

WOMEN'S Center



Protect, educate, advocate, counsel and empower

Spring 2021



As we navigate these uncertain, unprecedented times, I am reminded of the resilience that so many women have expressed throughout the centuries. Perhaps we all take a moment to reflect upon this very fact, especially with last month being the celebration of Women's History Month and International Women's Day on March 8th.

Perhaps we thought about it when gushing with gratitude upon receiving a COVID vaccine; which were amply developed through the intelligent, groundbreaking work of women scientists/doctors. Even more, we may

have flashed upon this sentiment as many strong women continue to make ground within the plight for equality, and equity, in all of its forms. Through these varied reflections, it is also vital that we remember how many women strive for healing and recovery from societally normalized sexual assault and related trauma.

April, which is recognized as Sexual Assault Awareness month, is an appropriate time to recount these matters. Especially after the World Health Organization (WHO) released a report in February, said to be the largest-scale study on violence against women. The report indicated that 1 in 3 women have experienced physical or sexual violence at least once in their lifetime.

Sexual assault is all too often a stigmatizing trauma to endure. It can leave the survivor feeling ashamed, unwanted, and unnecessarily guilty. Undoubtedly these feelings are associated with a sense of poor self-efficacy, somatization leading to physical health complaints, relational difficulties, and other mental health problems such as post-traumatic stress disorder (PTSD), depression, and anxiety.

The range of adverse emotional, psychological, and physical effects are abundant, and it is important to recognize how normal such responses are. There is no wrong or right way to feel or react. When we find acceptance and understanding of the significant impacts of sexual assault, a sense of empowerment may be obtained. As a therapist, and new member of the Sexual Assault team at the Women's Center, I hope to be a helpful part of a survivor's healing journey and process.

Because sexual assault can feel so isolating, it is important to remember that there are agencies and people available to help. Programs like those at the Women's Center allow for advocacy, education, and therapy. In expanding upon therapeutic programs and associated outreach, we hope to combat the long-term repercussions of sexual assault while also spreading awareness, and working diligently toward prevention.

Rachel Holman

Women's Center SA Therapist

"I believe you."



"There remains what seems like an impenetrable wall of silence around violence and we must all play a role in breaking this silence."

-Reese Witherspoon

FROM THE EXECUTIVE DIRECTOR



When we were looking for a space for a satellite office in Ishpeming, we looked at the Gossard Building. It was attractive, its owners were renovating the designated historic landmark, and it housed other social service agencies, so it'd be convenient for clients. Plus, it was in a good location – downtown, next door to St. Vincent DePaul and close to the high school.

Then I was reminded of its history. The Gossard Building, or historically known as Braastaf-Gossard Building, housed the bra factory, H.W. Gossard, from 1920 until 1976. In the 1940's, more than 600 people worked there, mostly women. It was one of the few opportunities women had to work outside the home.



Braastaf-Gossard Building



Gossard Picket Line

What is even more significant is that one of the Women's Center's founding mothers and former board member, Geraldine DeFant, who came to Marquette County in 1948 to organize employee's of the factory to strike, has a part in its history. She organized a landmark strike that energized the local labor movement. It was the first strike in the U.P. at a plant with primarily women workers.

Geraldine remained in Marquette County and was a force among the labor unions and the Democratic party. She was a longtime Marquette County Commissioner and she served on the Michigan

Women's Commission. She was deeply committed to equality and justice. I remember meeting her in the early 1990's when I was involved with the Women's Center and thinking how powerful and strong she is. Once you met her, you did not forget her. She had a voice that roared and a wonderful sense of humor.

She passed away at age 79 in 1996. I think she is smiling from above that the Women's Center is now a part of the history of the building, supporting all persons, regardless of race, gender, disability, political affiliation, or ethnic background, who struggle with domestic or sexual violence.

We miss you Geraldine!



Geraldine DeFant

Beth Casady
Executive Director

MEET OUR ALGER ADVOCATE!

“Sexual assault is not a “light” nor “fluffy” matter, and we cannot treat it as if it were” – Emma Sulkowicz

Hi there! My name is Alexandria and I’m the Alger County Advocate. I’ve been with the Women’s Center since July of 2020 as the Domestic Violence and Sexual Assault Advocate. I’m originally from Missouri where I attended and graduated both high school and college. I have a B.S. degree in Criminal Justice and Communications with a minor in Psychology. My family and I moved to the Upper Peninsula in 2019 and we absolutely love it here.



