

DOVE



TALES

WINTER 2010

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, and Yakutat

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Thoughts and Thanks from Saralyn!

"For it is in giving that we receive..."

-St. Francis of Assisi

December 2009 is a time of great gifts when we look at addressing the issue of violence against women in Alaska. Governor Parnell announced his initiatives to address violence against women, beginning with the criminal justice system and including prevention and victim services. It's a 10 year initiative and we look forward to working with the Governor now and in the future. His visit to AWARE with Deputy Chief of Staff Randy Ruaro the week before Christmas was a gift to our staff and volunteers. AWARE residents greeted him with such warmth and respect, which he returned in kind, posing for pictures, holding babies, listening intently. All present felt his sincere care and concern for the women and children living in AWARE's emergency safe shelter.

It's another gift that AWARE is at a strategic moment in our efforts to secure funding for design and construction of our extended stay shelter on the land adjacent

to our current facility. I remember my first days at AWARE 22 years ago, co-workers telling me we need



AWARE Executive Director Saralyn Tabachnick

transitional housing. We're moving closer to making that vision a reality. The inspiration for a new building comes from so many areas- from my early days at AWARE... from the current staff who see the need for safe and sober supportive housing every day... from the Foraker Pre-Development Program who accepted us into their program to ensure the feasibility of our project ... from the artist's line drawing of what this facility might look like (see pg. 15)...from a resident of our emergency shelter who said to me tearfully, "I can't provide a safe home for my children..." from our sister agency in Bethel, Tundra Women's

Coalition (TWC)- TWC held the grand opening of their new safe shelter and outreach facility on December 17, a beautiful building to meet the needs of the people and communities they serve... and from you who care about the work of AWARE... from you who gift your time, energy, goods, money, supportive thoughts and good wishes. Here I include AWARE's dedicated staff and volunteers, wonderful women and men who provide heartfelt connections with themselves, one another, and the people we serve. These are the gifts you've shared with us throughout the year and especially this holiday season, ensuring everyone had something to unwrap.

On the topic of gifts, I'm delighted to unveil this year's Women of Distinction honorees: Chris Ashenbrenner, Carolyn Brown, Bev Ingram and Helen Sarabia, each of whom has accomplished, and continues to offer, outstanding gifts in and for our community. You'll be reading more about them in the coming weeks. This year's Women of Distinction Gala **Continued on page 2**



Thoughts and Thanks Continued...

will be held March 13, 2010. Tickets go on sale at AWARE January 22nd. See the announcement on page 13.

And if you'd like to keep another gift in mind... on or after January 1, 2010, when you go on-line to sign up for your Permanent Fund Dividend, you will see the option called, "The Gift of Giving."

Please consider giving to AWARE.

PICK AWARE by choosing our name: **AWARE Aiding Women in Abuse & Rape Emergencies** (we're the last A on the long list of As)

CLICK on **AWARE Aiding Women in Abuse & Rape Emergencies**

GIVE by following the instructions to make a new donation, or an additional gift.

FEEL GOOD IMMEDIATELY knowing AWARE is an ex-

cellent steward of your gift and that you/we are helping people when they really need it.

"For it is in giving that we receive..." Whether helping a friend, donating goods, services or money, or giving someone a gift we know they will appreciate, the feeling that arises in the gift giver- this is the bonus gift. Try it- you'll like it!

Coaching Boys Into Men—

We Can All Do More to Model Healthy Relationships



The boys in your life need your time and energy. Your son, grandson, nephew, younger brother, the boys you teach, coach and mentor. They all need you to help them grow into healthy young men.

Boys are swamped with influences outside of the home – from friends, the neighborhood, television, the internet, music, the movies... everything they see around them. They hear all kinds of messages about what it means to "be a man" – that they have to be tough and in control. There are numerous conflicting and some harmful messages being given to boys about what constitutes "being a man" in a relationship.

Boys need your advice on how to behave toward girls. Boys are watching how you and other men relate to women to figure

out their own stance towards girls. So teach boys early, and teach them often, that there is no place for violence in a relationship.

8 Ways You Can Coach Boys into Men

Teach Early. It's never too soon to talk to a child about violence. Let him know how you think he should express his anger and frustration – and what is out of bounds. Talk with him about what it means to be fair, share and treat others with respect.

Be there. If it comes down to one thing you can do, this is it. Just being with boys is crucial. The time doesn't have to be spent in activities. Boys will probably not say this directly – but they want a male presence

around them, even if few words are exchanged.

Listen. Hear what he has to say. Listen to how he and his friends talk about girls. Ask him if he's ever seen abusive behavior in his friends. Is he worried about any of his friends who are being hurt in their relationships? Are any of his friends hurting anyone else?

Tell Him How. Teach him ways to express his anger without using violence. When he gets mad, tell him he can walk it out, talk it out, or take a time out. Let him know he can always come to you if he feels like things are getting out of hand. Try to give him examples of what you might say or do in situations that could turn violent.

