



## *Kwey Relatives...*

### **May 5, 2020 Designated as the “National Day of Awareness for Missing and Murdered Indigenous Women and Girls”**

Congresswomen Deb Haaland (Representing the 1<sup>st</sup> District of New Mexico) and Sharice Davids (Representing the 3<sup>rd</sup> District of Kansas) called attention to the crisis of missing and murdered indigenous women and girls by introducing a U.S. House of Representatives Resolution 950. Resolution 950 not only calls for the support of designating May 5, 2020 as the “National Day of Awareness for Missing and Murdered Indigenous Women and Girls,” it also strives to increase awareness to the issue on a national level, and also calls for change at the tribal, state and federal levels. A portion of H.R. Resolution 950 reads as the following:

#### **H. Resolution 950**

Expressing support for the designation of May 5, 2020, as the “National Day of Awareness for Missing and Murdered Indigenous Women and Girls.”

Whereas American Indians and Alaska Natives

are 2.5 times more likely to experience violent crimes and at least 2 times more likely to experience rape or sexual assault crimes compared to any other group of people in the United States;

Whereas the Centers for Disease Control and Prevention has determined that homicide is the third leading cause of death among American Indian and Alaska Native women between 10 and 24 years of age and the fifth leading cause of death for American Indian and Alaska Native women between 25 and 34 years of age;

Whereas in some Tribal communities, American Indian women face murder rates that are more than 10 times the national average;

Whereas there is little data that exists on the number of missing and murdered Native women and girls in the United States due to complex jurisdictional issues at the Tribal, State and Federal levels;

Whereas without recognition of this crisis and adequate Federal assistance and improved distribution of lifesaving resources for Indian Tribes, Indigenous women will continue to experience disproportionate rates of violence, and go missing and be murdered at the highest rates in the

## *H. Resolution 950 Continued*

country: Now, therefore, be it Resolved, That the House of Representatives - (1) expresses support for the designation of the “National Day of Awareness for Missing and Murdered Native Women and Girls”; and (2) calls on the people of the United States and interested groups - (A) to commemorate the lives of missing and murdered American Indian and Alaska Native women whose cases are documented and undocumented in public records and the media; and (B) to demonstrate solidarity with the families of victims in light of these tragedies.



## *Serving Our Partners*



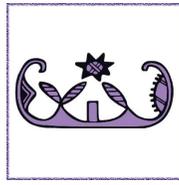
Maliseet Domestic and Sexual Violence Advocacy Center

Office: 207-532-3000  
24 Hour Hotline: 207-532-6401



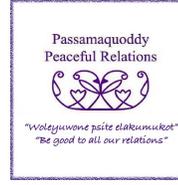
Indian Township Passamaquoddy Domestic and Sexual Violence Advocacy Center

Office: 207-796-6106  
24 Hour Hotline: 207-214-1917



Penobscot Nation Domestic and Sexual Violence Advocacy Center

Office: 207-817-3165  
24 Hour Hotline: 207-631-4886



Passamaquoddy Peaceful Relations Domestic and Sexual Violence Advocacy Center

Office: 207-853-0092/0093  
24 Hour Toll Free Hotline: 1-877-853-2613



Micmac Domestic and Sexual Violence Advocacy Center

Office: 207-760-0570  
24 Hour Hotline: 207-551-3639

## *Penobscot Nation Advocacy Center's MMIWG Caravan*

On May 5, 2020, the Penobscot Nation Domestic and Sexual Violence Advocacy Center staff organized a MMIWG Caravan to recognize May 5th as a national day of awareness of missing and murdered indigenous women and girls. Community members joined the staff in a caravan with signs, banners and drumming as they were safely led through the community by the Penobscot Nation Police Department. This was a safe way for community to gather while physically distancing to bring awareness to this important issue.

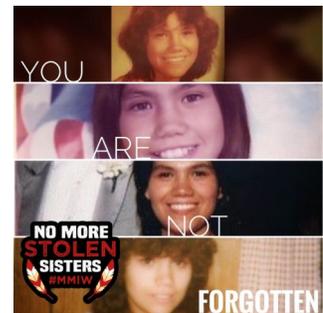


Penobscot Nation Domestic and Sexual Violence Advocacy Center Staff Members (Left to Right): Aline Pardilla, Patricia Graffam and Jessica Sockbeson.



