



SAFV Voices

Sitkans Against Family Violence

July 2019

Bloomberg Fellow Spotlight: Amanda Capitulo Redefining Masculinity in Sitka, Alaska

Sitka, Alaska, is a unique place. Spread across parts of two Pacific islands in Southeast Alaska, it is four times the size of Rhode Island and distinguished with the title of largest incorporated city in the U.S. Yet Sitka is home to just 8,700 people and only 14 miles of road.

Bloomberg Fellow Amanda Capitulo landed in Sitka two years ago, after graduating from Rutgers University with a degree in public health, when she accepted an Americorps VISTA volunteer position as a violence prevention specialist at Sitkans Against Family Violence. The nonprofit organization works to prevent violence, in part by eliminating acceptance of gender-based violence.

Addressing — and changing — gender norms that reinforce power inequalities between men and women is an important focus for Capitulo, who is also pursuing a master's in public health at Johns Hopkins Bloomberg School of Public Health. In Alaska, about half of women will experience intimate partner violence, sexual violence or both in their lifetimes. Researchers have found that gender expectations can play a role in violence against women; the pressure of being perceived as “masculine,” for example, may increase the risk that a man will physically abuse a female partner.

We talked to Amanda about the public health

risks of traditional gender norms, the importance of changing what it means to “be a man” and what restaurants have to do with violence prevention.

What is traditional masculinity and what risks does it present to public health?

Traditional masculinity is stoic. He thinks of

himself as the sole breadwinner and decision maker, and the anchor that provides stability to the family. He is scared to get close with his guy friends because he thinks that’s “gay” and that homosexuality diminishes manliness. This kind of masculinity affects multiple factors of public health. Men are less likely to acknowledge their own

mental illnesses because they think they’re strong enough to simply get over it. And yet, significantly more men are committing suicide than women.

Masculinity also increases risks of domestic violence. [A perpetrator] thinks that he is in charge and [his partner] has to listen to him, so he feels entitled to use force to make sure she does. From suicide to drug and alcohol abuse to gender-based violence, deconstructing masculinity decreases the risk of all these public health issues.

How do you deconstruct masculinity?



Bloomberg Fellow Amanda Capitulo works with Sitkans Against Family Violence (SAFV). Through her work, Amanda is focused on addressing and changing gender norms, particularly around masculinity, that reinforce power inequalities between men and women.

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SAFV News

Leadership Switch

SAFV is pleased to announce the appointment of Natalie Wojcik as the new agency's Executive Director beginning July 1, 2019.

Natalie has been working at SAFV since 2009. She started her job as a Jesuit Volunteer Advocate, and then applied to be a permanent employee, serving as an Advocate for two years. Natalie later became the Direct Services Supervisor and has served SAFV in this role for seven years.

Michelle Mahoney has officially served as the Executive Director for one and a half years while keeping her prior duties as the Deputy Director. Michelle also filled in as the Acting Director off and on over the previous years when needed.

SAFV Board of Directors has been honored for the opportunity to work with Michelle as the Executive Director. Her vision, leadership, passion, and patience have ensured that our building expansion project came to fruition. Now that the project is fully in motion, Michelle is eager to return to her role as Deputy Director, which entails grant management and financial work that she feels most passionate about.

Throughout the last year, Michelle worked with

the Board to create a succession plan that would ensure the stability of the agency. Natalie's experience as a trauma informed advocate and a strong leader embracing the mission, philosophy, and core values of SAFV made her the ideal candidate for the Executive Director position.

Please join SAFV in welcoming Natalie as the new leader of our organization as we celebrate Michelle and her immense contributions to SAFV.

Maite Lorente
Board Chair



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“Our violence prevention program teaches young boys about emotional health, how to have good friendship with other boys, and creates a safe space for them to play with toys that aren't necessarily marketed for their gender. Creating a culture where boys feel comfortable reaching out when something is bothering them reduces their chances of perpetrating violence in the future. Lessening the burden of masculinity helps them learn to be positive and feel good about themselves. To do this, we're getting adult men engaged with the program to serve as mentors to show boys there isn't just one way to “be a man.”

What are you looking forward to bringing back to Sitka from your studies?

My capstone project is going to be a bar and restaurant initiative. The more you drink, the more likely you are to commit acts of violence when you go home. I haven't decided which approach to take, but the idea is that if bars had to close an hour earlier or train staff to know when someone is combative, we can stop alcohol-induced partner violence. We need to find a way to stop him from going home angry and fighting with his wife.

Source: American Health Dispatch - A Bloomberg American Health Initiative Newsletter, March 29, 2019

SAFV News

Remodel update

Our shelter and office expansion project is proceeding rapidly. Every time we pass by the construction site, we see changes. A small addition in the front is being constructed at the time of this writing, interior walls have been removed, and workers put on a new roof.

The contractor announced the project is ahead of time. That is really good news, and we hope this will remain the case. The picture below shows the project in late June.



