



# 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, and Yakutat

## Fall 2010



## Thoughts and Thanks from Saralyn!

### Inside this issue:

Domestic Violence Awareness Month Calendar of Events	2
13 Ways Any ADULT Can Make Ending Domestic Violence His or Her Business	3
Juneau's GOTR Fall Season Begins!	4
Alaska Men Choose Respect	4
LeadON! for Peace & Equality in Alaska	5
DELTA Program	5
The Fourth R is Relationships!	5
Preventing Trauma in Children	6
AWARE's Annual Meeting & Volunteer Appreciation	7
Shelter Wish List	7
Meet AWARE's New Staff	8

October is Domestic Violence Awareness Month (see our calendar of events on page 2), and last week, the 2010 Alaska Victimization Survey was released. It was designed to obtain statewide estimates on intimate partner and sexual violence, to establish a baseline. The survey was conducted by the University of Alaska Anchorage Justice Center. It was a statewide telephone survey of adult women residing in households with at least one land or cell phone line, and the women were English speaking. It measured both threats of physical violence, asking, "Have your romantic or sexual partners made threats to physically harm you?" as well as physical violence by intimate partners with these questions:

- Have your romantic or sexual partners...
- Slapped you?
  - Pushed or shoved you?
  - Hit you with a fist or something hard?
  - Kicked you?
  - Hurt you by pulling your hair?
  - Slammed you against something?
  - Tried to hurt you by choking or suffocating you?
  - Beaten you?
  - Burned you on purpose?
  - Used a knife or gun on you?

The research indicates that 47.6% of adult women in Alaska experienced intimate partner violence in their lifetime, 31% experienced threats of physical violence and 44.8% experienced physical violence. Nearly one of two women in Alaska experienced intimate partner physical

violence in their lifetime.

In the past year, 9.4% of adult women experienced intimate partner violence, 5.8% experienced threats of physical violence and 8.6% experienced physical violence. Many women currently in crisis were unlikely to be surveyed, as women were not contacted if they were in shelters, homeless, or in prison.

We know these blatant manifestations of domestic violence, yet there are also more subtle forms of domestic violence, more subtle forms of patterned abuse of power and control over an intimate partner.

In every relationship where there is physical violence, there is also emotional violence- name calling, put downs, being made fun of. There is isolation-having to abandon friends or family because your partner makes it difficult for you to be around them, perhaps lack of access to work, or to transportation; there are often threats- "if you leave me, I'll get the kids"... or "if you leave, I'll find you"... or "if you leave, I'll kill myself..." There is economic abuse- questioning every dollar spent, having everything of value in the abusers name only, making unilateral decisions about how money is spent, or holding her responsible for paying the bills without

enough income to pay them.

Domestic Violence Awareness Month is also a time to remind ourselves of what makes for a healthy relationship. I wonder what the results would be if women across Alaska were surveyed with these questions:



