SAFV delivers its services from a 60-year-old building that is in serious need of help. As the number of residents at our shelter has grown, the basic requirements for healing, safety, and dignity are being compromised. Often women have to sleep on sofas in living and meeting rooms when the bedrooms are full. The roof is leaking, the boiler is past due for replacement, and the bathroom floors are rotted.

Now is the time to make the needed improvements, thanks to a $548,000 contribution towards the project from the State of Alaska and the Rasmuson Foundation, and grants by the Indian Community Development Block Grant through the Sitka Tribe, $600,000, and pledges by Mary Kay, $20,000, and Verizon, $16,000.

A condition survey in 2015 identified the need for over $510,000 in life safety, security, and building integrity repairs. With design and other costs, the total amount needed to provide an adequate shelter for Sitka’s displaced families is $1,675,000.

With the committed funds and the prospects of additional funds from other sources, the amount needed from the Sitka community is $150,000. Of this amount, over $60,000 have already been raised.

We ask you to support SAFV in this fundraising effort. Your contribution will provide a safe and healing environment for our residents and make it possible for staff to focus on the services to prevent future interpersonal violence. Join us in showing that Sitka is a community that cares.

After the renovation, the shelter will provide eight bedrooms, two of them family rooms with private bathrooms. The other six bedrooms will share three bathrooms.

The building will have two kitchens so that it will be easier for families to prepare their own meals. A secure area for pets will make sure women don’t have to decide between their safety and that of their pets. The building will have a front entrance directly from the parking area, and a lift to make it easier for persons with disabilities to access the rooms.

We welcome cash and in-kind contributions to this project and offer several forms of recognition.

Contributions of $5,000 or more will earn naming rights for the family rooms, children’s play room, pet area, and other spaces. All contributors over $250 will be recognized on the tree of life quilt to be displayed at the entrance to the shelter.

Please contribute to this worthy cause. If you want to know more about this project and how you can help, please call Michelle at 747-3370.
New Executive Director

SAFV’s Board of Directors recently appointed long time employee Michelle Mahoney as Executive Director.

Michelle brings the following skills and experience to SAFV: 15 years of grant management, 17 years of office experience in administrative, finance, and supervisory roles, and a degree in Business Management with a minor in Computer Information Systems.

Michelle began working for SAFV in May 2012, first as the Finance Director, then as Deputy Director, and has served as Acting Director off and on over the last 2.5 years. Michelle is committed to serving the community of Sitka, working to fulfill the mission of SAFV to provide empowerment based safety and advocacy services for victims and survivors of domestic and sexual violence, while promoting a community of non-violence and respect.

Michelle was born and raised in Valdez, Alaska. She is married to Michael Mahoney, a science teacher who has been at Mount Edgecumbe High School for 21 years. She has two boys ages 15 and 18 who both attend Mount Edgecumbe High School.

She moved to Sitka in 2000. During her first few years here she and her husband volunteered time at SAFV, redecorating rooms and providing childcare.

Boys Run in Kake

Rebecca Foster (Boys Run I toowú klatseen Coordinator) teamed up with an afterschool program in Sitka and Kake called the 21st Century Learning program to help Kake folks prepare for the upcoming Boys Run and Girls on the Run Season! Sue Conrad (21st Century Learning Program - Sitka) trained women in Kake to be Girls on the Run Coaches! We are all looking forward to this season!

Outreach to Angoon

Tina Bachmeier said she is very grateful to have spent a week in the beautiful village of Angoon recently.

As the Children’s Program Coordinator with SAFV she was welcomed into the schools of Angoon to present about personal safety. She talked about personal safety rules, and the children learned rhymes and movements that could help them remember that they are the boss of their bodies!

Tina loved being able to eat lunch with students, play basketball and kickball, and watch the high school basketball teams play Petersburg! She is looking forward to returning again later this spring.

Three Support Groups for Women

SAFV is currently offering three support groups.

1. **Women's Beading Group:**
   Mondays 6-8pm at SAFV. Dinner provided.

2. **Dynamics of Interpersonal Violence:**
   Tuesdays 5-6pm at St. Peter's. Dinner and childcare provided. Open to everyone.

3. **Women's Art Group:**
   Wednesdays 10:30-11:30am at SAFV.

