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135

Crisis/hot line telephone calls handled Jul-Sep 2009.

104

Crisis/hot line telephone calls handled Jul-Sep 2008.

30%

Increase for the same period year over year.

From the President of the Board

Dear friends and supporters of COPE:

I am writing to ask for your support for those in need right here in Otero County and Lincoln County. At COPE we provide many services to families in crisis. We stand ready to provide help and encouragement to adults and children who are dealing with the pain and the struggles of relationship violence. Our agency has helped to meet these needs since it was founded in 1980 by a small group of women in Alamogordo who wanted to reach out to those in our community who desperately needed a safe place from which to build a new life.

We want to continue to provide these services. Our advocates link people experiencing family violence to legal services, housing, employment services, and other community resources. The counselors at COPE give individual counseling. They also conduct group sessions that address the issues of relationship violence, communication, and coping skills. Our new shelter opened in 2007.

We have been so fortunate in receiving support from the community previously. Local folks like you have been generous in supplying us with items for our clients just when the need arose, and we thank you sincerely. However, tomorrow more folks in crisis will walk through our doors, and our resources must be replenished to meet the needs of those folks. We need cash contributions to buy food for the shelter residents, for diapers and other per-



sonal items. We need funding to support our staff who administer these services. In the 3rd quarter of this year alone, our staff received 263 new clients.

We do not approach you often for financial assistance, but we feel that the need right now is critical. As you know, funding for agencies such as ours has decreased recently. Remember that every dollar you send is used locally, and it is used wisely. Our auditors continue to give us high marks on the handling of our financial resources.

Please act today and help us continue to meet the needs of our brothers, sisters, fathers, mothers, and children in our community who are in crisis. Send your cash contribution to COPE at 909 South Florida, Alamogordo, NM 88310. All gifts are tax deductible.

Sincerely,
Sheila Harrison, President
COPE Board of Directors

"Friends of COPE" T-Shirts for Sale

Now you can show your support for the work done at COPE to help domestic violence victims and their children by purchasing and wearing a "Friends of COPE" T-shirt. The T-shirts display COPE's new logo on the front and back, and under the logo

on the back it says, "There's No Excuse for Abuse."

Shirts are \$12 for S, M and L sizes, and \$14 for XL and XXL sizes. To purchase a shirt, stop by our offices in Al-



amogordo or Ruidoso or call us. When you wear this shirt, you will send a powerful message of support for victims of domestic violence. Proceeds from the sale will support the services provided at COPE.

Earl and the Dynamics & Simple Gifts

Since Christmas is the time for giving and so many local organizations need help, Coffee and More in Tularosa is stepping up.

On Saturday, December 5th at 7 pm, Earl and the Dynamics will play and sing their favorite songs. And yes, Fos will sing! As a special treat they will play music written by Vince Guaraldi for "A



Charlie Brown Christmas". Simple Gifts will play a selection of their favorite Christmas songs in their unique Bluegrass style. Tickets are \$12.50 per person. Ticket proceeds from this one night performance will go to COPE.

Coffee and More asks also that you bring a canned good

for the Tularosa food bank and a toy for the ABATE (American Bikers Aimed Toward Education) toy drive. The coffee bar will be open before the concert and during intermission. Call 575-585-4575 to reserve with a credit card. Coffee and More is located at 308 Granado St., inside the Tularosa Dry Goods Store, Tularosa, NM.

Activities Corner

In May of 2009, Barbara Reay, a retired elementary school teacher, joined the COPE staff. She is the Children's Advocate at the shelter, helping children (and their parents too!) in a variety of ways. She helps the children to learn that they are not responsible for the violence they have experienced. "It is unfortunate that often the children think they are to blame for the abuse that has happened in their homes." She teaches children about safety planning. "It's important to provide information to children, too, about how they can find safety in a violent situation."

