

COMMUNITIES OVERCOMING VIOLENT ENCOUNTERS

Spring Newsletter 2010

Volume 10 No. 1

What Can We Do? How Do We Do It?

Daily we are inundated by the media with disturbing and often horrific events. Living in Michigan we know all too well how fragile and precarious peoples lives have become. Increase in homelessness, pay cuts, joblessness, foreclosures, budget reductions are just some of the economic realities as a result of the financial crisis. Nothing is guaranteed or even stable, as we had known it. We see the affects of this fallout on friends, neighbors, family and personally.

For many people COVE is the **safety net** that provides safe shelter, food, clothing, advocacy, support, direction and hope. COVE is the shelter in the midst of the storm. No one is ever turned away. When the Shelter is full there is always room for that extra crib or cot. Besides serving those experiencing domestic violence and sexual assault, COVE is the only homeless shelter for women & children in Mason, Lake & Oceana Counties. Thankfully, the area churches are supplying beds for single men and women.

During difficult economic times, women experiencing domestic violence will remain in the situation because of the lack of money and the knowledge that there are no viable jobs available to support themselves if they leave the abusive relationship. However, when life for the abuser is less stable due to lack of job or resources the abuse escalates. There are no easy answers.

April is *Sexual Assault Awareness Month, National Child Abuse Prevention Month and National Crime Victims Week*. As we look at the information concerning child abuse, it is apparent that unless we effectively help those in the cycle of domestic violence the cycle will continue in the next generation. It is through education, counseling, supportive advocacy, group therapy and safe havens that one by one we can begin to break the cycle of domestic violence and sexual assault. COVE is trying to do that one person at a time, but we need the community to assist in that.

- Over 60% of people in drug rehabilitation centers report being abused or neglected as a child.
- Thirty-one percent of women in prison in the United States were abused as children.
- About 30% of abused and neglected children will later abuse their own children, continuing the horrible cycle of abuse.
- About 80% of 21 year old that were abused as children as children met criteria for at least one psychological disorder.

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April is Volunteer Appreciation Month

COVE would like to thank the volunteers that give their time and talents to a variety of services we offer. Check our website for a complete list of volunteers under the "contact us tab", or better yet come see what we are about. We are currently seeking caring, compassionate individuals to fill a variety of positions such as child care, donation sorting, crisis line support, special event support, office assistance, transport of clients or donations and a handy person for repairs around the office and shelter. It is because of volunteers we have been able grow and adapt to meet the needs in our community.

Volunteers in Action
B & B COVE BenefitVolunteers in Action
Holiday Party

For 30 years COVE (Communities Overcoming Violent Encounters) has been providing "a shelter in the storm" to individuals and families experiencing domestic and/or sexual violence and homelessness in Lake, Mason and Oceana counties. Last year

COVE's women's shelter served 220 women and 180 children, provided 10,428 meals and was full or over capacity for 140 nights. We also have extensive "outreach" services; group counseling, court accompaniment, personal protection order filing, hospital response in cases of sexual assault and advocacy for women who are unable to advocate for themselves because of the trauma they have suffered.

Volunteers in Action
Holiday Party

COVE receives both federal and state grants to offset some of our expenses, but also depends on our local communities for much of our funding. Our largest grant is from VOCA (Victims of Crime Act) and, within this grant, we are required to match those monies using volunteer hours, presentations to the community and dollars contributed by

Volunteers in Action
Holiday Party

Continued: Volunteers private parties. Your help is invaluable in assisting us to meet these requirements.

Community awareness is crucial for prevention of these crimes. We would like the opportunity to speak with your service group about our agency, the services we provide and the volunteer opportunities we offer. COVE is mandated to educate the community about domestic violence and sexual assault and to recruit volunteers to assist us in this endeavor.



Volunteers in Action
Roofing the Office



Volunteers in Action
Run/Walk Mears State Park

If you are willing to assist us in achieving these goals, please contact Kerry Schafer at (231) 843-2541, Ext. 26 and she will be happy to discuss with you the opportunities for service.

Thank you in advance for your interest in our services.

COVE Benefit Beach Walk/Run

The 3rd annual C.O.V.E. Benefit Beach Walk (5K) and Run 5K/10K Run will be held at Charles Mears State Park 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.

Continued: What Can we Do?

