Thoughts & Thanks from Saralyn

We’re nearing springtime, April, Sexual Assault Awareness Month, and there is much to recognize in our community in the weeks past and in the weeks forthcoming.

On Valentines Day, Juneau celebrated ONE BILLION RISING with people all over the planet, bringing global attention to the epidemic of gender-based violence. Today, one of every three women on the planet will be raped or beaten in her lifetime. That is ONE BILLION mothers, grandmothers, aunts, daughters, sisters, partners, and friends. In Juneau, we gathered at the atrium in the State Office Building and we danced. We were blessed with a variety of heartrending and moving speakers and dancers.

On March 2 we celebrated Women of Distinction with hundreds of Juneau friends and family honoring Mary Ellen Arvold, Jackie Martin, Colleen McKenzie and Kathy Kolkhorst Rudy. It was a wonderful evening, inspiring and heartfelt. Sometimes I think it should be a holiday, and then I remember, AWARE schedules Women of Distinction for early March to honor International Women’s Day, March 8, a celebration of women’s economic, political, and social achievements throughout history and across the globe. At the Women of Distinction on March 2, we got a close up! Read more about it below.

In the very near future...

The Governor’s Choose Respect March is scheduled for Thursday, March 28, noon at the State Capitol, as part of the Governor Sean Parnell’s Initiative to end domestic violence and sexual assault. Thank you Governor, for your outspoken words and your inclusiveness of all Alaska communities- we all have a role to play in ending gender based violence in our communities.

AWARE’s volunteer training begins on April 1. If you’d like to learn more about violence against women and more about AWARE, please join us. It’s a great opportunity to get some great information, volunteer or not!

See our full Calendar of Events, including fundraising Zumba March 27 & 29, the Vagina Monologues March 30-31, Self-Defense Class for Women April 27, and more on pages 2 & 3.

Thanks for your participation and support of AWARE in whatever way fits for you. There are so many ways to manifest, THANK YOU! We could not do it without you!

2013 Women of Distinction Wrap-Up!

AWARE extends gratitude and appreciation to our Juneau community for your overwhelming support. This annual fundraising event was made possible by numerous people offering generous gifts of expertise, energy, and heart. Our thanks to Katharine Heumann for her joyful and lively hosting as Mistress of Ceremony; to Tom Locher for graciously providing opening music and accompanying soloist Mark Calvert with his gorgeous rendition of “This Little Light of Mine.” Thank you Mark! We thank Amy Carroll for designing the printed program, Jeanette St. George for producing bid sheets and table names, and Rie Munoz for her beautiful artwork. Thank you to Scott & Donna Johnson for videography and Jeremy Gieser for photographing the night.

Continued on page 7.
APRIL IS SEXUAL ASSAULT AWARENESS MONTH!

April 1: AWARE’s 40-hour Advocacy & Volunteer Training

Please join us for AWARE’s Advocacy & Volunteer Training. AWARE topics covered include dynamics of domestic violence, sexual abuse, child abuse, how to advocate, crisis intervention, legal action, developing safety plans and more! Dates are: April 1-11 (Part 1) and April 13-15 (Part 2)  

Part 1 is a 25-hour series of presentations and interactive discussions exploring the basic history and foundation of domestic violence, adult sexual abuse and child sexual abuse. The training introduces the role of advocacy and accountability in addressing intimacy violence in our culture. A panel of agency representatives discusses how they work together to address this violence in all aspects of our community. Part 1 culminates an overview of all of AWARE’s services highlighting the tools and strategies for Prevention.  

Part 2 is a 15-hour intensive and interactive study of how these programs actually work. We get hands-on with Advocacy training by practicing to create safety plans, write protective orders, conduct lethality assessments and walk through emergency response procedures.  

