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## *A MESSAGE FROM THE PRESIDENT*

In 2007, CADA's offices in Oak Harbor and Langley provided services to 708 individuals. Through our emergency shelter, we provided 1,824 bed nights to women and children. The following facts from the U.S. Center for Disease Control aren't easy to digest during this holiday season, but the message is clear: Domestic violence and sexual assault are one our society's unspoken problems. Even here on Whidbey Island.

- 1-in-3 women and 1-in-5 men experience some form of violence in her/his lifetime
- Approximately 1-in-5 female high school students reports being physically and/or sexually abused by a date

Since 1979, CADA has been working hard in Island County to change this chilling reality. As the county's only domestic violence and sexual assault agency, CADA provides:

- A 24-hour hotline
- Free, confidential assistance for women, men and children who are victims of domestic violence, dating violence, elder abuse, rape, sexual harassment, stalking, child abuse, child sexual abuse, neglect and other forms of interpersonal violence
- Emergency shelter and transitional housing for women and children

Education and prevention are CADA's keys for building a future without violence. Staff members work with local school districts and service organizations to provide classes on healthy relationships, bullying, safety and other timely topics.

Although the majority of our funding comes from grants, we are unable to use these monies to provide personal assistance to our clients. It is only through the generosity of community members like you that we are able to provide food, clothing, transportation costs, auto repairs, moving costs, childcare and other personal items to our clients and children.

**We are contacting you about an opportunity to double the value of your contribution to CADA. South Whidbey CADA supporter Judy Yeakel has generously offered to make a \$5,000 matching contribution for South Whidbey zip codes 98260, 98236 and 98249 (Langley, Clinton and Freeland). Muriel Pickard, Anne Harvey and Jan Pickard will make a second \$5,000 matching contribution for North and Central Whidbey zip codes 98277, 98239 and 98253 (Oak Harbor, Coupeville and Greenbank).**

As we celebrate the end of another year, please consider making a gift to those most in need and help us realize our fundraising goals. A giving form is provided on the back page of this newsletter for your convenience. Thank you for your support and for helping those in need.

Best wishes,  
Jan Pickard, President

## **DONATE YOUR USED CELL PHONES TO CADA**

Do you have an old cell phone you don't know what to do with? Did you know CADA accepts donations of used cell phones? Phones that are donated with the battery and charger are given to clients to access free 911 emergency service. In such cases, this free service enables a victim to summon help quickly and easily, assisting in their transition from a life of fear to a feeling of protection, 24 hours a day. For those phones that we're not able to use, we send them to an organization that recycles the phones and sends our agency funds that are used to support our vital client services. For drop-off locations, please call Karen at (360) 675-7057 or email her at [cada@whidbey.net](mailto:cada@whidbey.net)

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## **PARENTING CLASSES BEGIN JANUARY 8**

For the past several years, CADA has been offering the Oak Harbor community a FREE parenting class called "Make Parenting a Pleasure." We're happy to announce that we also offer the class at our Langley office. This 7-week class will begin on Tuesday, January 8, 6:00-8:30 p.m. at Oak Harbor Lutheran Church in Oak Harbor and at the CADA office in Langley. Free child care is provided. This course educates parents in basics of child development, resource building, understanding stress, stress and anger management, and listening and communication skills. For more information or to register for the class, please call 675-7057.

## **WHIDBEY QUILTERS "QUILT FOR CADA"**

Through the wonderful generosity and talent of the members of the Whidbey Quilters Club, CADA was recently the recipient of 10 beautiful quilts. A huge thank you to Janet Ferguson, Rachel McGovern, Shirley Bauder, Kathryn Bennet, Pat Dudder, Nancy Mennen, Julie Sand, Margo Lane, Diane Dodge, Nancy Langler, Janice Dakin, and Audry Taie. Through the love and compassion of these wonderful members our emergency shelter clients will be given a quilt as a reminder of a safe place and love from others.

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## **WELCOME TO GEORGETTE ANGLUM & PATSY BRERETON**

As we continue to focus on our prevention services, our youth and education program continues to grow. We are happy to welcome Georgette Anglum to our Oak Harbor office and Patsy Brereton to our Langley office. Georgette and Patsy bring a breadth of experience and knowledge in working with the youth. They are currently working with local school districts, service organizations, faith based organizations and individuals to address issues on healthy relationships, dating violence, bullying and more. If you'd like more information on our programs, call 675-7057 or e-mail [georgette@cadacanhelpp.org](mailto:georgette@cadacanhelpp.org) for services on North Whidbey and for services on South Whidbey e-mail [patsy@cadacanhelpp.org](mailto:patsy@cadacanhelpp.org).

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Citizens Against Domestic and Sexual Abuse  
P.O. Box 190  
Oak Harbor, WA 98277  
Office: (360) 675-7057  
Crisis Line: (360) 675-2232  
Or  
Toll Free: (800) 215-5669  
Fax: (360) 675-7168

## **MARJIE'S HOUSE UPDATE**

By Shannon Monahan, Shelter Manager/Advocate

Hello from Marjie's House. There have been some exciting changes in the past few months. First, we'd like to welcome Christine Wright as the new property manager. Christine lives on site and works for the Housing Authority of Island County. She has experience in mental health, property management and a kind spirit that is important when working with our women and children here at our shelter.

