

DOVE



TALES

A publication of AWARE, Inc. "Aiding Women in Abuse and Rape Emergencies"

Serving the communities of Elfin Cove, Gustavus, Haines, Hoonah, Juneau, Klukwan, Pelican, Skagway, Tenakee Springs & Yakutat

October is Domestic Violence Awareness Month. This column is dedicated to the courageous women who call AWARE's hotline or walk through AWARE's doors, facing their fears in order to find their freedom. I ask each of you reading this to support AWARE's mission in whatever way fits for you - it might be sending a donation to AWARE or volunteering your time; it might be wearing the purple ribbon of domestic violence awareness or donating an item for AWARE's Women of Distinction silent auction; it might be coming to an awareness event or calling AWARE and asking how you can best help a friend. I ask this because providing effective intervention and critical prevention is a job for a community - AWARE can't do it alone- we need each of you, in your own special way, to share in our work of empowering those whose power has been taken from them, so that each of us may become our very best self.



AWARE Executive Director

AWARE Mission Statement

AWARE's mission is to provide safe shelter and supportive services for women and children who have been subjected to domestic or sexual violence, and to effect the social, political and legal changes needed to eliminate oppression and violence against women and children.

AWARE Philosophy

We at AWARE believe that all people have a right to live in safe, accepting and peaceful environments. We also believe that people thrive more fully in an atmosphere free of fear and violence. However, there exists, in our society, a system of power, control and domination which suppresses these rights and perpetuates violence, particularly against women and children. This system consists, in part, of a range of behaviors from sex role stereotyping to battering and rape which inhibit the growth and development of human lives and can result in death. AWARE works toward eliminating this societal and personal violence.

We believe in a woman's right to choose a self-determined lifestyle, in her ability to act in her own best interests and in her need to develop self-esteem. A woman's body is her own and is not to be treated as the possession of another. We know that the claiming of personal identity and power is necessary to move beyond an oppressive system. We believe in the unity and strength of women to work towards this end through mutual sharing of experience and information. By offering women and children safety and positive alternatives to abusive situations we help to create a community where all can flourish.

IN THIS ISSUE

- Domestic Violence Awareness Month Calendar of Events
- VAWA's 15th Year!
- "When Dad Hurts Mom"
- Women of Distinction
- "We're Here"
- New Faces at AWARE
- Annual Meeting
- DELTA Update
- Shelter Wish List



*Domestic Violence Awareness Month
Calendar of Events
October 2009*

Purple Ribbon Campaign: Please wear a purple ribbon and show your support for victims and survivors of domestic violence! Purple ribbons and informational cards are available at AWARE, local Juneau businesses, and at galleries during the First Friday Gallery Art Walk in October.

5th Grade Poster Contest: On display at the Nugget Mall thru November 1st. All Juneau Public School 5th graders were invited to participate in AWARE's annual poster contest. This year's theme is "Abuse Makes Us Feel Small, Respect Makes Us Feel Tall."

Capital Chat Radio Show on KINY: AWARE staff & JPD Sergeant, Chris Burke spoke with Pete Carran on October 7th on our work to end violence against women.



"Secret Life of Bees": On Wednesday, October 28th at 7 pm at Gold Town Nickelodeon, a free showing of the movie "The Secret Life of Bees" will be playing.

Walk a Mile in Her Shoes® 5K Run or One Mile Walk: Saturday, October 17th at 10 am at Sandy Beach. This event is sponsored by AWARE with much support from Southeast Road Runners. Participants are invited to run or walk one mile or a 5K in high heels. Serious runners and walkers are welcome as well! This event will begin at the Sandy Beach log shelter. Adults, \$15 to pre-register, \$20 on race day. Pre-register at JRC The Alaska Club Valley and Downtown locations.

White Ribbon Campaign: If you are a man who values respect, safety, and dignity for all women, now is the time to act. Women pioneered the movement to end domestic and sexual violence. Men now have the opportunity to work with women toward a safer future. Wear your White Ribbons to show that you stand against violence against women. White ribbons are available at AWARE and at the Sandy Beach race event.

Walk a Mile in Her Shoes® at UAS: On Saturday, October 24th at 11 am the Walk a Mile in Her Shoes® event at the University of Alaska Southeast will start at Egan Library with a walk around Auke Lake, followed by interactive discussions, t-shirt giveaways, and light refreshments. The event is open to all current UAS students and alumni.

