

Creating Community – Breaking Isolation

By: Richard Berger, Social Change Program Manager

One of the main and enduring effects of domestic violence is isolation and the loss of community.

Victims are isolated when an abuser cuts off contact with friends and family, restricts a victim's access to work, school or religious institutions, or demands a code of silence about violence in the home. Even after leaving an abusive situation a victim might isolate her/himself out of guilt, shame or safety concerns. The ability to emerge from isolation and live in community is a powerful skill needed to rebuild a life. At New Beginnings, we see overcoming isolation as an important step toward a healthy life without violence, and participating in community as part of the movement from "surviving" to "thriving."

Community at its core is not easily defined. It is not something we can touch or feel but rather experience. A small gesture of kindness and empathy can become a larger path to camaraderie and acceptance. Momentary and simple acts of inclusion, encouragement, and generosity help create a welcoming and safe environment. This is what Transitional Housing Program residents experience through weekly support groups.

Two evenings a week, a group of women gather to share their common

In this issue, New Beginnings explores three ways in which we work to build community: within women's support groups at our Transitional Housing Program, through volunteer support of enrichment activities for children, and by reaching out to students at community colleges. We hope these stories will give you some ideas about how you too can reach out to survivors and raise awareness about domestic violence in your community.

experience as domestic violence survivors. The Transitional Housing Program (THP) offers them a safe place to reconnect with society, to strengthen their relationships with their children, and to make friends. But breaking free of their isolation is not easy. "In many ways the women are coming into another seemingly closed community where friendships may already be present and they face challenges to their self-esteem as they feel even greater isolation," says Lorraine Williams, a women's advocate who co-facilitates one of the groups.

Breaking down these feelings of



isolation is done in part through regular attendance at the groups. Listening and sharing is also critical despite how little a woman might want to offer initially. "The groups encourage active participation and interaction. Women feel they aren't just being 'taught' something but rather sharing of their own wisdom," explained THP Program Manager Ginny Ware. The groups are an example of the human need to share thoughts and feelings, especially in relation to traumatic events.

Sharing your story is an empowering act because it helps you to be yourself and gives you a sense of belonging. This sentiment was echoed by a resident who talked about what

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CREATING COMMUNITY – BREAKING ISOLATION

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it meant to be part of the groups. “This is the first place I feel I belong at and I am supported without judgment. I have received so much love, support, and validation with my situation that I have gained strength and understanding to make it through as well as patience and love to help others make it as well.”

Support groups offer the women living at THP an opportunity to get to know one another on a deeper level, creating a vibrant community of 17 households where the woman down the hall is a neighbor with a name and a story. “This creates a feeling of belonging and a sense of community where a resident can feel at ease inviting another woman over for coffee or can feel safe asking for help,” shares Carolyn Pettit, a women’s advocate. Living in transitional housing can create a sense of belonging that was previously unknown. “Women in the groups see some of the commonalities among the women at THP—different cultures and backgrounds but similar struggles and dreams,” said Ginny. “For some women who have been isolated, the group experiences may be the first time they truly feel connection and support from other women.”

This was evidenced at the annual fall Cultural Celebration Potluck, a very popular social event in the program. Almost all of the families participated, even one woman who couldn’t make the party dropped off a dish to share. Creating these connections and establishing a support system has meant different things for different women “Group has opened numerous opportunities for me to build not only relationships but friendships. It’s more of a sisterhood,” explained one resident. “Camaraderie,” offered another. Or as one resident shares, “I feel like I am part of a family here and that is something I’ve never really experienced.”

Women participating in the groups often reach out to help one another, perhaps babysitting or offering a ride to an appointment. “Participating in the support groups has given me a better sense of what community is and can be,” said one resident.

Friendships, sisterhood and having a sense of belonging are all things that are immensely valuable for the women in the THP community. “Just by expressing my feelings and feeling support in groups, I gain freedom,” a resident shared—freedom that was sparked by one small gesture, in one circle of women creating a community.



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MISSION:

New Beginnings’ mission is to provide shelter, advocacy and support for battered women and their children, and to change attitudes and social institutions that foster and perpetuate violence.