- Almost five children die everyday as a result of child abuse. More than three out of four are under the age of 4.
- Ninety percent of child sexual abuse victims know the perpetrator in some way; 68% are abused by family members.
- Child abuse occurs at every socio-economic level, across ethnic and cultural lines, within all religions and at all levels of education.
- The estimated annual cost resulting from child abuse and neglect in the United States for 2007 is \$104 billion.
- 1 out of 6 American women has been the victim of an attempted or completed rape in her life time.
- About 3% of American men (1 in 33) have experienced an attempted or completed rape in their lifetime.
- 15% of sexual assault and rape victims are under age 12.
 - 29% are age 12-17
 - 44% are under age 18
 - 80% are under age 30

These facts are staggering. They cannot be ignored because these facts are about people we know in our community whose lives are deeply traumatized. Each one of us can help. Be a listener and reach out. Learn the facts about abuse & assault. If you have questions, want to report something or need help call COVE's **24-hour Crisis Line (800)950-5808**. Become a Volunteer. Donate food or clothing.

Look at the video on our web-site: www.callcove.com. You will never be the same. Be a community advocate with your time, knowledge, money or other resources.

WE ALL CAN MAKE A DIFFERENCE!

COVE 2009/2010 Board of Directors

Kristin Bantle, President
Susan Bradford Tripp, Vice President
Shareen McBride-Wicklund, Secretary
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Matt Jastrzembski
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Sylvia Shrauger
Donna Yager

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Katie Mendez, STOP Coordinator
Brielle Kane, Outreach-Americorp
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Bea Rosalez, Legal Advocate
Judy Geoff, Shelter Manager
Shelter Support Staff
Ann Clark, Gail Britton, Juanita LaFeir
Michelle Reed, Loudres Jaramilo
Cherie Savage

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

24/7 Crisis Calls (800)950-5808

COVE Women's Benefit Golf Scramble

Help COVE drive out domestic violence by playing in the COVE Women's Benefit Golf Scramble coming up on Friday, June 25, 2010 at Golden Sands Golf Course in Mears, Michigan. Enjoy playing a 9-hole two-person scramble with breakfast and lunch provided and prizes for 1st, 2nd, 3rd, and last place teams. For only \$40 you can enjoy golf and raise money for COVE. To register call Lynne Cavazos at 869-5939 by June 20th to ensure your place in this exciting golfing event.

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.

Because of all the young children we never seem to have enough diapers(sizes 4,5,6) & pull-ups.

- | | |
|------------------------|-----------------------|
| *Diaper rash ointment | * Band-Aids |
| * Baby wash | *Neosporin |
| *Baby lotion | * Hair ties/barrettes |
| * Wipes | * Chap stick |
| * Pajamas | * Tweezers |
| * Under clothing | *Hair brushes |
| * Nail clippers | * Mouthwash |
| * Cotton swabs | *Dental floss |
| * Hair-styling product | *Phone Cards |
| * Toothbrush | *Thermometer |
| * Toothpaste | *Phone Cards |
| * Deodorant | * Dial-a-ride token |

Calendar of Events 2010

- April Sexual Assault Awareness Month
Child Abuse Awareness Month
April 5-28 - "Break the Silence" Clotheline Art Project • WSCC Shoenherr Campus Center
- May 13 - Wine, Cheese & Hors d'oeuvres
Jamesport Brewing Co.
- June 25 - C.O.V.E. Benefit Golf Scramble
Golden Sands Golf Course
- Sept. 11 - Run/Walk in Mears State Park
- ** October Domestic Violence Month
- Oct. 10 - Pentwater Vintage Home Tour
- Oct. 28 - C.O.V.E. Annual Meeting
- Nov.18 - Holiday Party -Live & Silent Auction

"Break the Silence" Clothesline Art Project

April 5-28 •WSCC Shoenherr Campus Center
Display of shirts decorated by individuals who are survivors of violence or family/friends of victims.
Sponsored by WSCC Women's Resource Center
Event: April 28 from 6 – 8 pm • Guest speakers & refreshments
A special thanks to the WSCC Women's Resource Center, Carla Shay and Sandi Williams.