***From the Office of Violence Against Women
and the President of the United States***

While we have witnessed significant progress since the Violence Against Women Act was signed into law fifteen years ago, we must raise the bar and create a lasting shift in the way our country perceives and responds to violence against women and girls and to violence against children. As President Obama states,

“ During this month, we rededicate ourselves to breaking the cycle of violence. By providing young people with education about healthy relationships, and by changing attitudes that support violence, we recognize that domestic violence can be prevented. We must build the capacity of our Nation's victim service providers to reach and serve those in need. We urge community leaders to raise awareness and bring attention to this quiet crisis. Together, we must ensure that, in America, no victim of domestic violence ever struggles alone. “

Therefore, we, as agents of social change, must elevate the conversation so that Americans understand that violence against women and girls is unacceptable in our homes, schools, and communities – stretching as far north as our Native Alaska villages and as far west as the American Samoa territory.

Violence against women is the seed to so many other forms of violence. This shift must happen because violence against women continues to have devastating effects on entire communities. When children witness violence in the home, those children are impacted by what they have seen and often experienced themselves. Therefore, all members of the community must be engaged to end the violence. Parents, grandparents, siblings, co-workers, coaches, mentors, teachers, religious leaders, must all be involved.

White Ribbon Campaign

If you are a man who values respect, safety, and dignity for all women, now is the time to act. Women pioneered the movement to end domestic and sexual violence. Men now have the opportunity to work with women toward a safer future. Wear your white ribbon as a man against violence against women.



"I pledge not to commit, condone, or remain silent about violence against women."

Ideas from the book, When Dad Hurts Mom, By Lundy Bancroft

Children are aware of the abuse: Bancroft's research shows that children of abused women usually know considerable details about their father's demeaning or bullying behavior, and experience a variety of thoughts and feelings about what they have seen or heard. They also see the impact on the home such as smashed plates or glasses, broken toys. They see the impact it has on their mother by her mood and behaviors.

Children's interpretations can matter as much as their experience: Bancroft shares some children's experience about the abuse in their home. "If the police come to our house, they will put us all in jail." "Mommy's boyfriend called her 'stupid idiot' right before he shoved her against the wall. He calls me that name a lot, so he's probably going to hurt me soon like he hurt mom." Children's perceptions are further distorted if they hear their father make threats or false statements to their mother, or if he lies to them directly. To help better understand a child's perspective, it is important to ask them what they know and feel about the events, validate and support their feelings.

Children are frightened: Most children of abused women hide how scared they are. They do not want to burden their mothers, or they fear they will get in trouble by the mother or abuser if they show how upset they are. These fears can be noted by nail biting, outbreaks of acne or eczema, some may develop unusual fears, and some may seem to have attention deficit or hyperactivity disorder.

Children believe they are to blame: They hear the abuser yelling at their mother and blaming her. The children hearing this may be flooded with guilt for not picking up their toys or they may believe that if they were nicer to their sibling, dad wouldn't have gotten mad at home. They believe it is their fault that mom is getting hurt.

Children want to talk about the abuse, but they feel they can't: "If the grown-ups aren't saying anything about what happened, that means we aren't supposed to talk about it." Help to create opportunities for the child to talk about their experience.

Many moms ask the question, "What can I do?"

- Try not to blame yourself or children for how difficult things are. Behavioral and emotional challenges are common for children who are exposed to abuse.
- Let your children know it is okay to talk about emotional or physical abuse they have heard or seen. You may want to help your child with their feelings by naming feelings for them, "That must have felt scary to see dad yell at mom." Let them know that all feelings are okay, it is what we do with those feelings that is sometimes not okay. This is especially important since they may have seen dad hurt mom with his angry feelings.
- Model accepting responsibility for your own mistakes and learning from them.
- Make safety plans with your children, this will help children take steps to keep themselves safe or get help. What to have in your safety plan? Calling 911, keeping themselves in a safe room, leaving the home and going to neighbors. Please call AWARE for more information at 586-6623.
- Remind your children that it isn't their fault.
- Try to reduce your children's exposure to violent or anti-female television shows, movies, video games, toys, or songs. The effects of these can be more harmful for children who live with a batterer.
- Keep pouring love into your children, they need this!

Pamela Baker-Williams, LCSW

Nominate a Woman of Distinction!

March 14, 2010

AWARE's Women of Distinction Gala honors four women who make a difference in the lives of women and children in our community. The evening includes a catered dinner, an honor ceremony and silent auction. It is a major fundraiser for AWARE which is solely supported by revenue from fundraising, grants, United Way, donations and memberships.

Nominations for this special honor are solicited from the community, and the nominees are selected by AWARE's Board of Directors.

To nominate an extraordinary woman, please see our website www.awareak.org and click the link for Women of Distinction, email AWARE at info@awareak.org, or call us at 586-6623.

Thank you for taking your time and effort to nominate a special woman.
We appreciate your participation.

**DEADLINE FOR NOMINATIONS:
OCTOBER 16, 2009**

We're Here

Written By

An Anonymous, Brave Woman

We are here to listen- not to work miracles.

