



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*

FALL 2016

VOLUME 16 NO.3

SPECIAL POINTS OF INTEREST:

- VOLUNTEER OPPORTUNITIES
- LEESHORE'S WISH LIST
- AMAZONSMILE
- UPCOMING EVENTS
- CLASS SCHEDULE
- LEESHORE'S CLOTHES CLOSET

INSIDE THIS ISSUE:

- Domestic Violence Awareness Month 2
- Thank you Volunteers 2
- Radiothon 3
- Annual Meeting & Volunteer Appreciation 3
- Community Awareness Workshop 4
- Thank you Sponsors 5
- Volunteer of the Quarter 6

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 Results

LeeShore staff, volunteers and runners had a nice cool day with a little rain on August 12th for our annual Kenai Peninsula Run for Women.

Thank you all of you who attended and contributed to make this a successful race; 106 runners participated in the event!

Overall Winners: Women

10 K

- 1st: Angie Voight, 40:19
- 2nd: Michelle Mitchell, 43:00
- 3rd: Becca Hitchcock, 44:33

5K

- 1st: Jaycie Calvert, 20:55
- 2nd: Rena Anderson, 21:09
- 3rd: Sue Seggerman, 22:38

Overall Winners: Young Men

10K

- 1st: Samuel Anders, 54:20
- 2nd: Zachary Priebe, 1:00:11

5K

- 1st: Karl Danielson, 39:58
- 2nd: Kameron Bird, 52:34

Winner of the most pledges: Kinzie Ticknor

Congratulations to all who took part in the 5K and 10K divisions.
Full results may be found at <http://www.leeshoreak.org> under the Kenai Peninsula Run tab.

Getting ready to run. (below)



And They're off!! (above)



Sohnya Johnson and the staff from Tides Yoga did an awesome warm-up for the Run this year! (bottom left)

Racers and door prize winners received great items donated from you in the community. (right)



Domestic Violence Awareness Month

In recognition of October's Domestic Violence Awareness Month, The LeeShore Center staff are busy with domestic violence efforts throughout the community. Presentations will be made October 5th at the Kenai Chamber luncheon and at the October 11th borough meeting proclaiming October as Domestic Violence Awareness Month. It's you in the community that enables us to provide the services and support to survivors of domestic violence and sexual assault.

Thank You Run for Women Volunteers

Volunteers: Sister Kiri Albrecht, Cheryl Anderson, Terri Anderson, Quincy Blatchford, Randall Borkowski, Jerry Carlson, Clyde Crandall, Jerry Crandall, Noah Deutsch, Ron & Linda Frison, Sister Saretta Gardner, Doug Gates, Makinna Halverson, Teresa Halverson, Antoinette James, Sonhya Johnson, Betsy & Jerry Kanago, Jayden Kemp, JessiAnna McDonald, Mairiah McDonald, Savannah McDonald, Tyler McDonald, Dennis & Lisa Meadows, Larry Mitchell, Rose & Mike Petrovich, Mark Reid, Canyon Smith, Pete Sprague, Elijah Stafford, Tina Strayhorn, John Straughn, Ashley Tucker, Paul Turner M.D., Beth Ulricksen, Beverly Wahl, Elsie Wahl, Robin Whiteside, and Deborah Williams.

Special Thanks to: City of Kenai Parks & Recreation Staff, and the Kenai Police Department for providing safety throughout the race.

You make it possible to have this event every year.

We sincerely apologize if we have missed anyone. It was unintentional.

Volunteer Opportunities

The LeeShore Center is in need of year-round volunteers for crisis and non-crisis programs. We are currently looking for individuals who enjoy making posters for the Youth Outreach program.

All volunteers who work directly with our clients must complete the Community Awareness Workshop on Domestic Violence and Sexual Assault.

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 helped 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 are interested in volunteering, please call 283-9479.



It was a great day for a run!



UPS was there with a Luau theme giving out snacks, leis, and grass skirts to the runners and their families.



The Tent was donated and set up by ConocoPhillips and some of the fantastic sponsors had their banners displayed inside and outside the tent.



Annual Meeting and Volunteer Appreciation

The LeeShore Center will be holding its Annual Board meeting and Volunteer Appreciation at the Kenai Visitors Center on Thursday, November 10th at 5:30 pm. Along with the Annual meeting to vote on new board members, there will be a special appreciation to those who volunteered during the year. There is also an awards ceremony honoring an outstanding staff member, community member, business and volunteer. A dinner will be provided catered by Kenai Catering. The meeting is open to the public.



For more information or to RSVP by October 20th, please call Ashley at 283-9479.

Annual Membership Drive

It's that time of year again to renew your LeeShore membership. Or if you haven't become a member, now is great time to do so. By becoming a member you can help us in our mission and continued endeavors to improve services to victims of domestic violence and sexual assault. We cannot do this work alone. Your membership supports our work, not just to provide services, but also to offer opportunities for change on an individual level, relationship level and societal level. Your membership is not just supporting an organization, you're also helping people; people like you, your friends, neighbors, co-workers. Your membership supports The LeeShore Center's work in our community to create an environment of zero tolerance for interpersonal violence where each one of us has the right to live in peace and freedom.

Please call Georgia at 283-9479 for more information.



