

"BEING THERE"

Official Newsletter of Women's Healing and Empowerment Network

March, 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 and the community.



"The Truth About Us" WHEN Women's Weekend Retreat in Walla Walla, WA March 10-12



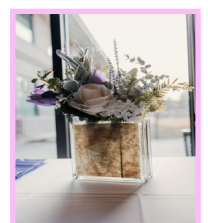
Front Row, L-R: Jan L., Cherry S., Christina K., Mable Dunbar (group facilitator)
Back Row, L-R: Julia H., Celina R., Kristen S., Nicole B.

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The purpose of the weekend retreat was to help participants rediscover and reclaim their empowerment and potential in Christ. Topics of discussion: "Your Right to Be," "Your Right to Individuality/Personal Power," "Your Right to Think and Feel," "Your Right to Do," "Your Right to Belong," "Your Right to: A. (i) Purpose, (ii) Mission, (iii) Shine"; B. "Forgive Self" and C. "Forgive Others." A follow-up 12-weeks support group is currently being held in Walla Walla, WA.

Purple Ribbon Banquet, March 19 Center Place Regional Event Center Spokane Valley, WA



We are thankful for all of those who participated in, attended, and served in various capacities to help make this annual event a great success. See pages 2 and 3 for more information and pictorial highlights.



Cathy McMorris Rogers, WA State Rep.
5th Congressional District



Terri Cooper,
Mayor of Medical Lake, WA



Robyn Nance, KXLY TV Anchor,
"Good Morning Northwest"



Albert Tripp, City Manager,
Airway Heights, WA



Detective Corporal Erin Johnson,
Airway Heights Police Dept.



Roberto Leyva,
WHEN Volunteer



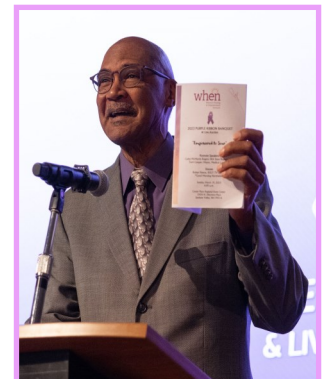
Natalie Dimana Damitio,
WHEN Volunteer



Maria Leyva,
WHEN Volunteer



Craig Fruin,
WHEN Board Chair



Colin Dunbar,
WHEN Chaplain



Mable Dunbar,
WHEN Executive Director



Randy Johnson,
Auctioneer



L-R Charity Rotinski,
WHEN Development Coordinator
Tamara Schreven, WHEN Treasurer

Special Thanks:

Adjusted Focus,
Photographers

Amber Fruin,
Decorations

Joe Stanfill,
Media Coordinator

Major Sponsors,
Spokane Hyundai
Liberty Clinic
Ziggys
Total Electric
&

16 Table Sponsors
Board Members/Staff/ Volunteers





CCFP Staff and Volunteers for the Give-A-Way Project

We passed our yearly inspection with 2nd Harvest with flying colors! Cleone's Closet Food Pantry was recognized for following all guidelines and procedures on receiving and distributing food; timely and complete paperwork, and having a clean and organized facility. Commendations to our team of 20 volunteers who are committed, dedicated and consistent. We would not be able to operate efficiently or exist without you. We appreciate all you do for CCFP, WHEN and the community!

Thank you to our local businesses and community for the donations! On March 15, CCFP was successful in facilitating its first Give-A-way of donated clothing/household items, etc. Half the clothes, shoes, and household items were taken and the other half was distributed to multiple resources. Sue Fisher, one of our volunteers in charge of the event, organized about 15 volunteers to help sort and distribute items. Thank you Sue! Cynthia Ethington, another volunteer, organizes donations from Project Beauty Share that are also distributed at this monthly event. Thank you Cynthia!

("...Without you we fail...I can't say enough...what an answer to prayer...Rachelle and Donovan we are so glad you are here to keep us on the straight and narrow path. Mable thank you for your support and stopping by to compliment everyone." - Sue Fisher (statements about all volunteers from her report).

We feel blessed to work in the community. We are thankful for our neighbors and community members and their continued support!
 -Donavan and Rachelle McNelly



CCFP Food Distribution Report for March, 2023

Clients Served:	
Families.....	617
Individuals.....	1,652
New Clients.....	9
 Grocery Rescue: (2nd Harvest lbs. of food)	
Grocery Outlet, Yokes, Walmart, etc.	17,662



Emma Johnson

When I was finally free of my abuser I realized I couldn't heal on my own, that's when I believe God guided me to Women's Healing Empowerment Network (WHEN). Unfortunately I was in a repeated cycle of abuse believing things would change but all I was doing was damaging myself and my loved ones. Being in the WHEN support group showed me I'm not alone and that I shouldn't be ashamed of reaching out. Knowing I can help others as well as myself is very rewarding. I feel that a big part of the WHEN program is a journey to my healing. Thank you to all the volunteers for this amazing program. Also, a thank you to Mable Dunbar for choosing me to be WHEN's Volunteer Coordinator. One of my favorite quotes is: "I will forever remain humble because I know I could have less. I will always be grateful because I know I've had less." -Emma Johnson, WHEN Volunteer Coordinator



