

SAFV Voices

Sitkans Against Family Violence

December 2017

Boys Strengthen Their Spirit



I toowú klatseen

Our Boys Run I toowú klatseen season just ended with an incredible 5k! We had 20 boys participate in the 10-week program.

Throughout the season, they learned about how to identify, process, and express their emotions in

healthy ways, as well as how to work as a team, how to stand up for people, and how to support their community.

Each team designed and completed a community service project: the Monday/Wednesday team chose to educate the community about littering and taking care of animals by mak-

ing posters and a video. The Tuesday/Thursday team sold art and baked goods to their peers and teachers to raise money for the raptor center and SAFV (which they chose without prompting).

On Saturday, December 9th, they put many of their lessons into practice by running a 5k as a team!

Throughout the whole season, the boys were incredibly lucky to be led by the following coaches: Steve Hutchinson, Tyler Holt, Will Walker, Alex Souza,

Rebecca Foster, Lee House, Sue Conrad, Siraj Sindhu, Tina Bachmeier, and Alaire Hughey.

We are proud of yet another amazing season, another awesome group of boys, and we are so grateful to each of you who have supported us along the way.

Over 30 volunteers donated food and/or time to put on the event, and over 100 family and community members showed up to support the boys.

Thank you and Gunalchéesh for supporting the boys. With the recently learned skills, they are well on their way developing into respectful and well adjusted teenagers and men.



Above: Goal accomplished! Friends and family members supported the runners. From left to right, Zachary Webb, Tanner Steinson, unknown friend, Jackson Harmon, and Rowan Olney-Miller.



Right: Ty Waldron, front, leads Jayson Miller towards the finish line.

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Boys Run in Southeast Alaska

SAFV has been working on expanding the Boys Run program to new communities around Southeast Alaska! If you are interested in hosting a Boys Run team in your community, contact Becca at [907 747 3496](tel:9077473496) or at rfoster@safv.org

SAFV News—Meet Our New Executive Director!

Hello Sitka! My name is Jennifer Herrera and I traveled here from Denver, Colorado. I lived in the Denver Area for 14 years where I raised my son. He is now grown and remains in Denver near his father. Before that, I lived in California, England, and Texas (briefly).

I received the majority of my education in California receiving my Bachelor's Degree in Comparative World Literature from the University of California at Davis. I finished my Master's in Education while living and working abroad at National-Louis University (Evanston, Illinois). I have had the joy of working in many different arenas including: literacy, teaching (K-5, incarcerated adults, immigrants and refugees, and college students), policy and political work, and various non-profit positions.

I am most proud of the work I did as Executive Director at Colfax Community Network (a small non-profit serving homeless families and children). It was an incredible privilege to have the opportunity to positively impact the lives of children and families struggling with the effects of poverty. Our programs included after-school and summer programs for chil-

dren, housing and other basic needs assistance for families, parent education classes, a pre-school co-operative, and many fun and educational events for the entire community.

I am overjoyed to be here in Sitka with my partner Charles and am looking forward to the many new experiences that come with integrating into a new community. I have already begun to fall in love with my new home and look forward to meeting all of you very soon! My door is always open and I am always happy to connect with members of the community. If I don't reach out to you in the next few weeks, don't be shy! I can be reached by phone at [\(907\) 747-3490](tel:9077473490) or by email: jherrera@safv.org.



Residents' Winter Wish List

SAFV is the grateful beneficiary of many and various donations. At this time of the year, we asked our residents what they need or would like to enjoy. Here is their list:

Gift cards for local merchants

Ice cleats

Reflective gear/ lights

Gloves

Wool socks

Basic black and white cami/ tank tops sizes m, l, xl

Bikini panties sizes 5, 6, 7

Tampons, regular size

Hair ties, scrunchies

Chap sticks

Nail polish and remover

Foundation

Black eyeliner, mascara, blush

Muc mask

Lip gloss

Coloring books for adults

Color pencils



A detailed list of items SAFV regularly needs is available on our website, safv. Org. Click the button "Get Involved", then "Donate" and scroll down for the fields colored in teal. You can also call 747-3370, and we send you this list. Please call for any other items you want to donate. Thanks and Gunalchéesh.

Working Together To Build An Equitable Community



Pathways to a Safer Sitka is Sitka's primary prevention coalition to address domestic violence and sexual assault. Recognizing that violent behavior is complex, Pathways' partners have collaborated together since 2008 to address the risk and protective factors associated with violence; many of which are shared among other social issues impacting our community.