Annual Student Membership		
<input type="checkbox"/> Individual \$20	<input type="checkbox"/> Benefactor (Lifetime) \$250	<input type="checkbox"/> Annual Family \$40
Annual Membership		
<input type="checkbox"/> Individual \$50	<input type="checkbox"/> Benefactor (Lifetime) \$500	<input type="checkbox"/> Annual Family \$75
* 65 Years & Older *		
<input type="checkbox"/> Individual \$25	<input type="checkbox"/> Benefactor (Lifetime) \$250	<input type="checkbox"/> Annual Family \$50

28th KSRM/LeeShore Radiothon

The LeeShore Center is very grateful for the generous community support during our 28th KSRM Radiothon fundraiser on September 16th. Cash and in-kind contributions pledged during Radiothon are used to support the agency's services to victims of domestic violence and sexual assault in our local community. Although we still have contributions coming in, total cash and in-kind donated is more than \$15,000 to date.





LeeShore's Wish List



HOUSEHOLD PRODUCTS

Liquid dish detergent Toilet Paper
 Laundry Soap Mops
 Paper Towels Brooms
 Dryer Sheets Color Safe
 Comforters Bleach
 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 Pots and Pans Rice / Beans Flour / Sugar
 Glassware Baking Dishes Turkey / Ham Dry Soup Mix
 Kitchen Towels Coffee Mugs Baby Food Formula
 Food Storage Containers Coffee / Tea / Creamer

FOOD ITEMS

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



Where Shopping and Giving Unite

“All you have to do is link your Account to The LeeShore Center....”

AmazonSmile is a simple and automatic way for you to support The LeeShore Center every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same prices, selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

On your first visit to AmazonSmile (smile.amazon.com), you can select a charitable organization to receive donations from eligible purchases before you begin shopping. They will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Every time you shop using AmazonSmile you are helping LeeShore earn a donation.



Community Awareness Workshop

The LeeShore Center is conducting its bi-annual, 40 hour Community Awareness Workshop on Domestic Violence and Sexual Assault October 10th - 14th. Topics covered include domestic violence education, the effects of domestic violence on children, trauma informed care, power and control, stalking, and much more. Conference fee is \$35, which includes workshop materials. Continuing education units may be obtained by signing up at Kenai Peninsula College for a separate fee. The workshop agenda is available at www.leeshoreak.org. For participation to attend all or parts of the workshop, or for more information, please contact Ashley at 283-9479



Upcoming Events

Community Awareness Workshop
October 10th - 14th

Office Closures:

Alaska Day: October 17th
Veterans Day: November 11th
Thanksgiving: November 24th & 25th
Winter Break: December 23rd & 26th

If you would like to receive the newsletter via email,
please call 283-9479 or contact Ashley at
ablatchford@leeshoreak.org



Class Schedule



- **Tuesday - 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.
- **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 - 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.

To confirm class schedule contact
The LeeShore Center at 283-9479.

Thank You for Sponsoring LeeShore's Run for Women

Gold Sponsors - Alaska USA Federal Credit Union, Anytime Fitness, Arby's Restaurant, Central Peninsula Hospital, ConocoPhillips Alaska, Denali Federal Credit Union, Kenai Princess Wilderness Lodge, KTUU—TV Channel 2, Skinny Raven Sports, Wells Fargo Bank Kenai & Soldotna, and YogaSol

Silver Sponsors - Alaska Railroad Corporation, Peninsula Internal Medicine, Peninsula Community Health Services, Planned Parenthood, First National Bank of Alaska, Printer's Ink, Kenai Spine, Kenai Vision Center

Bronze Sponsors - Denali Foods Taco Bell of Alaska, Frames & Things, Inc., Nancy Field, State Farm Insurance, Soldotna Professional Pharmacy, Teamsters Local 959

Donors - 1 Crazy Cupcake, Alaska's Best Water, About Face Skin Care, Alaska Fish Connection, Alaska River Adventures, Alaska Rivers Company, Alaska SeaLife Center, Burger Bus, Captain Pattie's Fish House, Central Charters & Tours, Cooper Landing Grocery & Hardware, Country Foods IGA, Credit Union 1, CrossFit Certitude, Don Jose's Restaurant, Drifter's Lodge, Espresso Barn, Fine Thyme Café, Froso's Restaurant, Gwin's Lodge, Heather & Heather Screen Printing, Homer Art and Frame Company, Hooked on the Bean, Jersey Subs, Kenai Golf Course, Kenai Peninsula Suites, Lea's Boutique, Little Mermaid Seafood Restaurant, Maxim Hair Design, Mountain Mama Originals, Once in Blue Moose, Orange Poppy, Pizza Boys, Playa Azul, Prospector John's, River City Books, St. Elias Brewing Company, Sarah's Alaska Honey, Spenard Builders Supply, Sugar Magnolias, The Flats Bistro, Soldotna Trustworthy Hardware, Two Sisters Bakery, United Parcel Service, Wildman's, Ye Old Curiosity Shoppe, and Lynden Transport.



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

**NON PROFIT ORG.
US POSTAGE PAID
KENAI, AK
PERMIT NO. 3**



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

Kelly Jagd

October - December 2016

Kelly has been volunteering for LeeShore since spring of 2015.
She works for Hope Community Resources and comes in weekly to organize the clothes closet with her client.

Congratulations and thank you Kelly for volunteering!

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

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