Continued on page 3

Coaching Boys Into Men Continued...

Bring it up. A kid will never approach you and ask for guidance on how to treat women. But that doesn't mean he doesn't need it. Try watching TV with him or listening to his music. If you see or hear things that depict violence against women, tell him what you think about it. Never hesitate to let him know you don't approve of sports figures that demean women, or jokes, video games and song lyrics that do the same. And when it comes time for dating, be sure he knows that treating girls with respect is important.

Be a Role Model. Fathers, coaches and any man who spends time with boys or teens will have the greatest

impact when they "walk the walk." They will learn what respect means by observing how you treat other people. So make respect a permanent way of dealing with people – when you're driving in traffic, talking with customer service reps, in restaurants with waiters, and with your family around the dinner table. He's watching what you say and do and takes his cues from you, both good and bad. Be aware of how you express your anger. Let him know how you define a healthy relationship and always treat women and girls in a way that your son can admire.

Teach Often. Your job isn't done once you get the

first talk out of the way. Help him work through problems in relationships as they arise. Let him know that he can come back and talk to you again anytime. Use every opportunity to reinforce the message that violence has no place in a relationship.

Become a Founding Father. Show him how important the issue of violence against women and children is to you. Join thousands of men across the country who are taking a stand against violence. Become a Founding Father yourself. Sign up today!

Source:
Family Violence Prevention Fund,
www.endabuse.org.

Did You Know??
Boys who witness domestic violence are twice as likely to abuse their partners and children when they become adults.

www.ncadv.org

Privilege

One of the ways we work toward identifying patterns of controlling behavior for participants in the Juneau Batterer's Accountability Program (JBAP) is to watch examples of controlling behavior in a video vignette and then break it down piece by piece. It is laborious, emotional work—even when you are doing it for a skit that someone else is performing. One of the elements we try to identify is the use of male privilege. Many of the men coming into the class hear "male privilege" and go on the defensive. How many times have I heard that "women have just as

much opportunity as men today" or that the relationships of the men in class are equitable...or maybe she has even more power than he does? For some men, this defensiveness precludes progress toward accountability. But others gradually let down some walls, and take steps to understand male privilege. One man told me he identified male privilege in his process of taking a "time out". He saw that his decision to walk away from his family because he wanted to hurt them maybe kept an assault from occurring, but also preserved the idea that he was in

charge of when and how their discussions happened. That there was power inherent in being a man who was capable of violence in a relationship with a woman who was afraid of what he might do. As he explained this to me in private after class, I encouraged him to bring it to the group as a whole, that there was real beauty in working through this together. He decided, however, not to risk it—opting for the safety of silence rather than the vulnerability of acknowledging his privilege, at least for now.

-Mandy O'Neal Cole



30% of Alaskans were not able to access victim services or encourage others to do so because there were no services available in their area at the time.

www.ncadv.org

15 Warning Signs of an Abuser

1. PUSHES FOR QUICK INVOLVEMENT: Comes on strong, claiming, "I've never felt loved like this by anyone." An abuser pressures the new partner for an exclusive commitment almost immediately.

2. JEALOUS: Excessively possessive; calls constantly or visits unexpectedly; prevents you from going to work because "you might meet someone"; checks the mileage on your car.

3. CONTROLLING: Interrogates you intensely (especially if you're late) about whom you talked to and where you were; keeps all the money; insists you ask permission to go anywhere or do anything.

4. UNREALISTIC EXPECTATIONS: Expects you to be the perfect mate and meet his or her every need.

5. ISOLATION: Tries to cut you off from family and friends; accuses people who are your supporters of "causing trouble." The abuser may deprive you of a phone or car or try to prevent you from holding a job.

6. BLAMES OTHERS FOR PROBLEMS AND MISTAKES: It's always someone else's fault if something goes wrong.

7. MAKES OTHERS RESPONSIBLE FOR HIS OR HER FEELINGS: The abuser says "You make me angry," instead of, "I am angry," or says, "You're hurting me by not doing what I tell you."

8. HYPERSENSITIVITY: Is easily insulted, claiming hurt feelings when he or she is really mad. Rants about the injustice of things that are just part of life.

9. CRUELTY TO ANIMALS OR CHILDREN: Kills or punishes animals brutally. Also may expect children to do things that are far beyond their ability (whips a 3-year-old for wetting a diaper) or may tease them until they cry. Sixty-five percent of abusers who beat their partner will also abuse children.

10. "PLAYFUL" USE OF FORCE DURING SEX: Enjoys throwing you down or holding you down against your will during sex; finds the idea of rape exciting.

11. VERBAL ABUSE: Constantly criticizes or says blatantly cruel things; degrades, curses, calls you ugly names. This may also involve sleep deprivation, waking you up with relentless verbal abuse.

