goes away.

The atrocities that these children witness within the four walls of their homes are beyond imagination.

Through our counseling and shelter services, we see tremendous change in the lives of these kids and their families every day. Yet we are only

able to serve about 80 children a year, and the fact remains that more than 850 children live in homes such as this – the equivalent of all of the students enrolled at Ben Franklin Elementary and Schroeder Middle schools combined.

While we are doing all we can, we know that we need to do more.

If you haven't already had a chance to support our work this year, we invite you to do so now. With your support, we could do so much more to give these children a better life. Thank you!



## If you had 3 wishes ...

“I wish my mom and dad would never fight because then my life would be better.”

During a play therapy session with Joey\*, our Little Souls children’s therapist asked him this question:

“If you had three wishes, what would you wish for?”

Joey, age 8, didn’t ask for a race car or train set or a trip to Disney World. In fact, Joey didn’t even have three wishes. His only wish was,

“I wish my mom and dad would never fight because then my life would be better.”

Joey has a lot of secrets. It’s hard for him to admit that there is anything wrong. For the first few sessions, Joey denied that

any violence happened at his home.

But as he began to trust our therapist, Joey started to open up about feeling angry (see the picture he drew, above left), and finally about the kinds of things he has seen and heard.

“My dad threatened my mom that he would cut and kill her,” he said.

At this time in his life, Little Souls is the only safe place Joey has to share his anger and fears. It’s also a place that gives him a glimmer of hope.

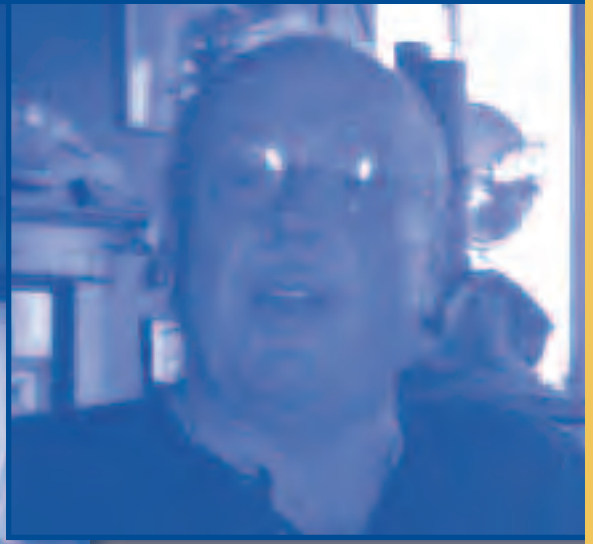
When Joey’s mom brought Joey and his younger sister to

shelter, Joey shared that he wouldn’t get to have a birthday party this year.

Needless to say, we assured Joey that he would indeed have a party this year, and he talked about his upcoming celebration for days, the excitement building each time we met with him.

Thanks to generous donations from community members, we were able to throw Joey a party he will never forget, with party favors, games, gifts and a birthday cake!

*\* Joey’s name and some experiences have been changed to ensure his safety and protect his confidentiality.*



*Sandy and Doug Norby (left) and Kim Holmes (above) enjoy Celebrity Night at Sanders this summer.*

## Celebrity Night raises funds for needed services

Thanks to the generosity of Kim Holmes in opening up Sanders 1907 for our Celebrity Night this summer, and to our many supporters, we raised \$15,000 to support critically needed violence intervention and prevention services.

A special thanks to Kim's staff for putting up with us for the entire evening, and to Higher Ground for once again providing unforgettable musical entertainment!

We also thank Hal Gershman and Happy Harry's for the donation of wine, and the many

businesses and individuals providing silent auction items. We couldn't have done it without you!

Last, but certainly not least, we thank our one-of-a-kind celebrity servers: Dave Adams of Calvary Lutheran Church, Dave Andrews of Clear Channel Radio's Cat Country, Jon Bonzer of Bonzer's, Grand Forks Mayor Michael Brown, Marilyn Hagerty of the Grand Forks Herald, UND Sioux Hockey Coach Dave Hakstol, Robin Huebner of KVLV, Doug Norby of Norby's Work Perks, and Cassie Walder of WDAZ-TV.

## *Take a Stand Week speakers, continued from Page 1*

### JACKSON KATZ

message that we can't overlook gender when we search for ways to stop violence, such as school shootings, rape and other forms of violence against women – including violent masculinity depicted in advertising, music and pornography.

