

Everyday Women of Sitka: Tina Bachmeier



- **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 am originally from California. I moved to Sitka as Jesuit Volunteer about a year and a half ago. I very quickly decided I wanted to stay and work with kids at SAFV as well as be a part of this community. I also work at Raven Radio as a morning edition host. I am active at St. Peter's Episcopal Church. I do lots of things in the community that sound whimsical and fun. I love this island and all its quirkiness. I really like to drink coffee, going on hikes with dogs, and going on the water even though it is a little terrifying sometimes.

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

My biggest struggle right now is finding balance in life. I often struggle with giving of myself and also taking care of myself, balancing work and fun and fun within work, being outside and being stationary. It is hard to find some sort of balance that feels peaceful. Right now I feel that I am not balanced and that feels a little bit chaotic. It is important for me to figure out a good healthy balance in life and everything.

- **What does a normal "day in the life" look like for you?**

Recently my days have become quite structured in a way that is really wonderful for me. I started working at Raven so I get up really early. I take my little walk down to the station. I get to sit and drink coffee and read the weather and the news. I enjoy the radio as well as connecting with Sitka and seeing

the sunrise. It has been pretty beautiful. I then come and spend my day at SAFV. That is really very varying in what that day looks like. Sometimes it is being outside and doing lots of running around and meetings. Sometimes it is getting to hang out and color with a kiddo. Usually, I go home and I do some yoga. I have been pretty addicted to a yoga routine. I get to spend time with friends which is always really nourishing for my soul. I do a lot of bananagrams playing. That is usually encompassing some part of my day, either that or solitaire. I go to bed pretty early, and that is my day.

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

I am very proud that as a woman I am able to carry a life and create a life in my human body. I think that there are so many aspects of that that are so incredibly powerful and beautiful. I think that makes me really proud that my entire existence can give to another being so fully. That comes with this innate ability to pay attention to another being and give of yourself so fully in this way that I just can't imagine not being able to do. I am very proud that I can be connected to another being even though I am not a mom. The concept of that makes me really proud.

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

I would just say that you are important. You are so important in every way. Every single woman is so valuable and incredibly innately beautiful because they bring things to the world that deserve to be heard and seen. I feel like the world really tries to push that down, that women shouldn't be seen. That is just ridiculous to me. It is just not true. I will happily tell you that if you need a reminder.