In total, this 40-hour training is an eye-opening experience regarding the health and well-being of our community. We are offered a deep contemplation of our own personal beliefs and thought constructs about women in society in the 21st century. Part 1 is invaluable to those seeking to educate themselves on these issues, to students seeking to understand modern feminism and social health, and to those working directly with women and/or children who have experienced trauma. It gives a glimpse into the possibility of a non-judgmental, fully empowering environment in which women can heal with their children and regain or gain for the first time the tools to address the responsibilities of a healthy life with healthy relationships. Those interested in becoming AWARE volunteers are eligible to apply for Part 2.

For more information and/or to register please visit our website and/or call Rachel Brown at AWARE 586-6632 or email her at rachelb@awareak.org.

March 27 & 29: Zumba Fundraiser for AWARE

March 27 @ 7:30pm at the Juneau Arts & Humanities Council; free with donation.
March 29: 7pm at the UAS Rec Center; free to Rec Center users, $5 for public.

We will be dancing to “Break the Chain.”

March 28th: Governor’s Choose Respect March

More than 120 Alaskan communities will join together on March 28 to raise awareness about domestic violence and sexual assault in Alaska. This March is part of Governor Parnell’s Campaign to end violence against women and children. The Juneau March will start at the Capitol Steps at noon and end with a small rally at the Walter Soboleff Center. To visit the Governor’s Choose Respect website, visit: http://gov.alaska.gov/parnell/priorities/choose-respect.html

March 30 & 31: The Vagina Monologues

UAS Rec Center on March 30 at 7pm and 9pm; March 31 @ 7pm. 90% of proceeds go to AWARE. $5 for UAS students, $10 for general public.
April 20: Healing Arts Exhibit

April is Sexual Assault Awareness Month (SAAM)! The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals to prevent sexual violence. This year at AWARE, with a focus on healing and social change, we are inviting artists in our community to contribute their work to raise awareness and create beauty and meaning out of pain and loss. This year’s theme—Reclaim, Renew, Rejoice—evokes in us a sense of process, of taking back our power and voice, and using it to support ourselves and each other. These are amazing times; women as a group have more power than ever, and yet, are experiencing an intolerable level of violence and fear. This one month is an opportunity for us to express, in our many voices, that we are so many things—angry, strong, afraid, hopeful, loving, sad, aware, connected...and to let everyone know that our experiences matter. So please join us in creating a body of work that showcases how women ARE, however we are. We would love for YOU to contribute! We will be hosting an AWAREness night at the Rockwell on April 20th to display our works and celebrate healing. For more information about the event, or to contribute your art, call Mandy, Ati or Mandi at AWARE, 586-6623.

April 27: Women’s Self-Defense Class

AWARE and the Juneau Shotokan Karate Club will be offering a self-defense class for women & teens age 16 and older, on April 27th from 9am-3pm at the Zach Gordon Youth Center. Pre-register by calling Swarupa @ AWARE 586-6623. Cost is $20 per person; scholarships are available!

Pick.Click.Give to AWARE for your PFD!

Please consider giving to AWARE when you go on-line to sign up for your Permanent Fund Dividend; you will see the option called, “The Gift of Giving.”

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

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 excellent 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!

P.S. If you’ve already signed up for your PFD, you can revisit to donate through Pick.Click.Give.

SAVE THE DATE!

The Spring 2013 Girls on the Run 5K Fun Run will be Saturday May 11th!

When: Festival starts @ 10am; Run is at 11am!

Where: Twin Lakes

Please contact Julie @ AWARE 586-6623 for more information!
Meet AWARE’s 2013 Women of Distinction

Mary Ellen Arvold, Nurse Practitioner & Business Manager

Mary Ellen received her BSN in Nursing and Advanced Pediatric Nurse Practitioner degree from the University of Wisconsin. She is currently employed at Glacier Pediatrics, where she is a partner, business manager and Advanced Nurse Practitioner. She is also a partner and business manager with Juneau United Medical Providers & Parents (JUMP).