She also helps children and adults to have positive learning experiences and offers them a respite from the troubles they have experienced through fun activities. Barbara has connected with many local organizations who have given generously to support these activities. In addition, the Verizon Wireless HopeLine Foundation has recently notified COPE that they will be donating \$6,000 to support the children's services provided

by Barbara. The following is Barbara's account of some of these activities:

"The residents, young and old, have enjoyed several field trips and activities since May. For our first outing, we explored Alameda Park Zoo and collected objects for a scavenger hunt. In July, we took two vans full of residents to White Sands National Monument for an evening of picnicking and sliding down the dunes. The sunset was spectacular! Then in August almost the entire group from the shelter went out to the dunes to enjoy an afternoon of sliding, playing, and burying each other in the sands. Many commented that they had never seen this area before and came away with happy memories.

And the children have come up with some interesting meals to feed their parents. Everyone tried the green eggs and ham, the pizza loaves, and monkey bread!! At the end of October the children had great fun preparing the 'sloppy beast.'

We are grateful to the community for your time, donations, and willingness to share resources with the clients at COPE. If you have an activity idea, we'd love to hear about it. We are committed to making a positive impact on our clients' lives."

Alamogordo Mustang Club Annual Charity Car Show

The Alamogordo Mustang Club hosted its Annual Charity Car Show on September 16th at Alameda Park in Alamogordo. All of the donations raised that day by the club, which totaled more than \$1,000, were given to COPE to support the agency's work on behalf of victims of domestic violence and their children.

The club's event was held on a beautiful sunny day in the park and many people came out to see the gorgeous cars, both old and new, on display. Throughout the day, the club held raffles to add to the funds

they raised for COPE. Perry Lawson, COPE's Community Educator and Stacy Weaver, COPE's Volunteer Coordinator, were present to provide information about COPE and the services provided by the agency.

Food vendors, Lawman BBQ and Sacramento Mountain Kettle Corn, also donated some of their proceeds to COPE making the total donations more than \$1,200.

"We are grateful to the Al-



amogordo Mustang Club for selecting COPE as their charity to sponsor for this event,"

said Kay Gomolak, COPE's Executive Director.

Success: As Told By A Cope Victim Advocate

My client is an extraordinary woman. I have personally worked with her as a client for the last year. COPE is an organization which provides comprehensive services for victims of domestic violence. We were able to assist her through the process of leaving an abusive relationship. The areas of support this woman received included shelter services, helping her enroll in college, obtaining funding for her tuition through a

Scholarship from the Sunshine Lady Foundation, housing assistance, women's group, children's counseling, legal advocacy, and case management.

After moving into her own home, she used to come into our office almost daily. Like many women in her situation, she was completely overwhelmed by her transition into independent living. She needed to learn life skills, coping skills, and problem solving skills to help her plan for her future. She was in need of constant

reassurance about the decisions she was making.

Today, she is doing remarkably well in her classes at the university. Her above-average performance is a direct result of her hard work and strong focus. She has pushed through feelings of insecurity and has begun to broaden her social circles. She continues to study, attend classes and be a caring mother to her young children.

She makes time to volunteer with a local church. She states she wants to give back to a commu-

nity that saw her through many financial and emotional hardships.

I wish you could meet her today. She has the same beautiful smile, but now there is a light in her eyes. She is hopeful for the future and has improved by leaps and bounds in areas of self esteem and self worth. As her Victim Advocate, I have seen many examples of resilience, compassion, diligence and work ethic. She is truly a success story.

How Do We Stop Domestic Violence?

How do we end the need for reactive intervention involving domestic violence? How do we get proactive?

According to Jackson Katz, Ph.D. the answer is for men to actively engage, to no longer see domestic violence as a "private, family matter", and be willing to tell other men that domestic violence is not okay.

Katz is an educator, author

and filmmaker who has long been recognized as one of America's leading anti-sexist male activists. His groundbreaking book, "The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help," was published by Sourcebooks in 2006.

He is the creator and co-creator of award-winning videos for college and high school students. These include Tough

Guise: Violence, Media, and the Crisis in Masculinity (2000); Wrestling With Manhood, with Sut Jhally,(2002); and Spin the Bottle: Sex, Lies, and Alcohol, with Jean Kilbourne, (2004).

He has developed "TEN THINGS MEN CAN DO TO PREVENT GENDER VIOLENCE."

Here's the first one: Approach gender violence as

a MEN'S issue involving men of all ages and socio-economic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers. Stay tuned to next quarter's newsletter for the second thing or if you can't wait, check out www.jacksonkatz.com to learn more.



