



WOMENSPIRIT
COALITION

ENVISION

OCTOBER, 2010

ENVISION A NATION WHERE NATIVE WOMEN LIVE SAFELY

OCTOBER, DOMESTIC VIOLENCE AWARENESS MONTH

October is National Domestic Violence Awareness Month. During this month, we ask that Tribal communities take a stand against domestic violence and all forms of abuse. It is a time to raise the community consciousness about the violence that is being perpetrated against Native women and children throughout Indian Country.

Domestic violence touches the lives of everyone, devastating families and communities. The family home becomes a place of fear, coercion, hopelessness and desperation when a person is abused and battered by her/his partner or a child witnesses the abuse and/or is directly abused by a loved one.

Most victims/survivors just want the violence to stop. Getting help or finding resources and safety is often rare or non-



Remember Our Sisters

existent in Tribal communities for numerous reasons.

It takes an enormous amount of courage to leave a violent relationship, especially if the abuser intimidates the victim in these ways - breaks and destroy

property, blames the victim for how the batterer treats the victim, isolates the victim from family and friends, are always angry at someone or something, are physically rough with you (push, shove, pull, yank, squeeze, restrain), take your money or take advantage of you in other ways, ignore you, give you the silent treatment, or hang up on you, make vulgar comments about others in your presence, blame all arguments and problems on you, tell you how to dress or act, threaten to kill themselves if you break up with them, or tell you that they cannot live without you and experiencing extreme mood swings

**Lummi Victims of Crime Presents:
“Restoring Wellness by Honoring Ourselves”
Conference: October 21—22, 2010**

LUMMI NATION, DEDICATED TO CREATING A SAFER COMMUNITY:

LUMMI NATION PEOPLE: (Website declaration)

“We are Lummi. We are Coast Salish people with a rich history, culture and traditions. We are fishers, hunters, gatherers and harvesters of nature’s abundance. We envision our homeland as a place where we enjoy abundant, safe and healthy life in mind, body, society, environment, space, time and spirituality; where all are encouraged to succeed and none are left behind.”

WOMEN
SUPPORT
OUR
COMMUNITY



Dee Koester
Executive Director
WomenSpirit Coalition

Director's Corner: Dee Koester M.S., (Ph.D. 2013)

Hello everyone,

As fall settles in the Pacific Northwest I am reminded of the season and the natural tendency to turn inward as we prepare for winter. It is healthy and also relaxing to take a period of time to reflect and be thoughtful about our accomplishments this past year. We are still facing many challenges with the economy, war, and fighting injustice around the world— perhaps that will

never change. However, we do have the ability to change what we can— our own behaviors and actions. I am constantly checking my own intentions as I make important decisions for myself and my family. I will always be thankful that I have made the choice to live violence-free and hope that everyone will see the reward for seeking the peaceful way in all that we do, say, and think.

Please carry on with **your journey** to *Peace and Harmony*. WSC Staff and the Executive Business Committee remain committed to all survivors, especially Native women. You are our heart and soul.

Safe
Journey!



Domestic Violence Awareness

such as telling you you're the greatest one minute and rip you apart the next minute.(cont. from front page)

There is no excuse for abuse. It is a choice to hurt someone. It is a choice to belittle you, slap you, beat you or throw you out of the house. It is a choice to hurt someone that is supposed to be someone who is loved.



What Can Be Done In Native communities to End Domestic Violence?

- **Become aware of what domestic violence is.**
- **Talk with children and lead by example.**
- **Don't blame the victim.**
- **Teach & live the traditional belief that Native women are Sacred.**
- **Support your Tribal Domestic Violence and Sexual Assault Programs**
- **Get involved: Policy making; Coordinated Community Response; dedicate financial resources**
- **Take a No Tolerance stand: "Break the Silence, Stop the Violence"**



**STOP THE
VIOLENCE!**

**BE A MODEL FOR
PEACE
IN LIFE & LOVE**

**LOVE YOURSELF
FIRST!!**

WSC CALENDAR: OCTOBER—DECEMBER 2010

OCTOBER

4 -5 DOJ Tribal Consultation:
WSC @Spokane, WA

18 - 19 WSC @Lower Elwha
Tribal Code Review

21 - 22 Lummi Nation:
'Restoring Ourselves By
Honoring Ourselves' DV
Conference
WSC @Lummi