Creative Outlets During Difficult Times

By: Luke Lee, Community Engagement Coordinator

For over two years, New Beginnings' young residents from the Emergency Shelter and Transitional Housing Program (THP) have participated in weekly Karate classes taught by long-time volunteer Sensei Laura Doyle.

During a time of upheaval and uncertainty while within new surroundings this popular activity for the children has been an effective and enjoyable way to promote healthy behaviors. Tayler McCrorie, THP Children's Advocate, shared that the group offered much more than the practice of Karate moves. "It has provided an opportunity for them to discover an interest or talent that they would never have been exposed to otherwise," Tayler said. "It also gives them a chance to move and be active and it is something predictable and planned that reduces the chance of them spending time engaging in risky behavior."

It may seem surprising that, given the nature of the many real-life violent situations the children might have experienced, that a domestic violence agency would offer Karate instruction. However, learning a world-renowned physical contact sport is something that can be beneficial for those involved. "The kids had the opportunity to be empowered by learning skills of self-defense and self-expression," Tayler said. "Ultimately, they are able to be more in tune with their bodies and see the goodness that can come when they can harness the power within."

But all good things come to an end and after four years of loyal service Laura Doyle needed to end her volunteer stint with New Beginnings. This left a void in the weekly activities for children. We knew we had big shoes to fill in finding an instructor and activity that could connect with the kids as well as Laura and Karate class did. So the Children's Advocates at New Beginnings searched within the community and were fortunate to find Shawn Hensley of the Spectrum Dance Theater. Shawn has graciously agreed to teach a two-month dance class for New Beginnings' residents.

And dance they have.

Tayler recalled one particular moment in which children were taking turns jumping over objects in the room. "After this boy

leapt, he looked at his mom and said, 'Mommy, please! You never dance. Can you just do it once?' She hesitated, and then said, 'Well, what the heck?' took off her jacket and gave a quick simple leap over the object. She might as well have done a back-flip—his elation was uncontainable. He hugged her and told her that he loved her so much and thanked her over and over! Something little that she had done became something great between them."

There were many little moments like this that had a great impact on the group. Made up of children from both Emergency Shelter and THP, the Karate and dance classes have become a bonding experience that helped build a sense of community among the youth.

"I've seen the kids who live in the Emergency Shelter begin to have hope for the future," Tayler said. "And the youth at THP who are able to remember their time in shelters and empathize with the others."



If you would like to volunteer your talents to New Beginnings, contact Luke Lee at 206.926.3016 or llee@newbegin.org

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Keep up to date with the latest news from New Beginnings by joining our email list. Visit our website (www.newbegin.org) and join instantly!



Creating Community on Campus

By Luke Lee, Community Engagement Coordinator

A plain white t-shirt with the words “Real Love Should Not Hurt!” is tied to a guard railing at North Seattle Community College.

The shirt, like many others made by students, faculty and staff at the school hang on a clothesline as part of the “Clothesline Exhibit” to be viewed by the college community as testimony to the problem of domestic violence. To some, seeing the t-shirts in person struck a nerve. “I had no idea these were made by people at this school,” said one student. “It really hits you because you want to think, you know, that this stuff doesn’t happen here.”

And “here” is precisely where increasing rates of domestic violence are occurring, according to recent studies focusing on teens and young people from New York to Utah.

Student Success Specialist Laura Cheung, who works in the Women’s Center and Workforce Programs at NSCC, said that having a local resource available was an important part in raising awareness about domestic violence and connecting directly with the students as part of the Clothesline Exhibit. “For some of our students it was an informative exhibit and because the t-shirts were revealing of the emotional response to domestic violence, they had many questions and wanted more information about this issue. For some other students, this is a sensitive topic in which they or a loved one had experienced domestic violence. For these students, we wanted professionals and resources readily available to assist our students with any questions or emotional responses,” said Laura, reflecting upon the event. “Overall, we wanted this exhibit to be informative and a safe place for students to learn about and reflect on how domestic violence affects our community. We were glad to partner with New Beginnings on this event.”

