

# COMMUNITIES OVERCOMING VIOLENT ENCOUNTERS

November December Newsletter 2011

Volume 11 No. 3

## The Season of Giving...

### Wondering what to Give? How to Enjoy the Season? What to do?

As we near the Christmas season, thoughts turn to gift giving..... Stores are full of wonderful things... TV ads flash those have-to-have gifts...There are so many choices. So often our wants and our needs are very different things. The solution: Shift Your Gift!

Shift Your Gift - For that friend or family member who is hard to buy for, give a donation to COVE in his or her honor. A special Christmas card will be sent to inform them that a gift was given to COVE in their honor. This is a "Gift that keeps on giving" from you to that special person and to over 300 women, children, and men throughout Lake, Mason, and Oceana Counties. If you wish to shift your holiday gift, please use the enclosed envelope and fill in the donation option.



Develop a New Tradition: whether a business, organization, your family, friends, or church, ask them to consider:

- Making a donation in your family or group's name

to COVE, touching many lives throughout the year.

- Giving unwrapped gifts to the COVE so the 90 families can pick out presents for their loved ones. (See article page 4.)
- Baking special holiday treats to share at the Shelter. (PS: this doesn't have to be just at Christmas but could be throughout the year.)
- Adopting the Shelter for a day, a week, or month by bringing a meal. (Contact Volunteer Coordinator, Jamie 843-2541 ext. 26 or [jamiecatlett\\_cove@ymail.com](mailto:jamiecatlett_cove@ymail.com)).
- Reading stories to the children. Helping with homework. Being a listening ear, child care.
- Providing transportation.



No gift is too small as one reaches out to touch people's lives when they are in the most need and vulnerable.

## Honoring Our Volunteers

COVE is honored to have over 160 volunteers. At an event honoring our volunteers, Jamie Catlett, Volunteer Coordinator, shared these thoughts. "You are all amazing people. What you give to your community is priceless. Each of you gives your time, your talents and your resources. We at COVE are the "shelter in the storm" for so many. We are the ones that are there when all else is lost. The women, children, sisters, brothers, mothers are desperate for basic life needs-safety,

shelter, food, clothing, and they come to us in crisis. We are the first responders! You step up and greet them with non-judgment and kindness. You are those spreading the word about COVE and educating our community. You are the ones in the background fundraising so we are able to do the work. Whether you are cleaning the office, helping women fill out housing applications, sorting donations, or counseling the women at the shelter, you are our SUPPORT STAFF! You assist us in the difficult work that we do!"

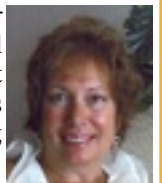
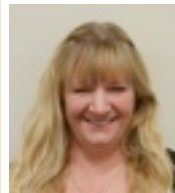
Once a year we honor one or two volunteers knowing that everyone who volunteers is amazing.



## Volunteers of the Year 2011

**Suzie Anthony** is a vital part of COVE. Not only does she sit on our Board of Directors (and has since February of 2010), she has been assisting victims of Domestic and Sexual Violence since the Winter of 2006. Suzie has been volunteering at group every Tuesday night since 2006. She is the one who comes into the office and covers for our advocates while they are going to training. She has helped women fill out divorce paperwork, served PPO's and has served many hours helping assist women in crisis. She is an amazing artist and has created the artistry we use for our T-shirts and note cards. (They have done so well we are now on our fourth printing!) She also assists with face painting at craft/ art fairs and passes out information at the farmers market. She has organized the Christmas House in recent years and has helped with the Gift Wrapping Fundraiser at the Bookmark in Ludington. She assists in training new volunteers to work directly with clients and has made an impact on many lives.

**Mary Stiphany**, a long time resident of Pentwater, has been a vital member of COVE's Oceana Fundraising Group. For the last four years she has chaired the very successful Pentwater Tour of Homes in October. This project involves about 65 volunteers who participate in this fun event. Her organizational skills and planning were shown in this smoothly this event. Showcasing



continued page 1 -Volunteers of the Year 2011

eight different vintage homes, it has become one of the favorite fundraisers for COVE.

This year's event surpassed all previous years by raising \$4162. A fantastic cook and hostess, Mary used her culinary skills to donate a dinner for eight as an auction item at COVE's Gift of Giving Holiday Party. It was very popular with the bidders.

Mary was in education for 28 years. She was runner up for State of Michigan Teacher of the Year 87/88. After receiving her Masters, she was the principal in Walkerville. Married for 41 years, Mary and Bert have two beautiful daughters. Besides volunteering for COVE she is serves on the DDA in Pentwater and the Pentwater Art Council.

