

COMMUNITIES OVERCOMING VIOLENT ENCOUNTERS

Summer Newsletter 2011

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Mireia's Story

Often when a woman and her children come into shelter, they come in with the clothes on their backs and everything they own in their pockets. Their hopes and dreams for the future have been destroyed. Mireia and her two young children came to us with very similar circumstances. The man she had loved and trusted began to abuse her, and, not wanting her children to experience this life style, Mireia left. Leaving behind her home, all of her and her children's personal possessions, a good job, friends, family and the man she loved and had trusted, she entered a new world with only her children who were everything to her. Not only had she been a victim of domestic abuse and an abusive childhood, Mireia bore the scars of living in a world where she was met with prejudices of being from a different culture. Mireia hung her head and was always afraid of "doing something to get in trouble." She at first was very leery of accepting our help but when she saw we were there to help her and not to cause her any more harm, Mireia began to grow. Slowly at first, but when we gained her trust she went from small steps into giant leaps and bounds. If something was mentioned to her that might help her situation she dove in head first.

Today when I look at Mireia I not only see a beautiful loving mother but a woman who can hold up her head and be proud of her accomplishments. She obtained full time employment and has already been informed of a promotion in the very near future. She has only been with her new employer less than a month. She is currently seeking affordable housing, which is always a struggle. But, as any other challenge, she smiles and dives in. I feel so grateful for having the opportunity to meet this incredible young woman, Mireia inspires me. She gives me hope that, yes, I can make a difference. Mireia you are my hero.

I choose the name Mireia which in Spanish means: To *Admire* and that I do.

Written by Linda Putsy COVE's Lake and Oceana Outreach Advocate working directly with clients.



Volunteers Making a Difference

COVE has many wonderful, dedicated volunteers. No one person can do everything, but with many contributing in varying ways, we find success. There is a Ludington resident who is an artist with thread and fabric (and so much more). She has made beautiful dolls, quilts, framed fabric beach scenes and notecards from her husband's photographs and yoga mat bags...all of which she "sells" and then donates the entire proceeds to COVE. This Quiet Wonder works her magic unheralded, but determined. This is part of the many layers within the COVE family that brings the needed support to our community.



Kerri Pelekoudas & Amy Cook

Judy Coburn granddaughters, Kerri Pelekoudas, Irvine, CA, age 12, and Amy Cook, Orlando, FL, age 13, had a "Cupcake & More" stand at the Pentwater Art Fair featuring homemade cupcakes and handmade woven bracelets. As Judy had often

helped at the COVE booth on Fair Days, she suggested that the girls might want to give a portion of their earnings to COVE. They thought it was a great idea, and, after a long, hot day in the sun on Hancock Street, they brought \$50.00 from their profits to our table as their donation!

Centenary United Methodist Church in Pentwater, with the inspiration and direction of Richard and Karen St. Denis, began weekly dinners open to everyone in the community. The church has included COVE in the "community" by sending, every week, meals for the residents of the Shelter. Additionally, the women of the church held a "baby shower" and brought gifts for the little ones in the shelter. And, finally, a container is available for church members and visitors to make donations to COVE of household items, clothing, etc.

Volunteers staffed COVE's Ludington Friday Night Live booths which were very successful. More than 700 snow cones and cotton candy were sold. Thank you to all who worked those hot evenings.



Sandy Hosman & Kelly Stoudt making Cotton Candy

Pilot Project

Pentwater Junior & Senior High School this year is doing **SEE IT And STOP IT**, a national program to Stop Dating Violence. The materials are excellent and COVE will participate in two planned assemblies.



Abuse can be many things:

- verbal abuse is using name-calling or verbal threats to control your partner.
- physical abuse is hitting and/or doing bodily harm to your partner.
- emotional abuse involves playing mind games to make your partner feel crazy or worthless.
- sexual abuse is unwanted sexual contact either directly or through clothing, which is committed by threat, or by force, or without the consent of the other person.

Warning signs

When one person

- monitors the other person
- is extremely jealous
- cannot control their anger
- tells the other person how to dress, how to act and what to say.
- is controlling

And the other person

- goes through dramatic changes (in dress, personality, grades)
- tries to cover up injuries
- becomes isolated from family and friends
- makes excuses for the other person

Staff and Volunteer Training

Training is an essential ingredient for both staff and volunteers as they work with the clients who come to COVE. In June, Jamie Calett, Volunteer Coordinator, Lori Beggs, Mason Outreach Advocate and Linda Pustay, Oceana Outreach Advocate graduated from 2011 Michigan Victim Assistance Academy held at MSU. This six-day training focused on victim-related topics including Coordinated Community Response, Child Victimization, Domestic and Sexual Assault, Juvenile Justice, Victims of Homicide, Predators and Internet and Cultural Competence.

In August Debra Goodwin, Kelly Stoudt, Carol Cornelisen, Susan Zahrobsky, Cherie Gannon and Melissa Kailing went through the twelve-hour Direct Service Training for Volunteers who will have direct client contact. This training included the Dynamics of Domestic Violence, Dynamics of Sexual Violence, Children Victims, our Mission and Philosophies, Criminal Justice/ Law Enforcement Response, Crisis Intervention Skills, and Diversity and Oppression. Each volunteer then goes on to shadow an advocate or shelter staff for an additional 28 hours to complete their training. These volunteers can then volunteer at the Women's and Children's Support Group, office support, assist victims filling out PPO and divorce paperwork, Shelter support and assist answering the crisis line.

