

## Hispanic Heritage Month

September 15 – October 15 is Hispanic Heritage Month. The official website, [hispanicheritagemoth.gov](http://hispanicheritagemoth.gov), has some great resources and ideas for how to acknowledge the event and learn more about all of the different cultures and histories that are celebrated this month. Are you doing anything special to commemorate this heritage month? Here at VWS, we'll be releasing an updated Spanish-language version of our agency brochure.

### Multi-Lingual Staff Available

It's important to VWS that all victims of crime are able to access our services, including those for whom English is not their first language. We have advocates who speak Spanish and Navajo available when needed. We also have access to translation services for other languages. We want all people to feel comfortable using our services.



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## Letter from Jen

Happy Fall! 2021 has been a year of change, and this September is no different. Here at Victim Witness, we said good-bye and good luck to Maya Carlisle & Maria Otlo as they each start a new adventure. We are in the midst of welcoming four new staff – Alexandria Lewis, Harley Hai, Quinn Hernandez and Tyrail Smith – and six new interns – Montana, Ina, Allison, Hallie, Sara and Kylie! We are excited to bring them on board, and look forward to finding out how their talents and experience will help Victim Witness continue to meet its mission to be a source of healing, empathy and support to people and communities that have experienced trauma.

Looking ahead, October is Domestic Violence Awareness month; we have several events planned across the County. Taste of Flagstaff is also just around the corner – save the evening of December 11th for us! Keep an eye on our Events Calendar & Facebook for more details on everything!

As always, I invite you to be part of the Victim Witness family. You can attend an outreach

event, volunteer with us, donate to our program, or just like us on Facebook! However you choose to participate, your support means the world to us. Thank you!

Wishing you and yours a happy, safe and relaxing fall!

*Jen*

Jennifer Runge  
Executive Director

## Volunteer Update

Hello! My name is Alexandria Lewis and I am the new Volunteer Coordinator. I'm excited to learn more about Victim Witness and you! We know that our volunteers are mission critical, so my first focus is to develop trainings that give volunteers the tools they need for success. Please bear with me as I refresh our volunteer program. I am so happy to join the team and look forward to meeting all of you!

If you have any questions, need more info, or would like to be part of our volunteer team, email me at [vlewis@vwscoconino.org](mailto:vlewis@vwscoconino.org). I would love to hear from you!

*Alex*

## Coconino County round up!

Victim Witness Services has satellite offices in Page, Tuba City, Williams and Grand Canyon Village. Keep up with all of our offices [here!](#)

Charmayne Lane is our advocate in Page. She is keeping busy serving the Page & Lake Powell community. Feel free to reach out to her at 928-660-9034 if you need help!

Leonard Sandoval is our advocate in Tuba City. He works alongside the Coconino County SART Coordinator, Laurelle Sheppard. Meet Leo and Laurelle every First Friday at the Tuba City Flea Market. VWS is looking for office space in Tuba City, let us know if you know of anything!

Barbara Vogel advocates for folks in Williams and the surrounding area.

Sept 10<sup>th</sup> was Barb's 1 Year Anniversary with Victim Witness. This month, she and Tina Burrell (Williams PD) are teaming up to plan for Domestic Violence Awareness month in October. Keep an eye on the lamp posts around town! If you need any help in Williams, or would like to sign up to volunteer, contact Barb at 928-863-4181.

We are sad to see Maya Carlisle go, but wish her luck on the next chapter in her life! We are training a new Grand Canyon advocate. In the meantime, VWS is still always available by phone or email (928-856-7676 or [hhai@vwscococonino.org](mailto:hhai@vwscococonino.org)). Debbie, Shawn & Harley had a great time meeting and training our Grand Canyon NPS partners earlier in September.



VWS hosts 3 support groups – a Domestic Violence Support Group, a Kids Trauma Support Group and a Sexual Assault Support Group for caregivers of victims of sexual assault/abuse. In September, all groups will be in person, with an online option available. VWS also hosts a walking group. Here, Anthony Danza tells us all about the groups.

**Q: Why back in person?**

**A:** One of a support group's main benefits is a sense of community. While online allows more access, an in person meeting will always provide that robust sense of connection between attendees. It is easier to share one's feelings, and feel the outpouring of support from the group, in person.

**Q: Why a Kids' Support Group?**

**A:** The kids' group purpose is twofold. First, it provides a safe spot for children to process their trauma in a healthy, supportive environment. Second, for any parents who cannot find or afford childcare, it ensures that their children have a safe spot while they attend DV group!

**Q: What's the Buffalo Park Walking Group?**

**A:** The Buffalo Park Walking Group is a physical health group designed to get people moving and talking about anything at all. Physical and mental health are always intertwined, and this group helps maintain both. It is completely open to anybody who'd like to walk with a group in one of Flagstaff's most beautiful parks. If it

**“One of a support group's main benefits is a sense of community.”**

rains or snows at the time of the walk and we have to cancel the walk, VWS would communicate that to everyone through social media, phone calls, and/or email.

