

# "BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network (WHEN)

July, 2023

**WHEN** is a non-profit organization founded in 2008. WHEN focuses on education for the long-term recovery from abuse. Our team of educators, counselors, clergy, and other professionals conduct seminars, consult with various organizations and participate in programs, services, and activities designed to facilitate healing and empowering initiatives for individuals, homes, schools, churches, other organizations and the community.



## Neighborhood Barbecue, July 18

In celebration of donating over \$1,000,000 worth of products to the community through WHEN, Robert Rushing, Workplace Health and Safety Regulations Specialist for Amazon, GEG2 collaborated with WHEN Board Members, Staff and Volunteers to sponsor a Neighborhood Barbecue for the West Plains Community. The event was held on July 18 at the Hub with over 450 individuals in attendance. Our sincere thanks to Pastor Jacob and Kim Powers and their church members for allowing us to use their facility, the "HUB" for this purpose.

There were long lines of individuals getting food, participating in games, and painting a car donated by Spokane Hyuandi. Thank you Craig and Amber Fruin, owners. Great "oldies" music was played by Ken Boone. Individuals were able to request special songs for their significant other. Albert Trip, Airway Heights City Manager; and Brad Richmond, Airway Heights Police chief along with his wife and mother also attended. Also in attendance were Joe Wistos, General Manager, Amazon GEG2; Leigh Ann Guilett, Director of Public Relations, Amazon Pacific Northwest who drove from Seattle to attend this event.

Members of the Mustang Car Club and Pharoah's Car Club played significant roles in helping to organize and manage the event. These clubs members came with their cars which became a great attraction for attendees. Even though the event was not intended to be a fund raiser for WHEN car club members donated \$346.

### Inside this issue:

Article	2
Cleone's Closet Food Pantry	3
WHEN Give-A-Way Program	3
Frieda's Healing Center	4
Neighborhood Barbecue	5
Neighborhood Barbecue Pictorial Highlights	
Community Events	7
WHEN Appreciation Dinner Pictorial Highlights	8
Announcement	9
How You Can Help/ Dates to Remember	10



L-R: Robert Rushing, Donita from Amazon, Brad Richmond, Mable Dunbar, Allison Richmond, Betty Richmond, Joe Wistos, Rachelle McNelly, and Albert Trip.  
(More pictures of the barbecue on pages 5 and 6)

## “The Mind of the Abuser (Cont’d from June’s newsletter)”

By Sam Varkin\*

*Most abusers are men. Still, some are women. We use the masculine and feminine adjectives and pronouns ("he", "his", "him", "she", "her") to designate both sexes: male and female as the case may be.*

### **Covert or Controlling Abuse**

Abuse is almost entirely about control. It is often a primitive and immature reaction to life circumstances in which the abuser (usually in his childhood) was rendered helpless. It is about re-exerting and re-asserting one's identity, re-establishing predictability, mastering the environment – human and physical. The bulk of abusive behaviors can be traced to this panicky reaction to the remote potential for loss of control. Many abusers are hypochondriacs (and difficult patients) because they are afraid to lose control over their body, its looks and its proper functioning. They are obsessive-compulsive in an effort to subdue their physical habitat and render it foreseeable. They stalk people and harass them as a means of "being in touch" – another form of control.

To the abuser, nothing exists outside himself. Meaningful others are extensions, internal, assimilated, objects – not external ones. Thus, losing control over a significant other – is equivalent to losing control of a limb, or of one's brain. It is terrifying. Independent or disobedient people evoke in the abuser the realization that something is wrong with his worldview, that he is not the center of the world or its cause and that he cannot control what, to him, are internal representations.

### **Control and Abuse by Proxy**

If all else fails, the abuser recruits friends, colleagues, mates, family members, the authorities, institutions, neighbours, the media, teachers – in short, third parties – to do his bidding. He uses them to cajole, coerce, threaten, stalk, offer, retreat, tempt, convince, harass, communicate and otherwise manipulate his target. He controls these unaware instruments exactly as he plans to control his ultimate prey. He employs the same mechanisms and devices. And he dumps his props unceremoniously when the job is done. Another form of control by proxy is to engineer situations in which abuse is inflicted upon another person. Such carefully crafted scenarios of embarrassment and humiliation provoke social sanctions (condemnation, opprobrium, or even physical punishment) against the victim. Society, or a social group become the instruments of the abuser.

### **Ambient Abuse and Gaslighting**

The fostering, propagation and enhancement of an atmosphere of fear, intimidation, instability, unpredictability and irritation. There are no acts of traceable explicit abuse, nor any manipulative settings of control. Yet, the irksome feeling remains, a disagreeable foreboding, a premonition, a bad omen. This is sometimes called "gaslighting." In the long term, such an environment erodes the victim's sense of self-worth and self-esteem. Self-confidence is shaken badly. Often, the victim adopts a paranoid or schizoid stance and thus renders himself or herself exposed even more to criticism and judgment. The roles are thus reversed: the victim is considered mentally deranged and the abuser – the suffering soul.

