

Nami Migizi Nangwiihgan

Domestic Violence, Sexual Assault & Stalking Services

JULY 2014



Women's Support Group

The 3rd Tuesday of every month at Behavioral Health

6-8pm

Dinner, Transportation & Childcare Provided

Contact us:

(989) 775-4400

Inside This Issue:

Run	P. 2
Free Man Walking	P. 2
Food For Thought	P. 2
Living in Fear	P. 3
Think-Technology	P. 4
Face it, Don't Facebook it	P. 4
Shift the Blame	P. 5
Speak Up	P. 6
SART	P. 6
Change at Nami Migizi	P. 6
July Events & Happenings	P. 7
Telling Amy's Story	P. 7
Editor's Picks	P. 8
Craft Corner	P. 8
Holiday Recipe	P. 8

Purposeful Parenting Month



Discussing Good Touch, Bad Touch

Just as we protect our children from the dangers of crossing the street, playing with fire and talking to strangers, we must protect them from sexual abuse. Talking about abuse with your child is often challenging, but the conversation is necessary. Many parents don't know where or how to begin, but Nami Migizi Nangwiihgan can help. Children as young as four years old can understand the basic concepts of sexual abuse including good touches, bad touches, and confusing touches. In fact, children are more comfortable talking about sexual abuse basics than adults are. Nami Migizi Nangwiihgan has created a resource tool including tips for teaching, a visual handout, and local resources to assist parents in starting this difficult yet necessary conversation with their children. If you would like to receive a packet to share with your child, please contact Nami Migizi Nangwiihgan at 989-775-4400. For additional information on child sexual assault or abuse, please contact CAFÉ at (989) 773-6444.

Lead by Example

Children learn attitudes, behaviors, lifestyle choices, prejudices, likes and dislikes, compassion and generosity by watching and listening to their parents. I challenge you to be who you want your children to become. Make the most of purposeful parenting month by doing some of the following:

- Tell your children you love them, and do it often.
- Celebrate the uniqueness of all family members.
- Create a safe environment for the entire family.
- Grab every opportunity to spend unstructured time.
 - Plan fun family activities. Turn off the T.V.
- Learn the value of delegating responsibilities.
 - Establish family traditions.
 - Eat dinner together.

Run

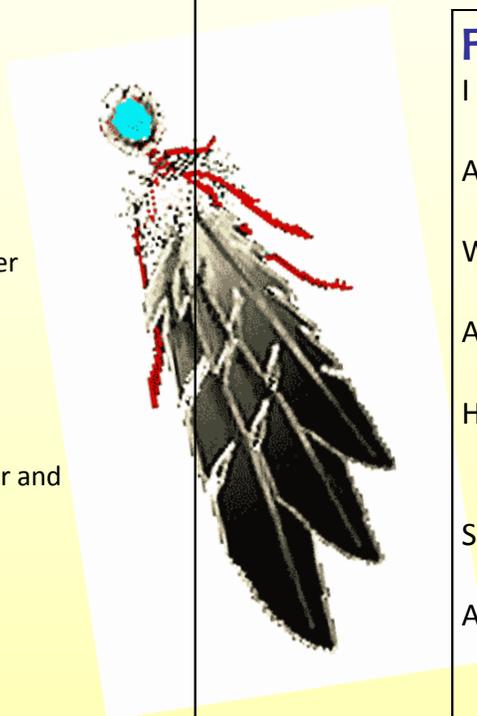
When the morning sun comes
I am happy the sun is shining,
The birds are signing and I think
Of times of walks in the park
Hugging on a park bench with you.
How you loved me.
What wonderful times we had.
I come back to reality
Sitting on the kitchen table
Holding a bag of ice
To my cheek
The swelling will go down
I pray.
I have to work tomorrow
Worry about people
Hiding battle wounds.
I tell myself
I am going to leave
Had enough
There has got to be something better
The Greyhound Station has
Storage lockers
The key is in my work locker
He won't find it there.
Little by little I stash
Jeans, shirts, toothbrush, underwear and
Money for my trip home.
What will I do when I go?
What will mom say?
He comes home from work
Yes I am here I say happily
As not to let him know my plans
You know he can read my mind by now.
He is tired and goes to lie down in bed.
I tell him I need to go to the laundry
He doesn't want to go.
I am relieved.
I take only my clothes
He doesn't notice.
Heart beating hard
Hands shaking I go outside.
Drive to the bus station
Get my stuff
On the road I am singing a little tune
Run, Run, Run.....Runaway

-Lea Krmpotich Carr (White Earth Ojibwe)

Food For Thought

Norms help shape behavior. They shape our attitudes, beliefs and standards of what behavior is considered OK and not OK. American Indian women residing on Indian reservations suffer domestic violence and physical assault at rates far exceeding women of other ethnicities (FuturesWithoutViolence).