Alger Office, Interior

Since being with the Women’s Center, my goal has been to expand knowledge in our schools and communities through education and outreach. My supervisor has worked closely with me to help expand our Sexual Assault Response Team (SART) in the community as well. We have grown our SART team from 2 volunteers to 6, which is wonderful! My goal in 2021 is to build relationships with the community members, law enforcement, prosecutors office, and our local hospital. I believe as we continue to nurture these relationships, we will see a rise in referrals to the Women’s Center as a greatly needed resource. I also feel as we build these relationships, we will see a larger need for our volunteer response team and advocacy.

April is Sexual Assault Awareness Month. We have some wonderful visual and support projects that are in the works here in Alger. Some of our activities will include jean day ribbons; these will be made available to the community to wear. I think this is something so simple that we as a community can do together; to express support to our victims/survivors and let them know we are coming together to stand up to such a tragic fight against sexual assault (SA).

Another project will involve businesses in Alger County, called the “Clothesline Project.” We will ask different businesses in all communities within Alger County to have a clothesline hanging in their window or throughout their business showing the tragic facts of SA. The project asks how can we come together and stand against SA. This will also be a wonderful reminder of the resources the Women’s Center can provide to all victims of abuse.

The last project I have planned and am very excited about is educating children in our schools. This can be a difficult task as it would take parental approval with some approaches. As of right now, I feel the most convenient way to educate our young children is through a book. My goal, by the end of April, is to present all six school libraries in our community with a book called “No Means No”. This will stem a very important conversation about bodily autonomy and consent. Sexual assault can be a difficult topic to have with children. This book is a wonderful resource that can help start a conversation to teach youth to set their own boundaries and to make sure others respect that.

As we are aware, most sexual assaults are **completed** by a person who is familiar to the family. If youth feel their self-boundaries are respected and empowered by parents and adults; they may be more apt to come and talk to that trusted adult about how at one point their boundaries were not respected. I am hoping that these projects and educational tools will empower men, women, and children throughout Alger County.



Alger Office, Exterior



PROGRAM DIRECTOR REPORT

Alisha Young

The COVID-19 pandemic has changed the world in which we live, work, and play drastically. The COVID-19 pandemic has also changed the way in which victims of domestic and sexual violence reach out for help.

Prior to the pandemic the Women's Center offered in-person weekly support groups that were well attended. However, the pandemic forced face-to-face support groups to close down. For some victims of domestic and sexual violence, the weekly support group was their one outing a week. The one activity that they were "allowed" to do.

The Women's Center advocates recognized the need, perhaps an increased need, in support groups during this time and decided to move to a new platform, Zoom, for socially distanced groups. The advocates worked diligently to create a new set of group guidelines to provide safety to each group participant and ensure confidentiality.

The domestic violence support group meets every Tuesday from 6 p.m.-7:30 p.m. if you are or someone you know is interested in attending the domestic violence support group, please contact Hailee at (906) 226-6611. The sexual assault support group meets every Friday from 6 p.m.-7:30 p.m. If you or someone you know is interested in joining the sexual assault support group, please contact Madison at (906) 225-1346.

The Women's Center will also be starting a sexual assault therapy group. If you or someone you know is interested in joining the sexual assault therapy group, please contact Rachel at (906) 225-1346.

The Women's Center is committed to the continuation of services to its clients and communities while also offering safety. With the same guidelines for privacy and confidentiality, we offer our continued Domestic Violence Support Group and Sexual Trauma Support Group via Zoom Healthcare, a secure platform for service delivery.

DV Support Group: Meets on Tuesdays at 6 PM.

Sexual Trauma Support Group: Meets the 2nd and 4th Friday of the month from 6 PM to 7:30 PM

Call 906-225-1346 or 06-226-6611/1-800-455-6611 for more information

WOMEN'S CENTER RECEIVES COVID CONTINUITY/STABILITY FUNDS



Governor Whitmer and our state legislature passed the COVID Continuity and Stability last summer to provide funds to assist domestic and sexual violence agencies in making their office and shelter environments safer from spreading the COVID-19 virus. With those funds the Women's Center was able to update HVAC units, put in touchless faucets, and tear out its carpet in its main office building and replace it with vinyl tile. The new flooring was much needed as the carpet was probably 25 years old. Maybe there are some silver-linings related to the pandemic!



