



EMPOWERMENT

The Newsletter of Fear 2 Freedom
September 2019

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F2F Updates

Fear 2 Freedom (F2F) is so grateful for the continued support of our community. We have decided that we will create a regular, brief newsletter for our supporters. This will give us more opportunities to share all the incredible things that we're doing!

Kits for VBJI

Thanks to a generous grant from STIHL, Inc. F2F was able to build and give 50 iCare Kits to the Virginia Beach Justice Initiative (VBJI). VBJI is an organization that works to end human trafficking in Hampton Roads through awareness, prevention, and intervention. F2F has been proud to work with VBJI in the past, and we are happy to say that they love our new iCare Kits. Case manager Joy Dudley said that the counseling tools F2F provides are especially helpful for VBJI's clients. Ms. Dudley said, "We have seen great response to the Freedom Bears. The Kits help with healing some of the trauma our clients face."

"The Kits help with healing some of the trauma our clients face."



VBJI's Joy Dudley, Case Manager, and Elizabeth Bush, Administrative Assistant pose with an iCare Kit.



Volunteer Event With Lifehouse Newport News

F2F was thrilled to work with some of the members of the Lifehouse Newport News congregation to accomplish a series of volunteer tasks during their For Our City Week, a week of volunteerism. After a brief educational program focused on Rosemary Tribble's story, the volunteers rolled sweatpants, sorted in-kind donations, put stickers on journals, folded resource cards, wrote notes for survivors, and labelled inventory. We are thankful for their work, and we look forward to a continuing partnership!



Top: Lifehouse volunteers pose for a group photo; Bottom: Lifehouse volunteers place stickers on journals.

Meet the CNU Where Is The Line Team

Where Is The Line is a campus organization which seeks to educate and mobilize campuses to raise awareness about issues of sexual assault, domestic violence, and human trafficking. Their goal is to spread healing to survivors while providing education to those who wish to know more.

Christopher Newport University's chapter of Where Is The Line is led by President Gillian Hordusky. This year, Gillian wants to expand the club to focus more on how students can support survivors. She says that she's very excited for the annual Shadow Event. "This is the first Shadow Event that I'll run as the president, and I'm so excited for this opportunity to encourage survivors to tell their story."

During the Shadow Event, survivors of sexual assault can tell their stories anonymously. This event gives students the chance to show empathy and support for survivors. If you are able, please join us for that incredibly important event.

The Christopher Newport University Shadow Event is scheduled for early November, so be on the lookout for updates. Follow 'whereistheline_' on Instagram to stay up to date on all the great things that Where Is The Line is up to!

Gillian Hordusky, top middle, and other members of Where Is The Line make teal ribbon pins for Sexual Assault Awareness Month.



Shadow Event speaker tells her story.



Support F2F While You Shop

Did you know that you can support F2F while you shop? Here are two very easy ways that you can benefit F2F while doing your everyday shopping.

1. **Sign up for the Kroger Community Rewards Program.** To use this program, log into your Kroger account. If you don't have a Kroger account, you can sign up for one easily! Search 'Fear 2 Freedom' or 'DWO49' and then click enroll. Kroger will donate to F2F on a quarterly basis.
2. **Sign up for Amazon Smile.** To use Amazon Smile, first you must log out of any other Amazon accounts. Go to smile.amazon.com and login with your usual Amazon information. You will then be able to select a charity to receive 0.5% of all your eligible purchases. Search Fear 2 Freedom Inc. and start shopping!



F2F Focus

With this newsletter, we want to spotlight Muriel Millar. She is the Chief Operating Officer of Fear 2 Freedom. Muriel has been with the organization for almost four and a half years. Her financial skills and organizational knowledge keep our nonprofit functioning on a daily basis. Muriel is known around the office for her stories and her ability to remember specific details about F2F's past. In her spare time, Muriel spends time with her husband on Long Island and serves on the Christopher Newport Alumni Society Board.

National Sexual Assault Conference 2019

Recently, Executive Director Tricia Russell and Creative Director of Marketing and Programs Hailey Chohany attended the National Sexual Assault Conference (NSAC) in Philadelphia, PA. This conference gave them the opportunity to speak to sexual assault prevention and awareness organizations from across the country. Tricia was interviewed by Carmen Rios from Ms. Magazine. You can find this video on F2F's Facebook! Tricia and Hailey made connections that will help F2F strengthen our partnerships around the country. Hailey said, "Attending the National Sexual Assault Conference in Philadelphia was such a rewarding experience and great exposure for Fear 2 Freedom. We met so many like-minded people and connected with amazing organizations. We are excited to see where these connections lead and are already looking forward to NSAC 2020!"

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Tricia, left, and Hailey, right, pose at the F2F table.



NASA Hour 2 Empower

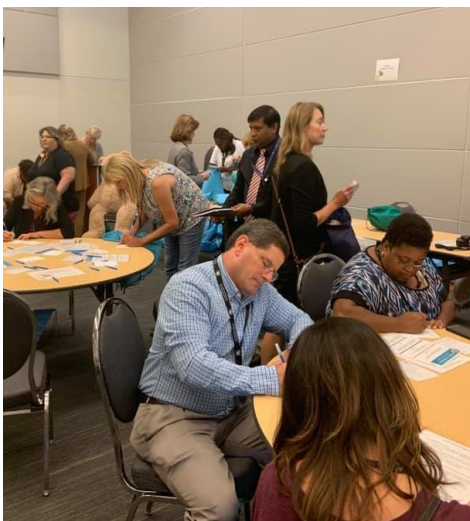
F2F had the privilege of working with the NASA's Office of Diversity and Equal Opportunity to host an Hour 2 Empower at NASA Langley Research Center. During the event, Rosemary Tribble spoke to the attendees about her journey and how they can Be the Change and combat sexual violence. After that, the attendees helped assemble 300 AfterCare and iCare Kits.

Marie W. Hamann, from the Office of Diversity and Equal Opportunity, said "We feel that NASA would benefit by gaining insight into the issues assault victims face."

Currently, administrators at NASA Langley are trying to create a culture where employees are active in one another's lives. This includes employees knowing how to support coworkers through difficult times.

Rosemary and the rest of the F2F team believe that we can make real change through compassion. Sexual violence is a problem that we must work together to combat, throughout the entire world.

We are so thankful for the incredibly important work that NASA is doing for its employees, and we were thankful to be a part of it!



Top: Rosemary Tribble and NASA Langley Director Dr. David Bowles pack Kits and write notes; Bottom, NASA employees write notes for Kits.

F2F Team



F2F Staff pose for a photo at the retreat. Front: Rachael Dorsey, Tricia Russell, Vickie Garton-Gundling; Back: Muriel Millar, Hailey Chohany, Maddie Amos.

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