Thank You to all our Donors and Sponsors! September 2009 - March 2010

In Memory of Dorthy Foresner

Ray and Barbara
Dereske

In Memory of Stella M. Gebott & Robert W. Jensen

B.J. Bannen and S.M.
Craig

In Honor of Dave & Sandy Gibbs

Marianne Gibbs-Smith
Evan and Cathy Sedlock
The Mark Stewart
Family

In Honor of baby Sierra Marie Surd

Erika Fatura

In Honor of Tim and Monica Mordon

John and Roxann
Holcomb

In Celebration of Christmas for Nancy Legatz

Priscilla Tate and
Kenneth Fisher

In Celebration of Christmas for Sue Van Hoven, Beverly Saxton, Cathy Ciferri, Ralph and Sally Springfield

James and Delores Ford

In Honor of Dave Gibbs Birthday

Marianne Gibbs Smith
Hal and Susan Filter

In Appreciation of Bob and Sylvia Shrauger

James and Nancy
Hawks

Sponsors for Special Events

Walk/Run

Cenzo's Fresh Italian
Market
Christmann Insurance
Agency
Dave's Party Store
Golden Sands Golf Course
Hill and Hollow
Campground
Kolty Auto Parts
Lighthouse Car Care
Services
M & M Associates
Pentwater Convenience
Center
Peterson Farms Inc.
Schooners Island Bar &
Grill
Bob & Sylvia Shrauger
Snug Harbor Marnia
State Farm Insurance - Hart

Pentwater Home Tour

Safe Harbor Bed &
Breakfast
Richard and Suzanne
Hutchings
Bonnie Wood
Julie Nelson
Hope and Dallas Birdsle
Barb and Ed Ackerman
David and Sue Slachter
Jim and Carol Nauta
Al and Alice Ringquist

Holiday Party

Dave & Sandy Gibbs
Chrissy & Dave Hall
Robert and Sylvia Shrauger
Robert & Mary Stiphany
Bob & Martha Collins
Floracraft
Dee Gleason
Kwik Print Plus
Lenz & Associates
MSHDA
David & Kathy Spittle
West Shore Bank
Bill & Mary Bantle
Susan Bradford Tripp
Cartier Mansion
Russell & Sandra Cross
Kathy Fahlsing
Diane Gibbs
Jim & Connie Gillette
Art & Linda Haan
Merskin & Merskin
Michael's on the Avenue
Bill & Judith Seeley

Hexagon Tea

Amy & Tom Hamel
Hexgon House-
Marilyn Sullivan

Spa-a-thon - Pentwater

etc..salon & day spa
Lakeshore Skin Care Co.
Alasha Felt
Michelle Powell
Mary Schumaker
Vonda Sillman
Rebecca Van Nortwick
Marty Wilson

Beer Tasting - Pentwater

Antler Bar
CKL Corporation
Durand Wine Co.
Gulls Landing
The Boat House
The Brown Bear
The Village Pub

B&B Benefit for COVE

Ludington Historic Bed &
Breakfast Ass.
Abbey Lynn
Candlelite Inn
Cartier Mansion
Ludington House
The Lamplighter
ReJoyce Inn
Sunburst Inn

Sponsors Multiple Events

Lynne Cavazos
Judy Rumsey
Jean Russell
Alicia Kolenda

Donors

108 Threads
Steve and Brenda
Abbamonte
ABC Kids
AJ's
Hillary Albrecht
Antler Bar
Robert & MaryAnne
Andrews
Suzanne Anthony
Applebee's
Applewood Kennels
Sue Bainton
Baldwin Rotary Charities
Bill & Mary Bantle
Kristin Bantle
Helen Bradford
Susan Bradford Tripp
Philip Barrons
Best Choice Market
Gay Birchard
Bitchen Kitchen
Bookmark
Theodore & Marsha
Bouwkamp
Delano & Sandra Brady
Brass Anchor
Carl & Grace Braun
Linda Britt
Mary Carlson
Cartier Mansion
Cenetenary United
Methodist
Cenzo's
Closson's Jewelry
Community Foundation of
Mason County
Cosmic Candy
Sarah Champagne
Joan Clair
Community Church
Congregational Women's
Fellowship
Consumer's Power
Cornerstone Baptist
Craze
Calvin & Mary Jane Crimp
Crystal Mountain
Cutting Edge Garment
Printing & Embroidery
Dairy Queen
Decors by Sandra
Heather Dennis
Carol Dodds
Phillare Dudley
Durand Wine
Duncan & Kathryn Erley
etc... salon & day spa
Fabric Peddler
Family Financial Credit
Union
James & Doris Ford
Linda Foster

