

# COMMUNITIES OVERCOMING VIOLENT ENCOUNTERS

August • September 2010 Newsletter

Volume 10 No. 2

## Match Day - You Did It!

June 17th

Thank you to the 77 individuals and couples who contributed toward Match Day donating \$25,719.25 enabling COVE to received \$10,000 in matching funds. And a special Thank You to the Community Foundation for Mason County and it's donors for making Match Day possible. In one day in Mason County \$394,852.50 was raised and distributed to all the participating non-profits as the result of the vision and work of CFMC.



Pictured are Kristin Bantle, President, of the Board and Marie Waite, Executive Director, after they received the \$35,719.25 check from the Foundation at the CFMC's Annual Dinner. COVE also, received an

award for being the 1st in line beginning at 8 a.m. on June 16th, thanks to Georgi Waite who spent almost 24 hours in line with her rabbit, Indian Jones.

## Behind Closed Doors From Incapable to Capable A Survivor's Story

I would like to share my story to help you understand that domestic violence affects all people, of all races and socioeconomic classes.

I am a Caucasian woman, in my 50's. I have a bachelor of arts degree with an education major. I taught school for several years prior to becoming a full-time mom. When I lived with my abuser, our income would have been classed as upper middle income. We had a nice home with lots of toys. Our children were well dressed and given almost anything they wanted. To the outside world we appeared to be a successful, happy family.

Behind closed doors, however, I lived a life of abuse. Abuse is not just being physically struck. Abuse is also, being controlled in every aspect of your life, being verbally assaulted everyday, being manipulated to do things you don't want to do and being made to feel incapable of caring for yourself or anyone else. Through the years of being abused I came to lose my self-confidence, my-self worth and myself.

Why did I stay? Why does any victim of abuse stay? Usually victims of abuse are made to believe they are incapable of living on their own. Victims are afraid to leave because they don't know where they would go or how they would take care of themselves and their children. But the biggest reason victims stay is due to a lack of money. Either the victim does not have an income or the abuser controls the household money leaving the victim without money. It was only through a chain of unfortunate events that I received a small sum of money this past spring. And when my living situation became truly dangerous for me, I was able to escape.

That's where COVE comes into my life. I took my children and went to the shelter. We were given a place to live. We were kept safe. Everyone there treated us with respect and kindness. I cannot say enough good things about the staff in the shelter. They were compassionate and caring. With the help of the advocates I was able to navigate my way through the legal system to obtain the PPO that was needed to assure my safety and the safety of my children.

I am very blessed. After I left my abuser, my friends rallied around me and did all they could to help me find a safe home to rent and a vehicle to drive. I only stayed at the shelter for two weeks. But in those two weeks I learned so very much about myself with the help of the shelter's staff.

I now know that I am a valuable person. Someone who is intelligent, resourceful and completely capable of taking care  
(see page 2)

## October Domestic Violence Awareness Month

October is the month set aside for communities across our nation to demonstrate their support for victims, survivors and advocates of DV. As people join together in a community it conveys a powerful message that there's no place for domestic violence in the homes, neighborhoods, workplaces, or schools. The symbols used for DV are *purple ribbons* and/or *purple & teal* (DV & Sexual Assault). So during the month of October lets drape our communities with *purple ribbons* - our trees, front doors and /or clothing to join in speaking out against DV or place purple light bulbs in your outside lights.

You are invited to participate in "The Walk for Peace" on Saturday, October 2, 201 at 1:00 starting at the Mason County Court House followed by a reception. This is an opportunity to honor those women, children,



Remembering Chloey Stoudt  
2003 -2010

and men who have died as a result of domestic violence, support the survivors of DV, and to say NO to DV. COVE's Women's Group is sponsoring this event. Please e-mail Lori if you are interested in receiving updates on planned events and how you and/or your groups can get involved. Also check the newspaper and our website [www.callcove.com](http://www.callcove.com) for further details. Thank you!

