The Avalon Center's 2018 Annual Report

Message from the Director

Dear Friends,

There is a special Virginia license plate available that reads: "Peace Begins at Home." It was designed to benefit domestic violence agencies like Avalon. I was personally happy to get one myself, because I think the message sums up what we do so well. While reading the facts and figures contained in this year's annual report, it's a good time to reflect on that message and the impact our services have on individual lives and the community.

Nationally, about one in four individuals will be the victim of domestic or sexual violence, and sadly many children are witnesses to this violence. Without intervention, the effects can include a lifetime of physical and mental illness and a high risk of continuing a cycle of abuse. Three years ago, Avalon set out to expand our capacity to reach more survivors and also reach a younger age. We envisioned a highly aware community that could work together to identify the warning signs of domestic and sexual violence and to promote healthy relationships. We are committed to strengthening community partnerships to assure comprehensive, best practice services that are easy to access. These efforts are reflected in the increasing number of survivors served.

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peace begins at home

Avalon receives over half of its funding from local, state and federal government sources, so the recent extended Federal government shutdown presented us with the added stress of not knowing whether we might face the suspension of core services. We are grateful that hasn't happened, but reminded of the need to raise more of our operating funds from other sources. The strength of Avalon will always be in the support of our community, which built the organization some 40 years ago. That support is reflected in the number of volunteer hours, the items donated and in your financial support.

In 2019, the Board of Directors will begin defining new goals and objectives for the coming years and hold the first meeting of a new advisory board. We expect to re-apply for dual agency accreditation through the Virginia Department of Criminal Justice Services. We anticipate adding some new community-based housing resources for survivors.

It's an exciting time to be involved at Avalon and I want to be sure you know how thankful we are to have you with us on the journey, as we work together for a more peaceful community. Please feel free to give me a call any time to arrange a tour or talk about how you can be more involved.

Sincerely,

Teresa Christin
Executive Director



Please join us in welcoming three new members to the Avalon Center Board of Directors:

Juanita Parks of Williamsburg Landing, Ruth Cason of Cason Custom Homes, Tori Gussman, retired from Colonial Williamsburg.

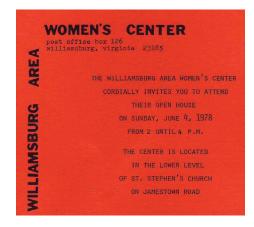


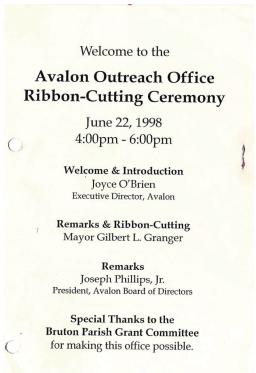




Avalon in 1978 and 1998...

As Avalon turns 40, we wanted to share a few pieces of Avalon history from the archive!







... and Avalon in 2018!

1483
helpline calls answered

adults and children served

5245

people attended Avalon's educational programs

9736

nights of shelter provided

Volunteer Spotlights



William & Mary Law students **Martin Culig** (center left) and **Zach McDonnell** (center right) began volunteering in early 2017. They take on every task from data entry to groundskeeping with equal gusto! Congratulations on your upcoming graduation, and thank you for two years of phenomenal service.





During this year's United Way Day of Caring. Marjorie Daniel and a team of volunteers from Ball Metal painted the living room and conference room in the shelter office. Another group of volunteers from Colonial Heritage braved the late summer heat to do yardwork around the shelter campus.

Amy Dayton began volunteering in the fall of 2017. She is a Mary-Kay Independent Sales Director and facilitates self-care workshops once a month for residents at Avalon's shelter. She teaches skin care, work-appropriate make up techniques, and other beauty tips. Amy says she "loves Mary Kay because of their commitment to end domestic violence, and the support they provide to shelters all over the United States to advance that effort."