12. RIGID GENDER ROLES: Expects you to serve, obey, remain at home.

13. SUDDEN MOOD SWINGS: Switches from sweet to violent in a matter of minutes.

14. PAST BATTERING: Admits to hitting a mate in the past, but says the person made him (or her) do it.

15. THREATS OF VIOLENCE: Says things like, "I'll break your neck," or "I'll kill you," and then dismisses them with, "Everybody talks that way," or "I didn't really mean it."

Source:
"Dear Abby," Juneau Empire,
Page D3. March 15, 2009.

From Our Jesuit Volunteer

I'm Marcelo Maiorano, Jesuit Volunteer and co-facilitator of the Juneau Batterer Accountability Program. Since coming on in August 2009 I have noticed an interesting dynamic within the groups. One can pretty easily identify which are the new men in the class. Those who are well into the 48-session program are noticeably more vocal within the group. It seems that the class provides the means and

venue for comfortable self-expression and working through personal issues and struggles. Many of the men show a desire to learn and change. None are content with violence in their personal relationships; I see participants seeking tools and knowledge that will improve and increase health and happiness in their lives. Something that has come to light more and more is that men

who batter and men who don't have more in common than the latter might like to admit. We are the product of the same society, we have learned from the same social norms, we have been exposed to the same messages in the media, and our lives are intertwined as we work to end the violence that scars our community.

Talking With Your Children About Terrorism and War

Watching TV, listening to the media, and this being the time of travel for many families, the question comes up on how we talk to our children about terrorism and war. Betsy McAlister Groves, in her book, [Children Who See Too Much](#), has some great ideas on how to respond to your children. The guidelines focus on children eight years old and younger, though many of these principles can apply to older children too.

Before talking with your children, it is important that you check your own thoughts, beliefs, and reactions. Young children are keenly aware of their parent's emotional responses. Your feelings and responses give children cues about how they should react.

Your relationship with your child is the most important ingredient you can provide. Your ability to hear your child's worries, to accept them, and to provide comfort is the foundation of any discussion about scary events. It is important to remember that children communicate their thoughts and worries in more ways than by verbal expression alone. It is important to give children a variety of ways to communicate, this may be through art work or use of play, or through story telling.

How do young children understand terrible events such as those of a major terrorist attack or war?

Here is a general summary of

how children may respond to terrorism or war from different developmental stages. It is important to listen to the child and hear what kind of information they have heard. Children should have access to basic information, but only as much information as they can understand. The decision about how much to tell a child depends on the child's age and developmental stage.

Toddlers: They will have no understanding of the event apart from the reaction of their parents or caregivers. They are sensitive to the emotions and stress level of their parents. The way parents manage feelings of anger, sadness, or worry affects a child's reaction.

Continued on page 6



Talking With Your Children Continued...

All children need reassurance that we, as parents, are doing everything we can to keep them safe.



Pre-School: They have more ability to understand and, if curious or concerned, are deserving of a brief explanation. They may question whether these events are real or not. Their capacities for distinguishing reality from fantasy are limited. Their main worry is likely to be about the safety of their parents and themselves: "Who will take care of me?" A three or four year old who is curious or concerned about terrorist such as the Sept. 11 events, You may respond, "I want to tell you about a bad thing that happened. An airplane hit some big buildings. Lots of people were hurt and some people died. Many people are sad about this. We are safe and I will take good care of you." For answers to questions about the war you may say "Soldiers are fighting in another country. It is far away from here and you are safe."

Kindergarteners: They

are more understanding of cause and effect, but they still see the work in reference to themselves. When September 11, 2001 occurred, children this age worried about safety; about whether the perpetrators have been arrested. They may be afraid to get on an airplane or be in a tall building. When responding to this age group you may say something like this, "A lot of people are talking about a bad thing that happened. An airplane that was flying in the air hit some big buildings. It happened in New York and Washington. Lots of people were hurt and some people died. The police and rescue workers are helping to take care of the people. We are sad about this. Or, you may state, "Soldiers from our country are fighting in Afghanistan, a county that is far away. They are fighting so that we will be safe in this country."

Young school-age children: They have a sense

of right and wrong, good and evil, and will be more focused on why this event happened. They think in absolute terms: there is no gray area as children of this age attempt to make sense out of these events. They will need more information. This age may express worry about their families and fears about airplanes or tall buildings. When responding to this age group; "You may have heard about an awful thing that has happened. Some people stole airplanes and made them fly into some big buildings in New York and Washington. Many people were hurt and some died. These people were angry and what they did was wrong. This has never happened before and we hope that it won't happen again. Or, you may respond, "The President of the United States has sent soldiers to another country, Afghanistan, to try to find the people who did this, so that it won't happen again."

Some Do's and Don'ts For Parents: When Discussing Terrorism and War

- Be willing to talk to your child about terrorist attacks and military actions.
- Limit your child's access to television, newspapers, and magazines with graphic images of violence. For very young children avoid exposure to the media altogether.
- Spend extra time with your children if possible. Be available to answer questions.
- Offer children various ways to communicate their worries. For some children, drawing a picture or using puppets for dramatic play is a way to express worry or to work out answers to questions.