In the meantime, you can visit our offices at 610 Alice Loop, where we occupy rooms 107 (advocates and community coordinator), room 108 (prevention), and room 109 (Admin), see back page. You find Alice Loop when you take a left on your way to the airport, after passing Sealing Cove Harbor. We have lots of parking space.

The temporary shelter is at an undisclosed location.

Summer Family Activities with SAFV's Children's Program

SAFV's Children's Program is hosting Summer Family Activities.

Children over 5 are able to be signed up, with a permission slip or bring the whole family! Snacks and transportation provided!

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|-------------|------|--------------------------------|
| July | 7/12 | HPR Rec Picnic 11 am to 5 pm |
| | 7/17 | Naa Kahidi Dance Show 11:30 am |
| | 7/19 | Art Activity 2 to 4 pm |
| | 7/26 | Fortress of the Bear 2—4 pm |

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|---------------|------|-------------------------|
| August | 8/9 | Berry Picking 2 to 4 pm |
| | 8/16 | Totem Park and Beach |
| | 8/23 | Art Activity 2 to 4 pm |

Contact Heather to sign up: 747-3370 or



Prevention in Action — Girls on the Run

SAFV and partners successfully completed the 11th Girls on the Run season. A huge congratulations to the 29 Girls on the Run who completed the final 5K Community Fun Run on May 18!

Not only have these girls been training hard all season, but they also developed the skills to communicate their feelings effectively, build healthy friendships, and discover their unique, inner qualities that make them beautiful.

We could not be prouder of these girls and would like to give a special thank you to all the SAFV staff, coaches, and parents that helped this season of Girls on The Run go as well as it did.

We also thank all the businesses that have been supporting this program over the years.



Gunal'cheesh!



Twenty-nine girls and their coaches gathered for a photo before starting their final 5K run.

Running buddies, family and community members gathered at Harrigan Centennial Hall, Sitka National Historical Park, and areas in between to support or accompany the girls.



After the run, coaches Molly Oien, Emily Pound, Meredith Redick, Sam O'Brien, Lois Verbann, and Sidney Carter waited expectantly what Zailey Richards had to share about her experiences with the 12-week program.

Prevention in Action — Youth Leadership



The Sitka Youth Leadership Committee (SYLC) just wrapped up their 10th year of work promoting equity, diversity, and acceptance in Sitka.

SYLC is currently comprised of students from Mt. Edgecumbe and Sitka high schools, and welcomes any high school age student to apply to join the group.

In addition to their "Healthy Me, Healthy We" campaign which reached over 100,000 people in Alaska, SYLC also tackled issues of power, privilege, and oppression through their equity campaign.

Last year, the students worked with filmmaker Lee House to create an original video. They featured student voices in a broad conversation about creating a more equitable world in which all people have the resources to succeed despite their personal identities. This video was screened at a number of community and statewide events this spring, most notably during a youth panel in Sitka where SYLC

youth engaged the audience in a discussion about these larger systemic injustices and the impact on individuals and communities .

To complement and reiterate the messages of the video, SYLC worked with graphic designer Alyssa Russell to develop posters and bookmarks challenging audiences to consider "Who Has Power?" in our world, and how societal norms and systems of oppression allow certain types of people to maintain and misuse their societal power for personal gain.

These materials were launched this spring as part of SYLC's equity campaign called, "Know Your Privilege, Share Your Power," which encourages those with a higher wealth of resources to consider how they can utilize those resources and/or privileges to lift up others who have just as much potential but to whom such resources are less accessible.

For more information about SYLC's projects or to apply to become a member, go to sitkayouthleadership.com or find us on Facebook.



Prevention Director Julia Smith (left) and members of the Sitka Youth Leadership Committee met in May at the Loft to engage a group of interested citizens in meaningful discussions about power, privilege, oppression, and equity. About 30 people attended the event.

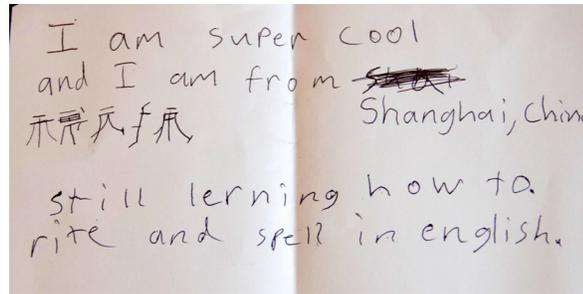
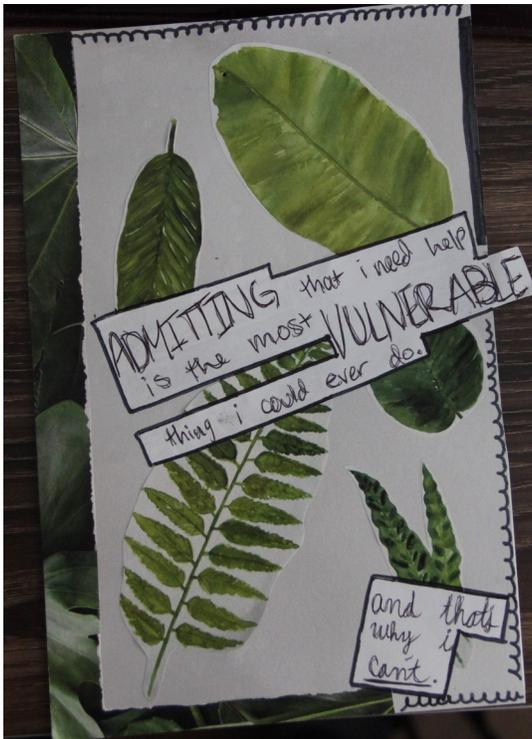
Prevention in Action — Postcard Project

