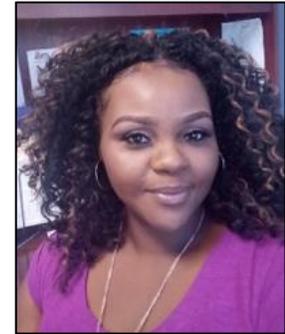


## A Message from CWS' Executive Director, Tova Hairston

For all the victories that we celebrate each day in the field of domestic violence, the struggles lost by victims of domestic violence cut deeply. The tragic deaths that happened in Craven County last month highlight the potential consequence for victims of domestic violence who – for whatever reasons – find themselves unable to explore options for increased safety. Death at the hands of a loved one is a possibility that our clients live with daily and is our unrelenting motivation to remain deeply rooted in this work.

For many of our neighbors, increased frequency of escalating brutality is an inevitable reality. Domestic violence is a vicious cycle of tension, violence, and reconciliation with no true justification. I often say that the reconciliation – or ‘honeymoon’ phase – is the most dangerous part of this cycle. While the tension and violence phases of the cycle often constitute emotional, mental, and/or physical harm for the victim, the “honeymoon” phase presents the biggest vulnerability to victims. This stage is where victims remember their partners for who they were and why they fell in love. During this phase, the victims remember the years of emotional and financial investments they’ve made over the course of the relationship. Despite the relationship’s backdrop of violence and terror, the most intimate, sweet moments they’ve shared with their partners come to the forefront among a shroud of “I’m sorry,” “I love you,” and “Please forgive me” proclamations. These moments in time become the concentrated sources of hope for the victims that the life they once dreamed of building with their now-abusive partners can still happen. However, as with all cycles, this phase does not last; and inevitably, the tension and violence happen again...often more frequently and with more intensity. Many victims - especially those in long-term abusive relationships - are so engrossed in survival that they don’t see the patterns and become trapped in the cycle for years. For the least fortunate of these, death is the inevitable end of this cycle.



**Tova Hairston**  
Executive Director

Often in violent relationships, the ability to create and craft a sense of self is lost among the relentless tirades of abusers who alter victims’ sense of self. There is a defeating sense of grief that

comes with most losses, and victims of domestic violence are no different. As domestic violence professionals, one of our most vital roles is to be cheerleaders for individuals and families with whom we work. We work diligently to encourage and empower victims of violence to dream beyond their current visions to ones that reflect who they



### January client service statistics

*Continued on the back page*



Lifepus Foundation Executive Director Melanie Burrier (left) presents CWS Executive Director Tova Hairston a \$20,000 grant to be used for education programs.

### **CWS Receives \$20,000 Lifepus Foundation Education Grant**

On January 24, Lifepus Foundation Executive Director, Melanie Burrier presented Coastal Women's Shelter with a \$20,000 donation to support its mission of eradicating domestic violence in Jones, Craven, and Pamlico counties by helping families break the cycle of domestic violence. One CWS tactic is to provide training for clients to acquire the skills necessary to promote healthy family relationships. Lifepus Foundation is an international non-profit committed to bringing safe water, food, and education to communities everywhere.

CWS Executive Director Tova Hairston stated that the gift was unexpected and will be used to fund education programs for clients. "This generous grant from Lifepus will support our mission in creating safe spaces for victims of violence and trauma so that they can learn and build the skills they need to become self-sufficient and to protect themselves from future abuse. This award will help us empower our clients to truly become the architects of their future."

As part of its mission, the Lifepus Foundation works worldwide to support education programs for women so that they are better able to provide safety and security for their families. "To aid women in Mozambique, we invested in reed gardens to facilitate basket weaving giving those women an opportunity to start their own businesses. Here in New Bern, we recognized the need for the CWS clients to grow personally and professionally so that they, too can provide for themselves and their children," says Ms. Burrier. "Our foundation knows that everyone needs the opportunity to build their skills for a better life."

