

# Free Safety Training for Women and Girls

*Presented by the Expert, Capt. Irwin Carmichael*

No one sets out to be a victim. Unfortunately it happens all too often, and women and girls are particularly vulnerable. From a stolen purse to car jackings to date rape. Is there anything a woman can do to control or even prevent attacks from happening? Should she ever try to defend herself?



*Capt. Irwin Carmichael*

It takes a tough and knowledgeable person to know the answers to questions like these and Captain Irwin Carmichael of the Mecklenburg County Sheriff's Office is that person. Offering his advice for Success for Safety and Women's Awareness Response, based on his books of the same names, he will appear at a free training for women and girls age 15 and above on Sunday, October 12 at 1 PM at Shalom Park.

A 28-year veteran of the Sheriff's Office, Capt. Carmichael has presented his program on crime prevention and self-defense to organizations, businesses, and groups throughout the state and even overseas. A retired Engineer/Firefighter, he has achieved a master level, eighth degree

appropriate we hold this program in October during Domestic Violence Awareness Month." The safety training program is jointly sponsored by Jewish Family Services, Shalom Bayit, and the Levine Jewish Community Center.

Please register for the free program at the LJCC Customer Service Desk by October 8. For further information, contact Jessie Cohen at 704-944-6739. For information on domestic abuse in general or efforts in our Jewish community see [www.shalombayit-nc.org](http://www.shalombayit-nc.org). ☆



Black Belt in Kempo Karate and teaches defensive tactics to law enforcement throughout North Carolina.

"My heart is with helping to stop a potential attack before it happens," said Capt. Carmichael. "People want to be safe inside and outside their homes," he continued. "With the right knowledge and tools, each of us has the ability to turn helplessness into power."

"The threat can also come as easily from someone we know as from a stranger," added Capt. Carmichael, "and it is therefore



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## October is Domestic Violence Awareness Month

*(Continued from page 1)*

The alternative just isn't an option according to Starr. "Physical abuse is devastating in itself, but the less visible forms can be equally if not even more destructive, because people don't talk about them," she says. "Emotional, verbal, sexual, financial, even cyber abuse - can cause internal scarring and life-long humiliation if the person doesn't receive the support she or he needs," she explains.

Throughout October, every temple and major Jewish agency will offer a free purple pin; purple signifies the fight against domestic abuse. Community members are urged to wear the pin to show their support and also read information being disseminated on domestic abuse so they can take individual and collective respon-

sibility in advocating for themselves, their families and friends, and their communities. "Stories of Crisis," a free brochure with resource information, and life-size blue silhouettes featuring stories of local Jewish survivors will be displayed throughout Shalom Park. Each synagogue will devote a night or weekend to talk about healthy relationships and the red flags of abuse.

"Everyone needs to learn the signs and symptoms of abuse, what to say and not to say to someone who may be in trouble, how to take preventative measures with our children, and to have some basic resources," said Roz Cooper, Director of the Consolidated High School of Hebrew Studies. "Now is our time to take a stand against it." ☆

## You Can Take A Stand

- ◆ Learn about abuse, services and help in our local community by visiting [www.shalombayit-nc.org](http://www.shalombayit-nc.org).
  - ◆ Wear a purple ribbon throughout October to show solidarity. Available at reception areas of most Jewish agencies.
  - ◆ Read a brochure. Available at reception areas of most Jewish agencies.
  - ◆ Look for the blue silhouettes and read the stories of real Jewish survivors in our community. Located at Shalom Park and synagogues.
  - ◆ Women and girls 15+: learn safety measures and self-defense at October 12 program (see above article)
  - ◆ Attend a sermon/talk at the following synagogues:  
October 10: Temple Beth El  
October 24: Temple Kol Tikvah  
October 25: Temple Israel  
October 25: Charlotte Torah Center  
November 4: Congregation Ohr Hatorah
- For information on domestic abuse or how to become involved, contact [info@shalombayit-nc.org](mailto:info@shalombayit-nc.org).



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