Raising awareness that domestic violence does happen “here” was

something Cascadia Community College student Bobbie Khanna worked on with her group members as part of her communication class Social Justice Fair. Part of which, she explained, was simply informing students about the sheer number of those affected.

“We did a class survey, of just our communication class, and found that 64% of the class had experienced some type of domestic violence and if you apply that number to the Cascadia campus you would have over 1500 students who have personally experienced DV.”

Beyond awareness through statistics, Bobbie and her classmates hoped to reach others at Cascadia who might be in an abusive relationship or know someone who is. Student Rania Elshamma spoke about not having resources as a young person, and why that knowledge of community organizations is so crucial. “Growing up in a home that domestic violence greatly affected I look back now and think to myself how I could have possibly reached out for help,” said Rania. “If only I had known there were resources.”

And knowing that there are resources, both local and on campus, is increasingly important for students, faculty and staff. “For victims of domestic violence,” said Laura, “we want them to feel that they have a safe place on campus and that there are support systems for them.”



LEFT TO RIGHT: Mallory Bigleman, Bobbie Khanna, Rania Elshamma, Alexis Cameron and Ashleigh Zamora at the Cascadia Community College Social Justice Fair

New Beginnings is a support system, resource and safe number to call. We aspire to build upon the innate collegial spirit of social justice and community to help student leaders and college administrators in addressing domestic violence. A spirit that is “here,” wherever “here” might be.

If your college or university would like to collaborate with New Beginnings in raising awareness about domestic violence, contact us at llee@newbegin.org or 206.926.3016.

Volunteer Spotlight

By Luke Lee, Community Engagement Coordinator

The most popular advocate at New Beginnings' Emergency Shelter doesn't talk, can't drive and wears a red bandanna to work. With black, auburn-brown and white fur, Tito, a mini Australian Shepherd, is the shelter therapy dog. He has become a fixture of comfort and affection for the women, children and staff there by providing what only a dog can: a soft coat of fur to pet, a happy wagging tail that greets all-comers and, of course, an unyielding outpouring of love.

Tito's owner and trainer, Women's Advocate Astrid Purcell, first thought of bringing him with her to work after taking Tito to visit her elderly grandmother, "I had mentioned in passing getting Tito certified and taking him to the shelter regularly. The program manager jumped on the idea and told me I could bring him and we immediately started the Therapy Dog process!"

For health and safety reasons residents are not permitted to bring their companion animals to the shelter. So having a four-legged friend like Tito can be an uplifting and normalizing presence in the midst of such struggle, change and hardship. The children especially have grown fond of Tito, which speaks to his area of expertise. "Tito's specialty is playing with the kids," Astrid said. "Our younger residents will line up outside the office door for their chance to walk Tito or throw a ball in the backyard. The reaction has been more positive than I ever expected."

That positive reaction is one that has also been echoed by the women at shelter. Astrid recalled one young resident, "Sara," who had recently left her abuser and was having a difficult time emotionally. "The first night we met, she was struggling with the decision as to whether or not to call her abuser as she missed him,"

Astrid explained. "Tito was lying on the floor between us when Sara started to cry. He picked his head up and looked at me for the 'go-ahead', which I gave him. He trotted over to Sara and put his front paws on her leg. She opened up her arms and he jumped straight into her lap. They sat there together for about an hour as Sara cried and we processed her feelings. When Sara had come to her decision and felt more stable, she and Tito parted and she left the office saying 'I'm not so lonely anymore.'"



A MOMENT WITH TITO

Q: How do you like volunteering at shelter?

Tito: I love it! As soon as my mom pulls out my red bandanna, I know we are going to work and I get really excited.

Q: Has there been anything surprising or unexpected about volunteering?

Tito: I never thought I would make so many friends, or get as much love as I'm giving. And the first time I saw a woman cry it broke my little heart. I just had to climb up in her lap and give her a kiss.

Q: What's your favorite treat?

Tito: Pig ears and belly rubs!

Q: Outside of the shelter, where do you like to go?

Tito: The beach! I am quite the swimmer. You should see me fetch a stick!

CHANGE AGENTS

Change Agents are a very special group of loyal donors who make monthly gifts to support New Beginnings' work to change lives and change minds. Their generosity provides dependable funding for direct services to survivors of domestic violence and for the education and tools that our community needs to prevent domestic violence.

