

Everyday Women of Sitka: Triska See Sallenbach



- 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 almost two years sober and I have three boys, one I don't have custody of, but I see every week. I am in roller derby. I have lived here my whole life except for two years when I lived in Juneau. I am involved in roller derby right now and I just graduated "Healthy 'The Circle of Security'". That was an amazing program. That was actually in the Women's and Children's Center for Inner Healing in Fairbanks because I was there for six months.

- What is your biggest struggle right now?

My biggest struggle right now is probably just stress, learning how to deal with stress in a healthy manner. I think that is what my husband and I struggle with right now because we struggle with our stress with anger and frustrations. But we are starting to go to a counselor and learn how to deal with it in a healthy manner.

- What makes you proud to be a woman?

My strength. How much I fight for what I want and how hard I work for my family and for myself. Not just for my family, but for myself as well. Also, I am starting to build up my self-esteem again too and that is making me feel really good too. And changing my mindset. I was putting myself down a lot. So now I am trying to change it and do self-affirmations to build myself up more and feel more comfortable in my own skin.

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

That one I would have to say some of my teachers were my role models, my mom was one of my role models, my sister, Megan, was one of my role models, and Angie Ketah, and you [Natalie Wojcik]. Because you helped me with having strength and supported me when I needed it, and Megan helped me realize that it is possible to be sober. Angie helped me with strength with roller derby and is a really supportive person, and my mom was my role model because she was just an amazing woman. She had a kind heart, she was strong. My sister was one of my role models; she was a good mom when she was sober. My teachers were my role models because they always showed me strength and helped me realize that I could get through it even when I struggled. There were a couple of teachers that helped me even whenever I was having trouble with like tests and stuff. They would stay after class and help me get through the tests. They would show me different strategies of how I could get through it. That really made me feel awesome that they put the extra time into me. That also showed me that there were people out there who cared.

- Why do you think you were nominated to be featured on our Facebook?

I would probably have to say because I changed my lifestyle and whatever I wanted to do I went for it and I worked really hard for it. I feel like I'm gonna cry. Even through the struggles I had, the hard times I went through, I still pushed through it. And with the help of SAFV, I made it through alive.

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

Just supporting both of my boys and teaching them right and wrong, and just being with them. Being with them, and of course taking care of my husband too, making sure he has everything he needs because he works hard for us. He works really hard for us. I keep him fed and I clean. I'm a good housewife. Just showing my sons strength.

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

Just be strong. Just to be strong for yourself. Not only for your kids, but for yourself. And to push hard when you think you can't do it, or when you think you can't make it through it, just push through it because sometimes feelings just last for a couple of minutes and you will get through it.

- What does being a strong woman mean to you?

To be proud. To be proud of yourself and to prove to yourself that you can get through it because I know that I have been through a lot in my life, and I know that I am a strong woman because I have been through so much in my life in such a short period of time. But I know that I am strong and that I have strength because I can get through it.