

Sounds of Survival

Sexual Assault Program of Beltrami, Cass & Hubbard Counties

April is Sexual Assault Awareness Month: Survivors Unite: Take Back the Night!



What happens when a dedicated group of women from various agencies and talents come together for the sake of ending violence in our community? Voices cry out in the streets as over 50 people march through the downtown. Banners are waved demanding that the silence be broken surrounding rape. Smokers outside establishments holler in to other patrons, and the unified voice is heard. "Join together, free our lives. We will not be victimized! No more violence, no more rape. No more silence, no more hate!" The community gathers, listens



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and learns about how to end this type of violence against women. Speakers inspire. The mayor proclaims this night as a night of honor and peace. Belly dancers display amazing dances that are meant to heal souls. Other voices cry out. And finally, amazing artists come forth to sing and speak



from the heart, healing wounds in the process. All this is done for the sake of ending violence in our community. Won't you join us next year, and help to break the silence?

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A Beautiful Morning for SAP's 2nd Annual 5K

Following a few flakes of snow the night before, the morning of April 25th turned into a perfect time to have our Second Annual 5K Run/Walk for Sexual Assault Awareness and Prevention. We had over 50 runners and several more die hard supporters that couldn't make it, but wanted a tricked out t-shirt that featured "peace, love and hope" symbols in teal. Thanks to "TEEVO" kids, (Teens Engaged in Ending Violence Overall) and the support of Trek North High School students and staff, we had a great number of runners, walkers and volunteers. Signs displaying various facts about sexual assault were held by students along the path for participants to see. Great prizes were donated by various Bemidji Sponsors and food and water were donated in kind. The sun even made an appearance on a crisp Saturday morning, and we received several requests to do this again next year! Special thanks goes out to track coach Craig Haugen at BSU for the detailed help with the route and planning, Duane at the Rec Center for the use of the facility, BSU Lifestyle Educators for their help in promoting our event on campus, and Thunderbird Graphics for the great T-shirt design and awesome quality.



Other sponsors that we need to thank include Anytime Fitness, Snap Fitness, Health Quest for Women, Kandyohi, Marketplace Foods and Herrington Shoes. We thank you for your support of our program, our run/walk, and for your dedication to ending violence in our community.

Wrap up of April Activities

April was an amazingly busy month for us. The month began with a two day conference titled "Breaking the Silence" that focused on sexual violence and violence against women. Various speakers rocked Bemidji and inspired us to spread the word about sexual violence in our community. After that, teal ribbons and information were disbursed to at least seven different schools. Thanks to our great volunteers, displays were set up across our service area at local libraries, tech schools and colleges. We displayed information at three different health fairs, did five radio lunchtime shows, promoted and showed one free movie at Park Theater in Park Rapids, and educated 214 people at 5 different locations on sexual assault and child sexual abuse. We also put on our very successful second annual 5K run/walk and co-sponsored the annual "Take Back the Night" event complete with gypsy dancers and a full concert. We also were the featured charity of the month at our local watering hole on "Trivia Night". Brigid's Cross has been a wonderful support to our cause and our very own "SAP's Smartypants Dancers" even won a few prizes for their skills at trivia. Overall, we can say that we left no stone unturned this April at the Sexual Assault Program. While we may spend a day our two catching our breaths, we continue our dedication and work for the sake of victims and survivors everywhere. Our goal is to educate the community year round, inspire people to speak out against sexual violence against women, and provide support for those that need it. Thanks to everyone who helped make April a huge success for us!

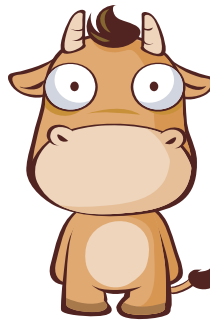




For 17 years, the Someone Special program is sponsored by the United Way of Bemidji Area, Ken K Thompson Jewelry, KB101 Radio and The Bemidji Pioneer. The program offers community organizations and businesses a way to show their appreciation to up to two volunteers who have contributed their time and talents to the betterment of the organization. SAPBCHC has nominated Jamie Halverson and Cheyenne Velazquez this year. Jamie has faithfully been on call at least twice a week for the last 5 years. In 2008 she clocked 593 hrs of volunteer time. Jamie has been the “lucky” volunteer who has responded to the most hospital calls. Cheyenne has volunteered for 6 years, and in 2008 she clocked 800 hrs of volunteer time. All “Someone Special Volunteers” will receive: a plaque donated by Ken K. Thompson Jewelry, recognition on the KB101 Morning Show with Todd and Mardy, and an acknowledgement in The Bemidji Pioneer’s Sunday “Living” section starting mid-May.

COW PIE BINGO returns to the Beltrami County

Bessie returns for a repeat performance at the Beltrami County Fair on Saturday, August 1, 2009. Last year, folks lined up to buy a ticket that would be linked to a Bingo Square. Bessie comes into the specially designed Bingo Card and christens a square. The person who has that square wins the pot of money. Other fabulous are also available. Buy your tickets early and come out to the Fair on Saturday to see Bessie’s show!



LOOKING TO HELP YOUR COMMUNITY?

Advocate training in Bemidji will start soon (after Memorial Weekend). Please spread the word to all you know and if anyone is interested have them contact Kim Zimmerman **A S A P** . sap_kimzim@hotmail.com or 444-9524. We really need more volunteers so please spread the word where you work, play and go to school. Volunteer hours are flexible for your schedule. We need volunteers during the day, evenings and overnights. *Don't want to be an advocate?* We need office volunteers too! Call for more info.

B-SMART CORNER

The BSMART (Sexual assault Multidisciplinary Action Response Team) was able to wrap up the protocol review process at our May meeting. Another milestone reached by the team! So where do we go from here? With the help from our SMART team expert from SVJI, the next three months have been mapped out for us. June will be spent planning and organizing. We will create a flow chart of all the reporting options for victims, as well as a page consisting of core messages to ensure agencies respond properly and efficiently to a victims needs. Once the protocols are compiled into one document, the editing team will look it over, approve it, and it will then be sent to the printers. By August we hope to hold a meeting with cooperating agency leaders to introduce the product and celebrate all our hard work. The meeting will be a great bridge to the next step of the 8 step process, training for all the departments as a whole.



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Mark Your Calendar

May 27 - 29, 2009

- * Annual Conference on Crime Victims, sponsored by MN Office of Justice Programs, Cragun's, Brainerd

July 18, 2009

- * Bingo at the Cass Lake Rib Fest, Hosted by and proceeds go to SAP!

July 30 2009

- * Red Lake Health Fair, Red Lake MN

August 1, 2009

- * COW PIE BINGO - Beltrami County Fairgrounds, (time to be determined) Tickets available soon at the SAP office or by calling 800-708-2727

September 14 - 15, 2009

- * MNCASA Annual Meeting and Training Symposium Sugar Lake Lodge, Grand Rapids, MN, "Honoring our Roots: Community, Consciousness, and Coalitions in a Time of Change"

WISH LIST

- ◆ White & colored copy paper
 - ◆ AAA & AA batteries
- ◆ Postage stamps (.42, .18, & .80)
 - ◆ Kleenex & Paper Towels
- ◆ "Courage to Heal" books & workbooks
 - ◆ Kitchen-sized garbage bags
 - ◆ White Noise Machine
 - ◆ Paper folding machine
- ◆ "Gifts" that we may give to volunteers & as door prizes
 - ◆ Manilla File folders
- ◆ Ink Cartridges (HP 15, 17, 27, 28, 56, & 57)
- ◆ Journals (bound blank) for client usage