If you are interested in making a monthly contribution, please contact: **Zoë Myers**, Development Director, **206.926.3036** or **zmyers@newbegin.org**.

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And five donors who wish to remain anonymous.

New Beginnings Benefit Lunch OCTOBER 19, 2010

It's Everyone's Business to Stop Domestic Violence

Over 250 people filled the J.W. Nordstrom Room at the Downtown Seattle Nordstrom store for the fifth annual Benefit Lunch. More than \$130,000 was raised to benefit New Beginnings' programs and services. Thanks to the generosity of our sponsors, 100% of the money raised will be used to help end domestic violence in our community.

We would like to thank everyone who helped make this event such a success:

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LEFT TO RIGHT: Gail Cottle, Event Founder; Melanie Dressel, President and CEO, Columbia Bank; Deborah Horne, Producer and Reporter, KIRO TV; Dan Satterberg, King County Prosecuting Attorney; and, Kelley Kurtzman, Pacific Northwest Regional President for Verizon Wireless

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How You Can Help

Would you like to make a financial contribution? Contact **Zoë Myers**, Development Director, at **206.926.3036** or **zmyers@newbegin.org**.

For donations of in-kind gifts please see the wish list in this issue, call our donation line at **206.552.1201** or email us at **info@newbegin.org**.

Interested in volunteering? Contact **Luke Lee**, Community Engagement Coordinator, at **206.926.3016** or **llee@newbegin.org**.

Would you like to help distribute *End Domestic Violence – Make A Change* posters in the community or hang one in your workplace window? Contact **Richard Berger** at **206.926.3029** or **rberger@newbegin.org**.

For all other business, you can reach our Administrative Office at **206.783.4520**.

Make a Tribute Gift to New Beginnings

Dedicate your donation to those special people in your life

New Beginnings provides a number of ways for individuals and companies to support our work. Consider making a Tribute Gift and dedicate your donation to honor someone on an important occasion or to memorialize an individual's life.

Celebrate special occasions such as a wedding, anniversary, birthday or holiday. Gifts may also be given in memory of a special individual or loved one.

When you make an honor gift we will send a card to the person being honored announcing your gift and its importance to New Beginnings. A memorial gift can be acknowledged to friends and family members. The amount of your gift reminds confidential.

Tribute Gifts

August 1, 2010 to October 31, 2010

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You can use the donation envelope in this newsletter to make your Tribute Gift or call Zoë Myers at 206.926.3036. Tribute Gifts may be given anonymously.



Donate Your Vehicle to New Beginnings

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The Sharing Society: *From Your House to Ours*

When you donate housewares and personal items to New Beginnings, you provide direct support to domestic violence survivors in our programs.

Join the Sharing Society and we'll send you e-alerts to let you know just what we need and when we need it. From your house to ours – one more way you can help survivors of domestic violence.

Want to help? Join the Sharing Society by providing us with your email address.

If you have any questions or would like to sign up, email us at info@newbegin.org.



DONOR SPOTLIGHT: Kara and Ken Masters

By Zoë Myers, Development Director

Kara and Ken Masters have been donors and active volunteers with New Beginnings since the late 1990's. During that time they have contributed to New Beginnings in so many ways. Their first gifts to New Beginnings were to honor both sets of their parents and celebrate the true good fortune they had experienced growing up in families without domestic violence. Soon, as Kara successfully established her legal career, she contacted New Beginnings about volunteering. When an opportunity arose to cook for the women and children at the Emergency Shelter, she grabbed it.

Kara: I ended up cooking at the shelter for about a year or so. It was one thing I could do to give the women a break after a long day. Some days it would be an interesting challenge to create recipes based on what food had been donated. My most vivid New Beginnings memories are from the times I spent working in the Shelter. It was incredibly inspiring to know that the women there had the courage to take that first step away from an abusive situation even though some of them were struggling to make their way against what seemed like insurmountable odds.

