



STAFF PHOTO BY TAMMY MALGESINI

**MJ, a dog owned by Mark and Tess Adams, greets a representative from Domestic Violence Services during the "In Her Shoes" walk Saturday at Riverfront Park in Hermiston. The experiential exercise provides insight regarding what victims of abuse face.**

## 'In Her Shoes' raises awareness for domestic violence victims

By **TAMMY MALGESINI**  
COMMUNITY EDITOR

A handful of community members braved windy conditions to participate in an experiential walk to raise awareness about victims of domestic violence and sexual assault.

Organized by Domestic Violence Services, "In Her Shoes" featured a number of stations set up Saturday at Riverfront Park in Hermiston. The exercise provides insight as to the obstacles and barriers victims face when they reach out for help, said Kathryn Chaney, executive director.

"We tried to choose the most realistic response," said Rev. Mark Adams of Bethlehem Lutheran Church. "But we can make all the right choices and still end up at the funeral home."

Adams, who participated in the activity with his wife, Tess, Bethlehem Lutheran Preschool director, said it's important for pastors and lay persons to have an understanding of what victims go through. The more they know, he said, the better equipped they are to respond to those reaching out for help.

Sharon Neuvirth, the agency's volunteer coordinator, and Mary Adams, program coordinator, said statistics indicate victims of violence often return to their abuser seven to nine times before permanently leaving a dangerous situation.

"When they return, it's not necessarily they are choosing the abuse, it's just that at that time they see it as their only option," Adams said.

Chaney, Adams and Neuvirth said many barriers and obstacles come into play when a victim seeks help. Everything from limited resources and not knowing help is available to shame and guilt can keep victims stuck in a situation.

"Often, the victims don't necessarily want the rela-

tionship to end," Chaney said. "They just want the violence to end."

Serving Umatilla and Morrow counties for more than 40 years, Domestic Violence Services has shelters and offices in Pendleton and Hermiston. Representatives and outreach services also are available in Boardman, Heppner and Milton-Freewater. In addition to a 24-hour crisis line (800-833-1161), they also offer safety planning, peer groups, parenting classes and other support services.

In addition to their regular titles, Chaney said each employee also is a "certified advocate," who has received at least 40 hours of additional training through the Oregon Coalition Against Domestic & Sexual Violence. In addition, staff and volunteers attend many additional trainings that make them more equipped to assist victims of violence.

"We want everyone to be able to respond to people that come in," Chaney said.

Chaney said events like "In Her Shoes" are designed to raise money for the program as well as provide awareness about the services available locally. It's a great educational tool, she said, in regards to what victims of violence are faced with.

"People can realize there are options," Chaney said. "And, they can begin to understand what some of the obstacles are for people."

Recent laws passed by the Oregon Legislature, including one making strangulation a felony, are important steps in protecting victims, Chaney said. When talking about strangulation, rather than accepting minimizing words such as "choking" or "obstructing the airway," they focus on the severity of the act.

"It's important to make the statement, 'Someone is trying to kill them.' We've had clients tell us, 'Yes, he was trying to kill me,'"

Chaney said.

An upcoming training for the 24-hour crisis line begins Wednesday. Other volunteer opportunities include yard maintenance at the shelters, office work, direct service with clients and assisting with events.

Also, representatives from Domestic Violence Services are available for in-house trainings at businesses, service clubs and civic organizations. The next fundraiser is the annual bowl-a-thon Saturday, July 21 at Desert Lanes in Hermiston.

For more information, call 541-276-3322, 541-567-0424 or visit [www.domesticviolenceservices-or.org](http://www.domesticviolenceservices-or.org).

### BRIEFS

#### Community center announces activities

The regular monthly breakfast and a performance by the Blue Mountain Old Time Fiddlers are scheduled this weekend in Stanfield.

Have breakfast your way as the Stanfield Community Center offers its monthly ala carte meal. The food will be served Saturday from 7-10 a.m. at 225 W. Roosevelt St., Stanfield. The basic cost is around \$6.

Then, get ready to come back in the evening for some toe-tappin' music as the fiddlers provide old-time music fun. The cover charge is \$5.

Also, ham or hot turkey sandwiches and macaroni salad can be purchased for \$6. In addition, pie and ice cream will be available. The evening event is from 5-7 p.m.

For more information, call 541-449-1332.

#### Famous birder shares about yearlong trip

Noah Strycker will share a presentation during the upcoming Pendleton Bird Club meeting.

A famous Oregon birder, Strycker will share about his adventures as the first human to see more than half of the planet's bird species in a single, yearlong, around-the-world birding trip.

