



# The LeeShore Lighthouse



A Quarterly Publication of The LeeShore Center  
<http://www.leeshoreak.org>

*Services for Victims of Domestic Violence and Sexual Assault  
Support for the Central Peninsula's Families*

SUMMER 2016

VOLUME 16 NO.2

## SPECIAL POINTS OF INTEREST:

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- Upcoming Events
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The Crisis Line is available 24 hours  
**283-7257**

Office hours for The LeeShore Center  
Monday - Friday  
9 am - 5 pm.  
283-9479 phone  
283-5844 fax



## 29th Annual Run for Women

The LeeShore Center will host its 29th Annual Kenai Peninsula Run for Women August 13, 2016. To promote healthy families, we are encouraging participation of male youth age 17 and under.

Starting time: 10:00 a.m. with a maximum finish time of 2 hours. The Run for Women consists of two certified races: 5K and 10K courses on a multi-looped, paved road winding through the streets of downtown Kenai.

Courses are wheelchair accessible.

The Start and Finish Line is located at the Kenai City Park on Main Street Loop across from First National Bank Alaska.



The start of the 2015 Run for Women



The Runners Getting Warmed-Up

Each entrant will receive a 2016 Run for Women t-shirt and promotional bag with valuable items and samples. Park at First National Bank/Mall lot. Check-in is from 8:30 a.m. to 9:30 a.m. on race day; although early check-in is encouraged.

A group stretch and warm-up will be held at the park at 9:45 a.m.

The Awards ceremony will be held at noon. For more information or to register call The LeeShore Center at 283-9479, you can register online at [www.active.com](http://www.active.com) or you may download a registration form at [www.leeshoreak.org](http://www.leeshoreak.org).

Entry Fees: \$20.00 through Friday, August 12th and \$25.00 on race day.

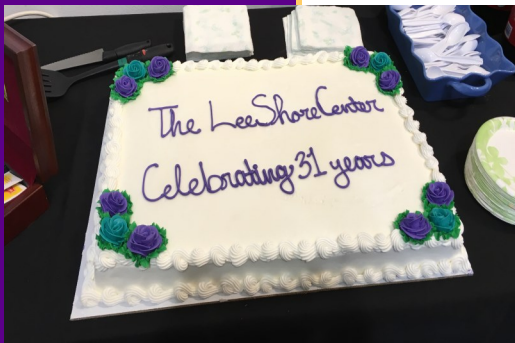


Crossing the Finish Line

Come and support our efforts in the Race to End Violence.  
**Volunteers are also needed, call 283-9479.**



We are appreciative of each and every person helping our cause to end violence.



# We Want to Hear From You!

We have a survey that will be available on our website and linked from our Facebook page for the Month of July. We want to hear about how we can better serve those that contribute to LeeShore.

We want to know what your expectations are. If we are meeting them, and we want to hear your stories. Everyone at The LeeShore Center is incredibly grateful to all of those that have helped us over the years; we could not do this without you.

# Thank You ConocoPhillips

The LeeShore Center is very grateful for the generosity of ConocoPhillips whose \$2,500 grant assists us in providing in-school Healthy Relationships/Violence Prevention education to students in grades K-12 during the 2016-2017 school year.

Last year 2,215 students received information on educational topics including bullying prevention, dating violence, healthy relationships, domestic violence, sexual harassment, self esteem, conflict resolution, and other related violence prevention issues.

The LeeShore Center appreciates ConocoPhillips, without whose support reaching students with these important messages would be difficult.

# Annual Choose Respect a Success!

The LeeShore Center hosted the community's annual *Choose Respect* event back in March, we had a great turnout and it was a beautiful and warm day. Our guest speaker was a new member of the Board, Jeannie Young, and she gave a powerful presentation about the impact of domestic violence.

We'd like to say thank you to the many individuals and guests who helped make the event a success, including Craig Fanning for our invocation, Kenai Police Chief Gus Sandahl; Soldotna Police Chief Peter Mylarnik; the Alaska State Troopers; Soldotna Mayor Pete Sprague, and Borough Mayor Mike Navarre.





## Meet Our Board

Meet Tia Holley our newest member of the Board. Tia is a Wellness Consultant and Tobacco Cessation Specialist for Dena'ina Wellness Center. She keeps incredibly busy finishing her Masters in Rural Development, being a member of the Alaska Native Women's Resource Center, which travelled to Washington D.C. in June.



Tia Holley

Tia is also involved with the Alaska Native Tribal Health Consortium, the Norton Sound Health Corporation, the National Center on Domestic Violence, Sexual Assault, Mental Health and Trauma, and the University of Alaska Fairbanks.

She has been working in our community to fight against domestic violence, sexual assault, child abuse and addiction for 20 years. In 1996 she created a non-profit to help survivors of child sexual abuse called RID (Resource Information Directory) Alaska Child Sexual Abuse, to help raise awareness, and support healing families. She started her awareness campaign with the mint green ribbon with a forget-me-not in the center.

She also worked as an advocate at LeeShore from a number of years, before becoming a Chemical Dependency Counselor Technician for Kenaitze Indian Tribe. She has also been a volunteer advocate for the Sexual Assault Response Team since 2008.

