DOVE TALES

A publication of AWARE, Inc. “Aiding Women in Abuse & Rape Emergencies” Serving the communities of Ellin Cove, Gustavus, Haines, Hoonah, Juneau, Klukwan, Pelican, Skagway, Tenakee Springs & Yakutat

Thoughts & Thanks from Saralyn!

These past three months, AWARE has experienced incredible generosity from you our supporters and partners. Thank you from the depths of my heart. I am proud to live in a community that sees a need and steps up to fill it.

We are uniquely Juneau, and those of us at AWARE are profoundly touched by your extensions of caring, one after another after another. Let me count the ways:

● One: The Rasmuson Foundation offered a $150,000 matching grant, dollar for dollar, for donations for our Extended Stay Shelter. Our solicitors (see picture page 7) received pledges for $178,000, from 400 donors. Please forgive me if we somehow missed asking you to participate- it’s not too late! Donations of $1,000 or more will be forever recognized in the new building.

● Two: The time, energy and dedication of our campaign chairs, Sandy Parnell and Marla Berg, the dream team. We could not have raised the funds we did in the time we did without these truly gifted women! Thanks to them and to our Campaign Cabinet.

● Three: Pick.Click.Give. 358 donors gifted AWARE nearly $18,000, enabling us to fill funding gaps to continue to provide prevention and intervention services to keep children, women and families safe.

● Four: Year end donations. As of this writing, we’ve received $1,993 from 30 individuals, in support of our ongoing work.

● Five: Gold Street Quilters donated 19 warm and comforting beautiful quilts for women, children and families at AWARE for the holidays.

● Six: Sponsor A Family participants. To date, 26 groups/individuals have sponsored 37 families who have used AWARE services during 2012, families whose holidays may now be merry and bright.

● Seven: Your participation at October Domestic Violence Awareness Month events. Whether you walked a mile in her shoes, watched “The Invisible War” at the Nickelodeon, took a women’s self defense class, created a poster for the 5th grade poster contest themed “Trust Your Inner Voice,” wore a purple ribbon or looked at the posters at the Nugget Mall, thank you.

● Eight: Girls on the Run ended the 12 week season with a 5K at the Dimond Field House, bringing participants, volunteers, and community together in celebration of the accomplishment of the girls (see pg. 2).

● Nine: Women of Distinction! On March 2, 2013, we will honor Mary Ellen Arvold, Jackie Martin, Colleen McKenzie and Kathy Kolkhorst Ruddy. The bigheartedness and openhandedness of these women is extraordinary, as you’ll see and hear on March 2 at Centennial Hall. (see pg. 6).

● Ten: AWARE Volunteers, some of whom were at our Annual Meeting and Volunteer Appreciation event this quarter, including board members, partnering non-profits and state, local, Tribal agencies and faith communities, grocery shoppers, child care providers, recyclers, admin supporters, advocates, coaches Coaching Boys Into Men and Girls on the Run, and more!

● Eleven: “Cooking in Patty’s Kitchen,” the cookbook created by Patty Judson for AWARE to use as a fundraiser. It’s a beautiful book with wonderful recipes for every diet, on sale at AWARE for only $20. Stop by for a glance, and you’re guaranteed to buy! Continued on page 7.

Winter 2013

“May the love hidden deep inside your heart find the love waiting in your dreams. May the laughter that you find in your tomorrow wipe away the pain you find in your yesterdays.”

~Anonymous

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Girls on the Run (GOTR) just wrapped up our Fall 2012 season with over 40 elementary and middle school girls participating in Juneau. GOTR of SE Alaska also saw GOTR programs in Yakutat and Ketchikan. Throughout the 12 week curriculum girls learned about respecting themselves and others as well as how to be physically and emotionally healthy. On December 1st, AWARE hosted the Fall 2012 Girls On The Run 5K event at the Dimond Park field house. Girls completed a 5K as families, friends and community members cheered them on and supported them. Thank you to all of the coaches, volunteers and donors for making this another successful Girls on the Run season! If you are interested in getting involved in Girls On The Run contact Julie at AWARE and consider becoming a coach by attending the new coach training on January 26th (see below).

