



APOC Newsletter

Abused Persons Outreach Center, Inc.
www.apocnd.org

160 2nd St NW, Valley City ND 58072
24-Hour Crisis Line: 701-845-0072

October 2026

40 Years, Shaped By You: Stories From the APOC Community

For 40 years, APOC's work has been shaped not only by the services we provide, but by the people who have believed in the importance of that work and helped carry our mission forward—including people like you.

As part of our 40th Anniversary celebration, we invited four individuals connections to APOC to share their experiences and reflections through a special video series. Each person brings a different perspective—as a former staff member, volunteer, community partner, or supporter—but their stories share a common thread: a belief in the importance of supporting survivors and strengthening our community.



Teather
Sundstrom, PhD

A special thanks to Dr. Teather Sundstrom, Michelle Grebel, Jacob Olson, Robin Huseby Johnson, and Ekow Ephrim for helping create the videos.

These stories remind us that an organization's history is more than dates and milestones. It is made up of people—their time, their advocacy, their generosity, and their willingness to stand alongside survivors and support prevention and education.

And that includes you. Whether you have supported APOC through a donation, volunteered your time, shared our message, participated in an event, connected someone with our services, or simply believed in the importance of this work, your support is part of our story. For four decades, people throughout our community have helped make it possible for APOC to continue supporting survivors, providing education, and working toward a safer and stronger community.

40
Years

As we celebrate this milestone, we are grateful for everyone who has been part of the journey—and for those who continue to stand with us as we look toward the future.

We'll continue sharing the videos on our Facebook page and hope you'll take a moment to watch, listen, and get to know some of the people who have been part of APOC's story. Most of all, we hope you'll see your own connection to our story and know how much your support matters.

We also hope you'll join us in celebrating our 40th Anniversary and recognizing Domestic Violence Awareness Month at our **Taco Bar Fundraiser Supper** on Monday, **October 12 from 5:00 to 7:00pm** at the **Valley City Eagles Club**.

From the Archives...

Valley City (ND) Times-Record Thursday, January 15, 1987 Page 4

Abused Persons Outreach Center receives BN Foundation grant

The Abused Persons Outreach Center of Barnes County, located in Valley City, has received a \$3,000 grant for operating expenses by the Burlington Northern Foundation, which represents four subsidiary companies. The companies are the Burlington Northern Railroad Company, Glacier Park Company, Meridian Minerals Company and Meridian Oil, Inc.

Gale Larson, acting director of APOC and executive director of the APOC Board of Directors, said, "We

appreciate the support of the foundation. This gift will help us to support and educate victims of domestic violence and the general public, that people have a right 'to live without fear.'"

APOC began a 24-hour crisis hotline in November. The center provides education awareness of the reality of domestic violence, referrals for domestic violence victims, victim advocacy and support. Volunteers who handle domestic violence calls have been

trained by professionals working in the field.

APOC also seeks to provide counseling and support to break the cycle of violence and keep the family intact, as well as similar services to individuals involved in emotional, physical and sexual dating violence.

Since the crisis line began operating, at least eight calls have been received through the service. The telephone number for the center is 845-0072.

February 1989

Judge Paulson recipient of Love Without Fear Award

Barnes County Southeast District Judge John T. "Jack" Paulson was named the state recipient of the Love Without Fear Award in February by the Council on Abused Women's Services in Bismarck. The award was given during the seventh annual observance of Love Without Fear Week Feb. 12-17.

The purpose of the observance is to remember those people who have been victimized by domestic violence and recognizes people committed to stopping that violence.

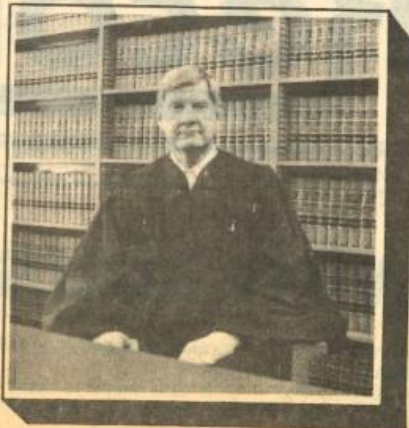
Bonnie Palacek, executive director, Council on Abused Women's Services, said Paulson was recognized for his openness and fairness in dealing with all concerned parties in domestic violence, his efforts to make the judicial processes more accessible to victims and advocates, and a willingness to work as part of a team in dealing with domestic violence. He was also cited for his contributions to a pro se protection order project initiated by the Fargo

Legal Aid Office, which helped make the court process more understandable for victims, and for his work on the Governor's Commission on Victims and Witnesses of Crime, which he was appointed to in 1986 by the state Supreme Court.

"He has exemplified what the council wants to see, and that is an open and fair attitude in dealing with situations," Palacek said, as well as making the court process more accessible to all people.

Paulson graduated with a juris doctorate degree at the University of North Dakota in 1967. He began practicing law in Valley City in 1967 and was elected Valley City Municipal Judge in 1968. He served in that position until 1970, when he was elected Barnes County States Attorney. In 1980, he was elected Southeast District Court Judge and was re-elected in 1986 to a second six-year term.