The abuser's need to control his environment is compulsive and motivated by fear of inevitable and painful loss. It has, therefore, emotional roots. The abuser's past experiences – especially in early childhood and adolescence – taught him to expect injurious relationships, arbitrary or capricious treatment, sadistic interactions, unpredictable or inconsistent behaviors, and their culmination – indifferent and sudden abandonment.

About half of all abusers are products of abuse – they have either endured or witnessed it. As there are many forms of past mistreatment – there are a myriad shades of prospective abuse. Some abusers have been treated by Primary Objects (parents or caregivers) as instruments of gratification, objects, or mere extensions. They were loved on condition that they satisfied the wishes, dreams, and (often unrealistic) expectations of the parent. Others were smothered and doted upon, crushed under overweening, spoiling, or overbearing caregivers. Yet others were cruelly beaten, sexually molested, or constantly and publicly humiliated. Such emotional wounds are not uncommon in therapeutic settings. They can be – and are – effectively treated, though the process is sometimes long and arduous, hampered by the abuser's resistance to authority and narcissism.

*\*Reprinted by permission, "Sam Varkin, author of Malignant Self-love: Narcissism Revisited" and other books about personality disorders ([www.narcissistic-abuse.com](http://www.narcissistic-abuse.com))*



CCFP Staff and Volunteers

## Hunger Facts, Spokane, WA

Nearly one-third of people in homes with children reported food insecurity, which also was higher among Black residents, at 47%, and Hispanic residents, at 34%. More than half of those surveyed used at least one type of food assistance during the survey period. In Spokane County, 48% of people in the survey reported using food assistance. "In a nutshell, food insecurity we know increased during the pandemic, and as of now, it remains high," said researcher Marie Spiker, associate professor with UW's school of public health.

– *The Spokesman Review*, Sun., March 5, 2023 "Food insecurity remains high in Spokane and statewide, UW-WSU survey shows"

## CCFP Food Distribution Statistical Report for July, 2023

### Clients Served:

Families.....	1,535
Individuals.....	2,749
New Clients.....	41

### Pounds of Food Distributed:

2nd Harvest, Grocery Outlet, Yokes, Walmart, etc. ....	20,483
--	--------

## WHEN Give-A-Way Program



WHEN would like to recognize Gwen Nelson for her overwhelming act of kindness. While Gwen was volunteering at the food pantry, she heard the story, that was reported by Pharoah's Car Club of Spokane/CDA, of a family experiencing and facing severe medical difficulties. She went home and searched every nook and cranny, and donated all of her Polly Pocket Dolls and accessories to the children. Since her bike recently broke, we gave her one from the WHEN Give-A-Way program so that she would not have to miss out on riding with her siblings and friends. Thank you Gwen for all of your hard work and huge heart! - *Rachelle M.*

## WHEN Give-A-Way Program Statistical Report for July, 2023

Pallets received.....	47
Individuals receiving donations.....	1,694
Organizations receiving donations.....	12

## Director of Public Relations for Amazon Pacific Northwest tour FHC



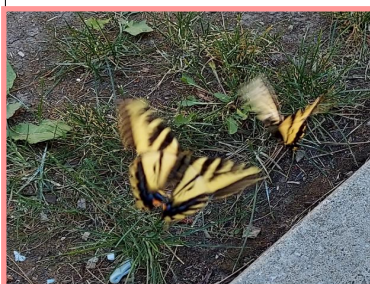
Leigh Ann Guilett, Director of Public Relations for Amazon Pacific Northwest; and Maritza Oquendo, FHC House Manager



Colin Dunbar, WHEN Chaplain, also helps to coordinate maintenance and repairs for FHC.

## Overcoming Obstacles

For the past few weeks FHC was unable to continue its normal programming due to the rupturing of one of the bathroom pipes upstairs and a broken water pump. One bedroom was completely flooded. We had to vacate the home in order to protect the clients from developing any illness as a result of mold that formed in one of the bedrooms and downstairs hallway. We are grateful for the plumbers and other professionals who came to our rescue. Normal programming will begin on August 16 as we welcome new clients to begin their journey of healing.



One day, while mowing the lawn, we captured this picture of butterflies that flew around us. They signaled to us that in spite of the challenges we face, we can overcome like the butterfly as it transforms (through a painful process) from a caterpillar into a beautiful butterfly. We can be joyful and successful in spite of obstacles.

Helen Keller reminds us, *"Be of good cheer. Do not think of today's failures, but of the success that may come tomorrow... You will succeed if you persevere, and you will find a joy in overcoming obstacles."* -Maritza O.



Some Attendees

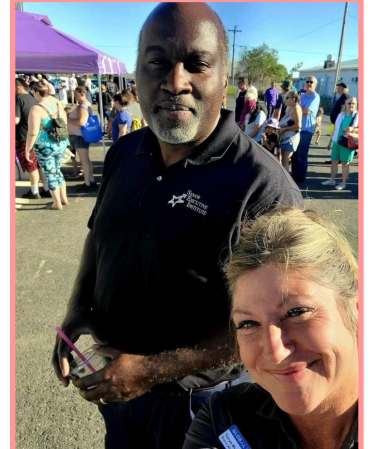


Pastor Jacob Powers and his wife, Kim with youth from the Hub, sold soft drinks and smoothies to assist students to attend camp



Craig and Amber Fruin donated the use of their car for the finger painting activity

# Neighborhood Barbecue Pictorial Highlights



## 2nd Annual Car Show

On July 1, the car show was held at the Garland Theater. Our thanks to the Mid Shifters Car Club under the direction of Charity Rotinski who helped to raise \$1,447 for WHEN. Approximately 100 cars registered for the event. Many gifts, given out through WHEN, is a result of our partnership with Amazon.



