

SAFV Voices

Sitkans Against Family Violence

March 2017

Boys Run I Toowú Klatseen Teaching Boys Healthy Relationships and Lifestyle Skills

The participants of Boys Run I toowú klatseen finished their 3rd season in Sitka with a final 5K run on December 10th, 2016.

The run was a success, despite below freezing temperatures! This after-school program for boys in 3rd-5th grade focuses on healthy social and emotional life skills, and 26 boys participated this fall at Keet Gooshi Heen Elementary School. Participants learned about "inner strength" and worked on setting goals for themselves, such as completing an entire 5K run!

Each year we measure the impact of the program through pre-



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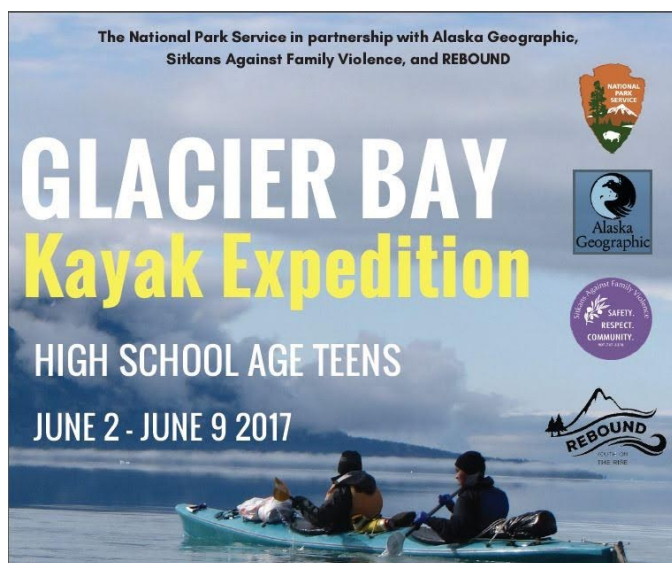
Success: Finishing in extreme conditions.

and post- season surveys. This year, boys reported a 24% decrease in agreement with the statement "I believe boys should be tough," and a 10% increase in the statement "I know how to disagree without starting a fight or an argument" with 100% of boys agreeing or strongly agreeing by the end of the season.

Similar increases of around 10% were seen for having an adult the boys could talk to about things that are bothering them, believing in the importance of helping their community, and appreciating the differences that make people special.

One parent said, "Boys Run is an important program because it teaches boys to be courageous and kind." The program is also implemented in Ju-

Prevention at Work



Glacier Bay Kayak Expedition

The Sitka National Historical Park, Alaska Geographic, and SAFV are organizing a kayak expedition for high-school aged youth in Glacier Bay National Park and Preserve.

Using the REBOUND curriculum, students will learn healthy relationship and leadership skills while exploring the rich natural and cultural heritage of the park while also becoming experts in backcountry camping and travel.

The trip will take place from June 2-9 and is open to students from Sitka, Kake, Angoon, Hoonah, and Gustavus. For more information and an application go to <https://www.nps.gov/sitk/index.htm> or www.safv.org. Applications are due April 7th.

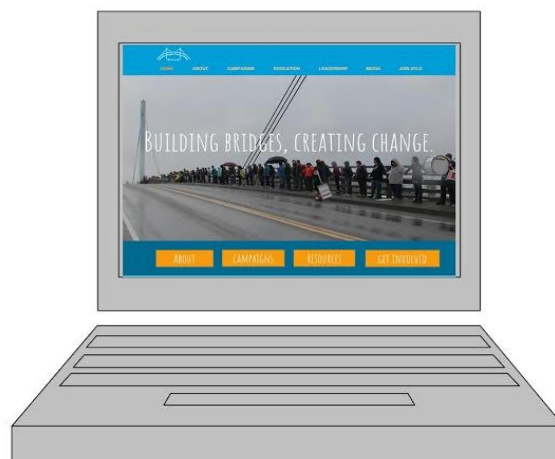
Sitka Youth Leadership Committee (SYLC)

The Sitka Youth Leadership has many exciting projects underway for the 2016-2017 year. The group, comprised of students from both Mount Edgecumbe and Sitka High, aims to promote teen voices and bridge the gap that exists between the Sitka High Schools.

This year, SYLC is pursuing three major projects: becoming peer educators to work in classrooms, promoting the soon-to-be-released SYLC documentary, and posting local teen stories and experiences to social media in the mold of "Humans of New York."