L-R: Mylan, Sunny and Bridgett Glascock

Sunny Glascock, wife and mother of 8 children, needed help. She found out about the food pantry and decided to visit in order to get food for her family. She started coming to the pantry frequently and began to help in little ways, such as helping others take food to their cars and offering to give them a ride home if needed. After doing this for over a month she spoke with Donovan and Rachelle about becoming a volunteer.

Sunny and her daughters are now regular volunteers of Cleone's Closet Food Pantry. We are thrilled to have them as volunteers and appreciate their dedication and commitment.

Sunny believes in giving back to the community. She states, "when you have the ability to put the effort into doing good you never know when you will be on the receiving end." She is excited to go to the food pantry as needed because it is a place where she can get, give, and interact with the community.

Testimony

I was raised in a Christian home. So I was knowledgeable of the foundational principles of the church. But I was getting really sick of being told all the time that I should be good and do things perfectly. I was tired of being told that the church was always right and the world always wrong, when I know that the church has serious problems that some members pretend do not exist. As a child my family moved around a lot because of my father's work. During one of our moves my mother got very sick. So at age 10 I took charge of the house. Then my mother got better and we moved to another state. At age 14 I was shipped off to boarding school against my wishes. I rebelled against the school rules and the church. At age 18, when I finished high school I was finally allowed to date. I married someone who was very abusive. After having two children with him, I decided to leave him. I sent my two children to live with my parents, which turned out to be a bad idea. Then at age 30 I found myself in another abusive relationship. I got pregnant for him and decided that I needed to get out of the relationship before it was too late. My parents still had my other two children. I heard about the Healing Center and decided to go there and start a new life. While there I realized how traumatized I was from the abusive relationships. I had lost faith in God, and in people. But I know that He is out there somewhere. I hope that He is there for me. I am trying to change my thinking. I want to find me. I now have information I need to form healthy relationships. I want to see a little of God's love, and the way I need to go. -Sarah H.

I am a lead teacher in the ECEAP program in the West Valley School District. The Early Childhood Education and Assistance Program (ECEAP) is a FREE government funded preschool program for eligible students. I have been working in the West Valley ECEAP for 8 years. As teachers we get a small budget to buy supplies but we all know the reality of being a teacher and we always seem to buy things with our own money.

I was introduced to WHEN. This past summer, through Charity, who is a newer member to our all-girls car club. She had asked for volunteers to help with a giveaway and car show. That is when I learned what this organization was about. It was offered to us that if we needed items for our ECEAP program we could fill out a wish list and if they received any items, they would donate them to us.

With a little hesitation and some convincing I made out a wish list for our ECEAP program. I made the wish list by asking some of the other teachers for items that we could use or wanted that we might not be able to get due to our small budgets. I was told they never know what could come in so put it on the list since it might show up. I have been so surprised at what has come so far in our donations.

We have received two amazing doll houses, markers, clay, paper, a car and pirate ship that the kids can ride on, cube chairs that are perfect for our Special Education students, small chairs that are perfect for our small kiddos, mats for climbing, and toy sorter shelf. I also asked for a few donations for a family in need of some help for Christmas and received a dinosaur, hoverboard and small desk.

It has been such a blessing to receive some help for our program. I have had the pleasure of volunteering my time to help with WHEN's clothing give away, picking up donations and helping sort items. My two adult children are also volunteering their time to help with donation pick-ups and deliveries. I look forward to keeping this partnership going and the ability to volunteer to help. We are very thankful for the donations. -Christina Foster

We have enjoyed working with several new volunteers that were gained through the informational packets we provided at the Show No Shine event. Sadly, during this month our storage containers were broken into, and one particular container was left a mess. As a result of the break in, Conseal Containers offered to weld new lock boxes onto our containers. We are very thankful for their generosity and support. On April 1st we had a work day with the Miss Shifters All Girls Car Club, 11 (eleven) volunteers attended to help clean up and reorganize the container after the break-in.

On March 21, we met with Family Promise of Spokane (FPS). At this meeting we learned that FPS shares our belief that ongoing support services are crucial to success. We had a very positive meeting about forming a partnership and sharing resources.

On March 24, we gave a presentation to the staff of West Valley ECEAP. The staff requested that we return to tell them about the many programs WHEN has to offer and to let them know how they can help and get involved. On April 14 we will be talking to the parents of the children that attend the ECEAP. The staff has already started a volunteer sign-up sheet for our WHEN giveaways. We look forward to a rewarding partnership with this program.

