



SAFV Voices

Sitkans Against Family Violence

September 2019

Soon To Be Back in Our Own Place!

SAFV Shelter Renovation and Expansion Completed in October

SAFV is happy to announce that the expansion and renovation of the shelter is nearing completion.

We anticipate moving back into the shelter on November 19, with an open house event tentatively scheduled for the public on November 18.

The project went very smoothly and is ahead of schedule by nearly 3 months. We are incredibly grateful for the countless hours of volunteer leadership we have received from project manager Chris Kowalczewski throughout this multi-year project. The project wouldn't have come to fruition without her!

It has been a pleasure to work with Dawson Construction on this project. We are absolutely amazed at how smoothly the construction work has gone



and are eager to move residents back in to the beautiful new spaces.

We were overjoyed by the generous support from members of the community, individuals and businesses alike.

Thank you to Sitka Community Hospital Foundation



We would like to give a huge thank you to the now disbanded Sitka Community Hospital Foundation board. In the liquidation process, the board decided to give part of their assets to SAFV. This very substantial cash donation came at a great time due to the expenses for our renovation and expansion.

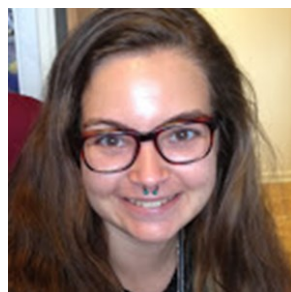
We are deeply grateful for this gift that keeps on giving because less financial burden from the renovation means more direct services funding for the community. And this is exactly what the board members were looking for.

The picture shows Cynthia Dennis, SCH Foundation board chair (center left) handing a check to Natalie Wojcik, SAFV's Executive Director on August 17. They are surrounded by members of the SCHF board, and SAFV staff.

SAFV Staff News

New Prevention Staff

Last year, following her two years as SAFV's AmeriCorps VISTA Violence Prevention Specialist, Amanda Capummino left to complete her Master's degree in Public Health at Johns Hopkins University in Baltimore as a Bloomberg American Health Initiative Fellow for SAFV. Her work was focused on Health Communication and Injury and Violence Prevention. Following graduation from the program this past



May, Amanda returned to both Sitka and SAFV, this time as the Communications and Evaluation Specialist in the prevention department. She is really excited to be back and to use her new knowledge and skills to help make Sitka a safer community for everyone.

Another new permanent prevention staff member is Sam O'Brien. After completing her position through the Alaska Fellows program as the Communications Specialist, Sam is super excited to be returning to SAFV to work full-time as the new Youth Development Coordinator. Her focus will mainly be supporting SAFV's youth prevention programs, including the Sitka Youth Leadership Committee and the Healthy Relationships presentations in Sitka's high schools. She will also be supporting the Boys Run I toowú klatseen and Girls on the Run programs. She is thrilled to be back on the staff, as well as back in beautiful Sitka!

Emma Thompson is the third new staff member in the Prevention Department. After developing a passion for advocacy and prevention of domestic and sexual violence as an advocate intern at SAFV during the summer of 2017, she completed her bachelor's degree in Psychology and Gender, Women, and Sexuality Studies at Gustavus Adolphus College in St. Peter, MN. Emma is excited to be back at SAFV as the AmeriCorps Prevention Specialist, coordinating the programs Boys Run I toowú klatseen: Strengthen Your Spirit and Girls on the Run! She is looking forward to working with 3rd-5th graders, teaching healthy social and emotional skills, with the ultimate goal being preventing violence in the Sitka community.

New Shelter Staff

Madison Sprague is our new overnight advocate. She is very passionate about advocacy work at SAFV, and she wanted to work here since she was a little girl visiting her mom, Jean Sprague, at her place of employment.

If she is not working Madison is most likely outside hiking with her dog, or on some adventure with her! She hopes to bring a diverse perspective to the shelter, asking questions that haven't been asked before.

