

## Everyday Woman of Sitka: Laurie Serka



**Can you please tell me a little about yourself? How long have you lived in Sitka? What types of things are you involved in here?**

I moved to Sitka in April 2001 to work as an engineer/deckhand for Allen Marine. The role involved spotting wildlife in the area every day. During that year, I met Jeremy Serka, and we got married in 2005. We have two sons, Jacob and Will. I currently work at SAFV as a relief advocate and am pursuing a master's degree in clinical psychology, with plans to obtain my counseling license upon completion of the program. I will work with clients who have experienced severe trauma, including those affected by sexual assault, special victim's unit cases, domestic violence, and other crimes.

**What is your biggest struggle right now?**

My main challenge is balancing work, school, and personal time. Time for myself is crucial for self-care in my current and future work.

**What makes you proud to be a woman?**

That I can do anything. I think for men they truly believe that they can, but as a woman we really can do anything. We can grow and sustain life for another human within our own bodies. Women are the power houses of the universe; we just have not yet received the recognition that we deserve.

**Who was/is a female role model for you? Why?**

My great-grandmother, a Manhattanite, stayed single until she was 28 in the 1920s. She worked in fashion and had her first child at 29. After her husband died at 40, she raised her two sons alone, continued working, and never remarried. Once they grew up, she traveled the world and was always ahead of her time.

**What does a normal “day in the life” look like for you?**

I begin my day early with yoga or exercise. I ensure that my teenage son is prepared for his school day, and I also prepare myself for work. Additionally, I attend to my academic responsibilities, making certain that all deadlines are met. Throughout the week, I maintain the household chores to keep the home tidy and organized. I cook dinner at least three to four times a week; on other days, my family either prepares their own meals or we order takeout. During my leisure time, I engage in outdoor activities such as hiking, biking, kayaking, camping, or fishing. Reading is also a high priority on my list, it can be particularly relaxing after a long day of outdoor activities.

**Do you have something you’d like to say to other women in Sitka?**

Remember your worth and love yourself; you are great!

**What does being a strong woman mean to you?**

Being a strong woman means having confidence, resilience, emotional intelligence, and courage, while embracing vulnerability and self-awareness. It involves defining strength individually, rejecting societal norms, and living authentically.