OUR SPECIAL SUPPORTERS



Embers Credit Union donations



Amazon Smile Deliveries



Ian Galbreath, Boy Scout Troop 372, delivered bags of groceries and household supplies that he and his fellow Boy Scout troopmates collected for the Women's Center's shelter, Harbor House, and their outreach clients. Ian is with his father, Kurt Galbreath, who is the Boy Scout Troop Leader for 372.



Give 'Em A Break donation



Spread Goodness Day at Getz's



Target Employees donate gift cards & PPE

Your support makes us possible, thank you!



Marquette Food Coop donations



Marquette County Dental Clinic donations



Richardson's Jewelry donations for International Women's Day



UPHP Donations



231 West Macarons for Women's Center Day



Tailored CPAs and Adopt A Family Donations

The Women's Center is a participating charity in the Amazon Smile program. Go onto Amazon Smile (<https://smile.amazon.com>) when you shop & select the Women's Center, Inc. as your charitable organization. There is no difference in pricing when shopping on Smiles and each time you place an order, Amazon will donate a percentage of your purchase to the Women's Center. ***Have Fun Shopping!!***

PWPL EVENT TO BENEFIT THE WOMEN'S CENTER

**Authors Reading Virtually:
Two-Time U. S. Poet Laureate**

Natasha Trethewey



**Saturday, April 17
12 noon, EST
via Facebook livestream**

This event is free and open to the public, but donations to the Women's Center of Marquette are graciously accepted. Suggested donations: \$15.

To donate, follow this link:
<https://wcmqt.org/donate>

Co-sponsored by: NMU's English Department, Beth Casady & Jim Cantrill, Rosa & John Diddams, Pat Micklow & Judd Spray, Karlyn Rapport



Natasha Trethewey was named the 19th Poet Laureate of the United States in June of 2012, becoming the first Southerner to receive the honor since Robert Penn Warren, in 1986, and the first African-American since Rita Dove, in 1993. She was reappointed as U.S. Poet Laureate in 2013.

Born in Gulfport, Mississippi, the daughter of a mixed-race marriage, Trethewey experienced her parents' divorce when she was six. She subsequently spent time in Atlanta, Georgia, with her mother and in New Orleans, Louisiana, with her father.

In 1985, when she was nineteen, her mother was murdered in Atlanta by her second ex-husband. He had abused both Natasha and her mother. She writes about her early life and the life and death of her mother in her memoir, *Memorial Drive*.

Among many honors Trethewey has been granted, she is also the recipient of the 2016 Academy of American Poets Fellowship. Academy of American Poets Chancellor Marilyn Nelson said, "Natasha Trethewey's poems plumb personal and national history to mediate on the conundrum of American racial identity or in des. Whether writing of her complex family torn by tragic loss, or in diverse imagined voices from the distant past, Trethewey encourages us to reflect, learn, and experience delight. The wide scope of her interests and her adept handling of form have created an opus of classics both elegant and necessary."

SASAWIN Safe Haven

Do you think of your pet as a member of your family? Many of us do. Up to 71% of domestic violence survivors report that perpetrators have threatened, abuse, or killed their family pet to silence survivors or coerce them to remain in the abusive situation. Out of concern for their family pet, more than half of survivors delay or do not leave abusive situations because of these threats. SASAWIN Safe Haven works with the Women's Center/Harbor House to maintain the human-animal bond. We help you to heal with your WHOLE FAMILY.

Formed in 2013 as a partnership with the Women's Center, the Upper Peninsula Animal Welfare Shelter (UPPAWS) and Northern Michigan University. SASAWIN Safe Haven was developed to shelter animals of domestic violence survivors.

A phone call to the Women's center 24/7 Support Line: 906-26-6611/1-800-455-6611 will include animals in your safety plan. SASAWIN Safe Haven will provide safe and confidential shelter for your animal(s) until you are ready to reunite and move with your animal(s) to your own safe housing. All costs are covered by the program.

Interested in volunteering?

- We are always in need of safe housing (foster care) for our pets.
- You can help preserve the human-animal bond and care for a survivor's pet while they are seeking safety with us.
- Fostering is a rewarding experience and is typically for a period of 2 months until the animals are returned to their family.

Transport Pets

We have a network of transport volunteers who drive pets to and from veterinary appointments and foster homes. Most of these are within Marquette County but sometimes include other parts of the Upper Peninsula of Michigan.