In weekly meetings and monthly planning retreats, we have mapped out project goals and strategies, and are excited to begin executing them. We also just completed a major campaign against Teen Dating Violence, since February is Teen DV awareness month. In radio PSA, newspaper ads, social media posts, online videos, and school announcements, we aimed to educate our peers about healthy relationships.

The Sitka Youth Leadership Committee proudly presents its brand new website



Check out sitkayouthleadership.com for information on our causes, campaigns, membership, and how to join.



And like us on Facebook
for stories from youth
and updates from SYLC!



SAFV News—Thank You All for a Great Family Fiesta



A happy crowd preparing for a heated dessert auction.

We want to thank all who made our annual Family Fiesta dinner and dessert auction at the ANB Founders Hall a great fundraising success. Thanks to ANB camp #1 and ANS camp #4 for providing this wonderful space.

Sea Mart and Sitka Sound Seafoods were our primary sponsors, and we received food donations from the Mt. Edgecumbe High School kitchen, Steve Warren, and McDonald's. Many bakers and dessert makers donated their art, among them Blatchley Middle School students in Ms. Ferreny's class during Discovery Your Potential Week. That was awesome. Ken Fate was our auctioneer, and Julie Schmitts, Ted Howard, and Kam-mie Daniels provided live music. Karin Mullins dominated in the kitchen, with her long-time crew of Grace Brooks, Bridget Hitchcock, Charlie Morgan, and Tina Bachmeier.

Other volunteers were Mary and Dave Levesque, Karen Boyer, Larry Edwards, Jim Clare, Angie Wisniewski, Steve Hutchinson, Julia Tawney, Grace Heidel, and Mt. Edgecumbe students Hayleigh Johansen, Sierra Fetts, Hayley Ragnitsen, and Jasmine Woods. Amanda Capitummino was our photographer. We ex-

tend our heartfelt thanks to our volunteers, donors, all who attended, and particularly to those who bid on the delightful desserts.

Thank you and Gunal'cheesh.



Karin Mullins and former SAFV Executive Director Grace Brooks have been at the core of the Fiesta for over 2 decades.

Shelter Update

SAFV currently has 20 residents: 14 adults and 7 children. We are near capacity occupying every room, and two women are sleeping in a living room. Several rooms house more than one family or individual. We have been near capacity

Sitka Domestic Violence Task Force Offers Crucial Conversations

The Sitka Domestic Violence Task Force has been meeting for a long time. It is a group of citizens and professionals who meet monthly to talk about needs and resources for victims and survivors, offer education, exchange information, and build relationships.

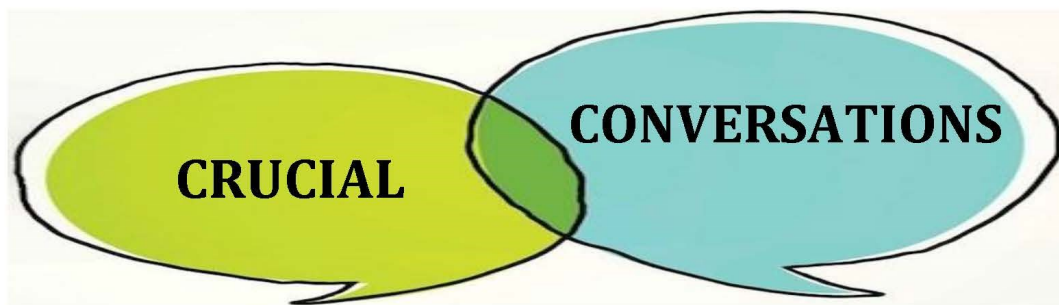
Last year the group decided to offer a quarterly educational event for survivors, their friends and family members, professionals, and concerned citizens alike. Our goal is to make sessions accessible and more conversational than a formal training.

Supported by a Title III grant UAS received from the U.S. Department of Education, we enjoy the energetic support of UAS staff members Chris Washko, Deb Corso, Audrey Beam, and Samantha Hoffman.

DVTF member Rev. Julie Platson offered the meeting room at St. Peter's See House, and it turned out to be the perfect venue. We very much enjoy the hospitality we are experiencing and extend our thanks and appreciation to the entire congregation.

Our recent conversation on March 7 was moderated by therapist Debi Terry, MS LPC-S, who shared stories and experiences about her work with survivors of trauma caused by interpersonal and sexual violence.

We learned that behaviors that don't seem to make any sense become totally logical if viewed from the accumulated experiences of a person who might have a totally different life history than we. We learned that people might regress to and be stuck in stages of their childhood when they experienced severe trauma. We also learned that diagnoses like ADD, ADHD, and ODD* might actually be manifestations of earlier traumatic experiences, and not mental



The LOGIC of TRAUMA SURVIVORS



disorders. The survey results of the par-

ticipants showed that almost everyone learned a lot.