Ken: Kara has always been passionate about her work with New Beginnings, more than probably anything else I can think of. It has been a great gift to me to be able to support her in that. She always knew that as far as I was concerned she could do whatever she needed to do and be wherever she needed to be.

Kara: About a year after I started cooking at the shelter we moved to Bainbridge Island and I just couldn't make the schedule work any more. About that time I was contacted about serving on New Beginnings' Board of Directors. I ended up serving for six years and during that time I think I took on every role, except maybe the Finance Committee. I was President for two years and chair of the Development Committee. I gave leadership to the most recent strategic planning process and co-chaired the 2006 30th Anniversary Gala.

Kara and Ken have been great supporters of the Annual Gala for years. In addition to Kara's work on the committee they have recruited corporate sponsors, including their law firms Skellenger Bender and Wiggins and Masters. As Table Captains they have introduced many friends, family members, and colleagues to the issue of domestic violence and the important work of New Beginnings.

Kara: The Gala is great fun. We always have this ridiculously long list of people to invite to our table. But it's a nice way to reconnect with folks, and it's a great way to start the conversation about domestic violence and engage people in the work

of New Beginnings. It's also an exciting way to raise money for the organization. Ken calls New Beginnings our travel agent. In the past few years we've gone to Italy, to Guatemala, and soon we are going to the Galapagos and Tierra del Fuego – all trips that we bought at New Beginnings' Gala Auction. It is the most wonderful feeling to be enjoying this fabulous trip and know that the money we've spent for the trip is helping an organization like New Beginnings.

Ken and Kara have also supported the Benefit Lunch, an annual fundraising event held at Nordstrom in downtown Seattle during October. In 2008 Ken stepped up to serve as the EMCEE for the event.

Ken: Yes, I love the theme: It's Everybody's Business to Stop Domestic Violence. It was a part of my upbringing that men should be opposed to any kind of domestic violence and should not tolerate it among ourselves. So I decided to invite a group of men to the lunch to support this great organization. It wasn't difficult at all to fill up a table with judges and former judges and lawyers, and people who cared deeply about this work.

Kara: We think New Beginnings is a great organization doing wonderful work and we encourage people to get involved.



In 2006 Board members Kara Masters and Annette Becker Co-Chaired New Beginnings' 30th Anniversary Gala Auction. LEFT TO RIGHT: Ken Masters, Kara Masters, Annette Becker and Daniel Becker.

It is so easy and there are so many ways, big and little, that somebody can help out. For some, it's taking out your checkbook and making a donation. Others may want to volunteer with the day-to-day work. There are so many opportunities – whether you want to make a weekly commitment, like I did, or just spend a day volunteering at the Gala. Volunteer help is always welcome and extremely crucial to New Beginnings.

Kara and Ken bring a joyful spirit, an appreciation for life, a commitment to generosity and a keen awareness of the power of creating community. They are a powerful example as they extend their own loving relationship to include a wide circle of family and friends.

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Save The Date

Join us for our largest fundraising event of the year! Our Annual Auction & Gala is coming up on **Saturday, May 21, 2011**. This year we introduce the Silent Raffle... enter to win great items or use your tickets toward other fun activities. In addition to your attendance, there are many ways to help *Empower Change*.

Become a Table Captain

When you choose to be a Table Captain, you are helping New Beginnings get one step closer to realizing our goal of ending domestic violence. What is involved in being a Table Captain, you might ask? You fill a table with ten friends and family members who support New Beginnings. Don't worry, we'll provide you with help. And everyone has a great time!



Become a Corporate Sponsor

We believe businesses have the power to help foster social change in their communities and invite you to partner with New Beginnings in our work to end domestic violence. Contact us and we will send you a Corporate Sponsor Packet with more information on sponsor levels and benefits.

For more information on our 2011 Gala & Auction, please contact **Leeza Hayes** at **206.926.3041** or gala@newbegin.org.

DONOR SPOTLIGHT: KARA AND KEN MASTERS

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"Kara took a lead role in securing funding for the rehabilitation of our Transitional Housing Program apartment building. Beginning in 2008, New Beginnings was working with Common Ground on the rehab project. The two major funders were the City of Seattle Office of Housing and the Washington State Housing Trust Fund.



