

# Sounds of Survival

## *Sexual Assault Program of Beltrami, Cass & Hubbard Counties*

### RECRUITING FOR BEMIDJI AREA TAKE BACK THE NIGHT COMMITTEE

*A woman walks alone down a dark, deserted street. With every shadow she sees, and every sound she hears, her pounding heart flutters and skips a beat. She hurries her pace as she sees her destination become closer. She is almost there. She reaches the front door, goes inside, collects herself, and moves on forgetting, at least for tonight, the gripping fear that momentarily enveloped her life. This scene could have occurred anywhere last night, last year, or even 100 years ago. Historically, women faced the anxiety of walking alone at night and that is why Take Back the Night began. (Birth, 2009)*

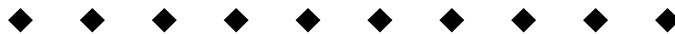
The first Take Back the Night was held in March 1976 in Brussels, Belgium. Two thousand women representing 40 countries attended the event. The first march for women in north America was held in New York in 1976. However, the slogan "Take Back the Night" was not introduced until the following year.

During the last thirty-three years Take Back the Night became known internationally as a visible way to take a stand against sexual violence, specifically violence against women. (Birth, 2009)

In 1982 the Take Back the Night committee formed in Bemidji, and we've been going strong ever since. We aim to shatter the silence that surrounds sexual violence, domestic violence, rape, hate crimes, and child abuse.

We invite you to join us in this fight. If you are interested in joining the planning committee please contact Kim at 218-444-9524 or [sap\\_kimzim@hotmail.com](mailto:sap_kimzim@hotmail.com)

Together we will TAKE BACK THE NIGHT!



### On the Internet...want to help SAP?

Intending to make your financial contribution to SAP but can't find the time? There are easy ways to give. You can contribute by going to [www.justgive.org](http://www.justgive.org) or [www.givemn.org](http://www.givemn.org). Search for us by spelling out our full name ~ Sexual Assault Program of Beltrami, Cass & Hubbard Counties.

Two years ago, we told you about a search engine called Goodsearch. Goodsearch donates a small amount of money to the charity of the user's choice for every search through their site. To get started, visit the site at [www.goodsearch.com](http://www.goodsearch.com)

In the middle of the page, it will ask "WHO DO YOU GOODSEARCH FOR?" Please type either **SAPBCHC** or **Sexual Assault Program of Beltrami, Cass & Hubbard Counties**. You may add Goodsearch to your toolbar or make it your homepage. This is simple way our friends can support the work of our staff and volunteers. Thank you and Good Searching.



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### *Inside this issue:*

SAP staff teaching Introduction to Social Change at Trek North Junior and Senior High 2

Meet the new Anishinabe Equay Coordinator 2

SAP says Goodbye to a board member 3

TEEVO update 3

B - S M A R T Corner 3

Call to Action 4

Mark Your Calendar 4

*Introduction to Social Change*

Fifteen students, one hour and ten minutes a day, five days a week for a whole semester; Welcome to Introduction to Social Change. Students at Trek North in Bemidji are learning about sexual violence, the damage it causes, ways to cope, how to help, the effects it has on our society, and so much more. So far, students have made brochures, planned and implemented campaigns with in the school for suicide prevention, anti-bullying and for the Radiothon to End Child Abuse. Students have been willing to take a good hard look into our society, the music we listen to and the media around us. When they leave this class in January, they should be well educated about sexual violence and have a blueprint for how to effectively launch their own campaign for cause. They are ready to embrace prevention across the spectrum in our community. It has been hard work for the students, but this group of kids has been ready and willing to "go there". Their compassion for others has been inspiring and thought provoking. The students' public service announcement for the Paul Bunyan Broadcasting Radiothon to End Child Abuse says it best when they say, "By working together, we can change the world". With that attitude, I have no doubt they will.



*Meet Ashley LaFriniere ~  
Anishinabe Equay Program Coordinator*

Ashley is a member of the Turtle Mountain Band of Ojibwe and is the new Anishinabe Equay Program Coordinator for the Sexual Assault Program of Beltrami, Cass, & Hubbard Counties.

Ashley was previously employed at the Fond du Lac Tribal & Community college as the work study assistant for the executive director of the scholarship foundation. There she received her Associate of Science Degree in Business Financial Services while completing two years in the Ojibwe Language program. As a student at Fond Du Lac Tribal & Community College, Ashley was chapter president of the American Indian Business Leaders non-profit organization. This chapter competed at a national level and was awarded chapter of the year in 2006, 2007, and 2008 for their outstanding community service. She is currently a junior at Bemidji State University seeking a Bachelor of Science Degree in Business Administration with an emphasis in Small Business Management/ Entrepreneurship with a minor in American Indian Studies.