These factors include social isolation or lack of support from family, friends, and neighbors; lack of economic opportunities and unemployment; family conflict and trauma; norms that support aggression or coercion; rigid beliefs around what is "masculine" and "feminine;" loss of cultural identity and connection; low academic achievement; lack of skills for solving problems and/or making healthy choices; and low self-esteem.

Historically, Pathways' partners have worked collectively to coordinate their efforts and support comprehensive programs that counteract these issues and work towards building a community of respect and nonviolence.

Our coalition's approach to ending violence is comprehensive and holistic. Not only are we working with individuals to teach skills and provide tools, but we are also enlisting the help of youth leaders, parents, teachers, coaches, and community members to role model and reiterate healthy relationships messaging. Additionally, we are working with entities to shift the climate within that environment by affecting policy change.

We're also producing media campaigns that promote messages of diversity, equity, and healthy relationships to help build a new norm of respect and non-violence.

And lastly, we understand that there are deeper, more systemic injustices that disadvantage and harm people. We've prioritized the need to examine these root causes and address the intersections across social ills in our community, i.e. substance abuse, suicide, poverty, mental health, bullying, child abuse and neglect, by working together to build equity so all may reach their full potential.

If you are interested in joining the Pathways Coalition please contact Julia Smith, Prevention Director at SAFV at jsmith@safv.org.

Prevention at Work



Youth Conference

Five youth from the Sitka Youth Leadership Committee attended the 9th annual Lead On youth leadership conference in Anchorage this November.

Students attended workshops led by artists, storytellers, public health professionals, social justice activists, and youth leaders. Lead On aims to inspire youth to promote a community of peace and equality and offers workshops that address important topics like healthy relationships and healthy sexuality, consent, bullying, addiction, making healthy choices, being an ally, and decolonizing your thinking.

SYLC even facilitated a workshop using their video toolkit to discuss issues such as bullying, isolation, and oppression. They provided effective tools for

breaking down social barriers and becoming an active bystander. During the conference, participants were also given time to map out a plan for creating positive change in their community.

This year, SYLC identified projects to bridge cultural differences and promote equity, diversity and healthy relationships. Stay tuned for more information about SYLC's work in the community.

SYLC Online

You can find information about the Sitka Youth Leadership Committee on their website www.sitkayouthleadership.com. The group is also on Facebook. Check it out and follow.



Domestic Violence Awareness Month Recap

The annual flag display reflecting some data SAFV collects went up in the first week of October on Totem Square.

Prevention Specialist Amanda Capitemmino created an animated infographic about these data that ran in the movie theater during the month of October.

Anchorage author Lisbeth Meredith spoke at the library about her book "Pieces Of Me" that tells about the ordeal to get back her daughters who had been abducted to Greece by their father. If you ever want to explain to someone what domestic violence looks like, please recommend this book.

UAS hosted three Clothesline workshops where survivors and their friends and family met to decorate t-shirts with reflections of their experiences. The shirts were assembled on a clothesline and displayed at UAS and Sitka High School.

If you listen to the radio, you might have heard the voices of Jonathan Kreiss-Tomkins and KathyHope Erickson talking about SAFV's statistics shown on page 6. Amanda posted many informative articles and visuals on our Facebook page.



Community Engagement

CRUCIAL CONVERSATIONS

The Domestic Violence Task Force is a group of individuals who meet once a month for an hour to plan events to inform the community about different kinds of interpersonal violence.

Active members are Rev. Julie Platson of St. Peter's by the Sea Episcopal Church, Chris Washko and Deb Corso of UAS, and SAFV's Martina Kurzer. Anyone who is interested can join. Please call Martina at 747-3370 to receive an invitation.

In October, the group hosted Crucial Conversations on The Impact of Domestic Violence on Children. SAFV children's program director Tina Bachmeier talked about how family violence can impact children and shared tools on how to help children remain resilient. She then moderated a lively conversation.

In November, Sitka Tribe of Alaska's transitional housing manager Louise Brady and family case manager Jean Swanson led participants through a conversation titled "Journey of Discovery". They shared their experiences on working with clients who experienced multiple forms of trauma. Trauma impacts individuals very differently, and one plan does not fit all. Jean emphasized that it is essential to slow down and adjust plans and curriculums to the individuals she works with. Louise shared that sometimes unseen impairments caused by trauma make it difficult or impossible for someone to comply with expectations. The overall lesson was to be gentle and patient while interacting with program participants because one never knows what past experiences determine their behavior.