Contact us at (906) 225-1346 or go onto our website: www.sasawin.org



BATHROOM REDO AT HARBOR HOUSE — THANKS TO NMU!

NMU's Construction Management program has a senior project component to its curriculum where graduating seniors must do a group project that encompasses design, budgeting, and construction. In the fall of each year, the program invites the public to apply with a proposal of a project for them to consider.

The two full bathrooms at Harbor House had extensive dry rot as well as outdated features. We wanted to replace one of the tubs for a walk in shower, as well as update the bathrooms and have them not look so drab.

Seniors Megan Antal, Jordan Humpert, Ravon Johnson, Zack Parent, and River Smith took on our bathroom renovations with a very short time-span to complete amid working in a pandemic. They met with shelter staff to determine needs of the project and to have staff choose flooring, the shower, and other fixtures. We gave them our budget, and off they went. All this while they worked part-time jobs and went to school as well!

We are so pleased with the new bathrooms and wanted to share the updates with you. We could have never afforded to do this without NMU's assistance. It is another example of how well NMU works in our community as well as supports non-profits.

Thank you to this group and to Michael Andary, their Professor, who leads this class.



HARBOR HOUSE WISH LIST

Toilet paper
Paper towel
Paper napkins

Dish soap
Dishwasher Detergent
Tissues

Baby Wipes
Shampoo
Conditioner

Body Wash
Basic Cleaning Supplies
Trash Can Bags (13 gallon)

WAYS TO DONATE

Donate by Phone or Mail

Please contact (906) 225-1346 during office hours (9am – 5pm EST) if you would prefer to make your credit card gift by phone. We accept Visa, MasterCard, American Express and Discover. If you prefer to mail in a check or cash donation, please mail in your contribution to:

Women's Center
1310 S. Front Street
Marquette, MI, 49855

Donate Stock or Securities

You may make a gift in the form of stocks, bonds, IRAs distributions or mutual funds. There may be tax benefits to making these gifts directly to the Women's Center. Please call 906-225-1346 and speak to Executive Director, Beth Casady, or email executivedirector@wcmqt.org.

Memorial and Honor Gifts

There are many options for leaving a lasting legacy through your will, estate, or long-term financial plans. Please contact Beth Casady, Executive Director to start a conversation about how this giving option can work for you. Call 906-225-1346, est. 210 or email executivedirector@wcmqt.org for more information.

Gifts In Kind

If you are looking to donate anything other than cash, please contact Beth Casady, Executive Director, to talk further about your donation. Please call 906-225-1346, est. 210 or email executivedirector@wcmqt.org.



VOLUNTEERS

**“How wonderful it is that nobody
need wait a single moment before
starting to improve the world.”**

- Anne Frank

Gale Albright	Abbey Helppi	Beth Roberts
Phebe Burns	Joni Hendrickson	Gale Rogers
Jacqueline	Emmalee Houle	Lea Rudzena
Caswell	Keena Jones	Dana Sadler
Angie Cherrette	Becky Kolbus	Dana Selin
Claire Clifton	Lexi Pettengill	
Katie Deaver	Mary Martin	
Lynn DeRoche	Tina McCorkle	
Sharon Ely	Katrina Meyers	
Miranda Gohlke		

Women’s Center

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Newsletter Printed and Mailed Thanks to a Generous Donor

Thank you to Angie Cherrette for newsletter design!



Women's Center

1310 S. Front Street,
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906-225-1346

24/7 Toll Free Support Line: 1-800-455-6611
Website: www.wcmqt.org
Facebook: www.facebook.com/Womens-Center-Inc
PakRatz
Facebook: www.facebook.com/Pak-Ratz-Resale



SERVING MARQUETTE & ALGER COUNTIES

WOMEN'S CENTER

1310 S. Front Street
Marquette, MI 49855
Office Hours:
9:00-5:00pm Mon-Fri
906.225.1346

HARBOR HOUSE

Open 24 hours/day
24/7 Support Line:
906.226.6611 or
1-800.455.661

ALGER OFFICE

*Munising Central
Community Center*
413 Maapple Street
Munising, MI 49862
Office Hours:
9:00-5:00pm Mon-Fri
906.387.4554
906.250.2595
or 1-800-455-6611

GWINN OFFICE

*K.I. Sawyer Heritage
Air Museum*
403 3rd Street
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906.869.4549
or 1-800-455-6611

ISHPEMING OFFICE

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49849
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