Women's Benefit Golf Scramble

It wasn't perfect weather this year for the 4th Annual COVE Women's Benefit Golf Scramble but the golfer's enthusiasm was perfect. The scramble was held on Friday, June 24th at Golden Sands Golf Course in Mears, Michigan. Thirty-four women played in the 9-hole two-person scramble with prizes going to the 1st, 2nd, 3rd, 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 tasty breakfast and lunch for the golfers. We hope to get more women golfers from West Michigan to play in this event next year.

Working Together

We at COVE would like to acknowledge the following agencies for all their time and effort in assisting us with our battle against domestic violence. Michigan State Police, OCSD - Lt. Mast. Hart Police Department - Officer Buzz Angell, Oceana County Court House - Terry Shaw, Joe Bison and all the staff at the Court House. Thank you for all your time, effort and support.



Check out our new COVE T-shirt \$15.

Going GREEN?

Get the newsletter and other info electronically. e-mail Jamie at COVE your e-mail address - jamiecatlett_cove@ymail.com

Become a Volunteer

An hour a week, two hours a month or a special event, there is always something to do at COVE. Be on a committee, be trained to work with clients, use your gifts and talents to brighten another life.

By volunteering, you gain: friendships, a sense of community, self esteem, experience, community involvement, meeting lots of people, and passion for our cause and much much more!

If you are interested in joining this energetic, compassionate and caring group of individuals please contact Jamie Catlett (Volunteer Coordinator) at 231-843-2541 ext.26.

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.

Calendar of Events 2011

- Sept. 3 - Hart Heritage Day
- Sept. 10 - Benefit Beach Run/Walk at Mears State Park, Pentwater
- October - Domestic Violence Awareness Month
- Oct. 1 - Walk for Peace in Hart
- Oct. 6 - Volunteer Appreciation Dinner
- Oct. 7 - Zonta's Girls Night Out
- Oct. 8 - Pentwater Vintage Home Tour
- Oct. 27 - Annual Meeting
- Nov. 17 - Gift of Giving Holiday Party - Live & Silent Auction
- Dec. 11 - Afternoon Holiday Tea

Match Day * A Great Success! * Thank you to all who participated!

Community Foundation for Oceana County

On Thursday the 4th of August my father and I went to the Hart Area Public Library to begin COVE's vigil waiting for Match day to start the next morning. We got there early about 3pm and sat at the library across the parking lot from City Hall. When other organizations showed up, we took our place for the long wait until the next morning. There was a small community cook out with lawn games; we read and watched the traffic. The Hart Area Public Library stood their vigil in their offices and gave us access to the bathrooms; "thank you" to them. My sisters joined us before night fall and added to the party atmosphere. The night was long but went by quickly because of the good conversations and sense of community that everyone held. At four in the morning the police, who had kept us company on and off all night, warned us of the threat of a sprinkler soaking and diverted disaster. My mother, Marie Waite, Executive Director of COVE, joined us at 5 AM. By 6 AM the line of organizations had grown to double digits. We held our places in chalk so we could mingle and talk,

socialize and build the networks that support our community. The crowd was diverse, ages four to ninety, representing many different organizations. Just before the doors to City Hall were opened, my sisters and I left the task to my mom; she told us what happened next. As the line moved inside to deposit our funds, the Community Foundation graciously served fruit, muffins, and other breakfast snacks which made the end of the long wait even more enjoyable. Conversations continued, new friendships were forged, and the community was enriched by the whole process. COVE started the day with \$29,027 ensuring we meet the maximum match of \$10,000 available to COVE. As the day continued more donations were made including a three dollar gift from a woman with only three dollars to give; she gave them to COVE. So thank you for supporting the work that COVE does. None of this would have been possible without the support and effort of so many. Thank you again.

Robby Waite, 10th Grade - Ludington High School

COVE 2011

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Lori Beggs, Mason Outreach Advocate
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Cherie Savage
906 E. Ludington Ave.
Ludington, Mi 49431
231-843-2541
www.callcove.com
24/7 Crisis Calls
(800)950-5808

Thank You to all our Donors and Sponsors! April through August 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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Ludington, MI 49431

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The Pentwater Home Tour



136 S. Wythe St.

and Used Book Sale:

Saturday, October 8, 10-4

This year's tour includes eight homes, one of them is the oldest house in Pentwater, built in 1860. Four are vintage; four were built in the last 30 years. Tickets are \$15 and may be purchased at the Chamber,

at each house on tour, and Durand's Wine Shop. In addition, they will be sold from 9:00-2:00 at the Hancock Building (next to the Village Green) on the day of the tour. The Book Sale will be in the garage of the vintage home on 136 S. Wythe; complimentary refreshments will be available.

COVE Benefit Beach Walk/Run

The 4th annual COVE Benefit Beach 5K Walk and 5K/10K Run is coming up on Saturday, September 10th at Charles Mears State Park in Pentwater. The starting time for the event is 8:30 AM for runners and 8:40 AM for walkers. The 5K and 10K races starts and finishes at the State Park. Walkers



and runners will follow a course that covers 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 by phone or email for registration information: (231) 869-5939 or lcavazos5939@charter.net.

Gift of Giving ... Holiday Party

November 17, 2011 • 6:30 to 9:30

\$25 per person

Live and Silent Auction

Mark your calendars, call or e-mail Jamie

Reservations are limited

843-2541 ext. 26

jamiecatlett_cove@ymail.com



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.

You are invited to participate in "The Walk for Peace" on Saturday, October 1, 2011, in Hart. This is an opportunity to honor those women, children, 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.