Thanks to Melinda Cousins (left) of Backyard Birder and her wife Jeanne Ruff (right), Avalon's shelter campus has a beautiful bird feeder! One of the clients at the shelter shared this story: "I was feeling down when I first arrived at the shelter. Two kids and no direction. But when the feeder was put up the first birds that I saw come visit were two cardinals. Those were my dad and granddad's favorite birds. I knew then that they were watching over me and everything would be okay."







Since the spring of 2016, volunteers from **Katy Henderson's** (second from left) **Studio South** have coordinated yoga classes on Thursday evenings for Avalon's clients. Volunteer instructors (from left) **Rebecca Kinkead, Tammy Coutu** and **Michelle King** lead an hour of breathing, movement, deep relaxation and a short meditation for the participants in a peaceful, supportive environment.



Laura Emery (right, with her daughter) joined Avalon's volunteer team in the fall of 2017. A certified Gracie Jiu-Jitsu Self Defense Instructor, Laura teaches classes at the shelter and outreach. Laura said, "Unlike most self-defense systems that rely on strength, Brazilian Jiu-Jitsu uses techniques that employ leverage and timing so anyone, regardless of age or ability, can make these techniques work. I feel so honored to work with Avalon and I hope to continue to help build a strong foundation for all who need a fresh start!"

A Busy Year!

July: Summer Strong Camp

Avalon Youth Services' "Summer Strong" Summer Camp returned for a second year! The summer camp is geared towards children who have experienced violence or trauma, and meant to help campers build resilience and confidence.

Each day of the two-week camp had a theme. The first week included activities to teach communication skills, how to practice self-care and how to set healthy boundaries. Some of week two's themes were emotions, resiliency and safety.

While "Summer Strong" featured lessons about serious topics, the kids also enjoyed classic summer camp activities. Campers tried yoga, learned to salsa dance, pet therapy dogs, visited a fire station and made crafts!



This past October, for Domestic Violence Awareness Month, Avalon hosted the "In Her Shoes" Workshop. Sponsored by the Williamsburg Police Department, the event used the guide developed by the Washington State Coalition against Domestic Violence.

Participants experienced the roles of diverse victims through character cards. Scenarios are based on true stories and help us answer that enduring question: if someone is in an abusive relationship... why don't they just leave? "In Her Shoes" demonstrates that an individual's escape from abuse is complicated and unpredictable. The event highlighted specific barriers that abused victims face when they are poor or become poor as a result of domestic violence.

Domestic violence is a community problem, not just a personal responsibility. We all have a role to embrace to end abuse.

Special thanks to William & Mary's Kappa Delta, who provided refreshments and brought passionate volunteers to assist in making the event possible.









November: The Avalon Classic

The third annual Avalon Classic was a hole-in-one! The threatening rain held off, and 104 golfers enjoyed a mild afternoon on the links. The tournament raised \$20,000 for Avalon! Many thanks to our hardworking golf committee: chairs Betsy and Joe Conboy, Jane Brown, Erna Rodgers, Joe Conboy, Judy Wickens, Dinky Newman, and Dianne Kessler.

November: Holiday Reception

Avalon hosted a holiday reception for donors, volunteers and our Board of Directors. We honored incoming and outgoing Board members, celebrated a year of continued growth for Avalon, enjoyed some holiday goodies, and handed out Avalon ornaments. (Pictured second from the bottom, volunteer Marisol Lambert and Avalon Board Chair Emily Rossiter.

December: Adopt-a-Family

Our Adopt-a-Family program had a banner year, providing holiday gifts for 65 clients and their families. Local organizations, businesses and individuals were extremely generous and thoughtful this year! Our friends at Fort Magruder Hotel donated nine bicycles, En Pointe Dance Academy hosted a Angel Tree for Avalon, and Scares for Cares and Elf Patrol donated hundreds of new toys - just to name a few!











Thank you to our genero

In Memory Of...