"When the City of Seattle wanted a Board representative in the process, Kara graciously volunteered for the job. She fit the bill perfectly—not only because of her experience relevant to funding and development as well as construction and waterproofing issues, but because of the positive, collegial spirit she brought to the discussions. Kara smoothed the way with her passion and confidence in New Beginnings, and her strong skills in problem-solving."

— **Lois Loontjens**, Executive Director

Wish List

Thank you for donating personal items to the women and youth at New Beginnings Your in-kind gifts help stretch our budget and brighten the lives of the people we serve.

CURRENT NEEDS:

- New or gently used clothes for boys 3T – 10/12
- Gift cards for children's haircuts
- Pull ups and diapers
- Healthy snacks (non-perishable)
- Twin-sized linens & blankets
- New booster/car seats
- Warm socks for women & children
- Umbrellas
- Bath robes & slippers
- Baby monitors
- Maternity clothes
- Long distance calling cards

WE ALWAYS NEED:

- Gift cards:
 - Safeway, Fred Meyer, Target*
- Feminine hygiene products
- New underwear & bras
- New towels (bath/hand/face)
- Full sized toiletries
- Bus tickets
- Journals
- Books of stamps
- Non-perishable food
(unopened, non-expired)



Community Fundraisers

October was Domestic Violence Awareness Month

and we had lots of support from the community. A big thank you goes out to **The Actors Theater of Orcas Island** which donated proceeds from opening night of the show *Brilliant Traces*. Also thanks to **Bikram Yoga SweatBox** and **The Gal Pals Variety Show** for raising funds to benefit New Beginnings. The work of ending domestic violence is made possible by organizations such as these and many others — Thank You!



Join us for a book reading to benefit New Beginnings on March 25, 2011 at 7:00 p.m. Cara Lopez Lee's reading of *They Only Eat Their Husbands* will be held at the Ravenna Third Place Books in Seattle. If you buy a copy of Cara's memoir that night, a portion of the proceeds will benefit New Beginnings.

Sign up for the fifth annual **Realize Your Radiance** on **Saturday, March 19, 2011**. Enjoy a day of workshops for women to explore their unique expressions of beauty. To find out more information go to www.realizeyourradiance.com. Proceeds from registration fees will benefit New Beginnings.

REALIZE YOUR RADIANCE

SaturDate with Beauty

New Beginnings was the recipient of **Walgreens' SaturDate with Beauty** event on Saturday, January 15th. Five Walgreens locations in Seattle teamed up to collect toothpaste, toothbrushes, shampoo, body wash and much more for New Beginnings' residents. Thank you to Toni Majerus for making it happen!



Special Events Coordinator, Leeza Hayes, pictured with Toni Majerus from Walgreens.

Are you planning a party or an event to benefit New Beginnings?

*Would you like to hear more about different ways you can help raise money for New Beginnings, contact **Leeza** at **206.926.3041** or lhayes@newbegin.org. She would love to share some helpful hints for event or party hosts.*

MEMORY VAULT

Each quarter, we take a look back at some of the most poignant words, memories and stories to remember our history as we move forward.

In the Fall of 2005, we had our 2nd annual Bridal Bowl in what is perhaps one of New Beginnings more unique community and fundraising ideas!



"Jill Gallagher (center front) hosted her 2nd annual Bridal Bowl on August 14, 2005 at Sunset Bowl in Seattle. About 20 women, one man, one teenager and one drag queen, most dressed in formal wear, came together in support of New Beginnings. John Curley of KING TV's Evening Magazine (first row right), decked out in pink chiffon, hosted the show from our event. Jill raised \$300 and collected a truck load of school supplies, books, toys and personal products for the women we serve."

Call to Action! – Be Informed!

Could your school, business, church or organization benefit from a professional training session about domestic violence? Contact us to learn more about trainings that we offer to community groups. New Beginnings' trainers have worked with local schools, non-profit organizations and hospitals—contact Social Change Program Manager **Richard Berger** with inquiries!

Phone: **206.926.3029**

Email: rberger@newbegin.org

New Beginnings' Transitional Housing Program Completes Renovation!

