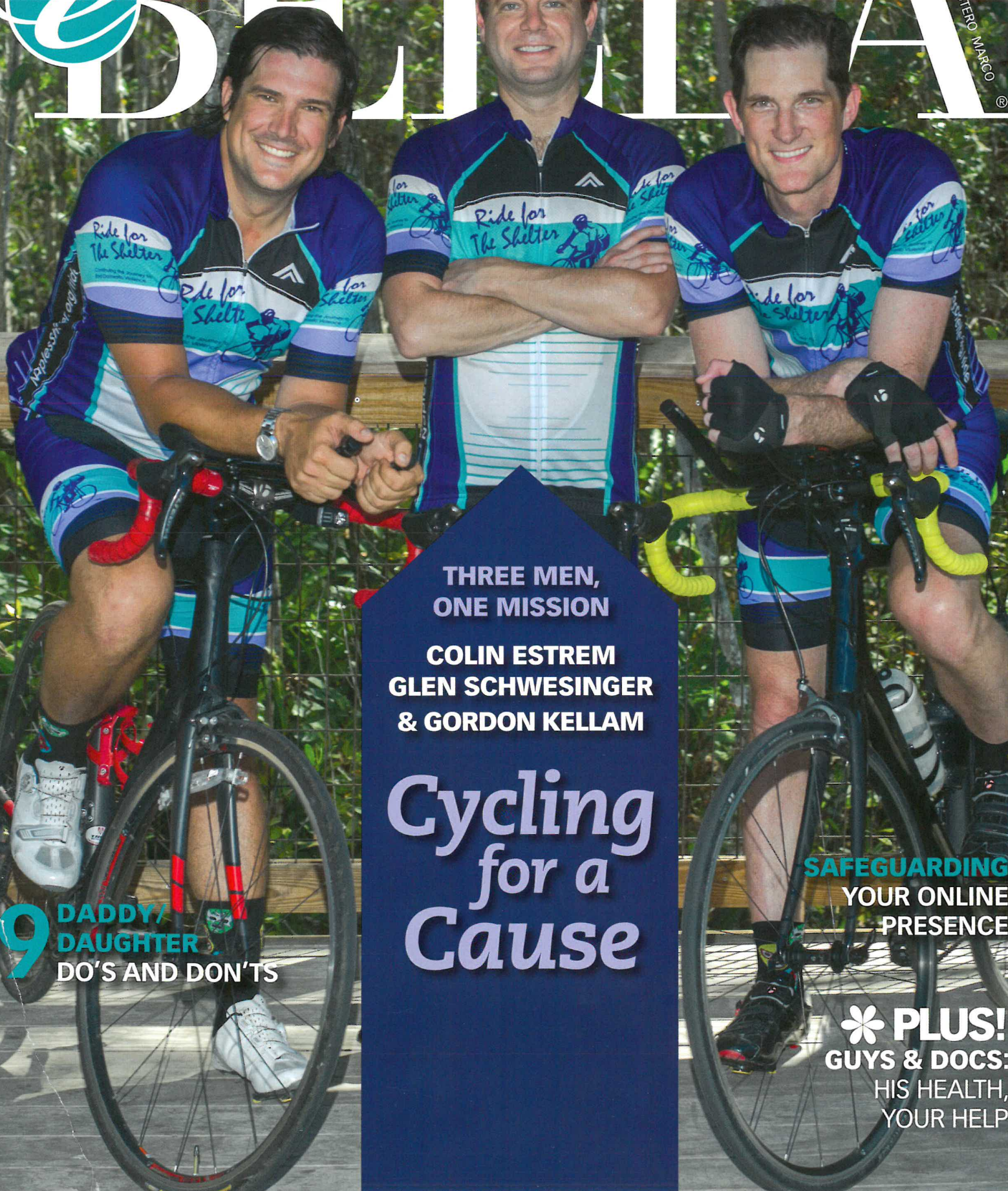


INSPIRING. EMPOWERING. WOMEN.

BETTA

NAPLES BONTA ESTERO MARCO



THREE MEN,
ONE MISSION

COLIN ESTREM
GLEN SCHWESINGER
& GORDON KELLAM

Cycling
for a
Cause

SAFEGUARDING
YOUR ONLINE
PRESENCE

PLUS!
GUYS & DOCS:
HIS HEALTH,
YOUR HELP

9 DADDY/
DAUGHTER
DO'S AND DON'TS



THREE NAPLES MEN BIKED MORE THAN 1,200 MILES, FROM SOUTHWEST FLORIDA TO WASHINGTON D.C., TO RAISE AWARENESS AND FUNDS FOR THE SHELTER FOR ABUSED WOMEN & CHILDREN. FROM LEFT: COLIN ESTREM, GLEN SCHWESINGER AND GORDON KELLAM.