## Employee of the Year 2011

**Judy Goff** is COVE Employee of the Year for 2011. She has been shelter manager since April 2007. Judy trains and supervises our shelter staff, keeps track of the mountain of paperwork, inspects the shelter, and even finds time to be very well organized. Judy works tirelessly to make the shelter a safe and comfortable home for all who need a shelter from the storm. Many of the residents also see Judy as a mother figure and often ask for her advice.



When family and support are too far away or unavailable, Judy is there to listen and help sort through the maze of tasks that need to be accomplished to move into a safe place of their own.

## Understanding, Growing and Healing

When people think of COVE they think of the shelter, but the work goes far beyond providing a place for women and children to live safe from abuse.

COVE provides shelter, yes, but there is so much more. To help in the recovery process from the trauma that our clients have suffered and sometimes have lived with for years, COVE provides ongoing opportunities for them in the healing process. Our Advocates are available to support and guide our clients. One avenue that is available to clients is through Women's Group which meets weekly. In Mason County 34 women and 57 children attend "Group" for support and to create a community together.

For the women and sometimes men there are four groups. Domestic Violence 101 is a six week closed group to help our clients understand the dynamics, behavior patterns, and long term effects of domestic violence, which robs them of self-esteem, independence, and hope. Sexual Assault 101 is a 12 week closed group that helps clients deal with the horror, grief, anger, and shame from being violated. The third group is an ongoing support group where they share, encourage, and help one another as they seek to break old patterns and gain more control over their lives. The fourth group is a parenting group to help understand family dynamics, learn about community resources, and begin to move out beyond themselves into helping in the community.

There are groups for the children while the mothers are in their groups. Children five and under are cared for in a loving and fun environment. Those five to ten gather to do art therapy and fun activities. Those ten to eighteen meet in a group setting with a trained children's therapist to work on understanding, dealing with fears and learning to trust again.

Victims of domestic violence and sexual assault have been traumatized to the very core of their being. There is no quick fix in recovering one's self esteem, confidence, and hope. The groups that COVE provides for survivors and the ongoing support are essential for each person as he or she moves from the shame and darkness of where they have been into community and hope.

Our groups are run by COVE staff plus many dedicated volunteers. We are in need of individuals who enjoy working with children from babies on up. The children have often witnessed or been victims of domestic violence and/or sexual assault and need to be with people whom they can grow to trust and who provide a warm, loving and safe environment. We also are looking for trained volunteers who could counsel one on one with some of the women, men or children. Volunteers are needed. Maybe you or someone you know could help. Call Jamie at COVE for more information. 231-843-2541, ext. 26

## COVE Benefit Beach Walk/Run

The weather was perfect, clear, and sunny, for the Fourth Annual Benefit Beach Walk/Run. COVE and Charles Mears State Park co-sponsored the event held in Pentwater on September 10, 2011. The event included a 5K walk, 5K run, and a 10K run with 105 people completing the different races.



A special thank you to Jody Elissa, Chris, and all of the State Park staff for their help in setting up the race and to all of the many COVE volunteers who came out help with registration, food for participants, marshals on the course, finish line support, and music for the event.

The feedback on the race has been very positive and confirms that all of our hard work has paid off.

"Thank you for your efforts in organizing a great run/walk. We had a great time!"

## Calendar of Events 2011-2012

- November - Homelessness
- Nov. 27 Gift wrapping at Bookmark 10 to 5
- Dec. 11 - Afternoon Holiday Tea
- Dec. 13-15 - Christmas House for Clients
- Feb. 18 - Pentwater Beer Fest

## Homelessness

This year COVE's Crisis Line has had an increase in calls from people who are homeless and are looking for assistance. Homelessness happens to many people, including women who experience domestic violence. But in this day and age, homelessness is increasing. People who have owned their own homes and worked hard all their lives now find themselves unemployed, foreclosed on and in debt. Also, those who had very limited resources cannot now find work or affordable shelter.

COVE has the only shelter available for women and children in our three county service area. Hospitality In the Name of Christ is the rotating shelter in area churches for men and women in the Ludington open from 6 p.m. to 8 a.m daily from November to May.

Even people with a place to live may suffer from lack of heat due to the fact that there is no heat assistance available. COVE, as well as other area organizations, are trying to meet the needs they can. Ask where you can assist - financially or volunteering.