*(Incapable to Capable page 1)*

of herself and her children on her own. I participate in the outreach program and attend weekly meetings for survivors of abuse. I have also had the opportunity to take advantage of the legal assistance offered by COVE. The attorneys I have spoken with have been very helpful and made me aware of my rights. Without their assistance I probably would have let the abuser have his way in some issues that needed to be resolved. Instead, I was able to stand up to him and for myself because I learned from the attorneys that I had the right to do just that.

I hope I have helped you to understand that abuse is not just the plight of the poor and uneducated. It can and does occur throughout our society within any family. It is only through programs like COVE that the victims of abuse have any chance of escape.

## Something New

T-shirts \$15 & Note cards \$5



**From the Clients' Corner:** Suzie Anthony created this picture. It makes the statement that no matter what age, race, socioeconomic group women together supporting one another can take a stand against domestic violence and sexual assault. They can say **no more** and help the community say **no more**.

Suzie is a survivor. Her daughter's life was taken as a result of domestic violence. Sara told her best friend to leave a man because he was abusing her. Sara was killed as the result.

Suzie has put her grief and energy into her own healing and supporting ways to raise awareness of domestic violence and sexual assault. She is currently serving on COVE's Board of Directors, Fundraising Committee and on the DV Task Force. She is also, a vital part of the Women's Support Group.

She has donated this picture to make t-shirts and note cards for the benefit of COVE. A package of six note cards sell for \$5. They are available at Bookmark in Ludington or the COVE office. For more information contact Lori at 231-843-2541 ext. 22 / e-mail [cove\\_central@frontier.com](mailto:cove_central@frontier.com).

## A True Michigan Hero

"Mom, why do we have to go to the shelter today?" I asked

"Because we have to help dad fix the light." Mom replied.

"But why?" I whined.

"Because it is a safety issue." Mom declared.

This is just one of the many conversations that were ended with the issue of safety at the women's shelter.

My mom, Marie, is devoted to her job as the Executive Director of Communities Overcoming Violent Encounters which is the women's shelter here in Ludington, Michigan. My mom helps women and children who are victims of domestic violence, sexual assault, or who are homeless. A few of the most important things she does at her job are to make sure that the survivors have food, clothing, someone to talk to, and most of all a safe place to stay. Her job requires her to go to meetings out of town, help with repairs, and even go into work on her day off if she is needed. I think of my mom as a hero to the entire community.

My mom is willing to help anyone in need. I think this is a good characteristic along with being patient and fun. She happily volunteers her time on the weekends doing repair projects, clean up, or fundraisers involving the entire family. Volunteering can make you feel good about yourself and your community, just like mom keeps telling me.

My mom adds fun to everything we do. Whether it is folding laundry (she used to fold us like we were laundry when we were little) or shoveling snow (which she hates because it is so cold) she finds ways to have fun. Four years ago our house burned down and I know you're thinking that it couldn't have been fun, but Mom found ways to make us laugh as we emptied it out and started to rebuild. She would make little jokes about building more muscles as we carried the heavy sheets of dry wall. One thing that survived the fire was her quilt from when she was thirteen. So when I turned thirteen she gave me a quilt so that whenever I need a hug I can wrap up in my quilt and know I'm loved.

My mom is willing to make an effort to do anything with me, whether it is doing the Lake Jump (jumping into Lake Michigan on the first day of spring) or trying out for football (I was the only girl). She is always there for me when I need her. I think she is a strong, loving person who values education, community, volunteering, and fun. Some other things that make her my hero are that my mom has a Master's Degree, has shown me many historical places, and was in the United States Navy during the first Gulf War. She believes and lives by the motto, "You can do anything". My mom is a hero to me and now, I hope she is one to you.