Prevent, Protect, PREVAIL

THREE REASONS,
THREE CYCLISTS,
ONE GOAL:
RAISING AWARENESS
AND FUNDS TO END
DOMESTIC VIOLENCE.

The Naples trio of Gordon Kellam, Colin Estrem and Glen Schwesinger recently took the Southeast by storm, riding their bicycles from Naples to Washington, D.C.

They rode 1,256 miles over 12 days with one thing on their minds—to raise awareness about the Gentle'men Against Domestic Violence initiative, which asks men and boys to stand as equal partners with women and girls to end domestic violence. The initiative is a featured outreach and educational program at The Shelter for Abused Women & Children.

“These men are more than spokesmen for a cause; they are passionate advocates, putting their principles into action,” says Linda Oberhaus, Shelter Executive Director. In 2013, Kellam and Schwesinger scaled Mount Kilimanjaro—one of the tallest mountains in the world—to spread the program’s message. The duo was joined this year by Colin Estrem.

“Two years after that successful adventure,” Oberhaus says, “the shelter is honored and

excited they took on this 1,256-mile bicycle ride to raise awareness” again.

Along their journey, the trio planned to raise \$100,000 and political and celebrity support for creating a national Gentle'men Against Domestic Violence Day.

Gentle'men began as a luncheon in 2008 with a goal of asking 100 male participants to encourage their peers and counterparts to support the end of domestic violence. The luncheon evolved into an annual tailgate-themed event held each February, now supported by nearly 200 Gentle'men. The groundbreaking initiative endorses and supports the shelter’s eight-week “Raising Gentle'men” program, which promotes gender equality as a way of curtailing domestic violence. Raising Gentle'men is a school-based curriculum that challenges boys and young men to examine their beliefs about men and women, and their roles in society. Boys replace stereotypical ideas of men as controlling, aggressive

and gaining power through violence with the truth that real men can be gentle, compassionate and kind without risking their identities. The program is led by two paid shelter advocates.

In addition to school outreach, funds raised through the Gentle'men initiative assist other needs and programs. Domestic violence accounts for about 29 percent of all violent crime committed in Collier County. This year, the event was able to pay for a new van and playground equipment.

“The shelter’s mission is proactive. We believe that outreach and prevention can help stop domestic violence before it even begins,” Oberhaus says. “As we stand with survivors of abuse, the shelter’s many programs help heal and transform broken lives in our community and evoke social change so that, one day, all homes will be safe havens for the families they shelter.”



STORY BY CAMMI CLARK :: PHOTOGRAPHY BY CHARLIE MCDONALD
CHARLIEMCDONALDPHOTOGRAPHY.COM

Prevent:

Raising young men and boys to be good guys

Gordon Kellam, 37, is originally from western Massachusetts, moving to Naples in 2003 with a degree from Ithaca College in New York.

“At the time, I didn’t know what Naples was or even where it was. I was just following a girl down, which didn’t work out then, but worked out in the long run,” Kellam says. “I planted roots and realized it is paradise.”

He is now the managing director and financial advisor for BB&T Scott & Stringfellow and complex director for the West Coast of Florida.

About three years ago, Kellam got involved with supporting The Shelter for Abused Women & Children, with long-time friend and fellow rider Glen Schwesinger. The two have been active in supporting the shelter’s Gentle’men Against Domestic Violence initiative, including summiting Mount Kilimanjaro in Tanzania in 2013 to raise money and awareness. “As we finished that adventure and awareness campaign, we started thinking of ideas for the next,” Kellam says. “This (riding) was a feat in and of itself because we were way outside our comfort zone even getting on bicycles.”

Initially being out of his comfort zone didn’t matter to Kellam, who says the most important thing is that we “educate young men and boys that they can be good guys—and that starts at home.”

Kellam and his wife, Barbie, have two young sons, ages 3½ and 2. The two little ones help to fuel Kellam’s inspiration, he says.

“Strength comes from within’ is the summary of it all,” he says. “There’s nothing wrong with being strong, but it doesn’t need to come out in the wrong way. You can be passionate and kind and gentle. You can incorporate all these things and still stand strong.”





Protect:

Gender equality guides the future

Colin Estrem, 36, grew up in the Twin Cities area of Minnesota. His first job was working in restaurants washing dishes and bussing tables.

