



# 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*

## SPECIAL POINTS OF INTEREST:

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

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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

FALL 2015

VOLUME 15 NO.3

## 28th Annual Run For Women

LeeShore staff, volunteers and runners had a nice sunny day with a little wind on August 8th for our 28th annual Kenai Peninsula Run for Women. Thank you all of you who attended and contributed to make this a successful race; 140 runners participated in the event!

### Overall Winners: Women

10 K	5K
1st: Allie Ostrander 39:09	1st: Holly Nedens 23:02
2nd: Taylor Ostrander 40:37	2nd: Susan Craig 23:38
3rd: Michelle Mitchell 43:08	3rd: Libby Nedens 23:53

### Overall Winners: Young Men

10K	5K
1st: Samuel Anders 1:02:08	1st: Tucker Mueller 30:16
	2nd: Luc Beauparlant 32:10
	3rd: Shannon Murphy 47:29

### Winner of the most pledges: Jennifer Ticknor

Congratulations to all who took part in the 5K and 10K divisions.  
 Full results may be found at <http://skinnyraven.com/events-results>



Getting warmed  
 Up with Zumba!  
 (right)



Skinny Raven provided  
 Registration and Timing  
 for the Run this year!  
 (above)



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 September 30th at the joint Chamber luncheon and at the October 27th 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:** Quincy Blatchford, Randall Borkowski, Barbara Bowen, Jerry Carlson, Rosie Clements, Maryna Conway, Clyde Crandall, Kenra Darning, Laurel Eisinger, Ron Engelbretson, Leah English, Anna Evanson, Doug Gates, Jenni Giles, The Halverson Family, Cindy Irmen, Antoinette James, Betsy & Jerry Kana-go, Mackenzie Linderman, Whitney Lipps, Larry Mitchell, Steve Powell, Rachel Seal, Pete Sprague, Elijah Stafford, Tina Strayhorn, Lindy Toering, Paul Turner M.D., and Robin Whiteside

**Volunteer Groups:** Hope Employees, City of Kenai Parks & Recreation Staff, and special thanks 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 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 are interested in volunteering, please call 283-9479.

It was a beautiful Day for a run!

UPS was there giving out snack to the runners and their families.

The Tent was donated and set up by Conoco Phillips and some of the fantastic sponsors had their banners displayed



## Meet Our Board

Mike Dimmick is the new Treasurer for the LeeShore Board, but a long time community member. He writes,

"I am 73 years of age and have lived in Alaska since 1962. My family and I moved from Anchorage to Ninilchik in the spring of 1969. At the time, I was working on drilling rigs for various contractors in the Inlet, onshore the Kenai Peninsula and the Slope. In 1975 we bought Mama's Kitchen, a small take-out restaurant on the highway next to the gas station, and ran that until we moved to Kenai in 1991. I went to work for Amoco Production Co. on their offshore platforms in the Inlet in 1976. I retired from Unocal in 2004. Unocal bought Amoco's interests here in 1990. I spent 16 years as Production Foreman/ Platform Supervisor for both Amoco and Unocal. At various times I was in charge of Platforms Bruce, Anna, Baker, Dolly Varden, and at the time of my retirement, Granite Point Platform and Granite Point Tank Farm.



Mike Dimmick

While in Ninilchik, I was involved with chartering the Ninilchik Rifle and Pistol Club. I was on the Ninilchik State Fair Board for several years and President for I believe 3 yrs. During this time, we built the large main fair building. I was also a founding member of the Ninilchik Ambulance Association, and drove Ambulance for several years. This Association evolved into the present Ninilchik Emergency Services.

After we moved to Kenai in 1991, my wife Marilyn and I became involved with Habitat for Humanity. I was on the Board since 2000, and had served as President for most of that time. I am currently Chair of Church Council of the Kenai United Methodist Church, and also on the Staff- Parish Committee, and Lay Delegate to the Alaska Missionary Conference.

I am Secretary of Kenai Elks Lodge #2425, and am a Past Exalted Ruler and Past Trustee of the Lodge.

I am also a member of The Alaska Walk to Emmaus Community and a member and past president of the Governing Board of Directors of Alaska WTE.

I am a member of the Board of Directors of Cook Inlet Council on Drug and Alcohol Abuse (CICADA). Also, I am a member of and Secretary / Treasurer of the Board of Directors of KDLL Public Radio.

I was Clearinghouse Coordinator for LOVE In the Name of Christ of the Kenai Peninsula, until Marilyn needed more care at home due to illness. She passed away in July, 2012.

We have 5 daughters, two of which still live on the Peninsula. Of our ten grandchildren, 4 live here as do our 2 great-grandchildren."

Welcome to the LeeShore Center's Board of Directors. Thank you for volunteering!





# 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 5th - 9th. Topics covered include domestic violence education, the effects of domestic violence on children, 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](http://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 5th - 9th

### Office Closures:

Alaska Day—October 19th  
Veterans Day—November 11th  
Thanksgiving—November 26th & 27th  
Winter Break—December 24th & 25th  
New Year's Day—January 1st

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

There is a \$5.00 fee for each class; however, fee waivers are available.

## Thank You for Sponsoring LeeShore's Run for Women

**Gold Sponsors** - Kenai Spine, Denali Alaskan Federal Credit Union, KTUU—TV Channel 2, Anytime Fitness, Central Peninsula General Hospital, Peninsula Martial Arts, Arby's Restaurant, Wells Fargo Bank Kenai & Soldotna, ConocoPhillips

**Silver Sponsors** - Princess Cruises, Peninsula Internal Medicine, Alaska Railroad Corporation, Peninsula Community Health Services, Planned Parenthood, Alaska USA Federal Credit Union, First National Bank of Alaska, Printer's Ink, Skinny Raven Sports, Frames & Things

**Bronze Sponsors** - Soldotna Professional Pharmacy, Nancy Field: State Farm Insurance, Bishop Lake Studio, Salamatof Native Association, Teamsters Local 959, United Parcel Service

**Donors** - Credit Union 1, Blockbuster Video, Kenai Golf Course, Espresso Barn, Alaska River Adventures, Coffee Express—Kenai, Pizza Boys, Narrow Road Productions, Froso's Restaurant, Don Jose's Restaurant, Spenard Builders Supply, Karlene's Day Spa, Golden Tan, The Duck Inn, Bearly Threaded Quilting, Drifter's Lodge, Alaska's Best Water, Prospector John's, Gwin's Lodge, St. Elias Brewing Company, Alaska Rivers Company, Day Dreams, Kenai Quality Flooring, Maxim Hair Design, Orange Poppy, Playa Azul, Cooper Landing Grocery & Hardware, Orca Theater, Sugar Magnolias, Kenai Cache Outfitters, Two Sisters Bakery, River City Books, White Crane Academy, Lynden Transport, Cabin Fever Creations, Mykel's Restaurant, Wildman's, Grant Aviation, Future Face, Homer Jeans, Country Foods, City of Kenai Parks & Recreation and the Kenai Police Department.

**Special Thank you to:** Kenai Peninsula Moose Lodge for cooking the barbeque.



*The LeeShore Center  
325 S. Spruce St.  
Kenai, AK 99611  
[www.leeshoreak.org](http://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**

**Ashley Tucker**

**October - December 2015**

Ashley is a new volunteer.

She has organized the clothes closet and put up the flyers for the 28th Annual Run for Women in the short time she's been a volunteer. Congratulations and thank you Ashley 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.