Let's re-shape the norm.



Free Man Walking

I ignored the violence
that told me I was in danger.
And he showed up,
with a gleam in his eye.
Wrenched me in half,
and planted his seed.
As I swallowed my tears,
not wanting to wake his angel.
Have her come down
and see the monster that her
master was.
So I stayed quiet,
and held his secret.
Afraid.
Ashamed.
Alone.
When I finally spoke,
society blamed me.
His family told me to hush,
not to repeat those words.
So I was left,
with his venom,
and his sentence.
While he walked
and lived,
happy
and free.

-Mary BlackBonnet (Sicangu Lakota)

Violence Against Women is Not A Part of Tradition

Living in Fear

"I first began to realize I was lesbian/two-spirited when I was fifteen, but I think I always knew. I used to wonder why I was "different" from others; why I wasn't attracted to boys when so many of my friends were discovering that part of themselves. It was terrifying yet exciting to me. I am not yet totally "out" because I lost so many friends after I shared my excitement and told them I am two-spirited. It was painful to lose them because my friendships are an important aspect of my life. My family members didn't want to talk about it.

I was around twenty when I had my first relationship. I felt so excited to know that there was a mutual attraction between us. I always looked up to her because she took care of me when I was younger and living on the streets. Little did I know, my first relationship would be an abusive one. The emotional abuse started almost immediately after we moved in together, she would yell, scream, withhold medicine, and call me names; the emotional abuse included putting me down for being Indian, which surprised me because she was part Indian herself. Her hateful words ate away at my self-esteem and self-worth and I remember thinking that her rage scared me, but it meant that **she must really love me**.

I don't know exactly when the abuse crossed over from emotional to physical and sexual violence. I do remember one of the earliest times. I was sleeping, when she slugged me across the face, then threw me off the bed and started kicking me. The physical violence escalated in severity and frequency, including hitting, punching, kicking, choking, and pulling my hair. She would force me to have sex with her even when I said, "no." One of the most painful, humiliating, and degrading incidents was when she let one of her male friends rape me in exchange for cash and drugs. Afterwards, she beat me up, accusing me of actually liking it and then she raped me too. I felt trapped in the relationship. I was so ashamed. Often I would think about getting away but didn't know where to go and in spite of all the violence, I still loved her. I finally fled the relationship when she tried to kill me. She severely beat me and shot at me with a gun, the bullet missed me by inches. I was bruised and bloody. I could barely walk and was gasping for breath. To this day, I still get severe headaches from the trauma.

It was painful for me to accept that I was in a violent relationship for some time. I thought that I deserved it or that I must have caused it. I felt so much shame and guilt. This was my first relationship, and **I was shocked to find out women could hurt other women** that way. I struggled with the fact that I fought back in self-defense, because I thought that meant I was equally violent. I tried talking to some of my friends but they didn't want to hear it—or they blamed me for the abuse. I felt totally alone. My healing journey has been a struggle and often painful; however **I have regained my sense of pride** as a Tlingit and two-spirited woman. **I've regained the inherent belief that women are sacred** to our Native people."

-Karleen (Sharing Our Stories of Survival)

It is important to
be true to
yourself.

We need to overcome denial in order to help people in need.

Same-gender abuse occurs in similar frequency and severity as it does in heterosexual relationships. People's suffering from abuse within an LGBTQ relationship can seek support from Nami Migizi Nangwiihgan.

Before You



THINK

is it

T - True?

H - Helpful?

I - Inspiring?

N - Necessary?

K - Kind?

With the accessibility of today's social media we are all suddenly publishers, editors, and authors.