He earned a degree in hospitality and tourism management from the University of Wisconsin-Stout in Menomonie, Wis., spending a year abroad studying in Spain. He liked it so much, he returned to spend a second year after graduating college.

Estrem began his career as a sous chef at the Walnut Room in Chicago, Ill., obtaining his first executive chef title at The Creamery Restaurant in Downsville, Wis., where he met his wife, Kitsi. Shortly after, the two moved to Naples for jobs. Estrem began working at Cafe Lurcat. In 2008, Estrem branched out on his own, opening Avenue Wine Café. He opened 7th Avenue Social in early 2015.

Before Estrem became a part of the threesome biking to D.C., he hosted a few fundraising events at his establishments for Gordon Kellam and Glen Schwesinger, both for the current ride and for Kellam's and Schwesinger's Mount Kilimanjaro climb.

Last fall, the duo asked Estrem to join their ride and their mission. "I was thrilled," he says. "I was like the little brother who kept pestering them and I finally got to go."

Estrem has two reasons for raising awareness about domestic violence—his daughters, ages 7 and 3. "They connect me to this mission and the future, and working toward ending domestic violence," he says. Although his daughters don't fully understand the cause daddy is riding for, Estrem says, he hopes they never will have to experience it.

"Domestic violence goes across all demographics—wealthy and poor—really it can happen to anybody," he says. "We are men standing as equal partners with women ... it's about genders being equal."



Prevail:

Domestic violence will be stopped through proactive actions

Glen Schwesinger, 38, is vice president of investments for UBS Financial Services and has been a Naples resident since 1989.

He graduated from the University of Florida with a degree in finance and started working in the financial services industry in 2000, joining UBS in 2008.

Schwesinger was the first of the three riders to be involved with The Shelter for Abused Women & Children, adding he was introduced to the nonprofit about seven years ago and was invited to sit on the board. But he wanted to do more and found his niche with the Gentle'men Against Domestic Violence. "They are adamant about the cause and solving the problem by educating young men about the issues," he says.

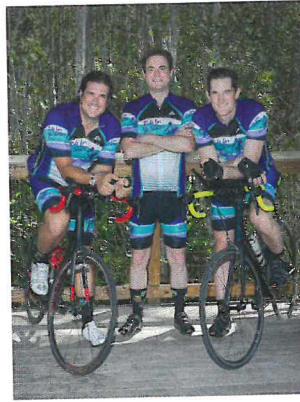
When Schwesinger first became involved, the Gentle'men was a group of about 100 men, hosting a lunch and speaker at The Ritz-Carlton, raising about \$100,000. The fundraising morphed over the years into a "fun and classy" tailgate gathering, a way to boost the number of younger men (under 40) to get involved, Schwesinger says. This was the goal of the initiative's Next Gen Committee.

"I was the only young person," Schwesinger says. "(Next Gen) struggled to get legs and frustration crept in, so I decided to do the climb (of Mount Kilimanjaro) for the awareness of the Next Gen group."

No matter the effort or the fundraiser or the name of the initiative, Schwesinger says the cause remains the same. "I want people to walk away with the knowledge of the fact that domestic violence can be stopped through education—a kind of preventative medicine—and abuse is not a women's issue, it's everybody's issue." ❁



Charlie McDonald is a nationally acclaimed and international award-winning photographer. He uses his 25 years of experience to create stunning and memorable images for clients in locations ranging from Naples to Toronto, and other locales around the country. McDonald also teaches photography workshops and heads a team of talented event photographers. :: CharlieMcDonaldPhotography.com



Jennifer Ziegelmaier has been a photographer in Naples for 20 years. Ziegelmaier specializes in business portraits, children, weddings and families. After the New Jersey native graduated from Furman University, she moved to Marco Island and now lives in Naples with her husband and two daughters. :: JenniferZPhotography.com



Lake Sims is a native of Southwest Florida. His interest in photography stretches over 50 years and has embraced many photographic media. His subjects of interest are varied but include sunsets, orchid and cactus flowers and portraits. High resolution digital imaging is his current favorite.



Angie Seaman is an internationally published, award-winning photographer in Naples. Her ability to capture and create unique visual

storytelling in front of her lens has placed her in high demand for discerning clients across the country. Seaman specializes in fashion, families and high school seniors. :: AngieSeamanPhotography.com



Tammy Marie Boxx was born in Munich, Germany, to military parents. She enlisted in 2002 and was medically retired in 2011 after an active duty injury. Upon moving to Naples in 2012, Boxx chose to use her love of art to bring an edge to photography. She strives to leave people craving more. :: ThePaintedBoxx.com

