



# EmpowerMENT

The Newsletter of Fear 2 Freedom Winter 2019

## Welcome 2019

Thank you for partnering in our mission; without your support we could not “help restore hope and dignity to survivors of sexual assault while empowering students and communities to combat sexual violence.”

Things have been very busy around the Fear 2 Freedom office since our last issue, and we want to give you some updates.

Fear 2 Freedom finished fall semester events, hosted our second Gala, and facilitated our first student film contest. We also received awards and television spotlight coverage (*see pg.2*)! Not to mention, we transitioned new staff into new roles on our team.

We hope you enjoy reading all about what Fear 2 Freedom has been up to since last fall! We are excited to kick the new year off and hit the ground running.

## Fear 2 Freedom Announces New Executive Director

On November 27, 2018, Tricia Russell was promoted to Executive Director of Fear 2 Freedom. She formerly held the position of Chief Development Officer. In her new role, she will oversee all aspects of the organization, with a particular focus on development, fundraising, and programming.

“Tricia brings a deep understanding of Fear 2 Freedom and its mission, having served for years as a volunteer, board member, and most recently as the Chief Development Officer,” said Carol Downey, Fear 2 Freedom’s Board President. “We believe that under Tricia’s leadership Fear 2 Freedom will grow and thrive tremendously.”

Tricia attended the College of William & Mary and has lived in Virginia for the past 15 years. When Tricia isn’t doing all things Fear 2 Freedom, she enjoys traveling, shopping, coffee, and spending time with her three sons and husband, Scott.

We are very excited to have her take on this new position here at Fear 2 Freedom and can’t wait to see what 2019 has in store!



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# The 2018 Gala: A Night of Celebration

Nearly 300 attendees enjoyed an evening of gourmet food, first class auction items, and Broadway entertainment as part of the 2018 Fear 2 Freedom Gala. Held every three years, the 2018 Gala was tremendously successful, and the proceeds will allow Fear 2 Freedom to expand programming into new universities and communities, and to develop new educational programs for younger students.

Entertainment for this year's Gala was provided by vocalist, songwriter, and Broadway star Morgan James. Her energetic performance of Mariah Carey's "*Emotions*" wowed the crowd, and brought down the house. In addition, James also performed several original pieces.

Good-spirited bidding wars occurred over an array of glamorous auction items, with the highest bid of \$5,200 netting the winner a weeklong vacation in Athens, Greece.

The winner of Fear 2 Freedom's first annual student film competition, "*Faces of Fear, Stories of Freedom*," was also highlighted at the Gala. You can watch Sophia Okorn's powerful, winning film, "*Did You Know?*" via this link: <http://bit.ly/2F9EkPb>.

During the auction's paddle raise, participants pledged over \$50,000! From these donations alone, attendees are sponsoring 15 university programs and over 500 Aftercare Kits for survivors. The college students who will be impacted by these gifts range in the thousands.

It was a magical evening that will be remembered for months to come. Fear 2 Freedom is especially grateful for everyone who worked so hard to make this year's Gala a success. We hope to see you in 2021!



# Fear 2 Freedom's Board of Directors

Rosemary Tribble  
Founder & Director

Carol Downey  
President

Denise P. Brown  
Vice-President

Kelly Martin  
McGowan  
Secretary

Mickey Chohany  
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Susan Bryant

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Linda Slattery

Karen Conwell Smith

Alexia Swann

Janet Taake

## Fear 2 Freedom Wins Award & Grant

*Fear 2 Freedom was a proud recipient this past fall.*

Fear 2 Freedom was selected as a finalist for *Coastal Virginia Magazine's* 7th Annual Giving Back Awards.

*Coastal Virginia* highlighted Fear 2 Freedom's work with a feature article in the magazine and a video, <https://youtu.be/Ig4c7p4uP18>.

Fear 2 Freedom was also one of only nine Hampton Roads non-profits named as a 2018 TEGNA Foundation Grant Recipient.

13News Now(WVEC) featured the TEGNA winners in a television documentary that aired twice in December. <https://tegna-corporate.box.com/s/7d1iia6ojq8b5ko6ceyn82gxccpf8p5z>.



## Empowering Stories

*The stories of survivors are very impactful. A regular feature of EmpowerMent is sharing these powerful voices.*

Late one night, a 19-year old student received a Fear 2 Freedom Aftercare Kit following a sexual assault and PERK exam. Clothes and other personal items are often taken into evidence during the course of this extensive hospital exam. She was finally discharged at 3 a.m.

“Just seeing the Kit made me feel comforted,” she said. “Once I got back home, I lay in bed with the bear, reading the note. It was nice to think that someone put in time to create this kit to give someone else security.”

“I was feeling very discouraged, hopeless, and completely empty. The Kit is more than just the utility of the objects. It’s also the intention behind them.”



# Thank You!

## 2018 In-Kind Donors

Charlie & Mari Ann Banks  
Binns of Williamsburg  
Mickey & John Chohany  
The Precious Gem  
CD West and Company  
Rick & Lara Overy  
Mike & Patti Martin  
Climis & Carol Lascaris  
The Rowlings Foundation  
Hauser's Jewelers

Jeff's Flowers, Of Course  
Hampton Stationery  
Kasey Watkins  
Follet  
Hanesbrand  
Pac 'N' Mail Plus  
Pomoco Auto Group  
Excel Graphics  
CNU Staff & Students  
CNU Musical Theater Students

## 2018 Gala Committee

Carolyn Abbitt  
Mari Ann Banks  
Susan Bryant  
Carol Downey  
Martha Field  
Libby Garrett  
Patti Hall  
Marsha Hudgins  
Gay Huffman  
Claire Jacobs

Missy Martinovich  
Linda Montgomery  
Karan Mulkey  
Genine Pettitt  
Tasha Rose  
Candy Snyder  
Adelia Thompson  
Michele Woods Jones  
Erica Woods-Warrior

## Fear 2 Freedom Staff

Tricia Russell  
Executive Director

Hailey Chohany  
Director of Development and  
Marketing

Abby Grimes  
Logistics & Community  
Engagement Director

Jocelyn Harrison  
Senior Director of Programs

Muriel Millar  
Chief Operating Officer



## Get Involved

Fear 2 Freedom wants to hear from you! If you are a survivor willing to share your story and help inspire others, please contact us.

If you know of a group or organization working to stop sexual violence in their community, please help us reach out to them.

If you want to know more about Fear 2 Freedom, our work, donation options, or upcoming events, please send us an email at [getinvolved@fear2freedom.org](mailto:getinvolved@fear2freedom.org).

We also encourage you to forward this newsletter to friends, family, co-workers, or anyone who might be interested in Fear 2 Freedom.

## Connect With Us

You can follow  
Fear 2 Freedom on Facebook,  
Instagram, and Twitter!



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*Fear 2 Freedom is a 501(c)(3) non-profit organization*