NOVEMBER

10- WSC @ Skokomish
Community Training

17 - 20 WSC @ ClanStar /
Tulsa OK

25 - 26 WSC office closed

Albuquerque Tribal/DOJ
Consultation

DECEMBER

8-10 Palm Springs Indian
Nations Conference

17- WSC Holiday gathering

20 - 25 WSC Office closed



WomenSpirit Coalition Services

- **CONSULTATION & TECHNICAL ASSISTANCE:**
 - Domestic Violence, Sexual Assault, Stalking, and Dating Violence
- **COMMUNITY NEEDS ASSESSMENTS**
- **SAYU'xWEY web-based LEADERSHIP INSTITUTE**
- **SUMMITS and CONFERENCES**
- **BEST PRACTICES TRAININGS & WORKSHOPS**
- **TRIBAL COMMUNITY EDUCATION**
- **CODE DEVELOPMENT SUPPORT**

Hearing the Heartbeat

When you can still hear the sound of the drums, when the breeze through the window brings that one song we shared, that, my friend, is the medicine. Give thanks to your own heart that you are open and that you are able to hear our grandmother's heartbeat all around you. Acknowledge her. Keep her with you. Be that blessing... and do everything to hold on to that ability to see and hear all around us what is most sacred.



Become a Member



**2010 WSC
MEMBERSHIP FEES**

***Benefits to organizing
against domestic violence
and sexual assault are
immeasurable!***

**Individual and/or survivor
\$50.00**

**Tribal DV/SA Program
\$150.00**

**Tribal Organization
\$200.00**

**Tribal Council/Tribe
\$300.00**

**Support us! Build a
professional networking
team!**

**Non-Tribal DV/SA
Program
\$250.00**

**Non-Tribal Organization
\$350.00**

WOMENSPIRIT MEMBER BENEFITS:

- Along with the benefit of being a part of a Native Grass roots effort and furthering the cause of healing, solidarity and sovereignty, WomenSpirit members enjoy a wide range of benefits when they join our statewide Tribal Coalition.
- Partnerships with other Tribes, allies, and organizations
- Networking with other affiliated helping organizationS
- Able to contribute to surveys and analysis
- Access the latest trainings
- Resource sharing
- Community organizing information and assistance
- Access to films & written materials on DV & SA
- Access to Program updates on the latest information regarding program work and governmental updates
- Access to WSC 'Envision newsletter' with ability to post your information and promotions.
- Participate in blogs and forum discussions
- Information about Upcoming events
- Federal & State legislative updates



WOMENSPIRIT COALITION GIVING CAMPAIGN

Contributions will support important WSC initiatives and scholarships for American Indian/Alaska Native women who are survivors of domestic violence and sexual assault.

Scholarships for Native women who are survivors of domestic violence and sexual assault to attend WSC sponsored Domestic Violence and Sexual Assault Conferences and Events.

Support Sayu'x Wey Leadership Institute

Development of a Volunteer Program.

Travel and lodging expenses for Native survivors to gather and network at Regional Meetings held Statewide.

Production of a *Public Relations Video* for WomenSpirit use in Training and Tribal Council presentation.

Off set the costs of providing culturally responsive and culturally specific information on domestic violence and sexual assault issues like jurisdictional quagmires, challenges in prosecuting sexual assault cases, tribal court limitations, sexual assault predator laws and registration, Violence Against Women Act provisions, development of Advocacy programs (just to name a few).

YOUR TAX DEDUCTIBLE CONTRIBUTIONS:

Can be made online or mailed directly :

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OUR MISSION:
Eliminating Violence Against Native
Women and Promoting the Well-Being
of Native Families and Communities.

CONTRIBUTE-DONATE

Please support the work that we do to end domestic and sexual violence with your financial contribution. WSC is a member of the WA State Employees Combined Fund Drive. You can contribute through the Combined Fund Drive by referencing #05522060. Please donate online at the PayPal icon at www.womenspiritcoalition.org. Your donation is tax deductible.

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