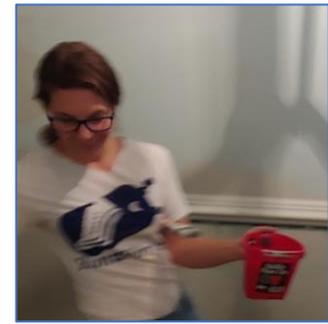
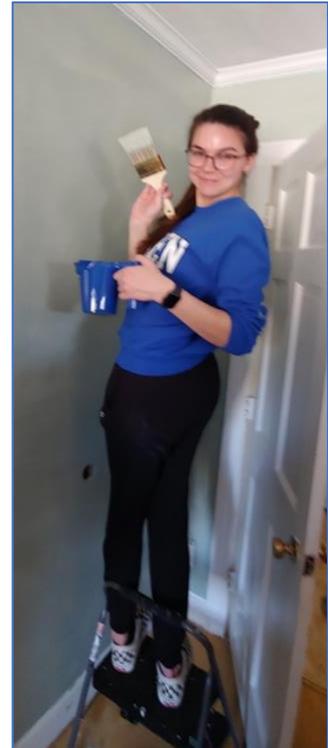
- Article submitted by Jane H. Maulucci, *The Reactive Voice*

## Good Neighbors

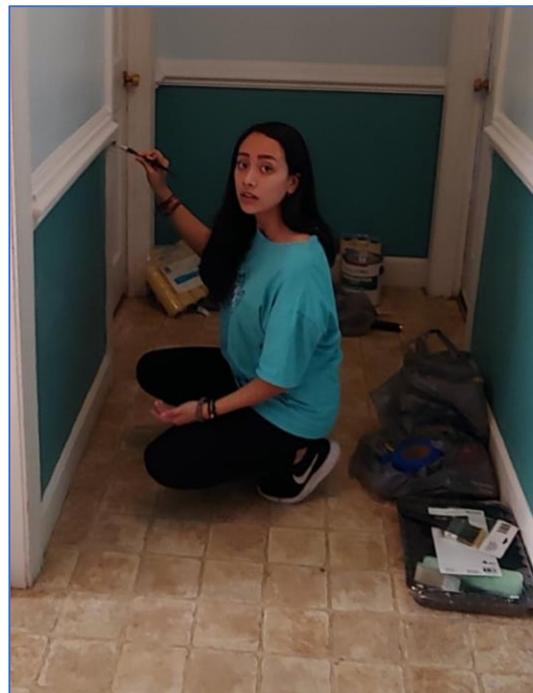
### Students Participate in MLK Day of Service

Craven Community College Student Government Association members joined with Craven Early College Junior Civitans for the annual Dr. Martin Luther King Day of Service January 21.

Under the guidance of SGA advisor Emily Stewart and Junior Civitan advisor Amanda Smith, fifteen students worked at the Coastal Women's Shelter Safe House during the holiday, adding a fresh coat of paint to a bedroom and hallway and creating a bright mural in the shelter's playroom. CWS clients expressed gratitude to and admiration for the teens for this collaborative service project.



*Submitted photos*





**Chick-fil-A** New Bern

## **Cookies For A Cause**

**25 cents for each cookie sold during February will be donated to the Coastal Women's Shelter.**



## Good Neighbors



Representatives from Craven Correctional Facility and Coastal Women's Shelter display some of the many items donated to CWS clients by the service club.

### Craven Correctional Facility Service Club Donates to CWS

The Craven Correctional Facility Service Club (Vanceboro) donated over \$800 worth of much-needed goods to Coastal Women's Shelter residents. Items included sheet sets, comforters, pillows, sweatshirts, gloves, socks, and hats. The prison service club holds "food sales" where inmates can purchase boxed lunches or photographs. This money is provided by inmates or their families, and no taxpayer money is used. We appreciate their generosity!

### Thrift Store Shopping is Trending! Have You Checked Out HHB?

Did you know that shopping at thrift stores is one of the hottest trends of the past three years? According to multiple sources – including, *Fortune*, Global Data, and the *Wall Street Journal* – the fashion resale market is growing 21 times faster than the mainstream retail market and is expected to have continued growth of 7% a year for the foreseeable future.

A variety of factors are driving this movement, including price awareness and environmental consciousness. But thrift store shopping also allows consumers to support local businesses while contributing to the quality of services available in their communities.

Here in our area, Helping Hands Boutique – located at 2721 Highway 70E, New Bern – offers upscale, seasonal fashions for women and children as well as décor for the home. All profits directly benefit the mission of Coastal Women's Shelter.

So if you are looking for that new spring wardrobe, stop on by! Helping Hands Boutique is open Monday-Friday 10 am-5 pm and Saturday 9 am-4 pm. Contact Manager Christa Siener at 252.633.6305 for more information about donating your time or your gently used items.