AWARE's Executive Director Saralyn Tabachnick

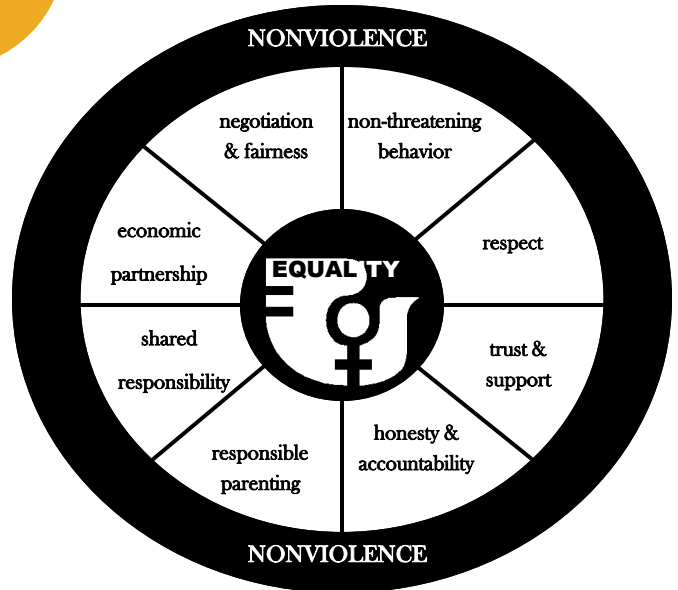
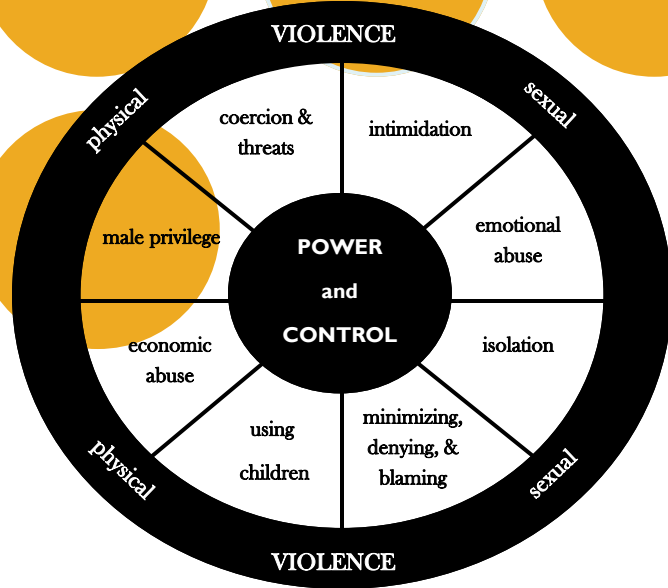
Have your romantic or sexual partners...  
ensured you were included in major decisions or any decisions impacting you?

- supported your relationships with your own friends?
- provided kindness and support for you to be the best person you could be?
- treated you as an equal and negotiated fairly with you?
- shared equal responsibility for parenting?
- shared an environment of trust and support?
- made choices that illuminate respect for you?
- asked the very same of you?

**I believe our most important relationship is the one we have with ourselves. I wonder what the research would show if women and men across Alaska were surveyed with these questions:**

Do you allow yourself to be human, to make mistakes and learn from them? **Continued on page 3.**

# Domestic Violence Awareness Month!



Wheel Developed by: Domestic Abuse Intervention Project. 202 East Superior Street, Duluth, MN 55802

## DVAM Calendar of Events

### Purple Ribbon Campaign

Please wear a purple ribbon and show your support for victims and survivors of domestic violence! Throughout the month, purple ribbons and informational cards are available at AWARE and local Juneau businesses and galleries!



### 5<sup>th</sup> Grade Poster Contest

This year's theme: "Peace begins with me, be the change you want to see." All Juneau public school 5<sup>th</sup> graders have been invited to participate in AWARE's annual poster contest. Posters will be on display in October at the Mendenhall Mall.

### Healthy Relationships Class for Women

This 10-week class series starts Oct 12th and focuses on understanding boundaries, recognizing abuse, assertiveness techniques and more. For more info and/or to register visit [www.awareak.org/Support\\_Groups.html](http://www.awareak.org/Support_Groups.html) or call Ellen at AWARE 586-6623!

### Walk a Mile In Her Shoes 5K Run or One Mile Walk



Participants are invited to run a 5K or walk one mile in high heels on October 16th (at 10am) at the Sandy Beach log shelter. Serious runners and walkers are welcome! Sponsored by AWARE with support from Southeast Road Runners. Adults, \$15 to pre-register, \$20 on race day. Pre-register at JRC The Alaska Club, Valley and Downtown locations.

### The Things You Don't See: a hard look at domestic violence in our community

October 20th at 7pm. UAS Campus. Sponsored by The Student Wellness Coalition!