**Q: Is there an online option?**

**A:** If someone cannot attend in person, then there is currently a zoom option available for our DV and Caregiver groups. Just reach out to VWS, and we can get you that info!

**Q: Who should attend, and why?**

**A:** Our support groups are a spot for people to coalesce around alike traumatic experiences and feelings.

## Support Groups: Back in person!

Victim Witness Services hosts 3 support groups and 1 walking group. All groups meet the 1<sup>st</sup> and 3<sup>rd</sup> week of each month. In person & online options available.

Anyone who wants a supportive community to listen to them, a helping hand in processing their emotions, or advice from those who went through something similar, then the support groups are there to provide that. Buffalo Walking is open to any and all who have gone through traumatic experiences or events. Domestic Violence, Kids, and Caregiver for Sexual Assault Groups are for anyone who needs support in those specific areas.

**Q: Anything else people should know?**

**A:** Coming and only listening is more than okay! There is not an expectation of talking if someone does not want to. We're more than happy just to have someone there if that's all they can do.

The Caregivers for Sexual Assault Victims Group meets on Tuesday, the Domestic Violence & Kids Groups meet on Wednesday, and the walking group on Thursday of the 1<sup>st</sup> and 3<sup>rd</sup> week of each month.

For more information about the groups, call us at 928-856-7676. We hope to see you there!



# 16 years later . . .

Time flies when you're having fun, right? Well, Debbie Fresquez must be having fun on some level, because 16 years later, she is still with Victim Witness, and we can't imagine the agency, or our advocacy program, without her. We managed to catch up with her and ask her a few questions about her time with VWS.

**Q: What's your favorite thing/part about Victim Witness or your work here?**

**A:** I love the challenges and to problem solve. VWS gives me the freedom to do this and do it in a creative manner.

**Q: What keeps you coming back?**

**A:** I know the challenges at work, but it is an honor to serve the community and be part of the solution. I feel like I can continue to contribute by sharing the experience and knowledge I have gained over the years.

*"[I]t is an honor to serve the community and be part of the solution."*

**Q: What advice do you have for future advocates?**

**A:** Make sure that you know what you are getting into. Ask yourself how do I react to trauma? Do you have the ability to maintain boundaries and not take on other people's trauma? Do

you have the ability to not be attached to the outcome of your work?

**Q: What are your plans for the next 16 years?**

**A:** To continue to give back to my community.

**Q: Anything else you'd like to share?**

**A:** A quote: "Racism and sexism, misogyny and homophobia, they're so visible. They are out in the open. When they are visible, it's a lot easier to deal with them." -Dolores Huerta

We thank you for all the hard work, wit and wisdom, Debbie! We wouldn't be the same without you.

## Upcoming Events September 2021

9/15 – 10/15: [Hispanic Heritage Month](#)

9/21: [Caregivers for Sexual Assault Victims Support Group](#)

9/22: [DV & Kids Support Groups / First day of Fall!](#)

9/23: [Walking Group / Bi Visibility Day](#)

9/25: [Comic Book Day](#)

9/26: [Gold Star Mother's Day /](#)

[National Pancake Day](#)

9/29: [National Coffee Day](#)

## October 2021

10/1-10/31: [Domestic Violence Awareness Month](#)

10/5: [Caregivers for Sexual Assault Victims Support Group](#)

10/6: [DV & Kids Support Groups](#)

10/7: [Walking Group](#)

10/11: [Indigenous Peoples Day / Columbus Day](#)

10/19: [Caregivers for Sexual Assault Victims Support Group](#)

10/20: [DV & Kids Support Group / Williams Resource Meeting](#)

10/21: [Walking Group](#)

10/31: [Halloween](#)

## Save the Date! December 8<sup>th</sup>

This year's [Taste of Flagstaff](#) will look a little different, details coming soon.

We're already excited about the restaurants signing up! In the meantime, keep the evening of Wednesday, December 8<sup>th</sup> for us and a special Taste of Flagstaff!

Interested in tickets and/or sponsorships? Contact us at 928-856-7676 or [taste@vwscoconino.org](mailto:taste@vwscoconino.org). We hope to see you there!

## Ask an Advocate

**Q: What's a protective order and how can I get one?**

**A:** There are two kinds of protective orders – an Order of Protection (OOP) and an Injunction Against Harassment (IAH). The two protective orders are very similar, but the OOP is intended for people who want to bar contact from a person with whom they have (or have had) a relationship with, such as a girlfriend / boyfriend, spouse, romantic or sexual partner, roommate or family member. The IAH is for people with no intimate relationship (i.e., a neighbor, business partner, etc.).

Currently, requests for an OOP or IAH need to be submitted to the Court through AZPoint. You will need access to the internet and an email address. Once the application is received, the Court will schedule a hearing to decide whether or not to approve the order. Once approved, the order is not enforceable until it is served.

This is a super basic overview: if you or someone you know needs more information or assistance with a protective order, please call us at 928-856-7676!

Advocates are available 24/7.