Do's and Don'ts Continued...

- Take your children's questions seriously and be prepared to answer the same question repeatedly.
- Don't worry if your child does not talk about these subjects very much. Children have different styles and timetables for processing information.
- Pay attention to bedtime routines and take extra time for being close to your child.
- Maintain the daily routine. Predictability and routine are comforting for children.
- Offer your child the opportunity to help you out or to do something positive. Children feel better when they can offer concrete assistance.

Girls on the Run

"I had no idea I could do that! I didn't know I could run so far for so long!" squealed an overjoyed Girl on the Run finisher from Auke Bay Elementary School.

Nearly 50 eight to twelve year-old Girls on the Run participants from four of Juneau's elementary schools met December 5th at Dimond Park Field House to culminate their twelve week season of healthy choices study and practices. Fresh orange race shirts were donned and signed by every BFF. Cheeks and hair were streaked pink, green, purple and blue as these apparently ordinary 3rd through 5th graders transformed themselves into the spirited and awesome Girls on the Run Team of Autumn 2009! They stretched their bodies, they took a moment to huddle up and remember their season's promises and commitments; **to do their best, to cheer one another, to ask for help if they needed it and mostly they remembered that "GIRLS ON THE RUN IS SO MUCH FUN!"** And off they went! When the first girls finished the race they stayed on to encourage other runners, and at the end everyone was

given a record breaking number of new energy awards (in a circle cheering, "Hamburger! Hamburger! Hamburger!....WELLLLLL DONE!") – Girls on the Run-speak for showing gratitude.

Thank you to the girls and their families, the 20 volunteer coaches and assistant coaches, and the Auke Bay, Harborview, Gastineau and Mendenhall River Community School counselors and principals for contributing to a delightful and rewarding season. We offer our gratitude especially to all the community members who supported our 5k Fun Run. Thank you to Kate Glover for coordinating volunteers and to Coach Kathleen Maynard, this season's Race Director, and to each volunteer.

Girls on the Run implements the prevention arm of AWARE's mission to eliminate oppression and violence against women and children. The curriculum focuses on healthy body image, understanding and standing up for yourself and your values, not bullying, articulating gratitude

and self respect and respect for others; being a community member. It is our goal that each participant recognizes that she is beautiful exactly as she is right now. It is a powerful message that uplifts

the students and the coaches. Our Spring season is around the corner and we plan to offer programs in

all elementary schools in Juneau as well as programs in other rural communities that AWARE serves. We rely almost completely on committed volunteers to deliver quality programs. If you are interested in working with Girls on the Run or are inspired to coach a season, please note that the next mandatory coaches training will take place at AWARE on Jan. 30th from 9:00 am – 5 pm. To register please phone or email Swarupa at 586-6623 or at swarupat@awareak.org.

"I had no idea I could do that! I didn't know I could run so far for so long!"



GOTR photo compliments of Iris Korhonen-Penn

Christmas Morning at AWARE



I was working from Mid-night to 8am in the Shelter, and Santa did not come until all of the women were asleep...but Santa did not forget the women at AWARE.

Thanks to many donors from the community, Christmas was a beautiful celebration for AWARE's families. Thanks to the help of the many Shelter Elves as well, who made the morning go on without a hitch. The women were given make-up, blankets, coffee mugs, pajamas, coats, new bras, and much more!

Women were so apprecia-

tive of the gifts they each received. This Santa's eyes welled-up with tears of joy.

The children opened their gifts with bright smiles! Toys were beeping and being enjoyed all day long. Not a frown could be seen coming from any of the faces of the children here.

The festivities did not end with Santa's gifts but rather continued throughout the day. Thanks to Spickler/Egan Financial Service, AWARE residents had an extraordinary holiday breakfast (see page 9). Dinner was also a feast; the woman made turkey, green bean casserole,

mashed potatoes, fruit salad, and more desserts than one could eat—filling up the dinner table with smiles and full tummies.

Many women chose to get gifts for fellow residents, or rather, friends. Some got good deals at Salvation Army while others offered handmade crafts such as crocheted and knitted items. This was truly an event to warm the hearts of any; these woman all from different backgrounds, dealing with different issues in their lives, came together to make this Christmas a Merry one here at AWARE.

-Heather Bayless

A Big Holiday Thanks

Twas' the week before Christmas
when all through the gym
there were creatures a' stirring
she's, he's, her's and him's,
The stocking's were stuffed to the brim with great care,
(HUGE) Thanks to the Juneau Coastguard Military &
Family affair,

The children were arriving in two's and three's,
Marcelo, our fella, driving all those in need,
And Kristina in her headband, and I in my Santa hat
had not settled down, not now, not yet,

When throughout the gym there arose such a clatter,
the sound of kids having fun- no, nothing the matter!
Away to the craft tables they flew like a flash,
candy cane reindeer's with Kathleen at the mast!