## *Micmac Advocacy Center's Facebook Post - May 5, 2020*

Virginia Pictou-Noyes, a 26-year-old Mi'kmaq woman went missing on April 24th, 1993. The mother of 7 children, disappeared after leaving a Bangor, Maine hospital around 1:00 AM. She had allegedly been seen at the hospital after suffering a violent assault from her husband Larry Noyes, and his brother Roger Noyes Jr. She left the hospital without being discharged, and was reportedly later sighted at a gas station in Houlton, Maine. She made several calls in Houlton, attempting to find a ride home to her children back in Easton, Maine. She would never be seen or heard from again. Larry Noyes and Roger Noyes Jr were initially charged with assault on to Virginia, but the charges would be dropped after her disappearance. Authorities suspect foul play in Virginia Pictou's disappearance, but no charges have ever been filed. Virginia's body has never been recovered. Virginia is one of thousands of murdered and missing Indigenous women in the United States and Canada. 5712 Indigenous women were considered murdered or missing according to 2016 data. Now we have lost count. Every stolen sister is more than a statistic. Just like Virginia, they all had families, friends, loved ones and communities who are left to deal with the crippling pain and grief of their absence. Our sisters deserve justice, and their communities yearn for healing. We must never forget. [#MMIW2020](#) [#MMIW](#) [#MMIWG](#) [#NoMoreStolenSisters](#) [#WhyWeWearRed](#)



## *April Was Sexual Assault Awareness Month*

The goal of Sexual Assault Awareness Month (SAAM) is for individuals and organizations to raise public awareness about sexual harassment, assault, and abuse and educate communities on how to prevent it. This year, SAAM celebrated its 19th anniversary with the theme “I Ask.”

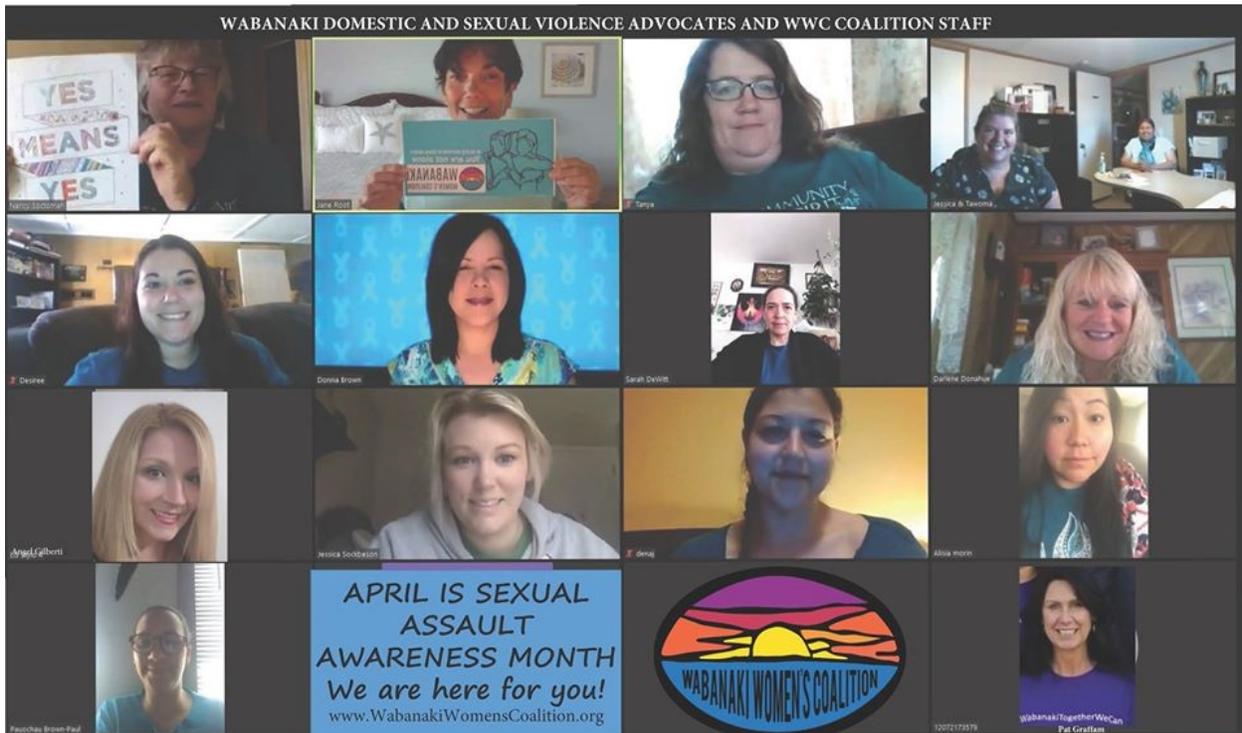
Sexual Assault Awareness Month is about more than awareness - its ultimate goal is prevention. Since consent is a clear, concrete example of what it takes to end sexual harassment, abuse, and assault, this year’s campaign shared the message that asking for consent is a normal and necessary part of sex.