In October 2010 many New Beginnings supporters gathered to celebrate the completion of our Transitional Housing Program renovation. Thanks to funding from the City of Seattle Department of Housing and the Washington State Housing Trust Fund we corrected some major water seepage in THP apartments and common areas. Special thanks to Common Ground, Environmental Works and Buchanan Construction.



LEFT TO RIGHT: Tim McDowell, Buchanan Construction; Cindy Erickson, City of Seattle; Lori Goodwin, Environmental Works; Debbie Thiele, City of Seattle; Christopher Palms, Environmental Works; Quinnie Tan, City of Seattle



LEFT TO RIGHT: David Sebba, David Martin and Cory Sbarbaro



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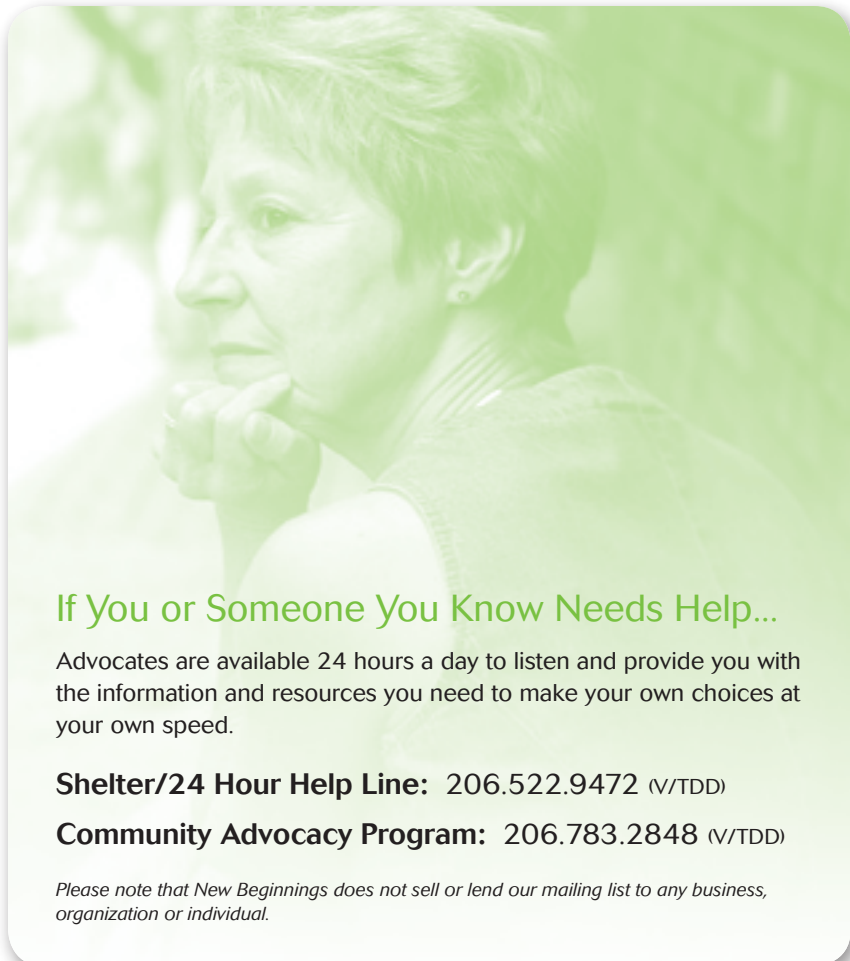
WEB www.newbegin.org



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CHANGE SERVICE REQUESTED



If You or Someone You Know Needs Help...

Advocates are available 24 hours a day to listen and provide you with the information and resources you need to make your own choices at your own speed.

Shelter/24 Hour Help Line: 206.522.9472 (V/TDD)

Community Advocacy Program: 206.783.2848 (V/TDD)

Please note that New Beginnings does not sell or lend our mailing list to any business, organization or individual.

VOLUNTEER TRAINING

Interested in becoming a volunteer for New Beginnings? Want to learn more about domestic violence? Take our domestic violence volunteer training! Training will be offered in late Spring!

www.newbegin.org/get-involved/volunteer

New Beginnings News is produced quarterly:

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