### Women's Self-Defense Class

AWARE and Juneau Shotokan Karate Club will be offering a self-defense class for women and teens age 16 and older on Saturday October 23rd from 9am-3pm at the Zach Gordon Youth Center. Pre-register by calling Anne @ AWARE 586-6623 or. Cost is \$10 per person. Scholarships available! Registration forms can also be found on our website [www.awareak.org/](http://www.awareak.org/)



# 13 Ways Any ADULT Can Make Ending Domestic Violence His or Her Business:

1. Cultivate a respectful attitude toward women in your family and at your workplace. Avoid behaviors that demean or control women.
2. When you are angry with your partner or children, respond without hurting or humiliating them. Model a non-violent, respectful response to resolving conflicts in your family. Call AWARE 907-586-1090 or the Juneau Batterer's Accountability Program 907-523-4942 for help if you continue to hurt members of your family.
3. If you have a friend or co-worker who is afraid of her partner or who is being hurt, offer them your support and refer them to AWARE or to the 24-hour, toll-free, National Domestic Violence Hotline 1-800-799-SAFE .
4. Learn about domestic violence services in your community. Contribute your time (volunteer!) resources, or money. Call us at 1-800-478-1090 to find out more.
5. Call the police if you see

or hear violence in progress.

6. Talk to your friends and neighbors when they belittle women, make a joke about violence, or ignore a battered woman.
7. Ask your local government to collaborate with domestic violence programs to conduct a safety audit of your community.



8. Write to music producers, movie companies, internet businesses, video game producers, and TV stations to speak out about violence against women.
9. Develop a women's safety campaign in your workplace, neighborhood, school or house of worship. Build a consensus among your colleagues and neighbors that abusive behavior and language is unacceptable.
10. Bring together your local

domestic violence program staff, parents, teachers, students, and school administrators to start a discussion about developing a school-based curriculum on dating and family violence.

11. Ask that physicians and other health care professionals receive training about domestic violence and follow the diagnostic and treatment guidelines about domestic violence, child abuse, and elder abuse developed by the American Medical Association.
12. Co-sponsor a citizens' monitoring group with your local domestic violence program to ensure that law enforcement officers, judges, and probation & parole personnel receive training about domestic violence and enforce the law.
13. **EXAMINE YOUR OWN LIFE for violence and oppressive behaviors. Try to live a VIOLENCE-FREE life!**

*Adapted from the National Resource Center on Domestic Violence and the National Domestic Violence Awareness Project. June 2000.*

*"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."*

*~Maria Robinson*

## Thoughts and Thanks Cont...

Do you surround yourself with people who hold you up, who help you be the best you can be, and do you offer the same for others?

Do you make choices based on YOUR values and beliefs?

Do you offer yourself the same benefit of the doubt you offer others?

Do you allow yourself to change your mind?

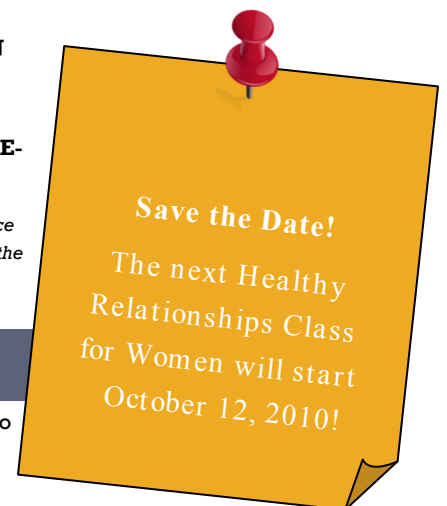
Do you make choices that illuminate self respect?

When we choose respect for ourselves, we are also choosing respect for others. When we choose respect for others, we are also choosing respect for ourselves.

We have an opportunity to create an atmosphere and community of healthy relationships, a new generation where

the percentage of women who have experienced physical violence from an intimate partner shrinks from 47.6% in 2010 to an Alaska known as the state that has made the greatest turnaround in the incidence of violence against women.