If during a community presentation, you were asked to show the entire audience your Facebook, would you? Would you be proud of the things you have "liked" "posted" and "shared?" In situations where people have been asked to do this, there haven't been any takers. Ironic, isn't it? Our social media posts are there for all to observe, yet we don't want to claim them. The truth is, **we can never disown them. Not everything is for sharing.**



facebook

Social media is your permanent record. Be sure your brain is engaged before your fingers move.

Face it, Don't facebook it

Lots of us use Facebook as a convenient way of receiving information about the people in our lives we don't call every day and the people we don't know that well whose lives we enjoy watching from afar, but what about those people we are close to? How do we use Facebook and other forms of non-direct communication to reach them? Believe it or not many couples have been using social media, text messages, or some other form of communication to "break-up." We have used social media to hurt those close to us. Though it may be easier for one to initiate a difficult conversation while hiding behind the comfort and safety of a computer screen or telephone, it is very hurtful on the receiving end. Regardless if you are giving or receiving the bad news, the "break-up" essentially determines whether the ending will create grief or feelings of a new beginning. If you're mature enough to date, you're mature enough to face it.

Shift the Blame

When learning of a domestic violence or sexual assault incident, how many times have you heard, said, or thought:

“Why doesn’t she just leave?”

“Why was she there?”

“Maybe she should be more careful.”

“If she wouldn’t have been there, none of this would have happened.”

“What did she do to upset him?”

Many of us have said or thought these types of things at some point, but each and every one of these statements blame the victim for the assault. Victim blaming sends the message that what the abuser did was acceptable. This is devastating. Those who have said, “why doesn’t she just leave” probably didn’t know he continuously threatens her life, nor do they understand the sheer horror she faces everyday.

Men don't decide to become rapists because they spot a woman wearing a short skirt. It sounds ridiculous doesn't it? Yet we constantly hear, “she was asking for it.” The truth is, no one asks to be abused, injured, or humiliated. Telling women to be more lady-like and refrain from promiscuity, alcohol and short skirts WILL NOT prevent rape.

We need a shift as it relates to our attitudes about victims of sexual assault and domestic violence. We must shift the blame from women who suffer sexualized violence to men who inflict it; from women who are raped to men who rape; from battered women to battering men; from sexually abused children to adults who sexually abuse.

Next time you hear someone say “why doesn’t she just leave” or “why did she put herself in that situation” I challenge you to respond by asking the true question at hand, “Why did he do this?”

She was asking for it.

-Rapist

She made me mad.

-Abuser

She is crazy, I bet she deserved it.

-Abuser's Family

She shouldn't have been drinking.

-Friend of the Victim

Would We Be Talking About “Her” If His Violence Was Stopped?

I tried talking to friends, but they didn’t want to hear it - they blamed me for the abuse. I felt totally alone.

-Karlene
DV Victim





Speak Up!

When one intelligently analyzes the phrase, “she put herself in that position,” they can see that it is a flawed and destructive way to explain rape and/or abuse. The word “position” is a passive way to describe how abuse happens. It suggests that there are specific factors that lead to abuse and that the cause of the abuse is the woman rather than the abuser, which is not true. **By speaking up when we hear a victim-blaming comment, we interrupt the belief that what we’re hearing isn’t so bad.**

People of character do the right thing even if no one else does, not because they think it will change the world but because they refuse to be changed by the world.
—Michael Josephson



Sexual Assault Response Team

In June, members of various organizations within the community gathered for a strategic plan initiating the development of a Sexual Assault Response Team (SART) in our community. Tremendous progress was made among team members and it was empowering to see the willing presence of so many crucial team members within our community. The SART has further development to achieve before it will be implemented within the community, but the future of our team looks promising. If you have any questions regarding SART, please contact Brooke at 989-775-4858 or bhuber@sagchip.org.

Change At Nami Migizi Nangwiihgan

Changes at Nami Migizi Nangwiihgan are currently underway but domestic violence, sexual assault, and stalking victim services are still very much available. Though change can be difficult, it brings opportunity for improvement. We hope to make the most of this opportunity. Due to changes in grant funding our onsite shelter will no longer be a part of the community. However, we can still help victims in need with emergency shelter services, case management, support group, individual counseling, and overall support and advocacy to provide safety and assistance to victims of domestic violence, sexual assault and stalking. If you are in a DV relationship and need assistance, please contact our main line at 989-775-4400.