We invite you to help promote the health and wellness of young girls in Juneau by becoming a Girls on The Run coach. Girls on the Run is a life-changing empowerment program for girls (ages 8-14) that combines training for a 5K running event with healthy living and self-esteem enhancing curricula. Teams of volunteer coaches facilitate our easy to follow curriculum with groups of 8-15 girls over the course of 10-12 weeks. All new coaches will be required to apply, interview and attend the new coach training on January 26th 8am-5:30pm at AWARE. Find out by e-mailing Julie at julieo@awareak.org or calling AWARE at 586-6623.

Recap: Women’s Self-Defense Class

“We seek perfection of character. Be faithful. Endeavor. Respect Others. Refrain from violent behavior.”

These revered words comprise the dojo kun and are recited at the end of every karate class. One way to promote a healthy relationship is to learn and practice the dojo kun from the foundation of physical and mental empowerment that Juneau Shotokan Classes offer. All this, and fun too!

During Domestic Violence Awareness Month in October, AWARE partnered with Juneau Shotokan Karate and Zach Gordon Youth Center on Saturday, Oct. 27th for Self Defense Class for Women. Thank you to Diana Stevens, AWARE’s 2010 Woman of Distinction and Shotokan’s Chief Instructor and Godon, for offering this beautiful gift to women, young and old, for over 25 years! You not only help keep a generation of women safe, but inspire them to your own level of discipline and steadiness. We appreciate you and your students, the class assistants, for volunteering your time and contributing the proceeds of the class to AWARE.

Thank you to the team at Zach Gordon Youth Center – you make this a fantastically fun place for our event! Diana and AWARE are planning another Self Defense Class for Women for April 2013. For more information go to juneaushotokan.org or contact Swarupa at 586-6623.

Remember, AWARE’s services are free and confidential. If you or someone you know is experiencing domestic violence or sexual abuse, please call 586-1090 for confidential support.

(PHOTO: Instructor and Assistants from Shotokan Dojo: From left to right Back row Diana Stevens – Maraiya Gentili–Sandy Burgess. Front row Marrella Gungob, Mattie Hall, Delores O’Mara, not pictured Kathy Hocker).
Shelter Reflections...

At the end of the calendar year, it is so tempting for me to “tally up” our year at AWARE- to reflect on what we’ve learned, imagine ways we can do our work more effectively, or reach more participants and more children. For the most part, those year-end thoughts are healthy, and keep us moving forward as an agency. What I have to resist, however, is the temptation to dichotomize our work- what we did was successful or unsuccessful.

Success is a difficult label; I believe as a staff and agency that we care less about “success” and more about connection. But because there are few definable metrics for “connection”, how do we know that we are doing well? We understand connection is not measured by the number of participants who leave their partners, or the number of participants who report abuse to the police, or even the number of shelter nights we offer.

We try to focus on crafting a safe space to process. It’s simple in concept...but difficult in reality. Safe spaces have more than locks on the doors and alarms on the windows. Safe spaces allow for emotion, particularly anger. Safe spaces promote sobriety, but don’t punish relapse. Safe spaces develop responsibility and accountability while protecting rights and autonomy. For most of us, we can hardly imagine such a place much less manifest it in our work. I think the first step is to articulate the vision. We need others-partners, community, participants- to understand the goal of safe space. AWARE is moving forward on this goal; we are bringing this idea to our community, reinforcing that while no place or person is ever perfectly safe, we have a vision.

Thank you for your support and curiosity!

~Mandy Cole

New Faces at AWARE...

Julie Walker: G0TR Advocate

My name is Julie Walker and I am the new Girls On The Run Advocate at AWARE. I am originally from Petersburg and moved to Juneau a year ago with my new husband. Prior to moving to Juneau, I spent several years in Oregon, where I received a master's degree in Public Health. I have a strong passion for promoting the health and wellness in our community and feel so grateful for the opportunity to work at AWARE as part of the prevention team working to stop violence before it starts.