*Georgi Waite was an eighth grader when she entered a essay contest sponsored by Farm Bureau Insurance for 8th graders in Michigan. Georgi won the contest for O.J. DeJong Junior High School. Marie Waite is the Executive Director for COVE.*

## \$1 Raffle Tickets available to win 1 of 2 Quilts -

Buy \$1 raffle ticket for opportunity to win one of these two beautiful machine pieced and quilted quilts. Wining tickets will be drawn at the Gift of Giving... Holiday Party. Thursday, November 18.

### Autumn's Gift (5'1"x4'4") – Donated by Heart to Hands Quilt Group



Pictured are:  
Top Row: Kathy Davis, Nancy Kelly, Linda Clymer, Gayle Kollar, Janet Monnet, Kay Nordland  
Bottom Row: Bonnie Blucker, Barb Young, Frances Elkins, Teresa Vroman.



7'10" x 5'3" Pieced quilt by Linda Lenich machine pieced and quilted.

### COVE Board of Directors

Kristin Bantle, President  
Susan Bradford Tripp, Vice President  
Shareen McBride-Wicklund, Secretary  
Dave Gibbs, Treasurer  
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Cathryn Grabowski  
Linda Haan  
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### COVE Staff

Marie Waite, Executive Director  
Kathy Griffith, Financial Director  
Jamie Catlett, Volunteer Coordinator  
Frances Elkins, Grant Support  
Angela Mendez, Outreach Advocate  
Katie Mendez, STOP Coordinator  
Lori Beggs, Oceana Outreach  
Bea Rosalez, Legal Advocate  
Judy Goff, Shelter Manager  
**Shelter Support Staff**  
Ann Clark, Gail Brittain,  
Lourdes Jaramilo,  
Cherie Savage, Linda Pustay

906 E. Ludington Ave.  
Ludington, Mi 49431  
231-843-2541

[www.callcove.com](http://www.callcove.com)

**Need Help?**

**Call COVE**

Toll-Free 24-Hour  
Crisis Line

**(800) 950-5808**

## Thank You to all our Donors and Sponsors! April - July 2010

Without the support of the individuals, businesses, organizations, foundations, and volunteers COVE would and could not meet its annual obligations. We do not turn anyone away from our services. Our staff goes the extra mile for the safety, guidance and support of our clients. Our staff and funds are stretched even more now as our economy is in trouble. COVE is the safety net of last resort for individuals and families in Lake, Mason and Oceana Counties.

### In Memory of Stella GeBott & Robert Jensen

by Bonnie Bannen, Stacy Craig & Todd Bannen

### In Memory of Donovan Calhoun

by Douglas & Julie Nelson

### In Memory of Frances Hatfield

by Bonnie Wood

### In Memory of Stella GeBott

by Bonnie Bannen

### In Memory of Stella Tate

by Janice Trommater

### In Honor of Melinda Andrews

by Sarah Champagne

### In Honor of Dave & Sandy Gibbs

by John & Elizabeth Heiner

### Donors

B.J. Bannen & S.M. Craig  
Birtwistle Family Foundation  
Patrice Bobier  
Cornell & Mellisa Boogs  
Susan Bradford Tripp  
Delono & Sondra Brady  
Mary Carlson  
Sarah Champagne  
Earnest & Kim Cummings  
Richard & Lorraine Dykstra  
Employees Coffee  
Benefit Fund FIA

### First Congregational Church- Shelby

Helen Gancarz  
Dave & Sandy Gibbs  
Linda & Art Haan  
Andreas & Catherine Health  
Heart to Heart Quilt Group  
Sean & Carolyn Henne  
Elva Heyd  
Annette Hilton  
House of Flavors  
Jewels By the Sea  
Kevin Kimes/Beaune Road

Ada Kytosi  
William & Gretchen Lindstrom  
Little River Casino  
Douglas & Julie Nelson  
Our Lady of Fatima Church - Shelby  
Francisco & Neeltje Padilla  
Milan & Dorothy Reed  
Kevin Ruble