The public is invited to the free event Thursday at 7 p.m. at the First Presbyterian Church, 201 S.W. Dorion Ave., Pendleton. Refreshments will be served.

A writer and photographer, Strycker viewed more than 6,000 of the world's estimated 10,400 bird species during the 2015 worldwide trip. He traveled to all



EO MEDIA GROUP FILE PHOTO

**Alan Domschot plays during a 2015 Blue Mountain Old Time Fiddlers show in Enterprise. The group will perform Saturday at the Stanfield Community Center.**

seven continents.

For more information, contact Lorna Waltz at [lornawaltz@gmail.com](mailto:lornawaltz@gmail.com) or visit [www.pendletonbirders.org](http://www.pendletonbirders.org).

#### Photography exhibit accepts entries

For more than 40 years, the Arts Council of Pendleton has invited artists from across the region to exhibit their artwork for the community to enjoy.

Submissions for the Open Regional Photography Exhibition are open to all adult amateur and professional artists who live in Eastern Oregon or southeastern Washington. In addition, there is a Teen Category for youths 13-17 years old.

All submitted work must have been completed in the last five years.

While a wide range of expressive creativity is supported, the exhibit is designed as a family-friendly event. Work deemed inappropriate for viewing by young children may be excluded by the exhibit committee.

Submissions will be accepted Saturday between

noon and 4 p.m. at Pendleton Center for the Arts, 214 N. Main St. There is an entry fee of \$10 per work for adults and \$5 each for teens.

Artists may enter up to two photographs.

The sale of work is encouraged but not required. A 30 percent commission will be deducted from sales.

If an artist's work is not for sale, a dollar value must be entered on the label for insurance purposes.

The show's judge will award up to \$1,000 in prize money in the adult and youth categories, thanks to support from Banner Bank of Pendleton.

The \$200 Jacqueline Brown People's Choice Award will be presented based on votes of visitors to the exhibit, thanks to the generosity of the Picken/Brown family.

The exhibit opens Thursday, May 10 with a judge's critique at 5 p.m. A public reception follows from 5:30-7 p.m. The exhibit runs through Friday, June 29.

For more information about submissions, visit [www.pendletonarts.org](http://www.pendletonarts.org). For questions, call 541-278-9201.

# Umatilla County Year of Wellness

## First Quarter: April - June 2018

### YOW MISSION

The Year of Wellness strives to increase community engagement at health related events and programs throughout the county in an effort to educate and promote healthy lifestyle choices that can be easily adapted by all county residents.

### WIN A PRIZE!

Attend any YOW event to enter into a raffle to be chosen at the end of the quarter. The more events you attend the more chances you have to win!

**1st Draw - \$200 Echo Bike & Board Gift Certificate, Pendleton**

**2nd & 3rd Draw - \$50 Scott's Cycle & Sports Gift Certificate, Hermiston**

**ECHO BIKE & BOARD**



### MONTH'S THEMES

**April** Environmental Health  
**May** Physical Health  
**June** Nutrition

### THIS QUARTER'S EVENTS

**FREE Passport to Wellness Health Fair**

April 14th • 9 AM - 2 PM  
Pendleton Convention Center

**Community Clean-Up Day**

May 3 • 12 PM - 3 PM  
Pilot Rock

**Cinco de Mayo Celebration**

May 5th & 6th  
EOTEC, Hermiston

**May Madness 3v3 Tournament**

May 19th • Saturday  
Downtown Pendleton

**Landing Day**

June 22nd & 23rd  
Umatilla City

**Farmers Market**

First Friday of the month, Pendleton  
Last Wednesday of the month, Milton-Freewater



### FOR MORE INFORMATION:

Visit: [www.umatillacountyow.com](http://www.umatillacountyow.com)  
Like: @UcoHealthYOW on Facebook  
Email: [meghan.field@umatillacounty.net](mailto:meghan.field@umatillacounty.net)

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### The Oregon Water Coalition Presents:

## WATER RIGHTS 102

INTRO TO IRRIGATION DISTRICTS

Tuesday, May 8th • 7 - 8:30 P.M. at the  
**HERMISTON COMMUNITY CENTER**

**WORKSHOP IS FREE AND OPEN TO THE PUBLIC**

Learn the fundamentals of irrigation district water rights and responsibilities in Oregon - Led by April Snell, Executive Director of the Oregon Water Resources Congress

Sign up now at [oregonwatercoalition.org](http://oregonwatercoalition.org)  
Space is limited • Questions? Call 541-969-8938

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