



Shelter Life...

VOLUME 1 ISSUE 1
October-December 2012

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From the ED's Desk...

"The more that you read, the more things you will know. The more that you learn, the more places you'll go." -Theodore Seuss Geisel (Dr. Seuss)

How very true! For far too long the issue of domestic and sexual violence has had such a private face, protecting and hiding the wrong people. Victims are left powerless and perpetrators are empowered through one very powerful tool—silence.

The abuse a woman suffers from the one who professes to love her is often times "applied" with such consistency on a consistent basis that it gradually destroys her from within. Eventually, the abuse is heightened and turns into torture or even death. Nonetheless, the abuse is often dismissed by the community and even law enforcement officials as a "private matter." How wrong they are! DOMESTIC VIOLENCE AFFECTS US ALL!

"SHELTER LIFE" will help to open the eyes of the citizens at large to this virus that plagues our families, our organizations and our communities. We invite you to share not just the grief, the anguish, and the pain of domestic and sexual violence...but most importantly, the joy of a survivor, the laughter of being able to enjoy life's simple pleasures such as gardening or sitting on the front porch without permission from an abuser, the freedom of moving on to a life free of violence.

The more you read our pages, the more you will know of the struggles of our strong and brave women who fight each and every day to reclaim their power and their lives. The more you know the more you will learn of their victories. The more you learn the more you will walk with them in their shoes!

Every journey begins with a single step...here's to the first step!

*K.E. Victoria Grey Allen
Executive Director
Domestic Violence & Rape Crisis Center
Sarah's Refuge, Inc.*

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WORDS FROM THE BOARD PRESIDENT...

And when they were come to the place, which is called Calvary, there they crucified Him, and the malefactors, one on the right hand, and the other on the left. Then said Jesus, Father, forgive them; for they know not what they do. And they parted His raiment, and cast lots (Luke 22:33,34).

Today we come to Sarah's Refuge. Sarah's Refuge--- the place of healing, peace, forgiveness, and blessings. The place to remove the scars and stains of the abuser. Sarah's Refuge is where we see man at his worst and God at His best--- where we see the awful depths of human sin and the

tremendous heights of divine love---- where strength, hopes, dreams, and visions are restored---Come! Come!---forgive them; for they know not what they do----THIS IS GOD'S CHILD---- TO GOD BE THE GLORY!

-Dr. Johnni Blackwell
Board President

Fact #1

Apples help you lose weight! They are loaded with pectin, a chemical that lowers your appetite and helps you burn fat. An apple a day!

"Life is not measured by the number of breaths we take, but by the moments that take our breath away." - Anonymous

Our Mission:

To work towards the elimination of all forms of domestic and sexual violence through education, outreach and provision of services to individuals and families affected by domestic violence and sexual assault. This accomplished through providing client-centered services, empowerment, and treating individuals in need of services with compassion and dignity.

Fit Facts

Physical activity is an important aspect in everyone's life. So therefore it is very important that we do not deprive ourselves of the rewards of exercise. It is a proven fact that individuals who exercise regularly are less likely to develop heart related issues such as heart disease and high blood pressure. Exercise may also prevent ailments including high cholesterol and osteoporosis.

Individuals who exercise regularly find it easy to maintain healthy body weights and lean muscle,

which is often lost with increasing age. Exercise also effectively controls the pain and joint swelling that come with arthritis. Those who continue to perform activities of daily living as they grow older experience overall feelings of well being and good health in addition to higher levels of self esteem and self confidence. Before beginning an exercise regimen, it is recommended that individuals get approval from their doctor especially men over the age of 45, women over the age of 55, and those with special medical conditions or risk factors for

heart disease.

Making a commitment to participate in any physical activity for at least 30 minutes a day, or 15 minutes at a time, is a great way to begin an exercise routine. Exercising is a great stress reliever and can even help you sleep better at night. So give exercise a try. You may like it!

Doreen Manley

Director of Residential Services

**Confetti Coleslaw**

2 cups shredded green cabbage
1 cup shredded red cabbage
1/4 cup thinly sliced green onion
1 medium carrot grated
1/2 cup finely chopped red bell pepper

Dressing
2T honey
1 1/4 T vegetable/canola/olive oil
1 1/2 T apple cider vinegar
Pinch of salt
1/2 t black pepper

Food Preparation Directions:

Wisk together honey, oil, apple cider vinegar, salt, pepper. Mix shredded cabbage, green onion, carrots, bell pepper. Combine dressing with dry ingredients. Enjoy!

COMMUNITY EDUCATION

Domestic Violence Community Education (DVCE) is aimed to increase the community's ability to appropriately respond to domestic and family violence by raising awareness and understanding through education, outreach, and community development projects. The aim of community development projects are to encourage and support people to work together to build, strengthen, and transform communities by addressing issues on domestic and sexual violence.

Every home should be a refuge. Sarah's Refuge, Inc. affirms and endorse this belief and with the conviction, Community Education expands far and wide with the hope that with education and awareness, victims will come forth and the community at large will band together towards the eradication of domestic and sexual violence.

Sarah's Refuge, Inc. Presents **RAINBOW OF COLORS**

Sarah's Refuge, Inc. hosted its 2nd annual RAINBOW OF COLORS event at the First Baptist MB Church located at 243 N. Church St. Kenansville, NC on Saturday July 21, 2012.