Robert J. Bohls, Sr.: Sharon Goodrich

Carrol Bruce: Claire Kersh
Tony Burdios: Benjamin Liam, Jr.
Fred W. Haecker: Edith Haecker
Violette Heim: Sharon Plocher
Kerri J.: Michael and Beverly King
Angie Locke: Trudie Pitkin

The Honorable Joan Morris: Colin Jones

Angela Morrison: James and Molly McDonough,

Edwin and Marion Oyer

Sue Myers: James and Pauline O'Connell Shirley Myrick: Patricia Gayle Alston Edythe Scharlop: Corydon Butler Elaine K. Sharp: Hugh Sharp

Sue Young: Hal and Margaret Baber, Joy Gosselin

Janet Brown: Judith Barzilay

Individuals \$5000+

Van and Val Dobson Robert M. Greenburg Jamie and David Homard Audrey Johnston Alex H. Kaz

Leopold and Carol Schmidt X

Individuals \$4999 - \$1000

Anonymous and Anonymous X

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Jennifer and John Blankinship

H. Stanley Bolding and Virginia Wertman

Paul G. Brinkley

Charles and Jane Brown

Jean C. Bruce

William and Mary Ann Bynum X

Lou Cale

John and Eileen Cameron

Marian Dawson

Michelle and Kevin Dawson X

Lucinda Dudley

Chester and Donna Evans

Walter Felton

Philip and Dawn Forgit

Louise Friday

Leslye Givarz and Ken Kambis

Joe and Leanne Harrow Cherryl and Richard Heath Charles and Amanda Lee

Brian McGurk and Carol Coughlin

Phillip and Lynn Pryor & Peter and Bonnie Raquet

Michael and Marina Shawcross

In Honor Of...

All Who Have Been Hurt: Kierstin Hall

Avalon Staff and Volunteers: Isi and Richard Dawson

Lou Cale: Elizabeth Lawson-Taylor

Teresa Christin: Tina Sinclair, Jennifer Spencer Andy Dayton: Charles and Ginny Crone Keryn Gedan and Family: David Johnson

Carolyn Higgins: Darla Krupski

Amy Marrero: Barry and Nancy Hoffman **Vivian Rose**: Anonymous and Anonymous

Bill Schneider and the Memory of His Late Wife:

Tim and Rita Murphy

Pastor Carol Schweitzer: Our Saviour's Lutheran Church

Local Benevolence

Judie Turbiville: Grace Colwell

John Sloboda

Melissa Speegle X
Michael Thompson X

Hans Tiefel and Janna Fitzgerald X

John Tinker and Sara Frazer
Paula and Edward Wahler

Victoria West 🕺

Judy E. and Jack Wickens

Jordana Zubkoff

Individuals \$999 - \$500

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Susan and Jack Baer X Elizabeth Barnes

Lisa and Rob Beall Corinne Behen

Teresa Lynne Christin X

Nickolas Coiner Melinda Cousins

Charles and Ginny Crone

Jane Desolms

Linda Dorsey and James Satterwhite χ

Patricia Eden 🕺

Richard and Janet Estes X

Gerald and Corliss Faircloth 🕺

Elizabeth Fenn Susan Fox

Diane Howerton

Charles and Sue Huber X Naomh Maire Hudson

Pamela Johnson
Nancy Keegan

Ingo and Susan Keilitz
Dianne and Ron Kienlen

Michael and Beverly King

Marsha and Charles Kinnamon

Darla Krupski

Jeanne Lawrence X

Victor and Victoria Liguori

Eugene J. Macelroy

Mary Mulhare

Janet and Robert Park

T.J. Ptachick
Erna Rodgers X

Charlene M. and Marc Roth

Tracy Schwartz

Deborah and William Secrest

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Evgenia Smirni Mary Spence

Michael and Rebecca Sutton

Robert and Jill Swain

Melissa and Charles Tucker X

Dale Walter

Michael Williams

Individuals \$499 - \$1

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Jane Wood Adams

Kenneth and Catherine Adams

Patricia Gayle Alston Mary Andersen Charles Anderson

John A. Anderson, Jr. Sandra Anderson

Victor and Mary Anderson

William R. Anderson

Frederic and Elizabeth Angelo Anthony and Karen Annoni Clyde and Patricia Archer

us community of friends

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Sandra Arrington

Beth Aude

Judith and James Austin Hal and Margaret Baber

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James H. Baldridge Alan and Mitzi Balma