We are here to help women discover what they are feeling.

We are here to help women identify their options- not to decide what they should do.

We are here to discuss steps for others.

We are here to help others discover their own strengths- not to rescue them and leave them still vulnerable.

We are here to help others discover they can help themselves- not to take responsibility for others' actions.

We are here to help make sure they learn to choose- not to make it unnecessary for women to make difficult choices.

We are here to support change.



New Smiling Faces At AWARE!!!



My name is **Kristina Zuidema** and I am the new Americorps Children's Advocate here at AWARE. I am originally from Chicago and have a BA in Spanish with a focus in Linguistics from the University of Illinois in Urbana-Champaign. Throughout the past several years I've found that my favorite jobs and volunteer positions have always involved working with kids. I decided to come to Juneau back in March to serve as a Team Leader with SAGA's Serve Alaska Youth Corps. After completing my term with SAGA and living out of my tent for the past several months, I realized that I wasn't quite ready for big city-living again...So here I am!

Hi! My name is **Nicolle Gameiro** and I am one of the new "Juneau JV's"!! As a Jesuit Volunteer this year, I will be working here at AWARE as a Shelter and Children's Advocate. Originally from New Jersey, I come to Alaska after graduating from Loyola College in Maryland where I majored in Sociology and minored in Gender Studies. I've only been at AWARE a short time and I already feel at home working with such an amazing group of women (and man!). I look forward to each and every day this year as I learn from women and children in shelter, co-workers, and the larger Juneau community.



Hi my name is **Heather Bayless**, and if you call AWARE during the day we have probably spoken. I am AWARE's new Administrative Assistant. I came to Juneau last year to join AmeriCorps and liked the place so much I decided to make this my new home! The winters are my favorite, I enjoy the Cross Country Skiing, snow snowshoeing, and hiking. I am preparing to run my first Marathon at the end of November in Seattle so I am always on the move! Through AWARE, I have been able to coach Girls on the Run, and the experience so far has been new and exciting every practice. I suggest Girls on the Run Coaching, and playing to everyone! Girls on the Run is so much fun... even though we have to run!!!





Howdy. I'm **Marcelo Maiorano**, another of AWARE's JVs for the 2009-2010 service year. I am the new Community and Prevention Advocate; my work has focused on co-facilitating the Juneau Batterer Accountability Program with Mandy Cole. Growing up near Detroit and graduating from Loyola University Chicago earlier this year, I've spent almost all of my life in the Midwest. I feel very lucky to be living in Juneau and working with the wise and supportive women of AWARE.

Hi! My Name is **Tillia Everett**. My family and I have lived in Juneau for 7 years. I have 4 kids, three girls & one boy. I have been a housewife for years raising my girls & now my son. I love cats! I have 4 of them! Three belong to my daughters & the new kitten "Gypsy" belongs to me. If you know anything about cats? Cats don't belong to you, you belong to them. It's just fun to say that the cat belongs to me.



I have always been a night person so when I found out about the (graveyard shift) Shelter Advocate job. I thought, "Why Not!". I was honored, surprised & happy when I got this job. I call myself the Night Goddess for Aware. Goddess watching over the night time. You daytime staff are missing out. We have a great group of women that work here. The solid friends & caring workers here just make my life feel rich. I am able to blossom here and really walk into the person that I want to be. And that person is "ME" My favorite hobbies & talents are: Playing the Drums with my family or friends. Reading. Game Night parties. & reading with my 5 year old son. I just like to have my friends over for fun & laughs. As some of you probably already know my favorite color is lime green. Also, If you spend a long while with me you will find (as some of you have already found out) I tend to get the giggles at the worst times. I like to bike ride, eat out & take walks with my family. I love to decorate for Holidays as well! Thanksgiving & Christmas are my favorite Holidays. My favorite Christmas song is: Porky Pig singing Blue Christmas!



Call 586-6623
for more information



**Annual Meeting
and
Volunteer Appreciation Potluck**
Friday, December 4th, 2009
6:00 pm at AWARE



Updates from the DELTA Project (Domestic Violence Prevention Enhancements and Leadership Through Alliances)

Exciting things are happening in the area of DELTA and violence prevention! Currently, I am teaching a women's studies course to 15 young women at Yaakoosgé Daakahídi Alternative High School (YKHS). These students are being introduced to the topics of healthy relationships, financial independence, and media literacy for 75 minutes per day for nine weeks. We recently decorated t-shirts with the theme of empowerment in honor of Domestic Violence Awareness Month, and the girls really enjoyed using their creative talents for a bit of art therapy. I am excited about this excellent opportunity for DELTA to partner with YKHS on impacting the lives of high-risk youth.