He and his wife, Boni, have two children, Ami, and Kristofer.



Judge John T.
"Jack" Paulson

Valley City (ND) Times-Record Friday, May 6, 1994 Page 5



VALLEY CITY Police Chief Jack Ladbury as he explained their policies and procedures with domestic violence at the April Barnes County Domestic Violence Task Force meeting. Next to him is States Attorney Robin Huseby. Their next meeting is June 8 at noon in the courthouse basement. Everyone is welcome to attend these meetings. (Photo contributed)



APOC

Taco Bar Fundraiser Supper

40
Years



Monday

October 12th

Valley City Eagles

5-7pm

\$ free will offering

Sponsored by VC Eagles #2192 Gaming

EVERY1
KNOWS
SOME1

PHILOSOPHY OF THE ABUSED PERSONS OUTREACH CENTER

The Abused Persons Outreach Center is dedicated to the conviction that all people are entitled to live in safety, free from the fear of incidence of violence.

As guiding principles, we who comprise the Center believe:

- In respect for the dignity and equality of the individual.
- That each person has the right to self-determination.
- In fairness and good faith in dealings with individuals.
- That individuals should not be discriminated against in any respect.
- In respect for the confidential nature of personal information.
- That people should have access to resources and services they need.
- In provision of advocacy for people in need.
- In promotion of societal justice, particularly related to sexual assault and domestic violence.

To activities that enhance and further these beliefs, we dedicate ourselves.

2025 Abused Persons Outreach Center, Inc.



Direct Services Provided to Victims:

- 1344 advocacy services
- 289 counseling support / therapy hours
- 73 support groups held
- 273 crisis intervention / crisis response
- 455 service identification & assistance
- 227 protection / restraining order assistive services
- 191 emergency financial assistance
- 36 individuals provided relocation assistance
- 228 complementary therapy services
- 19 nights of emergency safe shelter
- 235 transportation services



APOC's crisis line operates 24 hours, every day of the week & provides crisis intervention & advocacy services to victims of domestic violence, dating violence, sexual assault & stalking.

Crisis Line: 701-845-0072

**EVERY1
KNOWS
SOME1**

Domestic Violence Awareness Month

October is Domestic Violence Awareness Month—a time to raise awareness, support survivors, and stand together against domestic violence. No one deserves to live in fear or experience abuse.

This month, help us shine a light on domestic violence throughout our community. **Watch for purple lights around the community** as a symbol of awareness and support. **Wear purple on October 15** to show your support for survivors and help spread the message.

We can all make a difference by listening without judgment, believing survivors, and letting them know they are not alone. Sometimes, simply being there and offering support can mean more than we realize.

You can also support our efforts by joining us for our **Fundraiser Supper on October 12**. Your participation helps support local awareness, advocacy, and resources for those affected by domestic violence.

Together, we can break the silence, support survivors, and create a safer community for everyone.



Purple Thursday

Thursday, October 15

EVERY1 KNOWS SOME1
Domestic Violence Awareness Month

EVERY1
KNOWS
SOME1
Domestic Violence Awareness Month

Monetary Donations – Thank you!

Big Dog Construction
Phil & Darlene Mueller
Bernadette Botner
Bill Poukka
Christy Fliflet
Donald Vig & Darcee Weber
Ross & Caron Berg
Eileen Hannig
Sue McCarthy
Dennis & Kathy Laumb
Pat Hansen
Mike & Junell Bishop
Maureen Birchem
United Way of Barnes County

Gigi Goven
Grotberg Electric Inc
Mike & Peg Ferrel
Sis Undem
Congregational United Church of Christ, VC
In Memory of *Kathy Stearns*
- Terri Stevens, Robin Voelk, Ryan Stearns,
Reid Stearns, Rand Stearns
In Memory of *Molly*
- Brothers III
In Memory of *Jake Riedman*
- Deb Beck
- Jon & Kasey Skalicky

Thank you to our anonymous donors.

Thank you to those who donated material items.

What your donations to APOC can provide:

- \$20 = 10 taxi rides to appointments, court hearings, work, etc.
- \$50 = meals for a family in Emergency Shelter
- \$100 = 1 professional counseling session
- \$300 = 1 month CrisisLine operation
- \$500 = 3 nights emergency safe shelter for an abused family

DONATION FORM

Your donation will help us continue our work to end intimate partner violence and sexual assault. Your donation is tax deductible. ☐ **I wish to remain anonymous**

Donor Information: Name: _____
Mailing Address: _____
City: _____ State: _____ Zip: _____

If you would like this donation to be in memoriam of someone, please complete the form below. A card of recognition will be sent to the individual/s you list and provide addresses for below:

In Memory of (name): _____
From (your name): _____
Please send a card to (name): _____
Mailing Address: _____
City: _____ State: _____ Zip: _____



Please make checks payable to: APOC - 160 2nd St NW, Valley City, ND 58072
Or online through our website www.apocnd.org

Thank you for your support!