Mary Ellen began her nursing career at a pediatric hospital unit in Madison, WI. She loved children’s open, honest, and comical ways, even when facing difficult and unknown surroundings. She started working in a clinical setting as a pediatric nurse practitioner several years later. Her passion for pediatrics began as she worked with children who had cancer and cystic fibrosis. They taught her much about the core of life’s essence and how suffering, something we all face, cuts to critically important issues and creates a deep bond and a focus on what’s important. Despite the anguish, there was also beauty in how gentle, respectful and humorous these families were able to be at very challenging times. She moved to Juneau in 1979 and for the next 20 years worked with her mentor and cohort Dr. Kenneth Moss who passed the pediatric practice on to her when he retired. She also simultaneously worked with Dr. Thomas McCabe for 10 years. In her 33 years in pediatrics in Juneau, Mary Ellen has been privileged to know a broad range of families. Babies she saw 30 years ago are now bringing their own children to see her. She delights in the historical connections with these families and their friendships. She also enjoys the daily challenge of sorting out medical, social and emotional issues that arise. Mary Ellen is especially proud of JUMP and feels such gratitude that Juneau has a program that offers free family-centered counseling to help families under stress find healthy ways to deal with the strain of grief, lack of finances, an absent parent, substance abuse, and/or violence. The JUMP philosophy blends well with her belief that as social beings, it is connectedness and community with others that brings forward individuals’ strengths, amplifies their resilience and generates happiness.

Mary Ellen volunteers in many ways. She does sports physicals at the middle school, precepts advance nurse practitioners and UAS nursing students, and has sung in the Threshold Choir (hospice) at the bedside of the dying to help ease their transition. She has also chaired the International Circumpolar Health Conference State Dinner. Mary Ellen is a co-founder and board member of JUMP, a member of the National Association of Pediatric Nurse Advanced Practitioners (NAPNAP), the Alaska Nurses Association, and the Juneau Community Foundation. She has been a participant in the Alaska Performing Artists for Peace and the International Circumpolar Health organizations.

Mary Ellen enjoys hiking, cross-country skiing, hockey, kayaking, gardening, woodworking, spiritual studies and exploring other cultures through traveling. She is married to David Haas and has a son Jacob Arvold Haas and a daughter (in spirit) Elizabeth Arvold Haas.

Jackie Martin “Jehaid”, ANS Executive Committee Member

Jackie received her Associates degree in Applied Arts from Whatcom Community College in Bellingham, WA, and her Bachelor degree from Western Washington University in Bellingham, WA. It was when taking Women’s Studies classes that she became aware of women’s place in history, and women’s efforts to gain rights and equality over time. In 1976, Jackie was a teacher’s aide in the Kake School District, and then worked at St. Jude’s in Juneau, that her interest was sparked for children’s rights and education.

Jackie has gained leadership, confidence, and communication skills through many different avenues. She served on the AWARE Board of Directors (including serving at Board Chair) from 1995-2002. She is a member of the Valley Toastmasters Club, and has worked with Roberts Rules of Order through the Alaska Native Sisterhood (ANS) Local Camp 70 and Grand Camps. The ANS mission is “to better the lives of Native people and their families; to fight for civil rights and land rights for all Alaska Native people; to share the cultural knowledge, wisdom, and artistic beauty of Native Tribal Societies; and to strive for a spirit of brotherhood and sisterhood among all people.” This mission is to not only help Native people but other ethnic groups and women and children. These words have become a major part of Jackie’s life.

Additionally, Jackie was ANS Grand President, and is now an Executive Committee Member. She worked with the ANS Grand Camp Women’s Conference and served on the ANS/ANB Constitution Committee. She retired from the Bureau of Indian Affairs (BIA) in 2008 and returned in 2010, working with BIA for over 25 years. She has seen many changes in the organization.

One of her inspirations is Annette Coggins—AWARE’s Executive Director from 1995-2002. She helped make the community a safe place for women and children, initiating women’s self-defense class, where Jackie volunteered, offering courses to help victims and encouraging leadership training for the Board members. It was from Annette that Jackie learned about respect for the work of keeping women and children safe.