Chris Bauman: Business Manager

Hi, my name is Chris Bauman and I am returning to AWARE as the Business Manager and am very happy to be back. Since leaving AWARE about 10 years ago I have stayed busy in the field working at the Council on Domestic Violence and Sexual Assault and most recently as the Director of the shelter in Sitka. While Sitka was lovely, Juneau has been my home for most of my adult life, and AWARE has always been my favorite place to work so it only makes sense that I am back.

If you are down on the docks look for me or I may run into you on a hiking trail. I’m looking forward to reconnecting with all my old friends and acquaintances.
Fare thee Wells to AWARE Staff!

Roxanne Thomas over two different adventures at AWARE has been an advocate and the Lead Advocate. Roxanne has inspired both participants and staff through her direct work and by example through her own life experiences. We miss Roxanne’s wisdom, deep understanding, dry sense of humor and the mystical way she could quietly say what everyone in the room was thinking and get a laugh. The staff, the women and children love Roxanne!

Shannon Bible - We are both sad and delighted that Shannon is moving to a new opportunity here in Juneau. We have enjoyed Shannon’s deep knowledge of various systems in Juneau. We benefited from Shannon’s cultural wisdom and support. That is why we are also delighted that Shannon’s new job is at Tlingit and Haida Central Council where she is being trained as a case worker where she will continue to bring her light.

In her six years at AWARE, Ellen Naughtier Andrews has performed just about every role here. From advocacy to rural outreach, to manager of the shelter, to program manager and pitching in as acting executive director during vacation times, Ellen was born to be an advocate! There has never been a situation to arise that Ellen wasn’t able to disarm with her common sense and supportive partnership whether with women, children or staff. We will miss Ellen’s great empathy and the insightful sense of humor that she brings to every moment. Fortunately for Juneau women, she will still be one of the facilitators of AWARE’s 12 week Healthy Relationships Class for Women. Wherever you go Ellen, you will always be a beacon for families who are working to be loving and healthy. We miss your love, light and laughter!

Walk-a-Mile In Her Shoes 5K Race!

On Saturday October 13th, AWARE and the Southeast Alaska Board of Realtors were joined by over 120 Juneau community members at Sandy Beach for the annual "Walk a Mile in Her Shoes" walk and run. Women, men, teenagers, children - along with members the TMHS and JDHS Boys Basketball Teams, and the JDHS and TMHS Cross Country Teams - all came out to show their support to end gender violence in Juneau. By wearing high heel shoes, participants were able to show their solidarity for survivors of domestic violence and sexual assault, while raising awareness about this Juneau epidemic.
Thank you, you folk who took some time out for us—in your thoughts, words, actions, goodies & such! Our holiday party turned up right quick, with warmth, fun, presents, pizza & St. Nick. You might say this is usual for this time of year, our party to be all in good cheer, but I do have to say what made it unique was the glow coming from each little cheek. Things felt harmonious, in balance, and calm. For a crisis shelter, that is some work well-done. Well done, everyone, and…

Thank YOU!

- Juneau Coastguard & Military Family Association (stockings!)
- Michelle Wilson & the Army National Guard (Great Alaskan Toy Drive)
- Superbear (flatwear, plates, cups, napkins!)
- Pizzeria Roma (pizzas!)
- Capital City Quilters (pillowcases!)
- HoneyBear Pillows & Things-Dorian

Thank you also to those families and organizations who donated gifts and food baskets for women and children in need this year—by donating to AWARE’s Sponsor-a-Family Program. Thanks to: K & Lynda Koski, Bridget Smith, Chris Murray & Family, US Forest Service: Juneau Ranger District, LAA/Legislature, Pavitt Health & Fitness, Electra Gardinier, Juneau Universal Unitarian Fellowship, National Marine Fisheries Service, Drew Sielbach & Family, Shepherd of the Valley Church, Gary Leihnart’s Senior Advisory Group, US Forest Service: Regional Office, Department of Vital Statistics, Mendenhall River Community School, Barbara Thurston & Family, Alexa Tonkovich, NEA Alaska, Robin Gilcrist, and all of our Anonymous donors.