Next, our children's room has been completely redone and looks amazing thanks to Donna Stringer and the ladies at St. Augustine's Catholic Church in Oak Harbor. Children use this room every day to come and play, check out toys, read in the reading corner, play games or just watch TV. This room is also a place for children to come hang out while their mom's are getting the support they need while living here.

We receive many phone calls from community members asking what we can use to help our clients. Here are some of the things needed: full size shampoos and conditioners, toothbrushes and toothpastes (for adults and children), diapers (sizes 2-6), baby wipes, feminine hygiene products, emergency supplies (first aid kits - unopened), clean blankets, twin sheets only, gas cards, phone cards, food cards. We get many calls asking about donations of clothing, but we do not have storage space. As a result, please take clothing donations to Island Thrift in Oak Harbor. We'll then give our clients a voucher so our families can go pick out their own clothing.

The support of our clients and generosity by community members is truly appreciated. Thank you.

## **"Just ask Jessie"**

*Parents...Your Child and Dating*

It may seem cute when your teen comes home from school and starts bragging about a girlfriend or boyfriend. But you know you've hit a milestone in parenthood when your daughter or son starts showing an interest in dating—without a chaperone! As a parent this can be a tough time. Your kids are growing up, and it may seem like you have less control over their lives. But while kids certainly need more independence as they begin dating, giving them guidelines is also vitally important to their growth, development, and safety.

Unfortunately, kids—just like adults—can end up in unhealthy relationships. The facts about physical and emotional abuse in dating relationships among teens are alarming. Did you know that 1 in 11 high school students reports being a victim of physical dating abuse? Dating abuse is a pattern of violent behavior—physical, emotional, or sexual—by one partner in a dating relationship toward the other. If kids learn the importance of respecting themselves and others at a young age, they are more likely to give respect in return. Learning about respect helps kids get along with others, communicate, negotiate, make decisions, and learn to be assertive. It's an important part of growing up, and talking about it early is important in establishing healthy patterns for the future. There are concrete steps you can take at home, in your community, and in your child's school to build an environment where mutual respect is simply what is expected. Do you need help or have questions? You can email Jessie at [jessie@cadacanhelpp.org](mailto:jessie@cadacanhelpp.org), and together we can help kids develop healthy relationships.

Your friend,  
**Jessie's Mom**

## **UPDATE FROM THE CADA SOUTH WHIDBEY OFFICE**

Thanks to a wonderful partnership with the Island County Health Department, we now lease office space in the South Whidbey Community Health Services Building, 5475 Maxwellton Road in Langley.

November and December have been good months for CADA on the South End. We have partnered with The Family Resource Center and LACEP to offer services in violence prevention. Our "Make Parenting a Pleasure" parenting classes will begin on January 8<sup>th</sup>, providing new and seasoned parents the opportunity to learn and develop skills around anger management, communication and self-care.

CADA has a prominent position on the Substance Abuse Coalition Team and will continue to champion violence prevention and promote healthy relationships as well.

An advocate is at the office from 9:00 a.m. – 5:00 p.m. each Thursday and emergency appointments can be scheduled through our Oak Harbor office. Patsy Brereton, Youth and Community Educator, will spend time in the office when she's not out in the community. You can reach her at 321-8524 or e-mail her at [patsy@cadacanhelpp.org](mailto:patsy@cadacanhelpp.org).

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### **CADA Board of Directors**

Jan Pickard, President  
Duane Gimbel, Vice President  
Judy Lynn, Secretary  
Sue Frause  
Glenda Ward

A United Way Community Partner

## **MARK YOUR CALENDARS: VAGINA MONOLOGUES PERFORMED IN OAK HARBOR & LANGLEY**

Every year Eve Ensler donates her script so that colleges and communities around the world can speak the words that intend to stop violence against women and girls. This year CADA is the fortunate beneficiary of two performances on Whidbey Island, one by community members in Langley and the other by students at Skagit Valley College. Following is information on the performances:

Langley: Whidbey Children's Theater, February 9, 7:00 p.m. & Sunday, February 10, 2:00 p.m. Reserve your seats via e-mail by sending your name, e-mail address, which performance and number of seats to [bubbybev@whidbey.com](mailto:bubbybev@whidbey.com) or call 360-331-1110. NO MONEY NEEDED at this time. Once you make your reservation, payment instructions will be e-mailed to you. Tickets are \$35.00.

Oak Harbor: Hayes Hall 137, Skagit Valley College, Thursday, February 14, 7:00 p.m. & Friday, February 15, 7:00 p.m. Tickets will be available at Skagit Valley College's cashier window in Old Main beginning Monday, January 14. Advance tickets are \$10 for SVC students, \$15 for the public and \$20 at the door.

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### **From the Executive Director**

*Margie Porter*

As another year comes to an end, I would like to take this opportunity to thank our board of directors and staff members for their tireless effort to work on behalf of our clients. We have much to be proud of and much to look forward to in the year ahead. I would also like to thank our wonderful community for all the support we receive. We are truly blessed. Have a safe and happy holiday season.