Thank you for doing your part in creating an environment of peace, inside and out.



# Juneau's GOTR Fall 2010 Season Begins!

Thank you to the 15 coaches and the 45 Juneau girls participating in the Fall 2010 Girls on the Run after school program! Harborview, Gastineau and Riverbend Elementary schools are participating this season. These coaches and teams of 3<sup>rd</sup> to 5<sup>th</sup> grade girls are working and playing hard to build their self-esteem, learn healthy choices, and to increase their appreciation for daily exercise. Plan to watch their triumph on December 11<sup>th</sup> at Dimond Park Field House where they will culminate their training in a 5K Fun Run. Face paint and temporary tattoos will begin at 10 am and the fun run will start at 11 am!



*"The journey of a thousand miles begins with a single step!"*

*~Lao Tse*

AWARE is the affiliate of Girls on the Run of Southeast Alaska, which is a life-changing after-school program. It is 12 weeks long, meets for an hour twice a week for twenty four lessons a season and it always ends with an amazing 5K! Eight to twelve year old girls learn 3 major blocks of skills (getting to know yourself, working as a team, and serving your community), working their way up to a community project. AWARE provides administrative service, curriculum, coaches, coach training and vetting, program supplies, snacks and if needed, running shoes for participants. As an arm of AWARE's Prevention Program we aspire for girls to learn to make healthy choices for a healthy life.

*Be a Running Buddy for a girl on the run on December 11<sup>th</sup>! Look for our next GOTR season in your elementary school starting February 10<sup>th</sup>. Contact Ati Nasiah or Swarupa Toth at AWARE!*



## Alaska Men Choose Respect

**Juneau launches opportunities for men and boys to be the difference!**

Juneau's teen violence prevention program (DELTA, a program of AWARE, see page 5) developed a strategic violence prevention plan and identified a priority goal where men and boys take a leadership role in creating an environment of mutual respect between men and women. DELTA's coordinated community response team (CCR) came up with a number of brilliant ideas: a Coaching Boys into Men home game pledge drive for both this year's state soccer tournament and Thunder Mountain Falcons last Home game (Football), a Coaching Boys into Men Coaches Training, and an Alaska Men Choose Respect Summer Celebration with Juneau's own Carlos Boozer.

role of a coach. "A coach's legacy is far more than games won or lost, rather a coach's legacy is based on how you have helped to positively shape your team's identity, self-confidence and life on and off the field." For this reason Coaching Boys into Men looks to coaches to create and support strong leadership by challenging concepts of inequality and gender stereotypes and in lieu, bring a message of respect, strength, and equality through incorporating a simple curriculum into their sports season.

Bringing together the sports community to stand up and speak out as a community with commitment to choose respect was a powerful way to host the statewide soccer tournament and to end the season for our local football team. At these pledge drives we offered the opportunity for teams, fans, and

coaches to take the first step towards living the challenge and making the Coaching Boys into Men pledge.

Other Alaska Men Choose Respect activities include the Summer Celebration- a community-wide event to celebrate choosing respect. Nate Heck was the emcee for the evening - with a Keynote address from Carlos Boozer, a dream art board facilitated by Sara Canaro, live music from Curley Jay and the Wrist Rockets, and LOTS of BBQ brought to us by the staff and clients of Juneau Youth Services. Following the Summer Celebration was a Coaching Boys into Men Coaches Training- co facilitated by Carlos Boozer, John Blasco, Tristan Knutson-Lombardo, and Jeremy Gleason- four of Juneau's champion male partners dedicated to ending interpersonal and sexual violence.

### The Pledge:

I know that violence is neither a solution nor a sign of strength and I commit to treating everyone with honor and respect. I believe that strong men publicly and actively denounce violence against women and girls and that I can be a role model to others by making this pledge.