The pizza on the table was hot out the stove,
Big thanks to Saralyn, who shuttled them so,
When what to our wondering eyes should appear,
but a drove of good Samaritans, our gracious volunteers!

With help all around us, so willing and quick,
I knew that our party was gonna be sick,
As the clock struck 7:00, Richard, our Santa ascended,
Thanks to him and all the rest who were caught helping red-
handed,

Thanks Andrew and Tisha, Heather and Mary,
Right on Debbie and Clay and Jer-e-my!
Super duper Nicole and Heather and Mandy,
Rachael and Pam and Ed- just dandy!
From the crafts in the front, to the games along the wall,
Thank you! Thank you! Thank you to all! **Continued on page 9**

Shelter Wish-List

- Microwaves -Cooking dishes
- DVD & VCR -Serving bowls
- Pillows -Blankets
- Women's/Children's rain boots
- Bowls, dishes, silverware

Thank You's Continued...

There's more! AWARE's Children's Holiday Party was also supported by Pizzeria Roma, Super Bear, Fred Meyer, McDonald's, Eaglecrest, Gross-Alaska, Juneau Coastguard Military and Family Affairs, Toys for Tots, Kathleen Maynard, Tisha and Jeremy Geiser, Mary Ullman, Andrew Ingram, Clay Murrall, Debbie Hudson, Ed Williams, Richard Cole, and many others. Thank you SO MUCH to all who contributed, even in some small way, to making AWARE's Holiday Party a success. You have made a difference in putting some smiles on our children's faces this holiday season.



The Big Guy Himself

Again, thank you for sharing your good hearts with us.

It takes a village...AWARE's Sponsor-A-Family Program connected families in need with generous, festive sponsors. Nineteen

compassionate individuals and groups provided gifts and food baskets for 31 families. The sponsors included Juneau Universalist Unitarian Fellowship, Terry Laskey and Art and Cecely Morris, U.S. Coast Guard Clinic, National Marine Fisheries Service, Shepherd of the Valley, PEO Chapter D, U.S. Forest Service, Amy Skil-

bred's Book Club, Admiralty National Monument and Juneau Ranger District, The Gende Family, Shattuck and Grummett Insurance, as well as The Triangle Club, Tee Harbor Construction, BeautiControl, Gold Street Quilters, Capital City Quilters, Robin Kruss, Ken Smith and Daniel Collison, Juneau Garden Club, Airlift Northwest, Gastineau Human Services, Fireweed Place, Beta Sigma Phi, Glacier Pediatrics, Southeast Dental, Rebecca Smith, Mary Ashmore, Victoria LeQue, and numerous anonymous donors. Thank you one and all for sharing the spirit of the season and extending your thoughtfulness and generosity to those in need.

"There is no better exercise for your heart, than reaching down and helping to lift someone up."

Bernard Meltzer

Spickler and Egan Donated Christmas Breakfast

Thank you to Scott V. Spickler and Linda Egan of Spickler/Egan Financial Services for their generous and innovative holiday donation to AWARE. This year Spickler/Egan decided to forgo a holiday greeting card to their clients, business associates, and friends and instead chose to contribute funds for a wondrous holiday breakfast for the women and children in residence for safe shelter at AWARE. We were delighted to be able to celebrate with breakfast feasts for both Thanksgiving and Christmas!

Thanks To Girl Scout Troop #41 Who Made Gingerbread Houses

Our gratitude to Girl Scout Troop #41 who made a gingerbread house completely from scratch. With the exception of the plastic windows and reinforced cardboard, the house was completely edible. It was a three day process of mixing the dough, rolling out the dough, cutting out the pat-

terns, baking; assembling with royal icing, and then decorating. At the shelter, they brought cookies and all the fixings and we decorated them with some of the kids.

The girls in this photo from left to right are: Yana Leghorn, Chantel Eckland, Manon Paul, Katie Janes, and Megan Sheufelt.





Girl Scout Troop #14 Helped Spread Holiday Cheer

Thank you to Girl Scout Troop #14 who came bearing gifts, lighting up the Christmas lights, setting up the tree, and spreading the holiday spirit at the Shelter on Thursday, December 3rd. The atmosphere was

filled with industrious teamwork, creative wiring, and the aroma of cookies and hot chocolate which lingered with their bright spirit, long after they finished their task.

L to R: Adriana Botelho, Ruby Steedle, Jetta Whittaker, Megan McAllister, Gail Ford (GC Troop #14 Leader), Lupita Alvarez-Botelho, and Judy McAllister. Ali Hiley not pictured.

“In every community there is work to be done. In every nation there are wounds to heal. In every heart there is the power to do it.”

Marianne Williamson

Girl Scout Troop #13 Donated Homemade Hats

On Thursday, November 25th the Girl Scout Troop #13 delivered a box full of beautiful, colorful, and warm hats they made especially for the women and children residing this holiday season in the AWARE Shelter.



We appreciate the uplifting support each Girl Scout brings; contributing to their community with their time, their talent, their enthusiasm, and of course, to their parents! Thank you for your generosity!