To learn more about these groups, or other services SAFV has to offer, call (907) 747-3370 and speak with an advocate.
Sitka’s 10th anniversary of Girls on the Run is off the ground and going great! Girls on the Run is a 10 week running program that connects 3rd - 5th grade girls to supportive adults, healthy problem solving skills, and other social & emotional skills to help protect them against dating violence, harassment, and self-destructive behaviors.

This year, we have 32 girls participating, led by 9 incredible coaches: Sue Conrad, Alaire Hughey, Sydney Carter, Kristina Tirman, Eleyna Rosenthal, Tina Bachmeier, Abigail Bliss, Caitlin Way, and Brittany Richardson. Each of these wonderful coaches volunteer 10 hours every week to help support and teach our kiddos! We are so grateful to them!

Our girls are also supported by incredible family members. We had a kick-off Family Pizza Party on February 27th, and approximately 70 people showed up, with over 20 families represented. We ordered pizza and enjoyed a generous donation of salad, snacks, and cupcakes from A/C Lakeside. Guardians learned about our program while girls played games with their coaches. Afterwards, they taught their family their silliest energy award. It was fun for all.

We are looking forward to more family and community engagement for our 10th Anniversary 5k Fun Run on May 12th.

This year, for the first time, the 5k will be co-created by the new 5k Planning Committee, facilitated by SAFV’s School Program Coordinator, Alaire Hughey.

If you would like to volunteer to help plan this celebration or volunteer on the day of the event, please contact Alaire at 747-3489 or ahughey@safv.org.

Help us show our girls that their community loves and supports them!
SAFV would like to thank the Sitka DV Task Force for coordination the Crucial Conversation at UAS on February 13 and everyone who attended for their enthusiastic participation in the dialogue.

A special thanks to our panel members—Mike Kimber, Michael Mahoney, Tom Crane, and Tyler Holt—for leading the men of Sitka and Southeast Alaska to become allies and build healthier communities. Over 40 people attended the event, which focused on the efforts of men in the Sitka community to promote healthy masculinity, prevent violence against women, intervene with violent men, and raise a younger generation dedicated to nonviolence and gender equity.

The panel members discussed their participation in programs focused on encouraging men to think about their roles in preventing violence and modeling healthier social norms for others. According to the members of the panel, men can play a tremendous role in building a nonviolent and respectful culture.

Mike Kimber discussed how the co-ed wrestling team he coaches at MEHS stopped its “locker room talk” and developed a culture of respect and gender equity since he started implementing Coaching Boys into Men. Tyler Holt discussed how the boys he coaches at Boys Run I toowú klatseen have developed healthier communication strategies, deeper understandings of their emotions, and critical thinking about gender norms. Michael Mahoney and Tom Crane discussed strategies for effectively intervening with men who batter, which they learned at a training organized by the group Men Stopping Violence.

During the subsequent Q&A, community members shared thoughts and asked questions about the causes of domestic violence, strategies for intervening with violent men, and ways of building healthier youth culture and gender dynamics.

This is just the start of the conversation about engaging more men in preventing violence and promoting respect.

SAFV is committed to engaging men in our work to end violence and abuse. To learn more about how men can get involved in violence prevention, email vista@safv.org or call (907)-747-3493.

The next Crucial Conversation titled “Your Child’s Future of Health” is scheduled on March 27, 6 pm at the Sitka Library. Valerie Edwards, MD, will present on the impact of childhood adversities and trauma on lifelong health and moderate the conversation.
Prevention at Work: Sitka Youth Leadership

The Sitka Youth Leadership Committee (SYLC), a group of about a dozen high school students who are passionate about promoting respect and equity in the Sitka community, has wrapped up events and programs for February’s Teen Dating Violence Awareness Month.

SYLC’s focus during Teen Dating Violence Awareness Month was to educate local youth about the importance of healthy relationships and the warning signs of unhealthy or abusive relationships. They worked on several projects aimed at raising awareness and sharing resources around dating violence and healthy relationships.