We thank Debi for her engaging and very informative gift of stories and interactions. We all walked away after a grounding exercise that we were encouraged to use with ourselves and others who might need a practice to calm down. We will treasure and share the handouts on this technique Debi provided.

Please keep your eyes and ears open for the next Crucial Conversation in June. Call Martina at 747-3370 if you have any questions or suggestions.

*ADD = Attention Deficit Disorder

ADHD = Attention Deficit/Hyperactivity Disorder

ODD = Oppositional Defiant Disorder

What You Can Do

We want to acknowledge Child Abuse Awareness Month by telling a story shared by our long-time supporter Shirley Anderson. She received it recently from her nephew Brandon Pettitt, who is now a teacher in Fresno, Califor-

April is Child Abuse Prevention Month

I can remember, as a young boy, the excitement I felt every time I learned that we'd be going to Grandma and Grandpa's in Clovis. It was such a magical experience that I even enjoyed the drive. I memorized every turn and landmark along the way. I could hardly stand it as we turned off of Minnewawa ave. and into the mobile home park. A short drive through the narrow streets and we were there. I know we would get to enjoy playing Tiddlywinks, Yahtzee, wiffle ball, and so much more.

When they decided to move to Oregon, I was greatly disappointed because I thought the magical feeling of going to their house would be gone. I soon realized, however, that I couldn't be more wrong. Not only did that feeling exist but it was magnified. Their house on Brush Creek rd. came to represent one of the most wondrous places on the planet. Exploring the creek, long walks up and down logging roads and through fields, picking berries, games of badminton and Rummikub. We indulged in all kinds of cookies. Life in Oregon was good and I always looked forward to my next visit to this enchanted world.

As I grew older I began to realize what it was that made all of these places so special. You see, a

house isn't special. Games and cookies are not magical. Logging roads and creeks are just a way for someone or something to get from one place to another. It's the people who come alongside of you during these times that make the experiences seem like they have a life of their own. There are many people that helped make the experiences special to me, but the one who had the greatest impact was Grandma Jean.

Grandma loved people and she understood what it took to make others feel loved. What was it about playing Rummikub and badminton with her, or



eating her homemade cookies, that made us feel so loved? I recently realized that it was not about the THINGS she did with us, but it was all about the WAY she did these things with us. It was her enthusiasm to spend time with us that made us feel special. I NEVER, not one time, felt like she had more

important things to do than play silly games with us grandkids. She never gave us the idea that she was just squeezing us into her busy day to appease us. She sacrificed her time, yet never made us feel she was sacrificing. I truly believed, and still do, that she WANTED to play with us. It was important to her because we were important to her.

Eating watermelon under a tree, long walks down dusty roads, simple games, making everything seem so special. She invested in people in the most profound way possible: she spent time with them.

This is the legacy that Grandma has passed on to me. She has taught me that we should enjoy quality time with the people we love..... to share with them, play with them.....and to do it enthusiastically..... to show them how special they are.

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Thank you for your Membership!

We want to thank all individuals, families, and businesses who became members or renewed their memberships. This is a wonderful way to acknowledge our work and show your support for survivors of intimate partner violence. Your membership is one of many ways to show our funders that we are supported by many people in the community. Thank you.

If you want to become a member, please make a contribution online at safv.org, mail a check to PO Box 6136, or come by at our office. Call 747-3370 for directions. You may choose your membership level.

SAFV Members 2017

Agave Restaurant
ALPS Federal Credit Union
Sara Beaber-Fujioka and Tad Fujioka
Annette and Brian Blankenship
Kathleen and Harvey Brandt
Susan and Tom Brown
Jeff Budd
Lisa Bykonen
Cheryl Call
Larry Calvin
Toby and Norm Campbell
Becky Charlton
Doris and David Clarke
Celia Dumag

Pauline and Al Duncan
Mae Dunsing
Valerie and Brent Edwards
Dorrie Farrell
Peggy Fedoroff
Sue Fleming
Fr. Peter Gorges
Paulla Hardy
Harry Race Pharmacy
Mary Helem
Bridget Hitchcock
Renee and Math Jakaitis Trafton
Amy Johnson
Tina and Marty Johnson
Connie Kreiss and Floyd Tomkins
Susan and Mike Litman

Sherie Mayo
Neurobehavioral Consultants
Dorothy and Dean Orbison
Pet's Choice Veterinary Hospital
Pizza Express
Rebecca Poulson and Eric Dow
Mary Purvis
Lisa Sadleir-Hart and Tom Hart
Carolyn Servid and Dorik Mechau
Sitka Lutheran Church
Sitka True Value
Sitka Vision Clinic
Joann and Dewey Torgeson
Cheryl and David Vastola
White's Inc.