Jean Russell & Robert Childers  
Sandcastles  
Alan & Cheryl Sands  
Robert & Sylvia Shrauger  
Janice Tommater  
Nizar & Zelal Umran  
Sandra Vielmo  
John & Gloria Waite  
Teri Walsh  
Christine Warne  
Barbara Wetherell-Wilkins  
Jack & Bonnie Wood  
Sandra Youngblood & Pam Lewis

### Match Day

Thomas & Karyn Abrahamson  
Bill & Mary Bantle  
David Betz  
Daniel Petterson & Susan Bogart  
Helen Bradford  
Susan Bradford Tripp  
Lina Britt  
Barbara Burke  
Andrew & Patricia Buursma  
Ronda Buzan  
Care Source  
Mary Carlson  
Caswell-Latocha, Inc  
Jamie Catlett  
Lynne Cavazos  
William & Sharon Cookenmaster  
Robert & Carol Cornelisen  
Tania Cornett  
Kristin Bantle & David Gibbs Jr.  
Diane Gibbs  
David & Sandy Gibbs  
Dee & Richard Gleason  
Danny & Kathryn Griffith  
Gordon Gruene  
Duncan & Kathryn Erley  
Anthony & Cabnace Fabaz  
Kathleen Fahising  
Bev Fogarty  
James & Doris Ford  
Art & Linda Haan  
James & Nancy Hawks  
Elva Heyd  
Elizabeth & Charles Kiefer  
Kenneth & Elizabeth

### Krause

Kathy Lacko  
Cheryl Larson, DDS  
Norman & Sandra Lyon  
James & Susan Macgregaor  
Kathy & David Maclean  
Fred & Mary McLane  
Dan Mahynski  
Glenn Malquist  
Abby Mortensen  
Janet Nelson  
Mike & Jeanne Oakes  
Sally Ouweneel  
Pentwater Women's Club  
Janita Pierman  
Ponko Family Trust  
Philip & Rebecca Riggs  
Gloria Ritchie  
Hector & Beatrice Rosalez  
Kevin Ruble  
Jean Russell  
Dolores Samuel  
Russell & Kathy Saxton  
David & Mary Schlott  
Judith Hain & William Seeley  
Norman & Rhonda Shotwell  
Bob & Sylvia Shrauger  
Marianne Smith  
David & Kathryn Spittler  
Robert & Mary Stiphany  
Charles & Jane Thompson  
Jane Thocher  
Water & Karen Urick  
Marlene Veen  
Robert & Marie Waite  
J.D. & M. Ward  
Christine Warne  
Priscilla Wirt & Elwood Wilson



COVE  
906 E. Ludington Avenue  
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## COVE Benefit Beach Walk and Run - September 11

The 3<sup>rd</sup> annual C.O.V.E. Benefit Beach Walk (5K) and Run 5K/10K Run will be held at Charles Mears State Park starting at 8:30 a.m. on Saturday, September 11, 2010. The 5K and 10K races will follow a course covering paved, sand and beach surfaces. This is a perfect opportunity for walkers and runners to get in their morning exercise and enjoy the spectacular scenery along the Lake Michigan shoreline. Contact Lynne Cavazos for information by phone or e-mail for registration information: (231) 869-5939 or [lcavazos5939@charter.net](mailto:lcavazos5939@charter.net).



Some winners from 2009 Event

## Pentwater Vintage Home Tour

October 9  
10 to 4

Tickets available  
at the Homes

## Calendar of Events 2010

- Sept. 11 - Run/Walk in Mears State Park
- \*\* October Domestic Violence Month
- Oct. 2- Walk for Peace - Ludington
- Oct. 9- Pentwater Vintage Home Tour
- Oct. 28 - C.O.V.E. Annual Meeting
- Nov.18 - Holiday Party -Live & Silent Auction
- Dec. 12- Afternoon Holiday Tea

## The Gift of Giving... Holiday Party

Thursday, Nov. 18, 2010

6:30 - 9:30 p.m.