#### Helping Hands Boutique

2721 US 70E • New Bern • 252.633.6305



**Mention this coupon and receive 10% off  
your next purchase of \$25 or more**

Thank you for supporting Coastal Women's Shelter's  
domestic violence services

### Executive Director Attends Presentation On Human Trafficking

On January 14, CWS Executive Director Tova Hairston attended a presentation by Melinda Sampson, community outreach coordinator for Eastern NC Stop Human Trafficking. The discussion centered on “Identifying Human Trafficking Victims” and illustrated the many intersections between trafficking and domestic violence.

Ms. Sampson told the group that North Carolina ranks in the top ten states in terms of reported human trafficking cases, which include – but are not limited to – sexual exploitation of women and children, forced labor, and debt bondage. She also discussed federal and state laws, clues to identifying victims, and physical and psychological effects of trafficking on victims.

The event was sponsored by the Democratic Women of Craven County as part of EquiTea, its non-partisan, issue-themed speakers’ series. The series is coordinated by Dr. Cheryl Dudasik-Wiggs, who also serves on the CWS Executive Board of Directors.

Attendees presented Coastal Women’s Shelter with approximately three months’ worth of personal hygiene products as well as school supplies and food for shelter residents. Executive Director Hairston offered thanks for and brief remarks about the impact and value of donations to support agency operations.



Melinda Sampson (left), community outreach coordinator for Eastern NC Stop Human Trafficking, is shown here with the non-profit’s intern, Cara Cummings.

### CWS is Seeking a Fund Development Coordinator

Coastal Women’s Shelter is seeking to hire a fund development coordinator whose primary function will be to develop, initiate, and maintain a network with local agencies and the community in order to identify funding opportunities. Other duties will include researching and applying for grants, providing educational outreach at community events, and maintaining an active agency presence on social media.

A two-year college degree is required, but a four-year college degree in a marketing/business field is preferred. However, experience may substitute for preferred educational requirements.

For more information, please contact Executive Director Tova Hairston at 252.638.4509.



On your mark...  
Get set...  
**Run for Shelter!**  
June 20

## A Message From Our Executive Director

*Continued from page 1*

are and what they need most. We work with them to create plans of actions to keep them and their families safe when incidents of violence occur. Most importantly, however, we never give up hope that one day, victims will find the strength, courage, and resolve to change their situations for the better.

The National Coalition Against Domestic Violence estimates that on average, it takes victims of violence seven times to leave an abusive relationship. We understand that most victims who leave will return to the relationship at least once.

Through our work as an agency, we provide services and support for victims as many times as they need us with the hope that each time they connect with the agency, we leave them with one more safety strategy, one more resource, and one more piece of information to add to their safety toolkit and ultimately change their lives for the better.

## What Is The Real Value Of Your Donation To Coastal Women's Shelter?

**\$50 a month** for 3 months provides 45 meals for our safe house guests

**\$100 a month** for 3 months provides 30 days of emergency shelter for 1-2 families

**\$250 a month** will help cover relocation costs for 1 family, providing its members with a safe new home and a brighter future

Monthly contributions offer many advantages:

- Your regular support helps us continue to provide comprehensive services for domestic violence victims.
- You can change the amount or cancel the contribution at any time.
- There is no minimum contribution. A little each month can help underserved domestic violence victims.

Coastal Women's Shelter is a 501(c)(3) tax-exempt, non-profit organization that serves Craven, Jones, and Pamlico counties.

We are committed to making your donation secure and private and will not share your contact information with third parties.

See our website – [www.coastalwomensshelter.org](http://www.coastalwomensshelter.org) – and our Facebook page for more information. We can also be reached at 252.638.4509.

## Coastal Women's Shelter

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Marcia Johndrow  
*Vice President*

Neil Coffield  
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Cheryl Dudasik-Wiggs  
*Secretary/Newsletter Editor*

Lori Glass  
*Assistant Treasurer*

Antoinette Boskey  
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•

Jessie Aldridge

Sandra Becker

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Jim Daub

Amanda Smith

Jude Tracy

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•

### Staff

Tova Hairston  
*Executive Director*

Kimberly Drew  
*Craven County Victim Advocate*

Lisa Moore  
*Jones County Victim Advocate*

Ruzalia Davis  
*Pamlico County Victim Advocate*

Valerie Merkle  
*Operations Manager*

Vacant  
*Shelter Director*

Vacant  
*Fund Development Coordinator*

Christa Siener  
*Helping Hands Boutique Manager*

Amanda Delgado  
*Education & Prevention Coordinator*