Back left to right: Natalie Johansen, Morgan Rivest. Front left to right: Lexi Gross, Helen Thurston, and Madeline Handley.

A HUGE Thanks To Our Volunteers

“Like the sun which emits countless rays, compassion is the source of all inner growth and positive action. Its power can transform ourselves and others so that our lives become radiant and light.”

-Green Tara Mantra Translation

Each of us at AWARE-the staff, the women and children residing in the shelter and the Board of Directors (who are volunteers!) deeply appreciate all of our volunteers. Together

we are a team that serves to empower our community 24/7, 365 days a year. To say that we could not do it without volunteers does not begin to reflect the vitality, innovation and heart that volunteerism brings to AWARE.

We are proud to partner with our community through volunteerism and especially during this time of the year, we would like to extend an invitation to those of you interested in serving. We have various

opportunities to support differing availabilities and abilities. Please visit our website and call or email Swarupa at 586-6623 or swarupat@awareak.org

A transforming experience of empowerment awaits you! Shoppers, office and living space cleaners, recyclers, child-care providers, handy(wo) men, coaches, cooks, cleaners, cleaners (and did I mention cleaners?) are just some of the ways in which you can partake.

AWARE Nominates Tisha Geiser for United Way's Volunteer of the Year

Whether she is serving an apricot fruit strip to a toddler at AWARE or serving as the Secretary of AWARE's Board of Directors, service mastery equals Tisha Gieser. Since 2005 Tisha has provided childcare while the mothers in shelter and the community to participate in AWARE's Educational and Support Groups.

Tisha became a member of the Board of Directors in 2007 and was elected Secretary in 2008. Tisha supported our Annual Women of Distinction Fundraiser in her own unique way, amassing extraordinary items for our Silent Auction.

When AWARE implemented



Brenda Hewitt (L), President and CEO of United Way of Southeast Alaska offering a Certificate of Recognition to Tisha Geiser.

Girls on the Run of Southeast Alaska, the after school violence prevention program for girls 8 to 12 years old, Tisha not only trained as a volunteer coach, she also supported the logistics of the training. You will see Tisha at all the Girls on the Run 5K Fun Runs, painting faces, spraying hair pink, running

and cheering on the girls to their moment of triumph.

Her versatility, longevity and consistency give her service a maturity beyond her years (twenty something) and is a dream come true for AWARE. It is her gentle spirit, kindness and heartfelt caring that makes everyone who works with her - staff, other volunteers, the children (especially the children!) and their mothers so appreciative of Tisha's presence at AWARE.

May it come back at you one thousand times Tisha! Thank you and thank you to the United Way for giving us the opportunity to offer our gratitude publicly.

"There are two ways of spreading light-to be the candle or the mirror that reflects it."

Edith Wharton

Thank You Duffey and Chef Patty!



Left : RayAnn Duffey bakes Friday evening challah bread, creates art, backs up our childcare team and our shoppers! Versatile, fun, and delicious! Thank you Duffey!

Right: Patty Judson makes dinner a homecoming on Friday evenings (staff sticks around too)! Thank you Chef Patty!



Thank You Paul DeSloover!

It is with seeming effortless-ness that Paul DeSloover has coordinated our October Domestic Violence Awareness Month 5K Run, April's Sexual Assault Awareness Month 5K, and our Girls on the Run 5Ks over the years. We featured

Paul's under-the-radar, effective, and successful volunteerism at our Annual Meeting and Volunteer Appreciation Dinner. It is nice to see you in our rocking chair again. It is reminiscent of the day-care you offered for grand-

baby Eva, while daughter Meghan was a new mom working at AWARE.



Paul DeSloover

Chicks vs. Geezers Hockey Challenge Raises Funds



Chicks of Chicks vs. Geezers

The annual Chicks Versus Geezers Hockey Challenge raised funds for the *Girls on the Run* Program. AWARE received over \$800 from the November 28th fundraiser at the Treadwell

Arena. This annual event pitted young, strong women, some in bows and veils, in a hockey game against not-as-young (over 50), strong men with curious names to have fun and raise funds for a worthy cause.

Girls on the Run is an after-school program for preteen girls that develops self esteem, self re-

spect, and fosters healthy choices through physical activities and a guided curriculum. The Chicks and Geezers Challenge supports *Girls on the Run* to be available to more girls with running shoes, healthy snacks and curriculum. Girls and young women who are physically active and strong in their self identity make healthier choices in their lives. Respect for girls and women is a core value of AWARE's mission. Thank you to the fans and the team members for your generosity of supporting strength and respect for girls.