## DELTA: Dream. Educate. Learn. Transform. Act.

The Center for Disease Control and Prevention provides funds to 32 states for primary prevention programming and Alaska has four DELTA communities; Juneau, Sitka, Ketchikan and Dillingham. The Juneau DELTA is housed at AWARE and works to deepen and strengthen primary prevention programs for both the agency and community at large. DELTA, recognizing violence as a

public health issue, works to end first time perpetration of interpersonal and sexual violence recognizing that it can and must be prevented. DELTA works with a collaborative process of engaging partners from various sanctions of the community (from Assembly members, to Teen Advocates from the Zack Gordon Healthy Teen Center). This multidisciplinary

group is called the DELTA Coordinated Community Response Team (CCR) and meets monthly to develop and execute a strategic primary prevention plan.

A few DELTA programs that are a part of DELTA's plan include the Fourth R, LeadOn!, Girls on the Run, and Alaska Men Choose Respect! Keep reading to learn more or to join the CCR by contacting Ati Nasiah at AWARE!



## LeadOn! For Peace and Equality in Alaska

Juneau is excited to have the following kids attending this year's Youth Leadership Mini Summit: Lily Bastrup, Andrea Fawcett, Kelsea Goodell, Kai McQueen, Krystal Meachem, Angelina Biggness, Ernesto Guillen, Linda Cabello, Wayne

Nelson, Gesabel Rosa, and Galen Wright.

Congratulations Juneau's youth leaders. All participating teens are headed to Anchorage Friday Oct 8<sup>th</sup> for 2 ½ days of networking, learning, creating, and

dreaming. Youth leaders will return to Juneau to implement youth led projects around issues for social change. Stay tuned for reports from these teen leaders on how they are solving the puzzle of peace and equality for Juneau!



## The Fourth R is Relationships!

Through the encouragement and support of AWARE, this summer Health teachers from Thunder Mountain and Juneau Douglas High School attended training in Anchorage on the Fourth R Alaska Perspectives curriculum joining Yaakoosge Daakahidi (who received training last year) for the implementation of a new prevention program for Juneau's youth. The Fourth R is a comprehensive school-based program designed to include students, teachers, parents, and the community in reducing violence and many of today's risk behaviors. The Fourth R provides information and practice opportunities for students to improve decision-making, establish positive relationship models, and explore alternatives to the negative decision-making they frequently see in the world around them. The core program is based on

21-lessons designed to be implemented in Physical and Health Education. In Juneau this curriculum will be used by Health teachers primarily reaching Juneau Freshman. There are three units: Safety and Injury Prevention, Healthy Growth and Sexuality, and Substance Use and Abuse.

A 20 school randomized controlled trial (RCT) was conducted with more than 1700 students over a three year period in southwestern Ontario. Students were assessed at the beginning of grade 9, the end of grade 9, and two years later at the end of grade 11. Assessment included self-report measures of attitudes and behavior, knowledge tests, and skill-based role play scenarios (with 200 students). The role plays were video taped and coded once by trained researchers

to identify the skills used by the students in peer pressure scenarios, and once by teachers to rate their overall effectiveness. The strictest RCT methodology was used. Findings demonstrated:

- Students in the Fourth R showed higher levels of skills than their counterparts after the program. These differences included being more likely to use negotiation and delay skills in peer pressure scenarios and being less likely to yield to pressure. Teachers rated students who had participated in the Fourth R as having better communication, skills, and more overall effectiveness than their peers. Neither the research coders nor the teachers knew which students on the video had participated in the Fourth R. **Continued on Page 6.**



## The Fourth R Continued...

- At the end of grade 11, students in the Fourth R reported less dating violence perpetration and a greater use of condoms.

- Students in the Fourth R learned more, enjoyed health class more, and had healthier attitudes about violence at the end of the program.

- The Fourth R was found to provide a buffering effect in terms of the impact of multiple forms of child abuse experienced and the likelihood of perpetrating violent delinquency in adolescence. That is, the relationship between child abuse and violent delinquency was much weaker in Fourth R schools than in

comparison schools. Adaptations have been made to the curriculum for Alaskans based on the traditional values identified by Alaskan Natives and Alaskan community members.