\$25 per person

Live & Silent Auction

Mark your calendars & call the office  
for reservations. 843-2541 ext. 26

Reservations are limited.  
[jamiecatlett\\_cove @ymail.com](mailto:jamiecatlett_cove@ymail.com)

## Computer Savvy?

Visit [www.callcove.com](http://www.callcove.com)  
and learn more about COVE  
or  
Join COVE's Group on  
Facebook

## Staff introductions



Introducing Jamie Catlett, Volunteer and PR coordinator. Coming from the background of owning her own small business Jamie brings a wealth of experience and professionalism to this position. From recruiting volunteers to being the PR face of COVE, Jamie will be

out in the community telling COVE's story. Please welcome her.

Introducing Lori Beggs, Oceana Outreach Advocate, Education and Fundraising Support Lori is an active duty Army National Guard soldier and brings her background in human resources and Spanish to her current position as she works in the community.

Jamie & Lori are teaming up to bring education and prevention programs into the schools along with their public relations and fundraising responsibilities.

## Opportunities for Giving

Whether it's time, money or supplies your help is always needed. Here are some ideas, but don't limit your giving to this partial list.

**Back to school supplies** are always crucial at this time of year for both the children in the shelter and outreach clients.

- Backpacks/messenger bag
- Notebooks • Pens
- Pencils • Markers
- Erasers • Highlighters
- Book covers • Filler Paper
- Folders • Protractor
- Colored Pencils
- Socks • Underwear

Always needed:

- Dial-a-ride tokens
- gas cards to defray cost of driving clients
- phone cards
- diapers/pull-ups /baby wipes • laundry soap/dry sheets • shampoo/conditioner/feminine hygiene products.

## Women's Benefit Golf Scramble

The weather was perfect for the 3<sup>rd</sup> Annual COVE Women's Benefit Golf Scramble held on Friday, June 25, 2010 at Golden Sands Golf Course in Mears, Michigan. Thirty-two women played in the 9-hole two-person scramble with prizes going to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and last place teams. A special "Thank You" to Alicia Kolenda and her staff at Golden Sands for their support of the golf event and to Joanne Clark for donating her time to prepare a delicious breakfast and lunch for the golfers. Next year we will be working hard to recruit more women golfers from West Michigan to Help COVE drive out domestic violence.

**Would you like to receive updates and the newsletter by e-mail. Send us your e-mail information - Lori at [cove\\_central@frontier.com](mailto:cove_central@frontier.com)**

## VOLUNTEERS

**Come and be a part of providing a shelter in the storm.**

A few hours a year, a few hours a month, or a weekly commitment.

You can make a difference in someone's life.

- \* Help with special events - 2-3 hours (Holiday Party, Friday Night Live, Walk/Run, Pentwater Tour of Homes)
- \* Historian - develop and maintain records of COVE's history, domestic violence, sexual assault and homelessness.
- \* Transport donations
- \* Sort donations
- \* Do general repairs
- \* Join one of the fund raising committees or event committees. Network and have fun socializing while helping COVE

### Working with clients:

- \* Transport clients to doctor's appointments, etc.
- \* 2 hours a month - help clients fill out job applications
- \* A few hours a month play & read with children at the shelter.
- \* Do child care for an evening Women's Group
- \* Answer the Crisis Line at the shelter
- \* - Training for those who are interested in working with clients will be scheduled in September. Contact Jamie Catlett for more information at 231-843-2541 ext, 26 or e-mail - [jamiecatlett\\_cove@ymail.com](mailto:jamiecatlett_cove@ymail.com).

## Volunteers at Work & Play



**Shelter News:** A new furnace has been installed at the Shelter. It was made possible by a grant from the Community Foundation for Mason County.

- One in ever four women will experience domestic violence. • One in every six women will be sexually assaulted.

**Help COVE make a difference.**

COVE • 906 E. Ludington Ave. • Ludington, MI 49431 • 231-843-2541 • [www.callcove.com](http://www.callcove.com)