Postcard Project

The Sitka Youth Leadership Committee invites you to participate in the Postcard Project! The Postcard Project is a part of our larger "Share More" Campaign, which seeks to promote empathy and connection among Sitkans by sharing diverse stories.

Submit a postcard--make it as creative as you want! -- to one of our drop boxes around town. Submissions must be anonymous and may end up on SYLC's social media page.

Here are some examples we collected.



Pizza Pride

Pizza Pride is a LGBTQ+ youth group created in fall of 2018 for high schoolers in Sitka. It's mission is to provide a supportive and safe space for LGBTQ+ teenagers and allies of diverse and intersectional identities.

Through a collaboration between YAS and SAFV, Pizza Pride is hosted every other week during the school year at the YAS drop in center.

Through this group, we have hosted workshops defining identity, discussed relevant issues such as coming out, and explored LGBTQ+ culture and history.

Facilitators Eli Evans and Emily Pound have also started training staff on LGBTQ+ issues, advocacy, and allyship.

Pride Weekend

Pride Weekend will be hosted by the Mean Queen the weekend of July 12th. There will be drag shows, LGBTQ+ movies, and trivia.

SAFV will be supporting a Pride BBQ potluck located at the Mean Queen at Totem Square's deck on

Saturday, July 13th from 12-3pm.

There will be chowder and cake provided with an encouragement to bring your own food item.

All friends and allies are welcome!

SAFV Board

Chair: Maite Lorente
Vice Chair: Dave Levesque
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 Emily Pound
 Heather Riggs
 Peg Blumer
 Wendy Leverett

Relief Advocates:
 Cayrn Coleman
 Charlie Bean
 Karin Mullins
 Shadeed Miller

Thank You for Your Cash Donations—Gunal'cheesh!

SAFV board and staff extend their deep gratitude for all the generous cash donations we received between December 2018 and June 2019. Particularly at this time where our shelter and office building is being remodeled and expanded, we need this special financial uplift.

Gifts that were dedicated to special uses on request of the donor will exclusively be used for the intended purpose. Your wishes are very important to us. If you want to dedicate your future donation to a special purpose or program, please let us know.

\$10,000 and over

Lazzarini Family Living
 Trust
 Sitka Community Hospital

Ron Fribusch
 White's Inc.

Sitka Moose Lodge # 1350
 Spurgina Jeter
 Susan and Tom Brown

\$100—499**\$5,000 to 9,999**

Allen Marine
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Alaska Computer Center
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Alaskan Dream Cruises
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 Jessica Pyatt and Matthew
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 Venneberg Insurance Inc.
 Melinda and Jamey Cagle

Bridget Hitchcock
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Fr. Peter Gorges
 Gloria Graham

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 Kathy Kyle
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Hames Center
 Karen Grussendorf

Maia Mares
 Marian Allen

\$500 to 999

A Window Between Worlds
 Anonymous
 Barbara Hames
 Ce and Roger Higley
 First Bank
 Kimberly and Robert
 Hunter
 Margaret A. Cargill Founda-
 tion
 Mary and Roger Hames
 Neurobehavioral Consult-
 ants

Laurinda Marcello
 Lorraine Lil
 Mae Dunsing
 Maite Lorente

Max Kritzer
 Parcae Soule
 Peggy Fedoroff
 Pet's Choice Veterinary
 Hospital

Rob Allen and Robin Sher-
 man

Rachel and Jacob Roy
 Rebecca Poulson and Eric
 Dow

Sara Beaber-Fujioka and
 Tad Fujioka

Scilla Bennett
 Sean Ray

Sherie Mayo

Sherrie and Bill Foster

Sitka Emblem Club #142
 Sitka Lutheran Women of
 ELCA

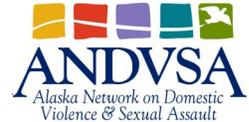
Suzi and Rich McClear

SAFV's Current Location

Find us at our temporary offices at **601 Alice Loop**, in the Sealing Cove Business Center. There is plenty of parking at the south side of the building. Our offices are adjacent to this entrance.



United Way Member Agency
Member of the Alaska Network on Domestic Violence and Sexual Assault



Return Service Requested

SAFV is an equal opportunity provider.

Sitkans Against Family Violence
P.O. Box 6136
Sitka, AK 99835
Phone: 907-747-3370
Crisis Line: 1-800-478-6511

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