For the first project, SYLC members had a table at Sitka High and Mount Edgecumbe High Schools during the days leading up to Valentine’s Day. They shared resources, such as tips for recognizing and intervening in abusive relationships. They also conducted an art project: they supplied Valentine’s cards and heart-shaped cutouts for students to decorate with drawings and affirmative messages about healthy relationships and nurturing forms of love. The students then turned the Valentine cards and cutouts into a collage, which is on display at Mount Edgecumbe High School.

The second project involved deeper engagement with youth. The SYLC members went out into town and interviewed local youth about their attitudes toward and knowledge regarding healthy and unhealthy relationships. They filmed these interviews, edited them, and shared them on social media.

They collected important messages about dating violence and healthy relationships and hope to reach youth in town, at school, and online.
We all have a chance to support families in their efforts to raise healthy and well adjusted children.

The Alaska Children’s Trust has some recommendations SAFV would like to share.

Ways you can make a difference

For your family:

- As a parent, block out 15 minutes a day to play one-on-one with your child — doing anything he or she wants.
- Tell the children or youth in your life how much you care for them and appreciate them. All children deserve to have someone who is “crazy about them” and loves them unconditionally.
- Work with the kids in your life to explore their heritage and learn their family’s story.
- Connect with grandparents to preserve cultural heritage. Grandparents are an incredible source of cultural heritage — from traditions to language to food! Encourage them to tell stories to their grandchildren and even visit their schools to share where they come from.

For friends and neighbors:

- Compliment a father — someone you know or even someone in public — on something positive you see him do with his children. Dads contribute uniquely to children’s development.
- Offer your time to baby-sit for the child of a friend, neighbor or family member.
- Mentor a young dad you know in growing his relationship with his kids.
- Support parents looking for a job by offering your professional knowledge and experience in resume writing or preparing for a job interview. Financial stability links directly with family stability and can have a big effect on the emotional well-being of caregivers and their children.
- Encourage single mothers you know, whenever possible, to support the involvement of children’s fathers in their lives. When non-custodial dads work to be involved in the lives of their children, they need the positive support of the child’s other parent or caretaker to encourage the development of that relationship.
- Arrange a potluck event in your neighborhood to get to know other parents and their kids.

For your community:

- Sponsor, volunteer at or participate at local events or nonprofits.
- Take action on legislative issues that affect children and families. Call your elected representatives.
- Introduce yourself to your neighbors.
- Create a “Safe Children Zone” in your neighborhood. Host a community meeting with your neighbors to talk about what each of you can do to help create a sense of safety for the children in your neighborhood.
- Volunteer at or donate resources to a local preschool or daycare center.
- Ask your or another faith-based organization in your community about donations that can be made to support families in need.
- Become a foster parent.
SAFV received the following article as an email from Futures Without Violence, our leading source of interpersonal violence prevention.

The #MeToo and #TimesUp movements demonstrate the overdue need for employers to shift toward prevention and culture change to make safer, more respectful, and more equitable workplace environments in which all employees can thrive.

In solidarity with these movements, Workplaces Respond is pleased to enhance its prevention-oriented resources to help employers, survivors, coworkers, and advocates change workplace culture to better prevent and respond to sexual harassment and violence.

The new National Resource Hub interactive tools include:

- Referrals to supportive services and legal resources;
- Fact sheets and research on the prevalence and impacts of workplace sexual harassment and violence;
- Access to “Top Ten” lists to help victims, employers, unions, and men address sexual harassment in the workplace;
- “Decision Trees” to help guide victims and coworkers through important initial considerations when confronting sexual harassment in the workplace;
- Model Workplace Training modules that adopt cutting-edge adult learning approaches to shift the training paradigm away from liability prevention and toward workplace equity and accountability; and
- A "How-To" guide to help employers develop workplace climate surveys in order to assess their workplace and employee’s experiences and needs.

Please visit www.workplacesrespond.org/harassment. The site will continue to be updated as we develop more resources and tools.

Linda A. Seabrook, General Counsel
Futures Without Violence

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20th Annual Honoring Women Gala

April 21, 2018 at 6 pm at Harrigan Centennial Hall

Celebrate

Dionne Brady Howard
Jan Straley
Julia Smith
Traci Gale

Look forward to socializing, catered dinner, live music, dance show, slide show, no-host bar, award ceremony, and silent auction.

Tickets for $60 at Old Harbor Books and SAFV.
All proceeds benefit SAFV.