By incorporating I Ask resources into SAAM engagements and events in April, important messages about consent and healthy relationships were able to be shared.

By wearing teal, the color of sexual assault awareness and prevention, it served as a conversation-starter for important issues about consent, respect, and supporting survivors.

Source: National Sexual Violence Resource Center (NSVRC). [www.nsvrc.org/saam/resources](http://www.nsvrc.org/saam/resources).



## *New Staff Member at Penobscot Nation Advocacy Center*

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My name is Jessica Sockbeson. I am a domestic violence and sexual assault advocate for the Penobscot Nation. I have dedicated myself to support, defend and believe survivors. I hope to help be the change we want to see. I have 5 years previous experience working with women in a group home setting who are survivors of abuse and am excited to work in a more direct advocacy role with this new position. As well as an advocate I am also a wife of 16 years, a mother of 4 and dog mom to two adorable Boston Terriers. I have lived on the Penobscot Nation reservation for 11 years and worked for the tribe for the past 6 years. I'm an avid baker, photographer and love anything crafty. My recent endeavor is gardening but the jury is still out whether I have a green thumb or not!



## *New Staff Member at Micmac Advocacy Center*

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Asco wequassin, my name is Pauochau Nohkunnawai Waupi (she who dances on night winds) Brown-Paul, a member of the Narragansett Tribe, located in Rhode Island. I am the granddaughter of the late Dr. Ella Sekatau, tribal historian and Medicine Woman of the Narragansett Tribe. I am a mother of 3 beautiful children and a wife of 16 years to my wonderful other half. My family participates in ceremonies and travels to pow-wows throughout Indian Country. I have been dancing since I could walk and believe our culture makes who we are. I have been living and working with the Aroostook Band of Micmac community for the past 14 years teaching traditional dances, clothing and other forms of art. I have always had a vision from a very young age, to learn from the culture and teach the culture.

Prior to joining the staff at the Micmac Domestic and Sexual Violence Advocacy Center in December 2019, I was a teacher for little feathers head start teaching preschool age. I believe that teaching culture and protecting women's rights is an obligation for native women to pass on to the future and current generation. Having the opportunity to work on a different scale of teaching and learning, I learn everyday as I go, and pass the knowledge on to those willing and needing to know. Taubot



## ***Coping with Stress & Anxiety During the COVID-19 Pandemic***

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During this time of uncertainty, it is normal to be experiencing a wide range of emotions. Identifying and accepting them is the first step towards building resilience. Two of the most common emotions being reported are stress and anxiety. The perception of threat and danger is a core component of stress, and manifests through physical symptoms such as: having difficulty sleeping, heart palpitations, digestive issues, headaches, chest tightness (feeling like you can't breathe), restlessness/inability to relax, muscle tension, and aches and pains to name a few. Anxiety is described as having physical and mental symptoms, and stems from unhelpful thinking patterns that occur when our minds fixate on threat and uncertainty. The important thing to learn how to respond to anxiety in a way that is helpful so that we are not consumed by it or have it escalate into panic attacks.

### **5 things to be watchful for:**

- 1) Threat Scanning – When your mind constantly searches for what you fear. Examples include constantly checking yourself for coronavirus symptoms or obsessively checking the news for the latest coronavirus updates.
- 2) Catastrophising – When your mind resorts to worst case scenarios. Examples include feeling tightness in your chest and immediately thinking that your life is in danger or you have mental images of losing all of your loved ones.
- 3) Hypothetical Worry – It is reassuring to know that to worry is completely normal. Practical worries can actually help us be more proactive since they concern things that we have control over. Hypothetical worries, on the other hand, are often harmful because they often concern things that we don't have much control over.
- 4) Emotional Reasoning – When your mind's reality is reflected through your emotions (which are often not reliable). An example would include feeling guilty about a situation even when you have not done anything wrong.
- 5) Fortune Telling – When the mind perceives predictions as factual information. An example would be the thought that there is no hope for improving one's health, that your physical and/or mental health will just keep deteriorating.