Fremont Co-op - Hart
Gale's IGA Foodliner
Helen Gancarz
Gardener's Folly
Gayles Headlines
Renea Geers
Richard & Doris Gerkowski
Bantle & Zuzu Gibbs
Dee Gleason
Norma Gilbert
Good Stuffs
William & Judy Grahek
Gull Landing
Gunberg Appliances, Inc.
Arthur & Linda Haan
Sharon Hallack
Madelyn and Ron Hamelen
Hansen Foods
Harbor Cinema
Hart Congregational
Church Women
Heggs' Gallery of Fine
Furniture
Ceil Heller
Elva, Robert & James
Heyd
Judy Ann Hickmann
Holiday Inn Express
Sue Hopp Artistry & Glass
House of Flavors
JNJ Communications
Jamesport Brewing Co.
Richard & Suzanne Joy
Kit'n Kaboodle
Charles & Elizabeth Kiefer
C&D Kopinski
Kenneth & Charlotte
Kindstrom
Lisa Kimes
La Fiesta Mexican Food
Lake Michigan Carferry
Larson & Son ACE
Hardware
Lenz & Associates, Inc
Luciano's Ristorante
Lundquist
Magg's Baggs
Robert & Janet Manglitz
Marilyn Style
William & Marilyn
Marrison
Mason County Airport
Max & Chloe's
Janis McIntosh
Memorial Medical Center
Foundation Fund
Michel's on The Avenue
Barry & Bobbie Miller
Russ Murphy
Victor & Elaine Muzzo
Douglas & Julie Nelson
Janet Nelson
Doris Pearson
Oldewick Post
Office Machine Co, Inc.
Our Gallery
Our Lady of Assumption
Alter Society
Our Lady Of Fatima
Tom & Laura Paine

Pelican Zim
Pentwater Outfitters
Pentwater Pedicure
Pentwater Toy Box
Pere Marquette Flora
People's Church
Pet Hollywood
K.M. Plouff
Tamara Plumpton
PM Steamers
Provisions Sport Shop
Don & Stacy Quinn
Mary Ann Randall
Raven's Mens, Women, &
Shoes
Milan & Dorothy Reed
Rennhack's Orchard
Market
Alan & Alice Ringquist
Gregory & Danita Root
Clifford & Georgette Rose
Jean Russell & Robert
Childers
Dolores Samuel
David & Mary Schlott
Mary Schumaker
John & Phillis Schwetz
Scotty's Restaurant
Secret Garden
Bob & Sylvia Shrauger
Silpada Designs
Charles & Virginia Sleeper
Fred & Deborah Smith-
Olson
Snyder's Shoes
South Riverton Helping
Hands
St. James Episcopal Church
Women
Bert & Mary Stiphany
Sunshine Cafe
Becky Taylor
TEAM of Memorial
Medical Center
The Blue Moon
The Brown Bear
The Plaza Cafe of
Ludington
Todd & Brad Reed
Photography
Tom Scott Photography
United Methodist Church
Untied Methodist Women
Donald & L. Uhnavy
Walter & Karen Urick
Village Pub & Cafe
Judy Weiers
Shirley Wells
West MI Community
Mental Health
Williams Dentistry
Patricia Willick
Priscilla Wirt
Woman's Fellowship
Baldwin
WSCC Performing Arts
Andrea Ziebarth
Zonta Club of Ludington
Darrell & Adorena Zwick



COVE
906 E. Ludington Avenue
Ludington, MI 49431

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COVE's

Spring Fund Raiser at Jamesport Brewing Co.

Wine, Cheese & Hors d'ouerves

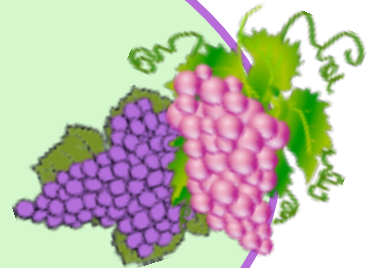
Thursday, May 13th from 5 to 8

**An evening of fun, food, fantastic
music by Kevin Kimes and Beaune Band,
featuring beer and wine tasting**

\$20 per person

or \$25 at the Door

Be part of providing a "Shelter in the Storm"!



Featuring wines from several wine distributors and beer tasting from Jamesport Brewing Co.
A great evening to connect with friends and support a vital resource in our community.

Get your tickets in advance in Pentwater at *ETC Salon & Day Spa* and *Durand Wine Co.* or
in Ludington at *Jamesport Brewing Co.* and the *COVE* office at 906 E. Ludington Ave. or
contact Kerry Schafer at 231-843-2541 ext. 26