RAINBOW OF COLORS is a annual fundraiser to assist Sarah's Refuge, Inc and its endeavors to help save victims of violence. Each color symbolizes a form of violence. Purple represents domestic violence, aqua: rape, blue: child abuse: teal: teen abuse, white:men against violence.

Special guest included M&E Productions of Elizabethtown, NC, First Lady Denny Higgs of Kinston, NC, First Lady Kimberly Chasten, and Sarah's Refuge, Inc. very own Victoria Grey- Allen.

Dinner menu included ham, chicken, BBQ turkey, potato/pasta salad, vegetables, rolls, tea, and punch.

Lara Monet Coston
Evening Weekday Shelter Advocate

Candlelight Vigil

A candlelight vigil was held on October 1st in honor of the victims, known and unknown, of domestic abuse. It was held at the Veterans Park.



Rite of Passage Presentation

Rite of Passage: "Just Between Us Girls" Powerful women speakers who will address the topic/issue of women's rite of passage in a changing world. Each speaker will speak on one of the Rites.

- 1) Rite to be Loved
- 2) Rite to be Safe
- 3) Rite to be Validated
- 4) Rite to be Respected
- 5) Rite to be Protected
- 6) Rite to be Cherished

Remember to stay positive. Look in the mirror and hug yourself everyday and say, "*I love you. You mean so much to me and I will take care of you always.*"

Andreal Hendricks
Volunteer Support Group Facilitator

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Upcoming Events:

- ***Displacement Homemakers & Domestic Violence Month** October
- ***SART MEETING** November 28, 2012
- ***Wear Purple Day** October 25, 2012
- ***Warsaw Veterans Day Parade** November 10, 2012
- ***Johnson Nursery** November 17, 2012
- ***Open House** December 7, 2012
- ***Annual Staff Party** December 20, 2012
- ***Angel Tree Pick-Up** December 21, 2012



Sarah's Refuge, Inc.

Domestic Violence & Rape Crisis Center

P.O. Box 368
222 W. Hill Street
Warsaw, NC 28398

Office: (910) 293-3206
(910) 293-3467

Fax: (910) 293-3973
24 Hour Crisis Line
1-888-400-0243

We're on the Web!
www.sarahsrefuge.org

A Mommy Moment

Bringing a child into the world is a beautiful thing. On the other hand, raising that child can be both rewarding and challenging at the same time.

During a child's most vulnerable years parents should be concerned with what and who their children are exposed to. Children are a product of their environment. We, as parents, are our child's first teacher and we are the first ones responsible for teaching them positive morals and values.

As minors, our children are not capable of completely understanding the value of life. This is when we have to put being a parent first and being a friend second. Firstly, be aware of your child's environment. Know where your child is going, who they are going with, and what they will be doing. Get to know your children's friends as well as their parents. Develop a relationship with them. Not knowing anything can have negative outcomes. Secondly, sit down with your child and discuss what you expect of them. Thirdly, being active in your child's social life can help build that trust in your relationship. We as parents also have a responsibility to "practice what we preach." Showing your child what you expect of them goes a lot further than just telling them. We are our children's role model. Say what you mean and mean what you say!

Let your yes be your yes and your no be your no. This has been a mommy moment from my home to yours!

Traci Twitty, Weekend Day Shelter Advocate



Sarah's Closet Thrift Store

Now having Dollar Days...Come See Us!
Annie Herring, Store Manager



Domestic Violence Safety Tips

When in domestic violence situations it is important to have a plan to get to safety when necessary. These safety plans have been compiled from safety plans distributed by the state domestic violence coalitions from around the country. Following these suggestions is not a guarantee of safety, but could help improve your safety situation.

Personal Safety with an Abuser:

- Identify your partners use and level of force so that you can assess danger to you and your children before it happens.
- Try to avoid an abusive situation by leaving
- Identify safe areas of the house where there are no

weapons and where there are ways to escape. If arguments occur try to move to those areas.

- Do not run to where the children are as your partner may hurt them as well.
- If violence is unavoidable make yourself a small target; dive into a corner and curl up into a ball with your face covered and arms around both sides of your head fingers entwined.
- If possible have a phone access at all times and know numbers to call for help. Know where the nearest pay phone is located. Know the number of the battered women's shelter. Do not be afraid to call the police.
- Let trusted friends and neighbors know your situa-

tion and develop a plan and visual signal when you need help.

- Teach your children how to get help. Instruct them not to get involved in the violence between you and your partner. Plan a code word to signal them that they should get help or leave the house.
- Tell your children violence is never right, even when someone that they love is being violent. Tell them neither you or them are at fault or cause of the violence, and that anyone is being violent it is important to keep safe.
- Practice
- Practice how to get out safely. Practice with your children.
- Plan for what you will do if your partner otherwise finds out about your plan.

- Keep weapons like guns and knives locked up and inaccessible as possible.
- Make a habit of backing the car into the driveway and keeping it fueled up. Keep the driver side door unlocked and the others locked for a quick escape.
- Try not to wear scarves or long jewelry that could be used to strangle you.
- Call a domestic violence hotline periodically to assess your options and get a supportive understanding ear.

Cecilia Yearwood,
Weekend Night Shelter
Advocate