Tia is married to the love of her life with 10 children between the two of them, and 12 grandchildren. She owns her own business, Indigenous Herbals, she makes traditional salves and lotions. Her hobbies include skin sewing, transplanting wild plants and preserving traditional plant use.



## Check Us Out on Facebook!

In January of last year the LeeShore Center started a Facebook page. We have updates on our upcoming events, which is currently the Run for Women. Photos from past events and volunteering opportunities. We have been bringing you articles and resources about various topics relating to domestic violence, teen dating violence, stalking, sexual assault, and child abuse to name a few. If you are interested in these and many related topics, please "Like" our page.



# LeeShore's Wish List



## HOUSEHOLD PRODUCTS

Liquid dish detergent  
Mops & Brooms  
Toilet Paper  
Laundry Soap  
Paper Towels  
Dryer Sheets  
Color Safe Bleach  
Comforters  
Towels / Washcloths Pillows  
Twin Sheets / Twin Mattress  
Pads

## Miscellaneous

Diapers / Pull ups  
Baby Wipes  
Phone Cards      Gas cards  
Alarm clocks      Batteries  
Gift Certificates (haircuts,  
etc.)

## KITCHEN / COOKWARE

Dishes  
Kitchen Towels  
Glassware  
Baking Dishes  
Coffee Mugs  
Food Storage Containers  
Pots and Pans

## FOOD ITEMS

Rice / Beans  
Turkey / Ham  
Flour / Sugar  
Baby Food  
Dry Soup Mix  
Formula  
Coffee / Tea / Creamer

## TOILETRY ITEMS

Combs / Brushes      Body Lotion      Shampoo  
Toothpaste / Toothbrush      Q-Tips  
Conditioner      Tampons & Pads  
Hand Cream

## CLOTHING (ADULT, TEEN, & CHILDREN)

Hats      Gloves      Scarves      Socks      Underclothes  
Boots      Shoes      Coats      Sleepwear      Slippers  
Robes



## Class Schedule

### Tuesday - Domestic Violence Support Group 1:00 - 3:00

The group is for women who are currently in an abusive relationship or who have experienced domestic violence in the past.

### Thursday - Parenting for Women 1:00 - 3:00

An educational support group focusing on child development, logical and non-violent consequences for behavior and how to be a kind, yet firm parent.

### Friday - Changing Patterns 1:00 - 3:00

An educational support group for women experiencing negative emotional patterns in their daily lives, which may be due to victimization (domestic violence/sexual assault) or substance abuse.

Contact The LeeShore Center at 283-9479.





# Upcoming Events

**29th Annual Kenai Peninsula Run for Women  
August 13th**

Office Closures:

August 8th - To adjust for the run

September 7th - Labor Day

October 17th - Alaska Day



**We Believe**

In treating all people with respect while empowering and supporting women;

In creating an educated and aware public; and

In striving to eliminate domestic abuse, sexual assault and associated societal oppression.

# Volunteers Helping Out

**Non-Crisis Volunteer Opportunities**

**Activities with women and children:**

Would you like to teach crafts, do cooking projects, demonstrations, story time for children, teach aerobics?

**Fundraiser and Awareness Events:**

Volunteers help out at the Kenai Peninsula Run for Women.

**Handy Person:**

Is your best friend your toolbox? Do you have a garage full of building materials that aren't being used? We could always use a volunteer to help with the electrical, plumbing, and carpentry. Donations are also very much appreciated.

If you would like to volunteer, call the Education & Training Assistant at 283-9479.

We require all volunteers who work directly with our clients to complete the Community Awareness Workshop on Domestic Violence and Sexual Assault and other training relevant to the position. The LeeShore Center provides such training. The LeeShore Center is in need of year-round volunteers for crisis and non-crisis programs. We are currently looking for individuals who enjoy tracing pictures and coloring banners for our school presentations.



*(top) The Kenai River Brown Bears braved the rain and put together picnic tables and playground toys.*

*(bottom) Volunteers dedicated to expanding their understanding of domestic violence and sexual assault and the resources available in this area at our Community Awareness Workshop.*

# Thank you for your support



*The LeeShore Center*  
*325 S. Spruce St.*  
*Kenai, AK 99611*  
*www.leeshoreak.org*

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LeeShore is a member program of the Alaska Network on Domestic Violence & Sexual Assault

### **LeeShore's Clothes Closet**

The LeeShore Center has a clothes closet available to everyone in our community.

Hours are: Open to Public - Tuesday and Wednesday 9:00 am - 4:00 pm.

Drop off donations - Thursday and Friday 9:00 am - 4:00 pm

Please call 283-9479 for more information.

## **Volunteer Corner**

### **Volunteer of the Quarter**

The LeeShore Center announces Steve Kiefer as Volunteer of the Quarter for **July - September, 2016**. Steve teaches at the Community Awareness Workshop in the spring and fall, and provides training to our staff on vicarious trauma as well.

Congratulations and thank you Steve for volunteering!

Currently we are looking for volunteers to help with our Run for Women which is August 13th. We have positions available in Timing, Water tables and Safety positions (Flagging). To volunteer for a Safety position requires volunteers to take a short class a couple days prior to the Run.

If you would like to volunteer, call the Education & Training Assistant at 283-9479.

The LeeShore Center is proud to be a United Way agency.