For more information visit [www.youthrelationships.org](http://www.youthrelationships.org)



## Preventing Trauma in Children

Trauma happens when intense experience stuns a child, like a bolt out of the blue; overwhelms the child, leaving them altered and disconnected from the body, mind, and spirit. Vulnerability to trauma differs from child to child and depends on age, quality of early bonding, trauma history, and genetic predisposition. The younger the child, the fewer resources they have to protect themselves. The protection of adults who meet children's needs of security, warmth, and tranquility is so important in preventing trauma. In addition, adults can provide comfort and safety by providing a stuffed toy or doll. These objects can be especially soothing when children must be temporarily separated from their parents, and as a sleeping aid. A myth we hear often "babies and toddlers are too young to be affected." Research from Bruce Perry finds that prenatal infants, newborns, and very young children are the most at risk to stress and trauma, due to their underdeveloped nervous, muscular, and

perceptual systems.

*How do we rebuild resilience in children??*

It is most important for adults not to be overwhelmed themselves; being calm is essential! You ask, *how do you do this?* First, allow time for your own bodily responses to settle, rather than scolding or running anxiously toward your child, unless she is in a dangerous situation.

Talking with adult clients, Peter Levine finds and hears over and over again that the most frightening part of an incident that a child experiences is their parents horror reaction. Children "read" the facial expression of their caregivers as the barometer on how serious the danger or injury is. Your own nervous system communicates directly with your child's nervous system. This is how we REALLY connect with our kids. The first step in their attunement process is the understand the importance of experiencing both comfortable and uncomfortable sensations.

Learn to pay attention to how

your body feels. Sensations range from pressure or temperature changes in the skin to vibrations. This is the language of the lower brain that acts on our behalf when in danger or when unexpected change occurs.

An exercise to help the parents feel calm when in a crisis situation is: explore the room with your eyes, being aware that you are safe; place your feet flat on the floor to help you feel grounded; next direct your attention to something in the room that brings comfort such as a flower, print on the wall, a tree, or the sky. Take some deep breaths and notice how you feel in your body at that moment. Know you can help find calmness when in traumatic situations by focusing on the item that brings you comfort. Then you can respond to your child!

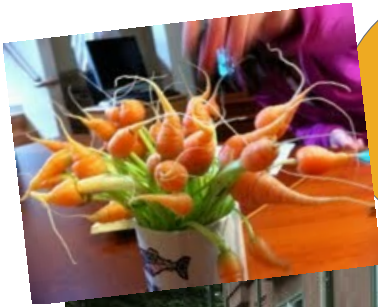
*-Submitted by Pam Baker-Williams from: Trauma Proofing Your Kids: A Parent's Guide for Instilling Confidence, Joy, and Resilience. Peter Levine and Maggie Kline.*

*"It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself."*

*~Joyce Maynard*

## Thank You Volunteers!

Our shelter and offices have been more beautiful than ever due to the tender-loving gardening care of former Board member and Master Gardener, Shirley Carlson (pictured left). Big swathes of blooms and petals cheered up the front of the building. On the deck, Volunteer Sonia Tseu (left) planted and maintained a herb and greens garden that Chef Patty Judson could pick from and add to her tasty Friday evening dinners. These are just a few of the volunteers you may meet at our Annual Meeting, Potluck and Volunteer Appreciation Gathering.



## AWARE's Annual Meeting & Volunteer Appreciation

**WHAT:** You are invited to a potluck celebration for our great source of strength and support—our volunteers!

**WHEN:** Thursday, November 18th at 6pm!

**WHERE:** AWARE's conference room.

Come recognize the scintillating generosity of our childcare providers, chefs, bakers, deep cleaners, recy-

clers, gardeners, plant-care volunteers, shoppers, Girls on the Run coaches along with our eleven dedicated Board of Directors.

