

# Arctic Women-in-Crisis needs help

Our land is harsh and cold,  
Storms rage for days,  
Temperatures get to fifty  
below

Yet we survive.

But the fight to survive Domestic  
Violence and Sexual As-  
sault is our most brutal,  
AWIC helps us to win this  
battle,

It is a place to find hope,  
It is a place to heal wounds,  
It is a place to learn to love  
again,

Women! do not be afraid to  
come to us, we can help!

From the Advocate Team  
of Helen Solomon and

Shirley Solski

Hello,

By the time these news-  
letters reach you, our readers,  
Helen and Joanne will have  
come back to us, renewed  
women. For they have trav-  
elled to Anchorage for the  
Commission on the Status of  
Women Conference, March 19,  
20, 21.

Helen attended a workshop  
entitled, "Speakout," by  
rural Alaskans giving personal  
views of violence in their areas  
and thoughtful suggestions on  
ways to slow it. We may hear  
her testimony in our upcoming  
May newsletter.

The conference featured na-  
tionally known speakers such  
as Sandra Butler who has writ-  
ten two books related to Sex-  
ual Assault, and served as  
director of San Francisco's  
Sexual Trauma Center. And  
there are Alaskan speakers, one  
of whom is Rosita Worl, who  
leads a workshop on Women  
in Subsistence Cultures.  
Among other organizations,  
Rosita has served on the Alas-

kan Whaling Commission, and  
is presently president of the  
Alaskan Native Education  
Association. The conference  
will draw women of many  
cultures; women from Domes-  
tic Violence Shelters, from  
Sexual Assault Centers, from  
Women's Resource Centers,  
from cities, boroughs, villages.  
It should (have been) quite  
an event!

In early March, I jour-  
neyed to Juneau to the Alaska  
Network on Domestic Violence  
and Sexual Assault quarterly  
meetings. I met with legislators  
and accomplished a good bit of  
work, and thoroughly enjoyed  
myself!

For those of you out there  
who are so inclined — a  
few items of definite interest  
follow:

ARCTIC WOMEN-IN-CRISIS  
NEEDS . . . (YES, the word  
is *N E E D S* . . .) VOLUN-  
TEERS:

- \*to take emergency on-  
call on nights and weekends
- \*to be an advocate for/  
support victims from vio-  
lence homes, or from rape  
crisis situations

\*to do arts and crafts pro-  
jects with shelter women  
and children

\*to help with parenting  
skills

\*to work and play with our  
shelter children

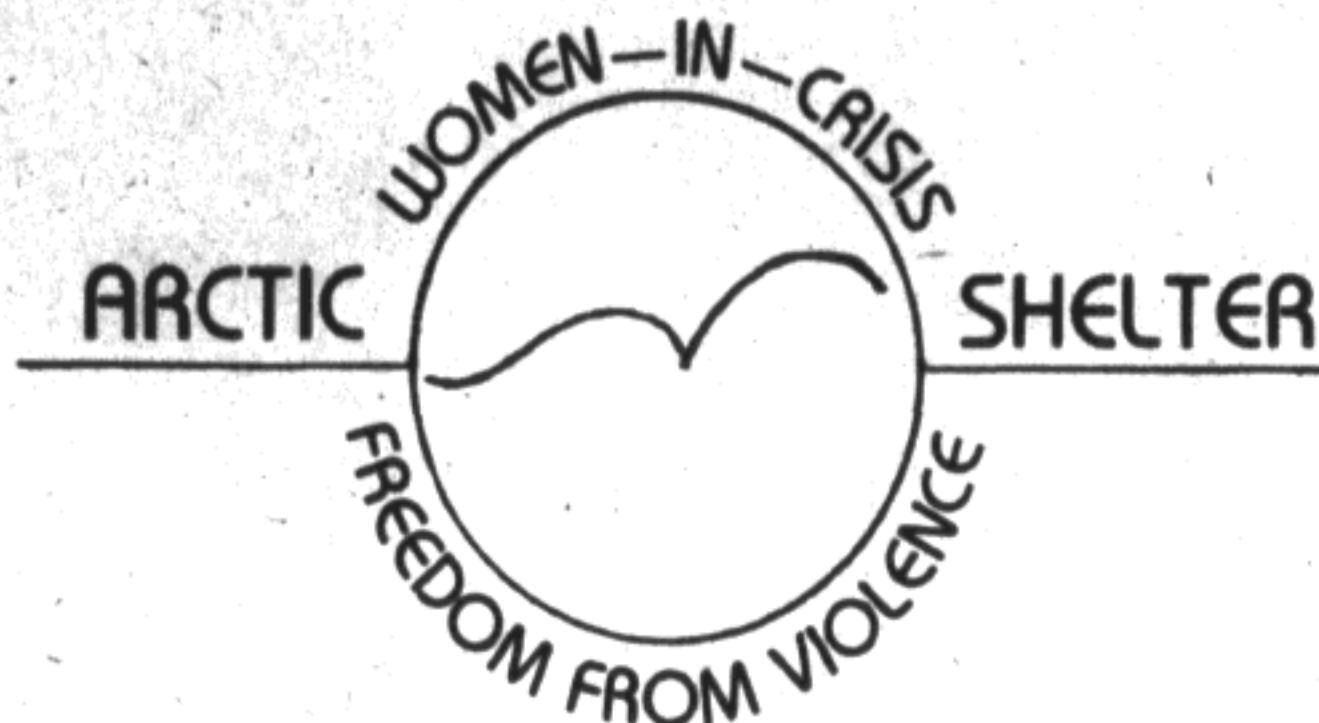
\*\*\*to feel good about your-  
self while making others