BANK'34 sponsored a booth for COPE at the Holloman Air Force Base Open House Airshow held October 24th. October was Domestic Violence Awareness Month and this gave us an opportunity to share with the visitors about our services and our purpose in the Tularosa Basin.

Candlelight Vigil Sponsored by the AHS Tiger Band

The Alamogordo High School Tiger Band and COPE hosted a candlelight vigil at the AHS football game on October 16, 2009. COPE volunteers passed out purple ribbons and key chain flashlights which had COPE's name and emergency phone number inscribed on them to everyone entering the gates at

the game. They were encouraged to wear the ribbon and to shine the flashlight during the candlelight vigil.

The band played a soft melody while Katie Gomolak, an AHS band member, presented the following message:

"Domestic violence and dating violence are silent crimes that happen at home or in

private places. Victims are afraid to report the abuse because they are threatened by their abusers and warned not to talk about the abuse. These victims come from all walks of life. They need our help.

How can you help?

Wear a purple ribbon. The display of purple ribbons conveys a powerful message that there is no place for domestic violence in our community.

Victims need your understanding. If you know someone who is in an abusive relationship, offer them your support. Tell them, "The violence is not your fault." Encourage them to contact COPE.

Several years ago not far from the Alamogordo High School football stadium, a young woman and a young

man were murdered in the presence of their young child. There have been others, too, who have lost their lives from domestic violence. The silhouettes on the field represent the silent witnesses of those individuals who have been murdered and their children witnessed their deaths:

Melissa Luera, child witness Dyami Eaglestar, Victor Eaglestar, Deborah Rhodes and her unborn child, child witness, Deborah's daughter, Robert Hedman, Jr., Daniele Fuller and Liz Ballard.

Join with us now for a moment of reflection to honor the memory of these persons who have lost their lives and those who continue to suffer from domestic and dating violence."





909 South Florida Ave
Alamogordo, NM 88310
Hot Line: 575.437.2673
Hot Line: 1.866.350.2673
Office: 575.434.3622

www.copedv.org

1204 Mechem Dr, Ste 11
Ruidoso, NM 88345
Hot Line: 1.866.350.2673
Office: 575.258.4946

[Love Shouldn't Hurt]



The purpose of the Center of Protective Environment, Inc. (COPE) is to provide services that act to reduce the risk of family and relationship abuse in Otero and Lincoln Counties, New Mexico. Our mission is to provide a variety of services to individuals and families experiencing domestic violence, including but not limited to: shelter and housing advocacy to reduce homelessness, crisis intervention, advocacy and counseling services. COPE is dedicated to the treatment and prevention of family and relationship violence wherever possible. COPE advocates for community involvement to help deal with the problem of family and relationship violence within the community.

Happy Holidays....

To many, the phrase means a time to be with friends and family, sharing the joys of the season. But domestic violence paints another picture. The holidays become a time of violence and exploitation. Agencies and shelters see an influx of victims seeking refuge during the holiday season.

Around this time of year there is an increase of financial stress and abuse of alcohol and drugs which will increase the severity of the abuse experienced. These are factors which influence domestic violence but it is important to know that the factors are not the cause of the abuse. Remember, the key elements of domestic violence are

power and control.

Financial exploitation is one tactic abusers will use, refusing to provide gifts for the holidays or withholding money for gifts unless the victim complies with their demands. We have learned that victims are more likely to stay or return home if they are not financially able to provide for Christmas for their family.

Please assist us in this Holiday season by taking a moment of your day and thinking about victims of domestic violence and their needs during this season. Please feel free to stop by COPE and donate a special blessing this Holiday for the victims of domestic violence that we serve. The following is

a list of items our clients always need during their stay with us.

Children:

- Socks
- Pajamas
- Coats
- Sweaters
- Baby food
- Baby formula
- Baby clothes
- Cribs
- New undergarments
- Gloves/mittens

Adults:

- Shampoo
- Conditioner
- Make-up
- Hair dryers
- Alarm clocks
- Pajamas
- New undergarments
- Body lotion
- Coats
- Gloves/mittens