Jackie is married to her husband Harold and they have 5 children, Andra Martin, Allison Shane, Victoria Cascio, August and William Martin. Jackie is proud to join the past and present Women of Distinction, who all understand the keen importance of working together. Her favorite saying is “If two of us agree on something we can take over the world!” Since receiving the honor of Woman of Distinction, Jackie feels she has taken a new breath of air to continue the quest for safety for all women and children.
Colleen McKenzie, Women & Children’s Advocate

Colleen grew up in Bronx, in New York. Her childhood mirrored that of the individuals she would later live to serve and was wrought with family poverty, alcoholism, and domestic violence. Colleen developed the skills to survive hardship at an early age and she adapted them to take on the role of protector to her three siblings. In her early adulthood, she also experienced physical abuse and significant loss. Despite this, she made it her life’s work to help others, particularly women, children and the disenfranchised.

Colleen’s first experience in a professional helping role was as a student and intern through the New York Foundling School for Infant and Childcare. This school served orphaned infants and young children who had experienced abandonment and severe trauma by their natural caregivers. She then went on to work at the Albert Einstein College of Medicine in the Neonatal Unit, where she supported new parents. Colleen also worked at the North Shore University Hospital in Manhasset, New York providing care to children of all ages experiencing everything from routine childhood illnesses to mental, critical and terminal illnesses.

Life brought Colleen to California in the 1980’s where she worked for 10 years at the Milestones of Development, a small residential home for youth with severe developmental disabilities. With the vision of serving a greater population with a greater need, Colleen was recruited to open two larger facilities. When she left the agency there were 30 adolescents in residence. Then in the 1990’s, Colleen found herself in Sitka. She worked as the Highway Safety Specialist for the Sitka Teen Resource Center with at-risk youth, providing safe and sober events for youth and adults. Colleen moved on to be Administrative Officer Manager to the Sitka Council on Alcoholism and other Drug Abuse (SCAOADA).

In 1997 she moved to Juneau and began working for Juneau Youth Services (JYS). For the past seven years Colleen has managed most administrative services there. Through the most difficult times at JYS, Colleen’s integrity and steady motivation endure to light the way for the agency. She is a consistent catalyst role modeling advocacy in all forms on behalf of all JYS clients and employees. Colleen’s unique talent for connecting with vulnerable individuals and advocating on their behalf is similarly evident in her interactions with JYS clients. On countless occasions, Colleen meets youth demonstrating difficulty in treatment who then overwhelmingly transform their distrust, self-doubt and hopelessness into trust, positive expectation, and ultimately the creation of meaningful, life enhancing changes.

Colleen is a leader and avid supporter of an array of other activities within the Juneau community. Her influences include her position as a board member on the Juneau Alliance for Mental Health, Inc. and her active support of other social and charitable organizations and community events and with the Special Olympics.

Colleen is undeniably a “Woman of Distinction,” precisely because she refused to allow her early experiences define who she is or who she would become. Instead, Colleen chose to bring the wisdom, strength and streets-savvy she cultivated in childhood into her many diverse roles as teacher, caregiver, rescuer, friend, mother to son Thomas, and advocate.

Kathy Kolkhorst Ruddy, Attorney & Community Builder

Kathy first came to Alaska when her Coast Guard family moved to Kodiak before Statehood. After a childhood marked by frequent moves, she found a permanent home in Juneau, where she moved in 1977 after receiving her J.D. at the University of Connecticut Law School. She served as a law clerk to then Alaska Supreme Court justice Bob Boochever, worked for several years as an assistant Attorney General, then entered private law practice with Ruddy, Bradley & Kolkhorst.

Kathy finds it a joy to live in a community-minded place such as Juneau. She has served as chair of the Juneau Bar Association and Juneau Chamber of Commerce; and on the boards of the Juneau Arts and Humanities Council and the Juneau Symphony. She leads the board of Juneau Jazz & Classics, and worked with the Capital City Celebrations to commemorate the Alaska’s 50th Statehood anniversary. Kathy also heads the LaPerouse Alaska Association.