Katz, one of the nation's leading violence prevention activists, founded the Mentors in Violence Prevention Program at Northeastern University, directs the first worldwide gender violence prevention program in the history of the U.S. Marine Corps, and works with schools such as Columbine High School after the 1999 tragedy.

### MIKE DOMITRZ

presentations focusing on why respect and "asking first" make all the difference in dating relationships.

Domitrz has the uncanny ability to bring his student and parent audiences from laughter one moment to hard-hitting emotion as he shares the personal story of his sister's rape. Schools have praised him for the lasting impact he has with people of all ages and his ability to challenge students to evaluate their own personal beliefs and understandings, while offering skills to raise their personal standards.

## Partnership: CVIC, UND and rural clinics

# Outreach project helps rural victims

CVIC and two incredible partners – the UND National Center of Excellence in Women's Health Region VIII Demonstration Project and Valley Community Health Centers in Northwood and Larimore – are reaching rural victims of domestic violence through an innovative project.

“We are really focusing on families suffering from violence in rural areas,” CVIC Executive Director Kristi Hall-Jiran said. “Rural families have so many barriers – isolation, lack of transportation and limited resources – that can prevent them from getting help.”

In addition to providing services to rural victims, the Domestic Violence Intervention Network trains rural healthcare providers to recognize and respond to family violence and offers the opportunity for rural professionals such as sheriff, social services, educators and others, to

discuss and improve the way they handle cases.

“The premise is that by training professionals that come in contact with victims of violence and opening up opportunities to dialogue, we can help to ensure that families are offered the help they need,” Hall-Jiran said. The project, one of seven chosen nationally to receive funding by Johnson & Johnson, is considered a model project that could be replicated in other areas.



*From left: CVIC Executive Director Kristi Hall-Jiran, UND National Center of Excellence in Women's Health Demonstration Project Director Dr. Elizabeth Burns, and Valley Community Health Centers CEO Sharon Ericson provide leadership to the rural outreach project.*

## CVIC staff offers helping hand in Northwood

*CVIC staff joined hundreds of other community members to help our friends in Northwood who suffered the devastating effects of a tornado in August.*

*Pictured at right are staff members Sheila, Laura and Staci, who along with other staff hauled tree branches, helped residents pack up belongings and provided emotional support as they told their stories. We send our best to all of you in Northwood.*



Community Violence Intervention Center  
211 South Fourth Street  
Grand Forks, ND 58201

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



## Attend an upcoming Break the Silence Tour!

Learn more about violence in our community and what CVIC is doing about it by attending a one-hour Break the Silence Tour. Contact Edie at [edie@cviconline.org](mailto:edie@cviconline.org) or 701-746-0406 to R.S.V.P. Upcoming tour dates are:

- Wednesday, Nov. 14 at 9:30 a.m., 11 a.m., 1:30 p.m. and 3 p.m.
- Thursday, Dec. 6 at 5:30 p.m.
- Thursday, Dec. 13 at 11 a.m.
- Thursday, Jan. 17 at 11 a.m.
- Tuesday, Jan. 22 at 5 p.m.

## Call us to receive a free estate planning kit

Call us for a free estate planning kit to help you write or revise a will or living trust. Though not a substitute for legal advice, the kit will help you think through your estate planning objectives and make more efficient use of your time with an attorney. To receive your kit, contact Edie at 746-0405 or [edie@cviconline.org](mailto:edie@cviconline.org).

## Help by contributing items on CVIC's holiday wish list

We are in need of the following items, and truly appreciate anything you are able to contribute!

### OFFICE NEEDS

- New Compaq Pentium 4 computers
- Postage stamps and phone cards
- Copier and laser printer paper
- Cleaning supplies and latex gloves

### CLIENT & SHELTER NEEDS

- Cell phones
- DVD player
- Night stands, TV stands
- Bathroom caddies/space savers
- Microwave
- Livingroom set
- Bunk and twin beds, dresser
- Riding lawn mower
- Laundry detergent, fabric softener
- Dish and dishwasher soap
- Adult/child toothpaste and brushes
- Baby wipes, diapers, formula
- Paper products, sanitary products
- 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](http://www.cviconline.org)

### E-MAIL

[embracepeace@cviconline.org](mailto:embracepeace@cviconline.org)

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