Bottom Row: far left—Kathleen Maynard (Jesuit Volunteer-Young Parent & Healthy Teen Center); far right—Kristi Buerger (YKHS Counselor). Top Row: far right—Candice Bressler (DELTA Program Specialist).

DREAMS ACROSS ALASKA

A Compilation of Poems by Alaskan Teens Who Know Their Past and Dream of Their Future



The DELTA project has also been very busy with the conclusion of the LeadON! Poetry Contest. We have taken all 134 poems that were submitted by youth from across the state of Alaska, and we have put together a book that is being published for each contestant, the participating schools, and the media. The idea for this book was born out of the inspiration from the 2008 LeadON! for Peace and Equality Mini-Summit in Girdwood, Alaska, and was created by the efforts and brilliance of Meryl Chew, Jonas Decena, Zachary Hozid, Victoria Leque, Janice Smith, and Shelby Tersteeg, with adult support from myself and Ati Nasiah, Rural Outreach Manager. LeadON! is a 2½ day conference for youth leaders (age 13-18) and community partners across Alaska. During this time, participants join together to develop leadership skills for promoting peace and equality that can be used in their home communities. We are anxious to see what ideas and future projects will be born out of the 2009 LeadON! Mini-Summit.

Concurrently, I am training to be a facilitator for the *Dove Real Beauty Workshop for Girls* through their Self-Esteem Fund. The campaign's mission is to make women and girls feel more beautiful every day by challenging today's stereotypical view of beauty. The program's goal of inspiring positive self-image fits in beautifully with DELTA's own vision of increasing girls' healthy relationship protective factors.

Continued on Page 9

Updates from the Delta Project Continued . . .

In working towards increasing our financial literacy programming, I am also training to become a volunteer consultant and facilitator for Junior Achievement. JA Worldwide is a partnership between the business community, educators and volunteers — all working together to inspire young people to dream big and reach their potential. JA's hands-on, experiential programs teach the key concepts of work readiness, entrepreneurship and financial literacy to young people all over the world. We plan on using this program to teach girls about the life skills that include financial management and independent decision making.

Thank you for your support as we move forward in establishing deeper levels of community collaboration to ensure the sustainability of violence prevention for the Juneau community. If you have any ideas, input, or would like to join one of our DELTA focus groups, please feel free to contact me at candiceb@awareak.org.

Candice Bressler

SHELTER WISH LIST

- Microwave
- Towels
- Bedding
- Cell Phones and Chargers
- Light Bulbs
- Rugs in good condition
- Copy Paper
- Toilet Paper
- Bowls, cups, glasses, utensils
- Batteries
- Children's Music
- Planet Earth DVD's
- New Sweat Suits
- Bus Tokens/ Passes
- Swim or rock climbing passes
- Blank Journals/ Notebooks
- Heavy Duty Flash Lights
- Flat Screen TV



**Pick.
Click.
Give.**

When you register online for your PFD in January 2010, you are given the chance to Pick. Click. Give. and participate in the PFD Charitable Contributions program Please remember AWARE.



See www.pickclickgive.org

AWARE, Inc.
P.O. Box 20809
Juneau, AK 99802

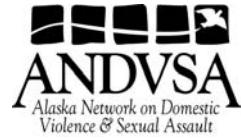
NON-PROFIT
US POSTAGE PAID
JUNEAU AK 99801
Permit #159



AWARE
Dove Cottage
A Place of Peace
Shaa-ka Ut-Yatx-Nóow

To Receive Your Newsletter Via Email

Please email info@awareak.org
or call us 586-6623.



Board of Directors

Patti Bland, Co-Chair
Christopher Burke, Co-Chair
Cheryl Eldemar
Tisha Gieser, Secretary
Robin Gilcrist
Maren Haavig
Jeremy Hansen
Jeffrey Irwin
Cathy Johnson
Michele Masuda, Treasurer
Barbara Murray
Jessica Srader
Freda Westman

AWARE Staff

Executive Director— Saralyn Tabachnick

Business Manager	Rachael Helf
Direct Services Manager	Mandy O'Neal-Cole
Program Services Manager	Ellen Andrews
Rural & Community Outreach Manager	Ati Nasiah
Education Specialist	Sarah Arntson
Legal Advocate	Anne Bennett
DELTA Program Specialist	Candice Bressler
Lead Advocate	Roxanne Thomas
Shelter Advocate	Sarah Syfert
T & H Advocate	Veronica Laflin
Volunteer Coordinator	Kathryn Toth
Children's Advocate	Meghan DeSloover
Jesuit Volunteers	Nicole Gamerio
AmeriCorps Volunteer	Marcelo Maiorano
Maintenance	Kristina Zuidema
	Craig Alton