Jane Banfield Elizabeth Barrar

Franklin and Stephanie Barrell

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Tim and Sandra Bartos

Grace Bascetta

Wayland and Elizabeth Bass X Karen and Mark Batshaw

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Nancy Bowles

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Clement Brown III Amanda Buckley Barbara Buder Gail Burger

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Elizabeth Crispino
Faith Croker

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City Of Williamsburg **Dominion Energy Charitable Foundation** Heart To Help, Inc. Kiwanis Club of Williamsburg Langley Federal Credit Union Peninsula Community Foundation X The Gilkison Family Foundation X United Way VA Peninsula X

The College of William & Mary

Alpha Chi Omega Sorority X

Alpha Phi Alpha Fraternity **Community Services Committee** Delta Phi Fraternity Improv Theater Kappa Delta Sorority X Law Revue Law School Domestic Violence Clinic Mason School of Business MBA Assoc. **Mortar Board** Phi Gamma Delta Fraternity Shakespeare in the Dark Women's Law Society

Zeta Phi Beta Sorority Williamsburg Community Foundation 🕺 Williamsburg Health Foundation X

Organizations \$4999 - \$1000 Our Saviour's Lutheran Church Local

Bruton Parish Church The Calkins Foundation The Community Foundation County of Middlesex

Gloucester Community Foundation

Hickory Neck Church X **Howard Hanna**

Huntington Ingalls Industries, Inc

J.S.G. Corporation The Jesse Foundation

Junior Woman's Club of Williamsburg

Kingston Episcopal Church Kiwanis Club of Colonial Capital X

Liz Moore & Associates, LLC Microsoft Matching Gifts Program

Middle Peninsula Insurance and

Financial Services X

Printpack

Ripley's Believe It or Not

River Counties Community Foundation

Ronald West Family Foundation Rotary Club of The Historic Triangle

Rotary Club Of Williamsburg

SNO-TO-GO Sonabank

Towne Benefits

United Way Greater Richmond X United Way of South Hampton Roads X

Walmart Foundation Waters Edge Church

Williamsburg House of Mercy Williamsburg Presbyterian Church X

Williamsburg United Methodist Church X

Organizations \$999 - \$500

Abingdon Womans Club Apostles Lutheran Church **Ball Metal Container Division** **Busch Gardens Butterfly Bend Pottery**

C&F Bank

Chesapeake Bank ExxonMobil Foundation First Baptist Church X

Hall Construction **Incarnation Church**

Jeffrey N Clark Custom Builder, LLC King of Glory Lutheran Church Kiwanis Club of Toano X

Le Yaca French Restaurant Mellette PC

Network for Good

New Zion Baptist Church X

Omega Psi Phi Fraternity, Zeta Mu Mu

Benevolence Peace Hill Press, Inc. Riverside Health System

Rotary Club of James City County Saint Stephen Lutheran Church X Soroptimist Int'l of Williamsburg X

St. John's Episcopal Church The Sanders Foundation Fund

Towne Insurance Williamsburg Chrysler

Williamsburg Unitarian Universalists

Organizations \$499 - \$1

A Chef's Kitchen

AAAA Self Storage Management Group

Abingdon Episcopal Church **Acclaimed Appearance** All Homes Real Estate Group

Bay Aging

Bellamy United Methodist Church

Boy Scout Pack #133

Boyd and Sandra Collier Fund

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Christ Church Parish

Clarksbury United Methodist Church

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"You are allowed to be both a masterpiece and a work in progress, simultaneously." - Sophia Bush. *Juxtaposie* was graciously provided by the artist, Jessica Watts. Her work can be found at jessicawatts.com.au.

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