Aaron Luckey, Lead Advocate, Felonies





## Staff Favorite Fall Recipes

### Joseph's Favorite Potato Soup

- 6 slices thin bacon, cut into 1-inch pieces
- 1 whole medium onion, diced
- 6 whole small russet potatoes, peeled and diced
- 8 c. low sodium chicken or vegetable broth
- 3 tbsp. all-purpose flour
- 1 ½ c. heavy cream
- As much salt and black pepper as your heart desires.
- ¼ c. Parmesan Cheese
- 1 c. grated cheese of your choice

1. Add bacon pieces to a soup pot over medium heat and cook bacon until crisp and fat is rendered. Remove the bacon from the pot and set it aside. Pour off most of the grease, but do not clean the pot.
2. Return the hot to medium-high heat and add the onions. Stir and cook for 2 minutes or so, then add the diced potatoes. Cook for 5 minutes, seasoning with salt, and black pepper.
3. Pour in the broth and bring it to a gentle boil. Cook for 10 minutes, or until the potatoes are starting to get tender. Whisk together the flour and the first cup of cream, then pour into the soup and allow the soup to cook for another 5 minutes.
4. Remove half to 2/3 the soup and blend in batches in a blender/food process until completely smooth.
  - \* Pour it back into the soup pot and stir to combine. Let it heat back up as you taste for seasonings, adding more of what it needs. Stir in remaining cream and parmesan cheese, then stir in parsley, reserving a little for garnish.
5. Serve in bowls garnished with parsley, grated cheese and crisp bacon pieces.

\*Optional

### Sarah's The "I hate porkchops, but I love these" Chops

Early in our relationship, my husband declared he would never eat porkchops. He loves this dish.

- 2-3 Medium to small yellow onions, peeled & sliced
- 2-3 Medium cooking apples like Granny Smith or Pink Lady
- 4 Bone-in Pork-Chops, at least ¼" thick; 1" works really well
- 1/3 Cup Brown Sugar
- Salt & pepper to taste

Optional: Fresh Rosemary springs

1. Preheat oven to 300 degrees. Lightly oil/grease a 13" baking dish. Set aside.
2. Peel, halve and slice onions in ¼ inch half moons. Core and slice apples into ¼ inch slices. Season pork chops (on both sides!) with salt & pepper.
3. Spread sliced onions evenly on bottom of baking dish. Season with salt. Spread apples evenly across the onions. Sprinkle brown sugar across apples and sprinkle salt across. If using, add 2-3 sprigs of fresh rosemary (no need to discard stem) on top of brown sugar.
4. Add seasoned pork chops in a single layer across the top. Seal tightly with tin foil and bake for 3 hours. Do NOT lift the foil during baking time. Lifting the foil will release the steam and dry out the chops. At the 3 hour mark (give or take; this is a very forgiving dish), remove from oven. Discard rosemary. Be careful removing the pork chops, the meat will fall right off of the bones.
5. Serve with caramelized onions & apples on top of the pork chops & drizzle on the sauce from the bottom of the baking dish. This goes really well with mashed potatoes or colcannon.

## How can I join the VWS Team of supporters?

VWS envisions a just, equitable world in which all people are safe and free to be their fully realized selves in communities rooted in love, dignity and joy. We hope you will join us in our mission to create the world we are striving to create.

You can be part of the VWS team by donating to support our clients and staff, volunteering to work with our staff, promoting our work via Social Media (like us on Facebook!), attend one of our community events (Taste of Flagstaff is December 8<sup>th</sup>!), have us come and do a training for your company or community, or just tell someone about us.

If you'd like any more information about any of these options, go to [vwscoconino.org](http://vwscoconino.org), use either of the QR Codes below, send an email to [info@vwscoconino.org](mailto:info@vwscoconino.org), or call us at 928-856-7676. We love to hear from our community team!



← Social Media

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To opt in or out of receiving the monthly newsletter, send an email to us at [newsletter@vwscoconino.org](mailto:newsletter@vwscoconino.org). Any questions, comments, concerns? Anything you'd like to see in future editions? Send us an email. We want to hear from you!

## Self-Care Corner

There's no right or wrong way to do self-care. Self-care is about doing things (or not doing things) to maintain a healthy mind, heart and body. Do what makes you feel good! Read, run, pack a healthy lunch, look at pictures of cats & dogs, cuddle your loved ones – whatever gives you a feeling of well-being.

### Meditation / Mindfulness Tip:

**Try 4-Square breathing.** Get comfortable and close your eyes or soften/unfocus your gaze. Slowly breathe in deeply on a count of 4. At the top of your breath, hold your breath for 4 counts. Finally, release your breath slowly for 4 counts. Try for 10 repeats, but repeat however many times is most comfortable. As you breathe, thoughts will pop into your mind – acknowledge the thought, then let it slide away. If it helps, put a hand on your stomach to feel your breath go all the way down to your belly.

Daily meditation is one way to deal with stress. Let us know how you deal with yours! Send us an email at [newsletter@vwscoconino.org](mailto:newsletter@vwscoconino.org).