*Fun for your heart and your tummy!*

## Volunteer at AWARE!

Experience the magic of volunteerism! Office and resident cleaners, shoppers, childcare providers, Girls on the Run 5K Running Buddies, recyclers....Contact Swarupa at [swarupat@awareak.org](mailto:swarupat@awareak.org). Make this holiday season a gift you'll never forget—volunteer!



## Shelter Wish List

AWARE is in constant need of certain items listed below. Your donations help us cut our operating costs and are tax deductible to the extent allowed by law.

We appreciate your generosity.

- |                   |   |                                 |
|-------------------|---|---------------------------------|
| New Pillows       | Copy Paper                                | Your time as a volunteer        |
| Fans              | Flashlights                               | Twin sheets                     |
| Laundry Detergent | Bus Tokens                                | Art supplies                    |
| Toilet Paper      | Kitchen utensils                          | Towels                          |
| Tissues           | 3-5 quart saucepans                       | Pens, paper clips, rubber bands |
| Diapers and wipes | Movie, swim, skate rink, & bowling passes |                                 |



*"A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty."*

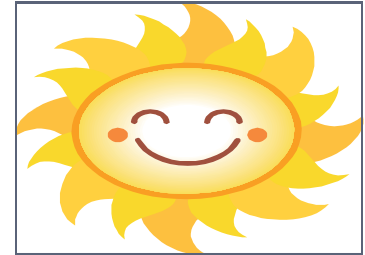
~G. Donald Gale

## Meet AWARE's New Staff Members...

### Tamar Boyd

I have recently moved back to Juneau from Vermont. In Vermont, I practiced Psychotherapy privately. When I lived in Juneau previously, I worked at Juneau Youth Services. My strong desire to help women along with my experience of being a mother is what led me to AWARE. I am both honored and excited

to be the new Children's Counselor. In my spare time I love spending time with my daughter and husband. As a family we enjoy being outdoors; hiking, biking, snowshoeing, and skiing. Interests of mine include nutrition and cooking, yoga, playing my guitar, and writing songs!



*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

*~Leo Buscaglia*

### Kyle Engleman



I moved to Juneau in March from the East Coast for an AmeriCorps term of service as a Serve Alaska Youth Corps Leader with SAGA. I fell in love with Juneau and AWARE within moments of first being here. Before I knew it, I was sitting in the

Advocacy Training and applying for the Children's Advocate position, and 5 months later I'm back! I feel incredibly lucky to be part of the inspiring staff and mission at AWARE, and I can't wait to spend the next 11 months serving here.

### Lisa Colella

My name is Lisa Colella and I am one of the new Jesuit Volunteers in town. I grew up in Olympia, WA and graduated from Western Washington University in Bellingham with a degree in Psychology. In the last four years since graduating from college I've spent time living in Seattle, Ecuador and California. I really enjoyed the time I spent living in sunnier climates,

but am very excited to be true to myself and my Pacific Northwest roots with the rain and mountains that Alaska has to offer. It has been a great experience getting to know AWARE and Juneau over the last few months and I'm really excited to spend my year as a volunteer living in such a beautiful place and working for such an inspiring organization.



Check out our new and improved website!  
[www.awareak.org](http://www.awareak.org)

## Kathy Huston

Hello, I am Kathy Huston, the new Education Specialist for AWARE. Four years ago I moved to Juneau from Houston, TX. In Houston, I taught music and art for elementary students and Hatha Yoga to all age groups, ranging from preschoolers to senior citizens. Here in

Juneau I worked in the early childhood field as a home child care provider, and then I was the preschool lead teacher for Discovery Preschool. I am very excited to join the wonderful team here at AWARE in the effort to provide services for women and children in abusive situa-

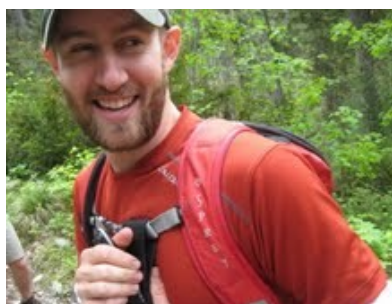
tions and bring about social change. I look forward to partnering with school staff to educate children and youth about domestic violence, personal safety and healthy relationships, and creating a brighter future for Juneau families.



