



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 2017

VOLUME 17 NO.3

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

30th Annual Run For Women Results

LeeShore staff, volunteers and runners had a nice cool day on August 12th for our 30th annual Kenai Peninsula Run for Women. Thank you all of you who attended and contributed to make this a successful race; 129 runners participated in the event!

Overall Winners: Women

10 K

- 1st: Jillian Fellman, 48:02
- 2nd: Anna Widman, 49:29
- 3rd: Karin Bryson, 52:01

5K

- 1st: Shari BeDunnah, 21:06
- 2nd: Jaycie Calvert, 22:02
- 3rd: Sue Seggerman, 23:40
- Collegiate: Alex Bergholtz, 19:51

Overall Winners: Young Men

10K

- 1st: Samuel Anders, 51:18

5K

- 1st: Tucker Mueller, 20:23
- 2nd: Tristan Summers, 23:04
- 3rd: Daniel Anders, 23:36

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 Annual Run for Women section in the Events tab.

And they're off! (below)



Winners of the Boys 5K (above)



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



Winners of the Women's 5K, 70 + division. Great job ladies! (right)

Thank You Run for Women Volunteers

Our Run could not be successful without our volunteers. Thank you all!

Terri Anderson, Clyde Crandall, Carlos Caballero, Mike Dimmick, Jason Demello, Doug Gates, Makinna Halverson, Rihley Halverson, Teresa Halverson, Cathy & Brian Hamilton, Jackie Helgevold, Susan Hedrick, Kathy Heindl, Tia Holley, Ryan Hoss-Green, Chris Johnson, Janet Johnson, Sonhya Johnson (and Tides Yoga), Betsy & Jerry Kanago, Savannah McDonald, Tyler McDonald, Dennis & Lisa Meadows, Shana Medcoff, Denyse & Larry Mitchell, Chelsey Murdoch-Barnett, Suzanne Richards, Hal Smalley, Pete Sprague, Ann Strongheart, John Straughn, Jen Ticknor, Ashley Tucker, Lisa & Paul Turner M.D., Beverly Wahl, Don Waller, Tatiana Wellborn, Robin Whiteside, Deborah Williams, and Jerrica Woods. **Special Thanks to our Volunteer Groups**, Credit Union 1, Denali Federal Credit Union, and the Elks Club for the use of the Grill and Grill Masters.

Thanks to all for coming and supporting our mission.

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.

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

Fundraiser and Awareness Events: Volunteers help out at the Run for Women and Radiothon.

Non-Crisis Volunteer Opportunities
Activities with women and children: Would you like to teach crafts, do cooking projects, story time for children, teach aerobics?

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.

LeeShore's Radiothon will be held in the Spring

The LeeShore Center is very grateful for the generous community support from last year's Radiothon. The Board of Directors will be holding LeeShore's Radiothon in the Spring of 2018.

More information will be included in a future Newsletter. 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.



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 9th 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 19th, 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.

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



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.

Points on Prevention

As part of LeeShore's efforts to reduce violence in our community, every newsletter will have a "Points on Prevention" section to feature events in our community, both from LeeShore and our community partners. An up-to-date page is available on our website, so that you can "PoP" in to check out the latest efforts that are occurring in our community and how individuals can help make our community safer.

Change 4 the Kenai is developing online curriculum that is free to the public and is designed to help reduce the opioid epidemic on the Kenai Peninsula. Topics will include: drug education, ACE's, prevention, Naloxone training and more. They also provided free classes (COPE) through Community Schools about the science of addiction, the truth about drugs, teen decision making, and prescription drug misuse. Lesson plans and material are available for free download at www.Change4Kenai.com



SAFE USE • SAFE STORAGE • SAFE DISPOSAL • LEARN MORE AT CHANGE4KENAI.ORG



LeeShore's Wish List

HOUSEHOLD PRODUCTS

Liquid dish detergent
Toilet Paper / Paper Towels
Laundry Soap
Brooms / Mops
Dryer Sheets
Comforters
Bleach
Towels / Washcloths
Pillows / Twin Sheets

Miscellaneous

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

KITCHEN / COOKWARE

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

FOOD ITEMS

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

TOILETRY ITEMS

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

CLOTHING (ADULT, TEEN, & CHILDREN)

Hats Gloves Scarves Socks Underclothes
Boots Shoes Coats Sleepwear Slippers Robes



Thank You for Sponsoring LeeShore's Run for Women

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

Gold Sponsors - Anytime Fitness, Arby's Restaurant, Central Peninsula Hospital, ConocoPhillips Alaska, Kenai Princess Wilderness Lodge, KTUU—TV, Wells Fargo Bank

Silver Sponsors - Alaska USA Federal Credit Union, Alaska Railroad Corporation, Denali Federal Credit Union, Peninsula Internal Medicine, Planned Parenthood, First National Bank of Alaska, Kenai Spine, Kenai Vision Center

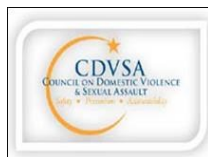
Bronze Sponsors - Crossfit Certitude, Denali Foods Taco Bell of Alaska, Double OO Express, Frames & Things, Inc., Kenai Sports & Family Chiropractic, Nancy Field - State Farm Insurance, Odie's, Printer's Ink

Donors - Acapulco Mexican Restaurant, Alaska's Best Water, Alaska Fish Connection, Alaska River Adventures, Alaska Rivers Company, Alaska SeaLife Center, Baycrest Lodge, Boardwalk Bakery & Café, Captain Pattie's Fish House, Cooper Landing Grocery & Hardware, Country Foods IGA, Denali Federal Credit Union Community Counts Days, Drifter's Lodge, Espresso Barn, Fine Thyme Café, Golden Tan, Harbor Street Creamery, Heather & Heather Screen Printing, Homer Inn & Spa, Kelsi's Kloset, Kenai Golf Course, Kenai Peninsula Suites, Lynden Transport, Inc., Melting Rock Massage, Mountain Mama Originals, Northern Delights, Once in a Blue Moose, Pizza Boys, Playa Azul, St. Elias Brewing Company, Safeway, Sarah's Alaska Honey, Spenard Builders Supply, Sugar Magnolias, The Duck Inn, The Flats Bistro, The Ranting Raven, and Three Bears.



*The LeeShore Center
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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

Ann Strongheart

October - December 2017

Ann attended our Community Awareness Workshop in October 2016.

She recently volunteered for our Annual Run for Women helping keep our runners safe.

Congratulations and thank you Ann 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.