Kathy and her husband Bill own and operate the Princeton Hall, the 65-foot wood vessel constructed by Andrew Hope, Peter Simpson, and students at Sheldon Jackson College in Sitka and launched Dec. 3, 1941, just before Pearl Harbor. The boat, conscripted by the U.S. Navy, served in Southeast Alaska during the war, then returned to the Presbyterian Church, serving as a church boat for many years. Preservation and current ongoing operation is a tribute to the craftsmanship of the builders.

Kathy worked for fifteen years on a volunteer team of radio producers in KTOO-FM’s weekly radio show “Southeast Native Radio,” and organized “Conversations in Tlingit” for seven years, through “Live Day”. Kathy and Harriet Roberts organized “Juneau Remembers World War II” in 2000. All of this material was donated to Sealaska Heritage Institute and preserved for public access.

During the 50th anniversary of Alaska’s Statehood, Kathy co-produced, with Peter Metcalfe, “The Sword and the Shield: The Defense of Alaska Aboriginal Claims by the Alaska Native Brotherhood,” demonstrating the success of the ANB/ANS before Statehood in litigating aboriginal rights claims, and in defending against Congressional extinguishment. The work, being re-issued as a book with photos in 2013, was recognized by the ANB/ANS at its 100th annual convention in 2012.

A new project is the creation of a life-scale bronze humpback whale and fountain, in honor of the 50th anniversary of Statehood, for Juneau’s waterfront. The “Statehood Whale” is being created by R.T. “Skip” Wallen, and has been approved for placement, in an infinity pool, by the bridge at the far end of the Waterfront Seawalk.

A dedicated amateur singer, Kathy enjoys performing with the choir of Chapel by the Lake, where she is a member, and with the choirs of the Juneau Symphony, the Bach Society and the Juneau Lyric Opera. Kathy is married to Bill Ruddy, and together they have four children— Lydia, Sean, Anna and Elena. She is proud to be a mentor to several young women of great promise.
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.

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<th>Item</th>
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<tr>
<td>Laundry detergent</td>
<td>Flashlights</td>
<td>Twin sheets/blankets (white)</td>
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<tr>
<td>Bus tokens</td>
<td>Towels</td>
<td>Diapers &amp; Wipes (all sizes)</td>
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<tr>
<td>Toilet paper</td>
<td>New sweat suits, socks, underwear (all sizes)</td>
<td>3-5 quart saucepans</td>
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<tr>
<td>Kitchen utensils</td>
<td>Copy Paper</td>
<td>Stamps for residents to mail letters</td>
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<td>Movie, swim, skate rink &amp; climbing wall passes</td>
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<tr>
<td>Office Supplies (pens, post-it notes, paper clips, etc.)</td>
<td>Your time as a volunteer</td>
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Sexual Assault Prevention Tips

- Don’t put drugs in people’s drinks in order to control their behavior.
- When you see someone walking by themselves, leave them alone!
- If you pull over to help someone with car problems, remember not to assault them!
- NEVER open an unlocked door or window uninvited.
- If you are in an elevator and someone else gets in, DON’T ASSAULT THEM!
- USE THE BUDDY SYSTEM! If you are not able to stop yourself from assaulting people, ask a friend to stay with you while you are in public.
- Always be honest with people! Don’t pretend to be a caring friend in order to gain the trust of someone you want to assault. Consider telling them you plan to assault them. If you don’t communicate your intentions, the other person may take that as a sign that you do not plan to rape them.
- Don’t forget: you can’t have sex with someone unless they are awake!
- Carry a whistle! If you’re worried you might assault someone “accidentally” you can hand it to the person you’re with so they can blow it if you do.
- Don’t assault people.

“\text{“In this world, it is not what we take up, but what we give up that makes us rich.”} \\
\text{~Henry Ward Beecher}\

One Billion Rising Recap!