Margaret Heftler is SAFV's Direct Services Support Specialist through Jesuit Volunteer Corps NW/AmeriCorps. Her role combines women's advocacy and children's advocacy for resident and non-resident youth. She is originally from NYC and just graduated from Georgetown University in May with a degree in English Lit. She is passionate about women's rights and is hoping to pursue a law degree potentially focusing on intimate partner violence, so working at SAFV has been deeply meaningful for her in understanding these issues. Environmental justice and Indigenous rights are also very important to her. In her free time, Margaret loves to listen to music (folk/blues/jazz), creative writing, making collages, spending time in nature, and watching films. She is moved by the amazing work the people at this organization do every day to improve the lives of Sitkans, including changing the culture around domestic violence in our communities. She is inspired by the resiliency and strength of the clients SAFV serves.



Shadeed Miller left the Prevention Program after completing Girls on the Run 2019 and joined as relief advocate. Staff is very happy to at least see him occasionally at the shelter.

Charlie Bean recently joined SAFV as relief advocate. Many know him as a former Youth Counselor. He likes the outdoors, especially hiking, camping, fishing and kayaking. One can spot him on his bike around town. SAFV is happy to have him on staff.



Domestic Violence Awareness Month: #1Thing You Can Do



Emma Thompson is showing her #1 Thing to end domestic violence.

October is Domestic Violence Awareness Month and as we know, domestic violence impacts millions of people each year, but it can be prevented.

It requires the collective voice and power of individuals, families, institutions, and systems – each whose “one thing” adds a valuable and powerful component to transforming our communities.

You are a part of this collective voice and power, and we want to know what #1Thing you will do to end domestic violence in Sitka through this photo campaign that will take place during DVAM.

If you would like to participate, you can use the template pictured left with your #1Thing written on it (template here: www.tinyurl.com/PhotoDVAM) or you can just use a piece of paper. Then, once you have it, snap a photo (which does not have to include yourself), and share it on social media, tagging SAFV, or send it to media@safv.org, where we will feature them on our Facebook page for the month.

Everyone has a responsibility to end violence in the community, so what is your #1Thing?

Prevention at work: Boys Run I toowú klatseen Update



We're excited to announce that the sixth season of Boys Run I toowú klatseen: Strengthen Your Spirit – an after-school empowerment program for 3rd-5th grade boys – is underway!

This year, we reached our maximum number of participants, with 30 boys enrolled in the program. Following a day-long coach training with an incredible group of 13 coaches, we successfully completed our first days of practice on September 25

and 26 with two enthusiastic teams of boys.

In Lesson 1, the boys learned about the Boys Run program guidelines and got to know each other a little bit better through some fun games. Throughout the rest of the season, they'll practice healthy social and emotional skills while working toward completing a 5k community run, which will be held at 10am on Saturday, December 14 at Harrigan Centennial Hall.

Stay tuned for more information – we'll be seeking volunteers to help plan the 5k as the time approaches!



Coaches practice the dynamic stretching routine that precedes the running portion of each lesson

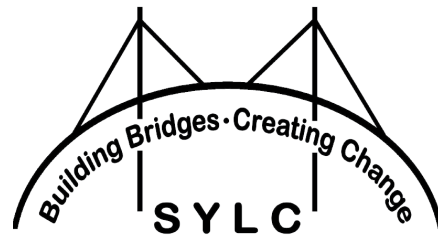
Prevention at Work—Sitka Youth Leadership Committee**SYLC Members on National Webinar**

On September 12th, two of our youth leaders from the Sitka Youth Leadership Committee participated in a national webinar, Delta Focus Stories: Lessons Learned from Three Community-Based Initiatives.

These two Sitka-based students, Cora Dow, a senior at Sitka High, and Esther Burdick, a junior at Mount Edgecumbe High School, spoke about the history of SYLC, the nuts and bolts of our weekly SYLC meetings, their personal experiences being a member of SYLC, and the three campaigns we launched in 2019. They also spoke about our successes as a group, as well as lessons learned over the course of our 10 year history about running a successful youth-led group. Over 50 adults tuned into the webinar from around the country.

The webinar was hosted by VAWnet, an online network operated by the National Resource Center on Domestic Violence focused on violence against women and other forms of gender-based violence. VAWnet.org has long been identified as an unparalleled, comprehensive, go-to source of information and resources for anti-violence advocates, human service professionals, educators, faith leaders, and others interested in ending domestic and sexual violence.

We are very proud that Sitka youth leaders were featured on this webinar.