From the team rosters: Coach Jan Rumble headed the Chicks: Val

Martinez, Tami Watts, Myiia Whistler, Michelle Kaelke, Lorna Wilson, Molly Box, Karen Blewjas, Carrie Bohan, Julie Nielson, Benthe Mertle and goalie Sherri Dressel. Josef Geldov captained the Geezers: Paul Klein, Kim Waulhueterov, Ben Vanallenski, Daj Spenski, Jack Gregoriov, Kurt Goalaminiv, Bob Bartholomov, Brian Glynnachek, Craig Goodenov, Darryl Tseuvich, Jon Ingals, Doug Widbeovich, Peter Ordocheck, Marc Goodenov, Bill Holbrook.

Congratulations to the Geezers for their victory, our gratitude goes out to you all (and we apologize if we've misspelled anyone's name!).

Girls and young women who are physically active and strong in their self identity make healthier choices in their lives.

Wells Fargo Bank Supports AWARE, Inc. on United Way Day of Caring

Sixteen strong, focused, and intentional employees of Juneau's Wells Fargo banks spent the better part of a day attending to the entire AWARE premises. It was dizzying to have so many devoted volunteers intensely cleaning every aspect of the shelter. The entire building felt peaceful and rejuvenated in the calm after the cleaning storm.

AWARE thanks Brenda Hewitt, Becky

Hildebrand and Tyler Browne from United Way, and from Wells Fargo Banks: Karen West and Sheri Vidic and their teams: Jaime Kissner, Tina Mariott-Gordon, Bethany Woods, Luke Fanning, Patrick Ryland, Catherine Sayre, Vincent Cheng, Lisa R. Hocevar, Tatyana Chaplin, Dianna Ashton, Chad Requa, Ivy Jackson, Barry Weafer, C.L. Simmons and a few unheralded husbands who delivered at the last minute, steam cleaners, wheel barrows & shovels.



Thank you Wells Fargo Bank and Mortgage for your leadership and energetic support in revitalizing the AWARE facility.

Photos: Members of the Wells Fargo Team.



Women of Distinction 2010



Clockwise from Top Left: Bev Ingram, Dr. Carolyn Brown, Helen Sarabia, and Chris Ashenbrenner

Congratulations to the 2010 Women of Distinction.

The accomplishments of these women better our community on a daily basis. Join us in honoring them on March 13, 2010 at Centennial Hall. Funds raised from the dinner and the silent auction support services provided to women and children in Juneau and the rural communities we serve.

**Ticket prices are \$60 per seat or \$700 for a reserved table of ten. Tickets can be purchased by calling AWARE at 586-6623. They will be available for purchase from Jan. 22nd through Mar. 1st.*

...A New Face at the Front Desk



Hello! My name is Mandi Johnson and I am new to AWARE. I started working as the Administrative Assistant back in November and am loving it so far!

I was born here in Juneau and graduated with a B.A. in Biology from Western Washington University in Bellingham. I am enjoy-

ing getting to know the staff, women, and children here at the shelter and learning how to do new things!

Growing up and all through high school I was on a competitive jump rope team, which allowed me to become a world traveler! I really want to

go to Italy, Greece, and Spain. I'm addicted to chocolate and my favorite color is purple. In my spare time I enjoy watching movies, having game nights (Cranium is my favorite), scrapbooking/painting, and baking.

Thanks everyone for making me feel welcome! :-)

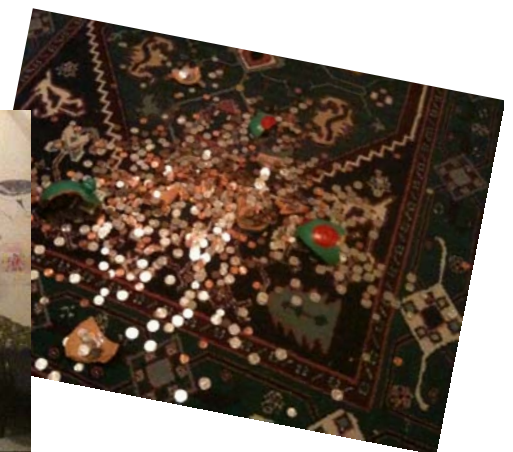
...A Bat Mitzvah Donation

When Becca Freer was Bat Mitzvahed in 2003, she was given a brightly-colored ceramic jug from friends in Los Angeles. The jug was supposed to be filled and then smashed -- a little ceramic savings account, so to speak. Although Becca, now a sophomore at Simmons College in Boston, never quite filled the jar up, she decided to take whatever was in it and give it to Saralyn to be used for AWARE.