During the month of April, we will be preparing for our upcoming community giveaway which will be held April 23 at the First Interstate Bank's parking lot in Airway Heights. The event begins at 1:00 p.m. until 3:00 p.m. We look forward to blessing many people at that event.

WHEN Wish List Distribution Report for March, 2023

Pallets received.....	38
Individuals receiving donations.....	350
Organizations receiving donations.....	30
Zip Codes served.....	30

2022 Winning Essay Response Ashley Boswell*, Freeman High School Senior



Question: What are the signs of an abusive dating relationship? How can you avoid getting into a bad relationship? How can people be helped who are in a toxic dating relationship?

It's not always what you think. It's not always the obvious case. It may be the girl with the biggest smile, or the girl who has it all. It may be your sister or your cousin or your friend. It can happen to anyone, and what once started as a wonderful first date may slowly twist over time into an unhealthy and even dangerous situation. I'm talking about an abusive dating relationship. Although the signs may not be outwardly obvious to the eye, it doesn't make it any less real.

There are many signs of an abusive dating relationship. The way words are used, or misused, can all be signs, including put-downs, name-calling, blaming, humiliation and threats are hurtful and harmful in a relationship. A partner who acts out of jealousy and is controlling/possessive are also signs. Then there is physical abuse and violence as well. Studies typically do show that the abuse gets worse over time.

To avoid getting into a bad relationship, there are a few things that can help. It's important to maintain friendships as well as your network of friends and family to avoid becoming isolated. Making good choices and being honest with yourself and partner about your feelings can help set clear boundaries. Avoid risky behaviors, stay away from red flag behavior and bad tempers, and listen to your gut if something just doesn't feel or seem right!

It can be tricky to help someone in a toxic relationship! They need someone to listen and to support them, but not to judge. A close friend of mine was in a toxic relationship earlier this year, and although I didn't know what to do at the time, I think the best thing was to stay present in her life and just listen to her. We talked daily and I often encouraged her to end the relationship, which she eventually did. I would absolutely hope my friends would also do the same for me if I were in an unhealthy dating situation! There are also cases that are just too serious to help as a friend, and in those instances it's best for a professional to be involved to help safely.



2022 Winning Musical Response Ellie Parish*, Washington State High School Senior

To hear Ellie's Song and view highlights of
the 2022 Award Banquet
visit <https://www.whennetwork.com/yadda>

*Winners of the 2022 YADDA Scholarship Contest. The YADDA Scholarship Award Banquet was held on May 22 at the Hillyard Baptist Church. See page 7 for more information about YADDA



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 Instagram: WHEN_Network
 Twitter: @NetworkWhen

Contact us for more information about our programs and services

Dates to Remember

- April 19**
 -Cleone's Closet Food Pantry Give-A-Way
 12:00 Noon - 3:00 p.m.
- April 23**
 WHEN Wish List Give-A-Way
 -First Interstate Bank, Airway Heights
 1:00 - 3:00 p.m.
- May 21**
 YADDA Scholarship Awards Dinner
 -Hillyard Baptist Church
 3:00 p.m.
- July 1**
 Annual Car Show
 -Garland Theater Parking Lot
 10:00 a.m.
- 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 **H**elp **E**mpower **A**bused **L**ives.

Please consider assisting us if you are able:

- () \$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 for transportation expenses
- () \$500 to help with utilities/telephone expenses
- () \$1,000 to support a client at Frieda's Healing Center for 2 months
- () \$1,500 to support a client with children at Freida's Healing Center for two months
- () \$_____ online gift at www.whennetwork.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.whennetwork.com
2. Check or money order to: WHEN, PO Box 9637, Spokane, WA 99209
3. Volunteer
4. Sponsor a WHEN event

Do not hesitate to contact us if you have any questions, or if we can be of help to you or someone you know.

Announcement

About Yadda

The aim of YADDA is to provide education, programs and support services for youth that can help increase their awareness of domestic and dating violence in the community, and offer prevention strategies to help end the intergenerational cycle of domestic violence, dating violence and related abuse because

“Approximately 1 in 5 women and 1 in 7 men who experienced rape, physical violence, and/or stalking by an intimate partner first experienced some form of partner violence between 11 and 17 years of age.”

-<https://www.thehotline.org/stakeholders/domestic-violence-statistics>

YADDA sponsors a yearly scholarship program that awards 2 (two) \$2,500 scholarships to seniors in high school, or college students attending educational institutions in Spokane County. See page 7 for one of last year's winner essay.

If you would like to support and /or give a donation to the YADDA Scholarship Program please give us a call at 509.323.2123, email us at whennetwork.com or mablecdunbar@gmail.com

We invite you to attend the 2003 Scholarship Award Dinner which will be held May 21 at the Hillyard Baptist Church at 3:00 p.m.

Please RSVP by May 17
www.whennetwork.com