Ashley is an Anishinaabekwe, a mother, an older sibling of seven, and a survivor of sexual assault. She strongly believes that there is a path to healing through spiritual guidance and support. Ashley is dedicated to developing and providing culturally appropriate services and materials to Native American women who have experienced sexual violence. She strives to promote more cooperative and collaborative efforts between systems responding to sexual violence against Native American women. You can reach Ashley at our office 218-444-9524 or by email at ash\_lafriniere@hotmail.com

## *SAP Says Goodbye to a board member*

SAP staff and board are sad to say goodbye to Alicia Wagner. Because of her obvious passion for survivors of violence and her advocacy experience, she was elected to the SAP board in 2007. She served as secretary for most of her time on the board. Alicia was instrumental in establishing SAP's annual Cow Pie Bingo Fundraiser at the Beltrami County Fair. We wish Alicia much luck on the East Coast. She will be missed!



## *TEEVO is Back!*

Teens Engaged in Ending Violence Overall has been meeting again weekly at Trek North Junior and Senior High School. Discussions and brainstorming are underway for a jam packed year. Teens are currently working on skits to educate other students about the issues of sexual violence. Next up is taking the message on the road. Take a handful of teens with a passion to make a difference in the world, add commitment and dedication, throw in new kids with energy and excitement, and you get the makings of a great program. We're excited to see just how far these kids can go this year.

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## **B-SMART CORNER**

The B-SMART team has successfully finished step 4 of our 8 step process. Protocols have been printed, but now what? How do we ensure that all our hard work is actually implemented into practice? The protocols are only effective if everyone in each department uses them appropriately. In September, the B-SMART hosted a meeting with department heads to discuss how they would like the protocols introduced to their agency. Twenty-two people gathered over lunch and had a great discussion about the protocol training, and of course, along with the excitement there was some apprehension. The biggest concern seemed to be cost. Although the protocol training would be free to attend, there are other costs to be considered. We would not expect the targeted professionals to volunteer their time to attend training for work, thus some disciplines may run into overtime costs for which they have not/cannot budget. Another concern was the reality of being able to reach every person in every department. Taking these concerns into consideration, it was decided that our training committee would spread the trainings out into the first six months of 2010 - training as many professionals as we can. We will utilize our regular scheduled B-SMART meetings as an open-invite training to anyone who can make it. Also we will attempt to gain access to staff meetings at various departments to administer the training for those who cannot make it to the regular BSMART trainings. A request was made that the training be video taped in order to train future employees. It is our hopes that after the six months, we will have reached the majority of professionals working with victims of sexual assault. It was a very busy and productive 2009 and is promising to continue in 2010.

*Sexual Assault Program of  
Beltrami, Cass & Hubbard Counties*

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United Way  
of Bemidji Area



**Mark Your Calendar**

**December 2, 2009**

- \* **Beltrami Child Abuse Prevention Council Luncheon**, Community Service Center Lunchroom, 616 America Ave, Bemidji. (Proceeds go to the Radiothon to End Child Abuse)

**December 3, 2009**

- \* **Radiothon to End Child Abuse**. Paul Bunyan Mall, Bemidji MN

**December 3 & 4, 2009**

- \* **The Minnesota Summit: The High Cost of Sexual Violence. It is your business.** The TIES Building, St. Paul Minnesota

**March 2010**

- \* **Shattered Hearts: the commercial sexual exploitation of American Indian women and girls in Minnesota** presented by Suzanne Koeplinger. For more information contact Cassandra at 444-9524.

*united We Serve*

“We need your service right now... I’m not going to tell you what your role should be. That’s for you to discover. But I’m asking you to stand up and play your part. I’m asking you to help change history’s course.” President Obama.

The President of the United States has asked us all to give back to our communities. SAPBCHC has opportunities for you to do just that.

**Office help:** Mon – Fri 8am-5pm (you chose if it is once a week or 1 hour a week, hours are flexible.)

**Community Education:** Presentations to schools and groups, or staff a SAP booth and a community event.

**Advocates:** work one on one with survivors of sexual violence. All advocates are required to go through a 40 hour training program provided free of charge.

**Volunteer Internships available:** Various internships available.

**Fundraising/Event planning:** Help with event and fundraising projects.

**Other possibilities:** Let us know your talents and we may find a way to utilize them.

For more information please contact Kim Zimmerman at 444-9524 or sap\_kimzim@hotmail.com