Join us on [FaceBook](#) - Causes  
Communities Overcoming Violent Encounters

## Michigan Women's Justice and Clemency Project

- ◆ When a batterer “accidentally” kills a woman during a beating, he is offered a plea bargain to second degree murder, manslaughter, or negligent homicide with a reduced sentence as low as probation.
- ◆ A woman who is beaten by her husband for decades and then, believing she will die, kills him in self defense, will most likely be sentenced to die in prison.
- ◆ There are numerous women currently sentenced to die in our state prisons for defending themselves against a batterer. Some of these women have already served anywhere from 10 to 40 years.

*National Lifer's Association Chapter 1014- Battered Women Sub Committee, 2010*

Michigan Women's Justice & Clemency Project works to free women prisoners who were convicted of murder but who acted in self-defense against abusers and did not receive due process or fair trials; and to conduct public; education and advocacy for justice, human rights and humane alternatives to incarceration for women. Their website is: <http://www.umich.edu/~clemency/volunteer.html>.

The Clemency Project is a project that we are researching and are finding that it needs a lot of our support. Therefore, we are bringing it to you, our community, in hopes that we can help make a difference. Please contact Bea or Kelly at our office, if you are interested in getting involved. We have some films and literature that have been sent to us that we would love to share with you. 231-843-2541. *by Kelly Stout*

### Thank You to all our Donors and Sponsors! April through September 2011

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. If your name has been accidentally not included, please call the office and let us know.

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### Shelter Staff

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Ann Clark  
Sandy Meyer  
Cherie Savage  
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Ludington, Mi 49431  
231-843-2541  
[www.callcove.com](http://www.callcove.com)  
24/7 Crisis Calls  
(800)950-5808



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906 E. Ludington Avenue  
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### Afternoon Tea for COVE Sunday, December 11, 2011

An afternoon Tea at The Cottages Clubhouse in Pentwater will be held on Sunday, December 11, 2011 from 1:30 PM – 3:30 PM to benefit COVE. There will also be a fashion show and several raffles to support COVE. The cost is \$15 per person. Space is limited to 72 so make your reservation soon. A reservation is required for this event. It was sold out last year. Contact Lynne Cavazos by phone (231) 869-5939 or Email: [lcavazos5939@charter.net](mailto:lcavazos5939@charter.net).

### Angel Tree & Present Drop-off

Bookmark has COVE's Angel Tree with specific requests for some of our children. You can drop off your unwrapped presents at the Bookmark anytime after Thanksgiving until Dec. 12.

### Make Christmas Special for Someone

COVE has almost 100 women and 200 children, including those in the Shelter in need of Christmas help this year. The week before Christmas, COVE creates a Christmas Shop so our clients can find gifts for their families. Shelter residents and clients then come to pick out the gifts they think their children will like. The children, also get a chance to shop for their mom or dad for that special present. After the gift selection, the gifts get wrapped for Christmas. It is a festive time particularly being able to choose what they think their loved ones will like.

### Need your Christmas Presents Wrapped?

Bring your gifts to the Bookmark, and COVE volunteers will wrap them Saturday, November 27 from 10- 5. All this is done for a donation to COVE.

### Stockings for Christmas

Give stockings to COVE kids. Drop them off at the Northwestern Bank in Ludington.

### Going GREEN?

Get the newsletter and other info electronically. E-mail Jamie at COVE your e-mail address - [jamiecatlett\\_cove@ymail.com](mailto:jamiecatlett_cove@ymail.com) or call 231-843-2541 ext.26

### Wish List for the Shelter & Christmas

#### Shelter

Wrapping paper,  
Tape & Ribbon  
Coat Rack/Tree  
Diapers/Pull-ups

#### Moms

Robe/Slippers  
Phone Cards  
Candle sets

Gloves/Scarves

Towel /Washcloth Set  
Cosmetic/Nail Sets

#### Children

Books  
Puzzles  
Games

Clothing Mittens

Snow Suits

#### Teen Boys

Hooded sweatshirts

Gloves/Scarves

MP3 Player

Books

Wallet

Aftershave sets

#### Teen Girls

Hooded Sweatshirts

Gloves/Scarves

MP3 Player

Purse

Bath set/ Hair Driers

Cosmetic/Nail Sets

*Would you like to participate in making Christmas special for others?* If you are having a Holiday party, consider asking your guests to bring a gift for COVE - clothes, toys, games, personal items for infants to 17 year old boys and girls and gifts for their mothers and fathers. Or make it a fun event for your family. Take your children or grandchildren shopping. Have them pick out some clothes that that would be good to give to a child their age. You can also purchase gift cards and COVE staff will shop for specific clothing sizes and styles including winter boots and snow jackets. Drop the unwrapped off at the COVE office by Monday afternoon, December 12. If you need help in getting the items to COVE, call and someone will pick them up 231-843-2541 ext. 26.