On February 13, Michael Mahoney and Tom Crane will moderate Crucial Conversations on Healthy Masculinity at St. Peter's See House, 6:30 to 8 pm. We will advertise in the usual news media and on Facebook.

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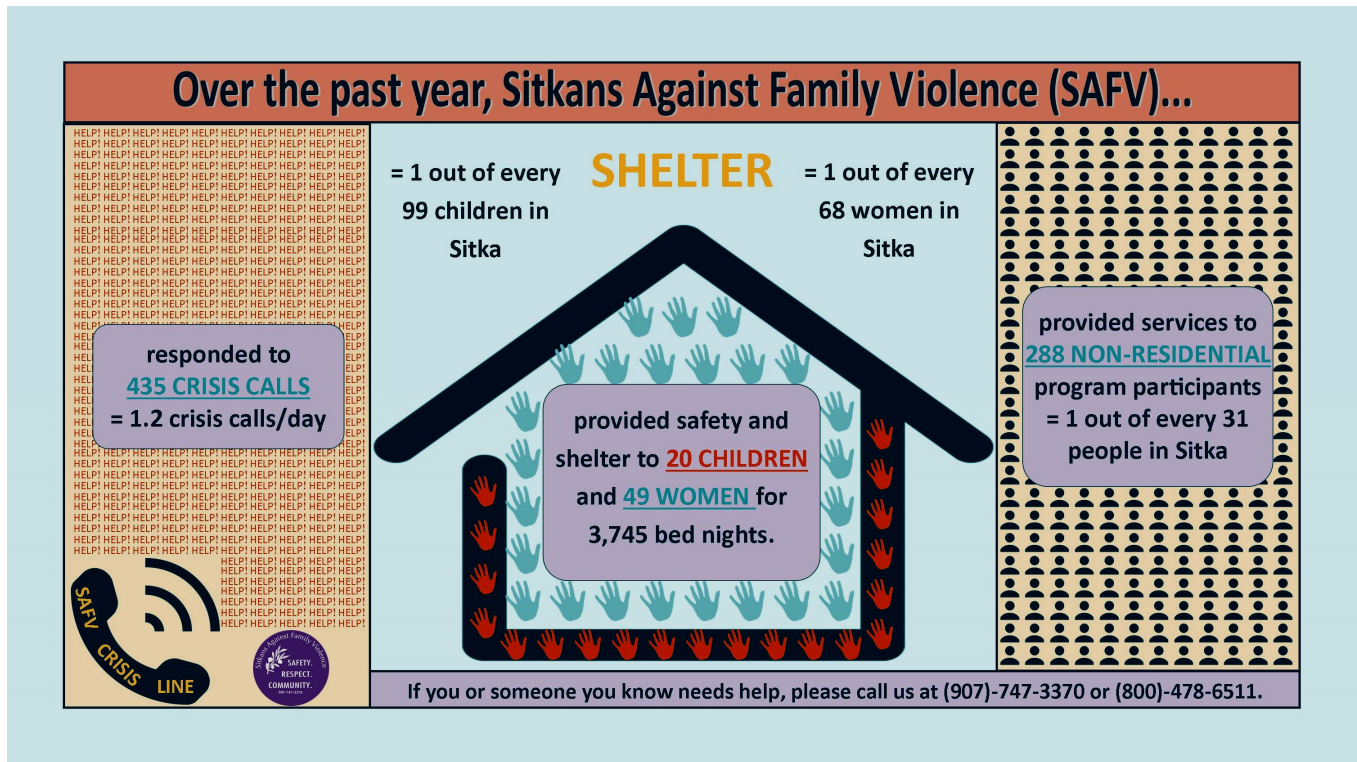
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***Thank you and Gunal'cheesh!***

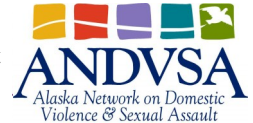
We thank all of you who donated to SAFV using Pick.Click.Give. If you can't find your name of this list, you might be one of the anonymous donors. In any case, please know that SAFV board and staff very much appreciate your giving which allows us to continue our services and cover costs not otherwise funded.

Please donate again when you apply for your 2018 PFD.**Pick.Click.Give. Donors 2018**

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United Way Member Agency
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