**SYLC Members Wanted!**

The Sitka Youth Leadership Committee has started up again for the school year! We are currently recruiting applicants from all three of Sitka's high schools.



Applicants should be eager to promote equity and diversity across Sitka through healthy relationships education, social media initiatives, and campaigns on power, privilege, and systems of oppression.

SYLC meets weekly on Wednesdays from 6:30-8, as well as once a month on the weekends for three hour workshops. For more information, visit <https://www.sitkayouthleadership.com/join-sylc>.

SAFV Announcements

SAFV Board**Chair:** Maite Lorente**Vice Chair:** Dave Levesque**Treasurer:** Dave Levesque**Secretary:** Dayna Arnold**At large:** Brian McNitt

Eleya Rosenthal

Shauna Thornton

SAFV Staff**Executive Director:**

Natalie Wojcik

Deputy ED:

Michelle Mahoney

Prevention Director:

Julia Smith

Prevention Staff:

Amanda Capitummino

Emma Thompson

Sam O'Brien

Community Coordinator:

Martina Kurzer

Direct Services Director:

Tina Bachmeier

Children's Program

Heather Chandler

Margaret Heftler

Advocates:

Deanna Moore

Heather Riggs

Madison Sprague

Margaret Heftler

Peg Blumer

Wendy Leverett

Relief Advocates:

Cayrn Coleman

Charlie Bean

Emily Pound

Jean Sprague

Karin Mullins

Megan Copley

Shadeed Miller

Sharon McIndoo

Wanted: Gift Cards

SAFV's shelter and offices will move back to our renovated and expanded building in the beginning of November. Mt. Edgumbe High School students will help with the heavy lifting.

We are looking for donations of \$25 gift cards for local businesses to give away to these awesome volunteers.

Please support the students and local businesses. For questions, please call Martina at 747-3483.

Thank you and Gunal'cheesh.

SAFV Needs

After SAFV moves back into our newly renovated building, we will still be in need of some basic items for the shelter including: pillows, dressers, razors, shampoo, conditioner, he laundry soap, body wash, paper towels, and bath towels.

If you are able to donate any of these items, please contact Martina at (907) 747-3483.

Thank you and Gunal'cheesh.

Group Activities

During SAFV's renovation, women's and survivors' groups were temporarily closed to the public due to a lack of confidential meetings spaces to conduct these groups.

After the renovation is complete, our support groups will once again be open to the public.

Please keep your eye out for announcements for our Women's Beading Group, Women's Healing Art Group, and Survivor's Empowerment Group which is open to all. You will see announcements in the Daily Sitka Sentinel and on our Facebook.

If you have questions, please call Tina at 907-747-3370.

Children's Support Groups

SAFV's children's support groups will be under way soon this fall.

At the grade schools, SAFV's children's program will be hosting lunch groups to support children through healing art and discussion. Additionally, there will be an after school group held once per week where healthy activities will be provided.

If you are interested in signing your child up for either of these free opportunities, please contact Children's Program Coordinator, Heather at (907) 747-3498.

Piano Benefit Recital

You are invited to a recital with local pianists on



November 8, 7 pm at

St. Peter's Episcopal Church, 611 Lincoln Street.


Kristen Hames, Tiffany Pearson, Greta Healy, Joshua Houston, and Dave Nicholls will perform.






The event is free of charge. However, Dave is collecting donations for SAFV at the venue. He coordinated benefit recitals for SAFV in the past. We are grateful for this gift and look forward with joy to listening in.

October is Domestic Violence Awareness Month

Like every October, SAFV creates a flag display symbolizing numbers of the past year that show we have domestic violence right here in Sitka. Look out for it along the Crescent Harbor lawn in the first week of October.

SAFV statistics related to family violence and or child abuse between July 1, 2018 and June 30, 2019.



-  Each green flag represents **one of 16 children** who have stayed in shelter because of domestic violence.
-  Each purple flag represents **one of 54 women** who have stayed in shelter because of domestic violence.
-  Each yellow flag represents **ten of 2,499 bed nights** taken at SAFV's shelter by women and children because of domestic violence.
-  Each white flag represents **one of 422 crisis calls** SAFV received and responded to.
-  Each blue flag represents **one of 91 DV related entries** in the Sitka Police Blotter of the Daily Sitka Sentinel.



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



Return Services 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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