FREE Informative Workshop!

Learn about the importance of strengthening families of present and future generations

The Sitka Tribe of Alaska Social Services Department is hosting a two-day workshop presented by Albert M. Pooley, President/Founder of Native American Fatherhood & Families Association. These workshops are designed to encourage and promote responsible fatherhood, motherhood, and the strengthening of families. Parents, grandparents, aunts, uncles, community partners, and human services staff are welcome to attend!

April 6—7, 2017

8:30 am—5:00pm

Sheetka'Kwaan Naa Kahidi
Tribal Community House
200 Katlian St., Sitka

More information and pre-registration:
Jean Swanson
907-747-3968
jean.swanson@sitkatriben-sn.gov



April is Sexual Assault Awareness Month—Support Survivors!



You know a Survivor

You might be the first person someone tells immediately after being sexually assaulted. A survivor might also wait weeks, months, or even years to share what happened. Both are common reactions. If someone you know tells you their story, here are examples of supportive things you can say:

I believe you. Thank you for telling me. It wasn't your fault. You did nothing wrong. I am here for you. You are brave. You are never alone. How can I help?

You are a survivor

Everyone heals in their own time and their own way, and the path isn't always a straight line. You don't need to do it alone — you can:

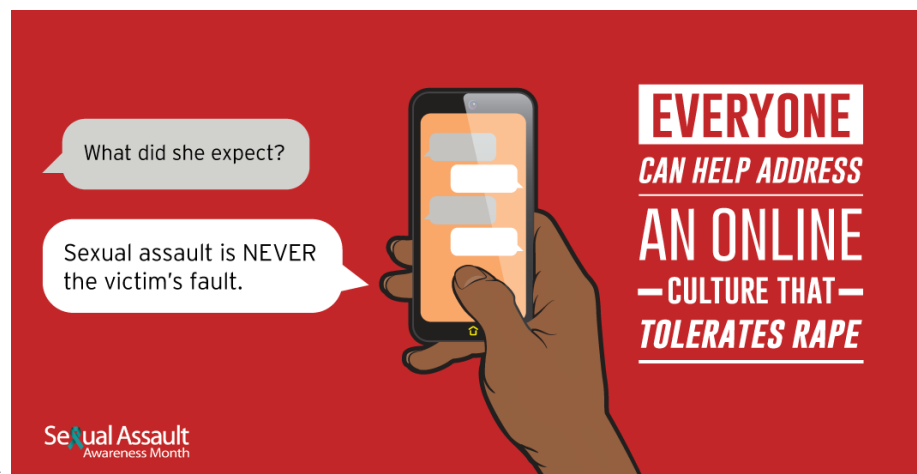
- Read or share messages of encouragement here: #SupportSurvivors
- Join an online survivor group*
- Call SAFV at 747-3370

For Community Members

Sexual violence undermines the values of strong communities. Online comments that blame victims contribute to a broader climate in which sexual violence is tolerated and not taken seriously.

Help end rape culture by taking action online:

- Believe and support survivors. For example, thank survivors for sharing their stories in the comments.
- Respond to victim-blaming, rape jokes, or other problematic comments on social media: - Post a response like, "Sexual assault is never the survivor's fault." - Refocus accountability on the individual(s) who committed sexual abuse.
- Link to an educational resource about sexual violence prevention that you can find at nsvrc.org/publications.
- Promote Sexual Assault Awareness Month using the hashtag #SAAM. Sample tweet: April is Sexual Assault Awareness Month #SAAM. Find out how you can use your voice to change the culture: www.nsvrc.org/saam



SAFV recommends this link for more information on what you can do to prevent Sexual Violence.

Honoring Women Banquet and Silent Auction



April 22, 2017 — 6:00 pm
Harrigan Centennial Hall

Celebrate Sitka's Outstanding Women 2017

Betty DeCicco
Lisa Busch

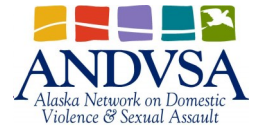
Kathy Hope-Erickson
Valerie Edwards

Socializing, dinner catered by Ludvig's, live music,
dance performance, slide shows, no-host bar,
award ceremony, silent auction.

Tickets at Old Harbor Books & SAFV for \$55.



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



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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