## “Christmas In July,” July 12 (Shine 104.9) at Grocery Outlet, Airway Heights

The event raised over 1,324 lbs. of food and \$288.00 for Cleone’s Closet Food Pantry. Our thanks to Jimmy John’s for donating sandwiches.



On July 15, Amber Fruin, owner of The Qi Room, coordinated an awareness event for WHEN. She gave out coffee packages with our logo and distributed rack cards describing the programs and services offered by WHEN.

# WHEN Appreciation Dinner Pictorial Highlights

We held our 2nd Appreciation Dinner on the evening of July 8 for board members, staff and volunteers. The purpose of the dinner is to recognize those who help WHEN to operate efficiently and effectively. It is an event that brings WHEN's volunteers together to get to know each other, have fun together, play together, eat together and support each other.

Our thanks to Wayne and Jeri Hicks for planning games and activities that help to make us laugh and laugh. WHEN is blessed to have so many amazing and dedicated volunteers that are committed to the mission of WHEN which is to Help Empower Abused Lives.







*Presents*

## *Being There Conference*

(A Healing and Empowering Christian Forum for Women, Men of Compassion, and Youth Against Dating and Domestic Abuse, with open discussions toward an abuse-free community)

### *"Unveiling Spiritual / Religious Abuse: Its Dynamics and Subtle Power"*

Saturday, September 23, 2023

8:00 am - 5:30 pm

Hillyard Baptist Church, 2121 East Wabash Ave.

Spokane, WA 99207

#### **PRESENTERS\***



Terri Cooper



Cheri Corder



Mable Dunbar



Lorenda Rae



Jan Latsha



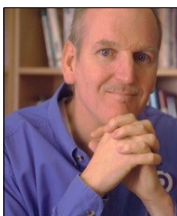
Rachelle McNelly



Tamara Schreven



Ed Ashley



Paul Coneff



Colin A. Dunbar



Wayne Hicks



Jon Mundall

#### **SPECIAL FEATURES**

- Healing Testimonies
- Presentations / Group Discussion and Activities
- Nutritious, Delicious Meal
- Resources (Free Handouts and Materials)
- Gifts and Door Prizes
- Networking Opportunities
- And more...

Registration will be available online July 1  
at [www.whennetwork.com](http://www.whennetwork.com)

Deadline: September 18, 2023

For more information: 509.323.2123

**Registration is FREE! (An offering will be taken)  
You MUST Register to receive meal ticket and packet**

**WHEN**

P.O. Box 9637

Spokane, WA 99209

E-mail: [whennetwork@gmail.com](mailto:whennetwork@gmail.com)

[www.whennetwork.com](http://www.whennetwork.com)

\*Bios of presenters at [www.whennetwork.com](http://www.whennetwork.com)

"Thanks to **Shine 104.9 FM** for supporting this event"





P.O. Box 9637

Spokane, WA 99209

Phone: 509-323-2123

Toll Free: 1-877-276-5597

E-mail: whenetwork@gmail.com

Website: www.whenetwork.com

Instagram: WHEN\_Network

Twitter: @NetworkWhen

Contact us for more information about our programs and services

**Dates to Remember**

August 17

WHEN Give-A-Way Program  
The Hub

August 20

Fairchild Airforce Base

September 23

Being There Conference  
-Hillyard Baptist Church  
8:30 a.m. - 5:30 p.m.

# How You Can Help

We rely on supporters and donors like you to help us continue our mission to  
**Help Empower Abused Lives (HEAL)**

- ( ) \$10 monthly to purchase writing materials
- ( ) \$25 monthly to purchase educational materials
- ( ) \$50 monthly to help purchase cleaning/maintenance supplies
- ( ) \$100 monthly to help with personal items for clients
- ( ) \$200 monthly to help with support group expenses
- ( ) \$300 monthly for transportation expenses
- ( ) \$500 monthly to help with utilities/telephone expenses
- ( ) \$1,000 to support a client's stay at FHC for 1 month
- ( ) \$1,500 to support a client's stay with her children at FHC for 1 month
- ( ) \$\_\_\_\_\_ online gift at www.whenetwork.com for \_\_\_\_\_
- ( ) One time gift of \$\_\_\_\_\_ for \_\_\_\_\_
- ( ) I am unable to give a donation at this time but will PRAY for WHEN
- ( ) I would like more information about volunteer opportunities

**Ways to Support:**

1. Donate online at www.whenetwork.com
2. Check or money order to: WHEN, PO Box 9637, Spokane, WA 99209
3. Volunteer
4. Sponsor a WHEN event
5. Any other ideas? \_\_\_\_\_



P.O. Box 9637

Spokane, WA

99209