feel good about themselves.  
There are monthly training  
sessions for volunteers, and we  
have extra like potluck sup-  
pers, contrasting-view speakers,  
bake sales, and . . . coming

up on March 27th and on April  
3rd there'll be two special  
training sessions with various  
community agency representa-  
tives coming in to talk about  
their agencies and how to use  
them — and thus how clients  
can use them.



Along the same line, if any  
person is interested to send us  
a letter of support for the shel-  
ter, we would put these into  
our 1983 grant application to



the state. You ask, "What  
would I write in this support  
letter?" Write in your own  
words what you feel the pro-  
gram does to help women of  
the North Slope . . . And,  
address the letter to: To  
whom it may concern. On  
the envelope, put:

Arctic Women-in-Crisis  
Box 69  
Barrow, Alaska 99723

Also, if you have any ideas  
of what Arctic Women-in-Crisis  
can do to help women, chil-  
dren, and families in the com-  
ing year, put those ideas down

on paper and send them to  
the same address.

Quyanak!

Information note of the month:

Battering is a cycle . . . a  
cycle of violence that grows  
and nurtures itself from one  
generation to another genera-  
tion. Children who grow up  
in homes of abuse may very  
likely become batterers or  
marry into battering situations.

Nor is battering just physi-  
cal. It may be in the form of  
verbal, physical, or emotional  
abuse. But cuts and bruises

can be seen, and they heal.  
Emotional abuse is harder to  
see, and emotional abuse takes  
a very, very long time to heal  
. . . if it heals at all.

If YOU live in a violent  
home, STOP . . . Think what  
it is doing to your children!  
If there is violence in your  
home now, then the cycle of  
violence that generates from  
generation to generation has  
begun.

Think of your children . . .  
When there is violence in the  
home between parents, many  
children begin to think that  
they are the cause of this  
violence . . . that it was some-  
thing they did!

The violence . . . it can be  
stopped, but not until both  
parents realize that battering is  
unhealthy for the entire family.  
ARCTIC WOMEN-IN-CRISIS  
OFFERS ALTERNATIVES . .  
CHOICES TO THE HURT.  
CALL 852-4357

We can accept collect calls  
from villages.

Peace be in your homes,  
from Susanna and the  
A.W.I.C. Shelter Staff



## CHR holds workshop

Hello! The week of March  
15 thru 19th, the CHR had a  
workshop here at Barrow. It  
was an educational week for  
me as I have not been to  
Health Department meeting  
before. Also, my first time to  
NSB office and Griest Health  
Center.

Also my children Mella, 8  
years old daughter and Mar-  
tin, 5 years old son, came here  
too, and they got re-acquainted  
with relatives and Grandpar-  
ents, so it really has been a  
good week for all of us.

I talked about "HOSPICE"  
during the workshop, after I  
had attended Hospice work-  
shop in Anchorage last October  
22, 23 and 24th, 1981 . . .  
Hospice related to Hospice  
Doctors and Nurses taking care  
of terminally ill patients, and  
their family on home environ-  
ment basis.

I would like to express  
my thanks to Marvel Bramwell,  
who did a very good organizing  
of this workshop and it was a  
pleasure to have met each and  
everyone in Health Department  
here at Barrow.

God Bless!

Margaret Glastetter,  
Inupiat Interpreter  
Anchorage, Alaska