Individual Counseling
Case Management
Support Group
Group Counseling
Transportation
Cultural Sensitivity
Confidentiality/Privacy
Batter’s Intervention
Shelter (Immediate Crisis)
989-775-4400

If you or someone you love has been a victim of sexual assault, domestic violence, or stalking, you know how much they have been hurt. As a loved one you suffer too. Help is available for victims and their families.

Please Call:

Nami Migizi Nangwiihgan:

989-775-4400

Behavioral Health Programs:

989-775-4850

National Sexual Assault Hotline:

1-800-656-4673

National Domestic Violence Hotline:

1-800-799-7233 (SAFE)



Individual Counseling
Case Management
Support Group
Group Counseling
Transportation
Cultural Sensitivity
Confidentiality/Privacy
Batter's Intervention
Shelter (Immediate Crisis)
989-775-4400

Telling Amy's Story

Please join Nami Migizi Nangwiihgan **Wednesday, July 30th** at 5:30 p.m. at the Housing department pavilion for dinner, followed by a presentation of the film, "Telling Amy's Story" in the Housing conference room. The film was created by Penn State University, hosted by actress and activist Mariska Hargitay, and told by detective Deirdri Fishel. *Telling Amy's Story* follows the timeline of a domestic violence homicide that occurred on November 8, 2001. Following the video, Nami Migizi Nangwiihgan staff will conduct a brief DV discussion and overview of services offered within our community. All are welcome.

Newsletter Suggestions?

This newsletter is meant to serve you, I value your opinion and am open to suggestions for topics you would like me to explore. Please direct ideas and comments to:

Brooke Huber at bhuber@sagchip.org

*If at any time you would like to be removed from our mailing list, or know someone who would like to be added, please contact: bhuber@sagchip.org

July Events & Happenings:

♦ Women's Support Group

Tuesday July 15th 5:30-7:00 p.m.
Behavioral Health

♦ Saganing Health and Safety Fair

July 17th 10:00—2:00 p.m.

♦ Niibing Program

July 16th and 17th
Healthy Relationships Education

♦ Community Presentation of Telling Amy's Story

Wednesday, July 30th

Housing Department (Broadway Street)
2451 Nish Na Be Anong Dr.
Mt. Pleasant, MI 48858

5:30 p.m. Dinner

6:00 p.m. Showing Telling Amy's Story
6:40 p.m. Brief Discussion/DV Education

*Viewer discretion is advised

Summer time means family fun time. Many of us will be provided an opportunity to entertain our family and friends. Who says functional can't be fun?

Materials: folding chair, screw driver, drop cloth, spray paint (2 cans per chair), fabric (20" by 20" per chair), scissors, staple gun and staples

Step 1: Using screwdriver, remove existing cushion from chair frame and set aside.

Step 2: Place the chair on a drop cloth and wipe down with a damp towel. Apply two thin coats of spray paint (*refer to paint for drying time*). Let chair dry overnight. *If chair is dark in color or smooth in finish, let the chair dry overnight.*

Step 3: Lay out new fabric and place seat cushion face down. Trim fabric along edge of cushion (3" from edge). Once cut, attach fabric using staple gun. Begin by stapling at the center of each side and then at the corners.

Step 4: Once chair is dry, assemble with new cushion and begin using!

If you don't happen to have old folding chairs, garage sale season is in full swing! Garage sales provide opportunities for Do It Yourself crafts.



Fruit and Brownie Kebabs

Delicious and nutritious! These are perfect for the upcoming 4th of July holiday or any other time you get the opportunity to provide a delicious dish to pass.

Materials:

- 9X13-inch pan
- Bamboo/wooden skewers

Ingredients:

- 1 package of brownie mix (water, vegetable oil and eggs)
- 1 pint of blueberries
- 1 pint of strawberries
- Large marshmallows
- Hot fudge for drizzling, if desired

Directions:

Prepare and bake brownies as instructed by the brownie mix package. Wash the fruit. Hull the strawberries. After 1 hour of refrigeration, remove the brownies and cut them into 1 inch blocks.

Alternate threading brownies, fruit and marshmallows onto wooden skewers. Drizzle with hot fudge if desired. Refrigerate until ready to serve.