### **Some Tips for Managing Anxiety:**

1) Create an Information Diet – Threat, uncertainty and negativity is capitalized on by the media in order to win our attention while it is also anxiety provoking. To minimize anxiety, be aware of the news sources you are watching and how frequently. It may be helpful to focus on the facts:

- \* Most people diagnosed with the Coronavirus only experience mild to moderate symptoms.
- \* Approximately 2-3% of Coronavirus cases are fatal.
- \* Focus on health advice given to the public regarding hand washing, physical distancing, wearing of masks, covering coughs and sneezes, and proper disinfecting methods.

## *Coping with Stress and Anxiety Continued...*

- 2) Follow Trusted News Sources – Examples include CDC.gov and WHO.int.
- 3) Follow Uplifting News Sources and Stories – Success stories of people who have recovered from the Coronavirus despite the odds of being elderly or immune compromised, stories of people doing incredible things to help others during the pandemic, and stories of people sharing their creativity as forms of healing and to inspire others.
- 4) Plan your Information Diet – By limiting your checking of a credible news source to only one time per day, you can greatly reduce your anxiety. You may also consider limiting your time on social media and the Internet or balance out online time with uplifting stories and news sources.
- 5) Focus on What’s In your Control Rather than What’s Outside of your Control – Redirecting your attention to things that are within your control can greatly improve your health and well-being. Examples of things that are within our control include our routines, informational diet, building resilience, eating well, exercising, relaxation, seeking and giving support to others, and following the latest information and advice from credible sources. Things that are not within our control include flights/holidays/ events being cancelled, the weather, traffic, what the news is covering, other people’s health, and other people’s decisions.
- 6) Learn to Embrace Change and Uncertainty as a Part of Life – People who have a low tolerance for change often experience more anxiety and physical symptoms. Shifting one’s mindset to be more accepting of change can alleviate mental suffering.
- 7) Distraction Activities Can Help to Reduce Anxiety - Distraction activities can be helpful to rid your mind of unhelpful thoughts. To be effective, distraction activities must require your attention. If you discover that an activity has not been effective, then explore others until you find one that works for you. Distraction activities not only help with boredom, but can also help you feel happier, and can increase your motivation and energy.

Source: “Coronavirus Anxiety Workbook: A Tool to Help You Build Resilience During Difficult Times.”  
Published by The Wellness Society.

### Recommendations for Grounding

Working with Survivors of Violence During COVID-19

HELP TRAUMA SURVIVORS MANAGE FEAR AND ANXIETY

**BREATHE**



Deceptively simple but extremely helpful, breathing is a tool that's always available. Slowly breathe for a count of 6. Hold your breath for a count of 2. Breathe out over a count of 4.

HEADSHOT IMAGE, LINES AND DOTS AROUND HEAD

**RETURN TO YOUR BODY**



Start from your feet and move up to your head. Notice how your feet feel on the floor, notice your legs against your chair, and then your arms on the chair, and your back and then move your head side to side.

Person with arms in the air

**RETURN TO YOUR SURROUNDINGS**



Look around the room and identify four things that are blue, three things that are yellow, two things that are orange and one thing that is red. (You can substitute other senses - i.e. things you smell.)

BEDROOM

**BE GENTLE WITH YOURSELF**



We are all transitioning to a new normal. Many of us have children home all day, are newly unemployed, or are caring for sick loved ones. You're not going to be perfect at this.

HAND HOLDING PLANT

The National RESOURCE CENTER for REACHING VICTIMS  
Helping those who help others

Caminar Latino

## *Thank You Sephora!*

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On May 5, 2020, Sephora announced that it will be donating 15,000 of their Play! beauty boxes to 150 women's shelters across the country, helping victims of domestic violence whose lives have been disrupted by stay-at-home orders.

Jane Root, Executive Director, applied on behalf of the 3 Wabanaki Domestic and Sexual Violence Advocacy Centers that operate shelters.

We are happy to announce that all 3 shelters (Penobscot Nation, Maliseet and Micmac Advocacy Center Shelters) were awarded!

Thank you Sephora for your generous donation to help support survivors of domestic violence.



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PLEASE  
PLACE  
STAMP  
HERE