On February 14 Juneau celebrated One Billion Rising, along with 197 other countries and territories throughout the world, where Juneau showed our collective strength and solidarity in rejecting violence against women. We danced, we rose up, and listened to speakers as we worked to change the social norms around violence.

Eve Ensler initiated One Billion Rising to end violence against women and children. For more information on One Billion Rising please visit onebillionrising.org or http://juneauempire.com/local/2013-02-15/dancing-against-violence#.UT5lZtNZJOvk

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AWARE would also like to thank the Women of Distinction Corporate Sponsors and Precious Gems. Their generous financial support helps make this event all that it is. Special thanks to our Silver Corporate Sponsor Alaska Communications System. We thank our precious gems—Diamonds: Jackie & Harold Martin, Wellspring, Sealaska Corporation, Central Council of Tlingit & Haida Indian Tribes of Alaska, and Dr. Nell Wagoner; Sapphire: Alaska Housing Finance Corporation and American Seafoods Company, LLC; Rubies: Elgee Rehfeld Mertz, CPAs, IBEW Local 1547, Jensen Yorba Lott, Inc., and Juneau Tlingit & Haida Community Council. We offer a special thank you to KTOO Public Broadcasting and KINY Hometown Radio for their generous in-kind contributions.

Thank you to our gracious auction donors! Both businesses and individuals are listed on our website www.awareak.org—thank you for making our dinner a financial success and loads of fun!

We also thank the hundreds of people who attended the dinner, our new members and those who made a financial contribution or bought an advertisement in the Women of Distinction program book. The proceeds from the Women of Distinction event further AWARE’s work with victims of domestic violence, sexual assault, and child abuse. It is a wonderful opportunity to honor women who have made a difference while supporting work to end violence in our community.

Finally, I would like to thank the dedicated Board of Directors; Co-Chairs Cheryl Eldemar and Chris Burke, Vice Chair Michele Masuda, Secretary Tisha Gieser, Treasurer Maren Haavig, and members Robin Gilcrist, Jeff Irwin, Martha Moore, Mary Aparezuk Schlosser, Jessica Srader, and event coordinator Mandi Johnson who worked tirelessly to bring the details of the event to life—with the assistance of Christine Lowery. Thanks for your commitment to AWARE and our mission.

AWARE’s ability to work with survivors of domestic violence and sexual assault is greatly enhanced by Juneau’s community support. Together we are working towards a community of respect for ourselves and others, where we can all live in peace and freedom. Thank you for your support. I look forward to seeing you at the Choose Respect March and Rally at noon, on Thursday, March 28th at the Capitol Steps, where we bring the inspiration of our Women of Distinction honorees words into action!
AWARE, Inc.
P.O. Box 20809
Juneau, AK  99802

Return Service Requested

AWARE Staff

Executive Director—Saralyn Tabachnick

Business Manager
Direct Services Manager
Prevention Manager
Rural & Comm. Outreach Coord.
Community Engagement Advocate
GOTR Advocate
Children’s Counselors
Education Specialist
Legal Advocate
Shelter Advocates
Volunteer Coordinator
Administrative Assistant
Lead Children’s Advocate
Jesuit Volunteer
AmeriCorps Volunteer
VISTA Volunteer
JRAP Advocate

Chris Bauman
Mandy O’Neal-Cole
Ati Nasiah
Leona Santiago
Mark Calvert
Julie Walker
Cara Peters
Rachel Brown
Dawn Kolden
Swarupa Toth
Brenna Musser
Kimberly Lucas
Carrie Guthrie
Katie Cranor
Mandi Johnson
Meghan DeSloover
Lauren Waski
AJ Smith
Christine Lowery
Emily Wolf
Emma-Lily Schmitz

Please include the AWARE Action Fund of the Juneau Community Foundation in your will!

www.awareak.org

Dove Cottage
A Place of Peace
Shaa-ka Ut-Yats-Noow

If you would like to receive Dove Tales via email—to help save trees and postage, and to read it in living color, please email Mandi at mandij@awareak.org!