## Ian Roeber

Oh hey, I didn't see you there! My name is Ian Roeber and yep, you guessed it, I am the new Community Outreach/JBAP/Carry Things To The Basement Advocate - though I spend most of my time working as the first two. I am also one of those pesky Jesuit Volunteers that come to invade Juneau each year. You may also know me from my time spent with Juneau Mountain Rescue on the side of Mt. Juneau about a month ago. I originally hail from Carbondale, Colorado; a small town where cattle drives dictate when you

arrive at work each day. I graduated in 2009 from Gonzaga University in Spokane, WA majoring in Broadcast Studies with minors



in Spanish, Religious Studies, and Leadership Studies. Last year I served my first year as a Jesuit Volunteer at Corpus

Christi House, a day shelter for the homeless in Boise, Idaho. When I am not stranded on large mountains, I enjoy fly-fishing, backpacking, reading, and underwater basket weaving (though I've found it much more difficult here with the salt water). I already feel at home here at AWARE and am excited to work with such a strong staff and community...and of course, excited to continue carrying things downstairs.

*"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."*

~Buddha

## Pick.Click.Give in January 2011



When you register online for your PFD in January 2011, you are given the chance to

Pick. Click. Give. and participate in the PFD Charitable Contributions program. Please remember AWARE

when this time comes. For more information visit [www.pickclickgive.org](http://www.pickclickgive.org).



## Adopt-A-Family for the Holidays!

AWARE will be starting up our annual Adopt-A-Family Program in December. If you would like to sponsor a family for the holidays (with clothing, toys, food baskets, and more), please contact us at 586-6623!



I am deeply touched and humbled by the generosity of my fellow and sister Alaskans choosing to donate to AWARE through the PFD Pick.Click.Give. Program. I have just received notice that AWARE will receive \$9,175 from 172 donors.

On behalf of every frightened caller who phones AWARE's hotline with a whisper of a voice, on behalf of the brave women and children working through their pain and grief while creating lives free from violence, on behalf of the AWARE staff and volunteers providing essential support and advocacy, please accept my heartfelt gratitude.

*Sarahlyn*

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

**NON-PROFIT**  
**US POSTAGE PAID**  
**JUNEAU, AK 99801**  
**PERMIT # 159**

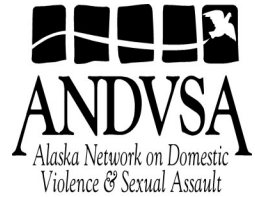
**RETURN SERVICE REQUESTED**



**AWARE**

**Dove Cottage**  
**A Place of Peace**

**www.awareak.org**



**Board of Directors**

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

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

**AWARE Staff**

**Executive Director— Saralyn Tabachnick**

Business Manager	Rachael Helf
Direct Services Manager	Mandy O'Neal-Cole
Program Manager	Ellen Andrews
Prevention Manager	Ati Nasiah
Rural & Comm. Outreach Coord.	Andrea Browning
Children's Counselors	Pam Baker-Williams
	Tamar Boyd
Education Specialist	Kathy Huston
Legal Advocate	Anne Bennett
Lead Advocate	Roxanne Thomas
Shelter Advocates	Brenna Musser
	Jackie Wagner
Volunteer Coordinator & Poet Laureate of AWARE	Swarupa Toth
Administrative Assistant	Mandi Johnson
Children's Advocate	Meghan DeSloover
Jesuit Volunteers	Lisa Colella
	Ian Roeber
AmeriCorps Volunteer	Kyle Engleman