The "ceremony" took place

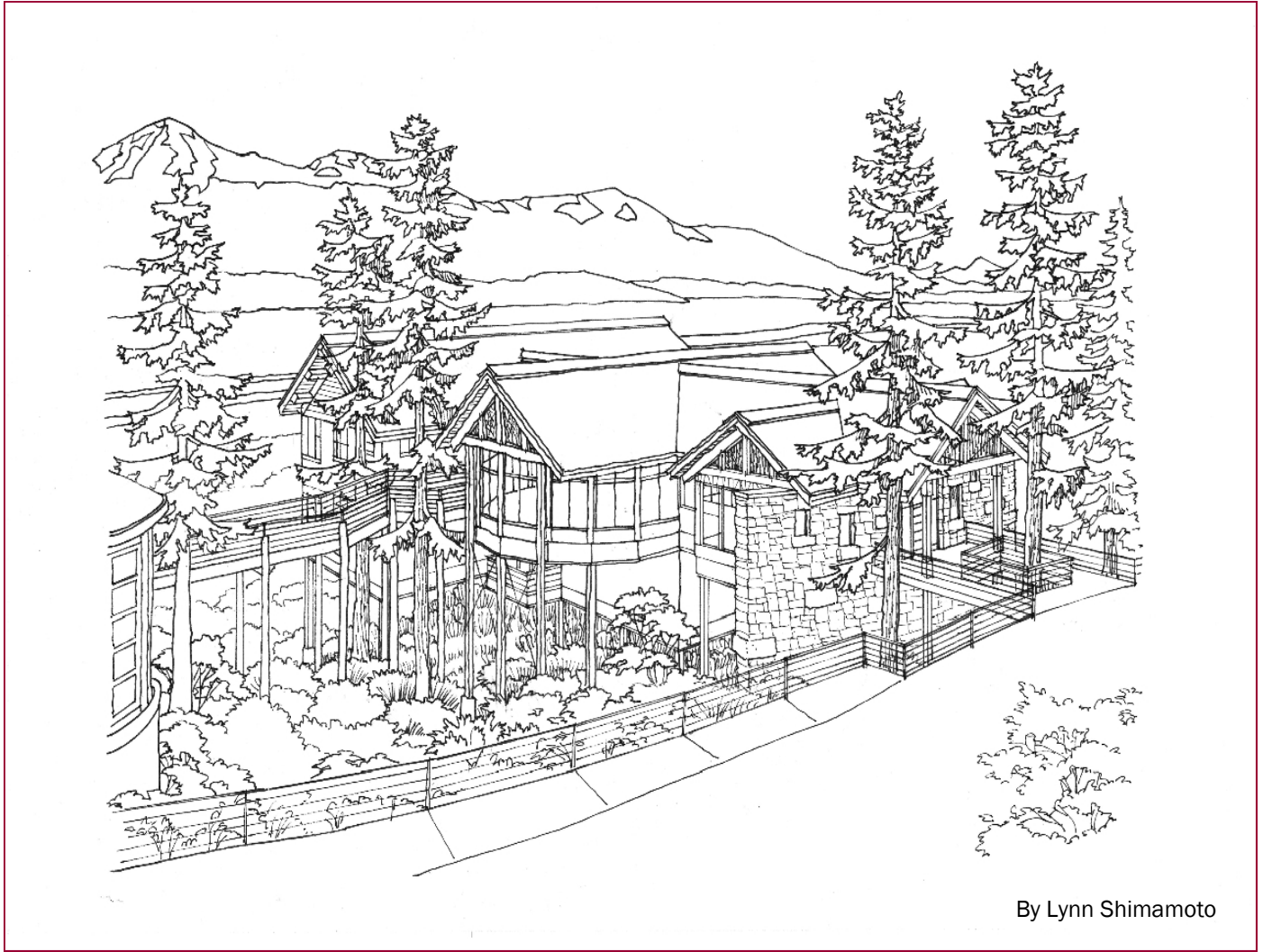
last Thursday, December 31 in the basement of AWARE; an open area where the change could be easily picked up! Once the change was counted, AWARE ended up with \$109.85 from the jar. Needless-to-say, this mitzvah was a smashing success! AWARE thanks you Becca!

Top left and center:: Becca Freer (L) with Saralyn Tabachnick. Bottom right: Coins on the floor after the "break."



**"No act of kindness, no matter how small, is ever wasted."
Aesop**

...A Proposed New Addition to AWARE



By Lynn Shimamoto

AND...Just a Few Side Notes...



*Please consider receiving AWARE's newsletter in living color through email. This will save paper, trees, and postage. Please contact Mandi Johnson at mandij@awareak.org to make this change.

*Please don't forget to include the AWARE Action Fund of the JCF in your will.

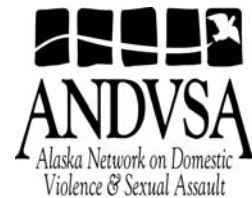
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AWARE

**Dove Cottage
A Place of Peace**



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Prevention Manager	Ati Nasiah
Rural & Comm. Outreach Coord.	Andrea Browning
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Lead Advocate	Roxanne Thomas
Shelter Advocates	Sarah Syfert
	Tillia Everett
T&H Advocate	Veronica Laffin
Volunteer Coordinator & Poet Laureate of AWARE	Swarupa Toth
Administrative Assistant	Mandi Johnson
Children's Advocate	Meghan DeSloover
Jesuit Volunteers	Nicolle Gameiro
	Marcelo Maiorano
AmeriCorps Volunteer	Kristina Zuidema
Maintenance	Craig Alton