**“Give yourself entirely to those around you. Be generous with your blessings. A kind gesture can reach a wound that only compassion can heal.”**

~ Steve Maraboli

Wuerer (more pillowcases!)
- Party Volunteers: Mindy Butler, Kendall Roberts, Phoebe & Miguel Rohrbacher, Rachel Helf, Charlee Lewis, Ariel Guy, Raven Gomez, Tisha Geiser, Rebecca Siegel, AWARE staff, Jeanette Dunn (children’s toys), Holy Trinity Church (afghans), Kevin McNeel (kids toys), Katy Rice & the kids from the Cathedral of the Nativity of the Blessed Virgin Mary (smartwool socks & cookies), Gold Street Quilters (quilts for women), Girl Scout Troop 4016 (shoe boxes with toys for kids), The Triangle Club & Patrons (shoe boxes for resident children), The Department of Education & Child Development (cookies, tins, cookie making supplies), PEO Chapter D (Christmas basket), Roberta Stell (Christmas basket), Debbie Canaday (TV donation), Sam Jordan and Juneau Pre-schoolers (soaps, shampoos, paper bags),

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.

<table>
<thead>
<tr>
<th>New pillows</th>
<th>Art Supplies</th>
<th>Bus tokens</th>
<th>Toilet paper</th>
<th>Kitchen utensils</th>
<th>3 – 5 quart saucepans</th>
<th>Office Supplies</th>
<th>Stamps for residents to mail letters</th>
<th>Movie, swim, skate rink, &amp; climbing passes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flashlights</td>
<td>Towels</td>
<td>Twin Sheets &amp; Blankets</td>
<td>Trash bags</td>
<td>Copy Paper</td>
<td>Tri-fold paper towels</td>
<td>New garbage cans</td>
<td>Paper cups (hot and cold)</td>
<td>New sweat suits, underwear</td>
</tr>
<tr>
<td>Full-sized toiletries</td>
<td>Diapers &amp; Wipes</td>
<td>Laundry detergent</td>
<td>Forks, silverware</td>
<td>Your time as a volunteer</td>
<td>Clipboards</td>
<td>Cleaning supplies</td>
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</tbody>
</table>

Winter 2013
Clockwise from left: Kathy Kolkhorst Ruddy, Mary Ellen Arvold, Jackie Martin, Colleen McKenzie.

Congratulations to:

Mary Ellen Arvold, Nurse Practitioner & Business Manager
Jackie Martin, ANS Executive Community Member
Colleen McKenzie, Women & Children’s Advocate
Kathy Kolkhorst Ruddy, Attorney & Community Builder

*****

The selfless endeavors of these women benefit our community daily. Please join us in honoring them at AWARE’s 17th annual Women of Distinction Gala on March 2, 2013 at Centennial Hall. Doors open at 5:30pm, dinner is served at 7pm. Funds raised from the dinner and silent auction support services provided to women and children in Juneau and the rural communities we serve.

*If you are interested in donating for the Silent Auction, please contact Mandi J. at AWARE.

*Ticket prices are $60 per seat or $700 for a reserved table of 10. Tickets go on sale in January and can be purchased by calling AWARE at 586-6623. For more information, please visit our website www.awareak.org or email us at WOD@awareak.org.
Thoughts & Thanks Continued From Page 1...

- Twelve: Martha’s Flowers. Every few weeks, Martha’s flowers drop off a bucket of flowers for us to spread about the building. The flowers bring good cheer to residents and staff alike.
- Thirteen: AWARE’s children’s holiday party this year included volunteers to decorate, staff booths, come as Santa and the elves, and partners who donated goodies to ensure plenty of yummy food as well.
- Fourteen: The amazing AWARE staff- you know who you are. You’re open to learning, learning about yourself and reflecting on your reactions/ responses as a way to learn and grown and become more effective in your work, and in your life. We wish well those who have left AWARE (for right now), Ellen Andrews, Roxanne Thomas, and Shannon Bible.
- Fifteen: The women, children and men we serve are our teachers. Their willingness to share their experiences, to allow us to bear witness to the trauma in their lives, is a sacred honor. We also learn from men in the Juneau Choice & Accountability Program, who have perpetrated violence and who in their reflection of the impacts of their behavior, become our teachers.
- Sixteen: You! Thank you for your abundant support which manifests in so many ways, so that woman and children who have experienced domestic and sexual violence can experience safety and healing at AWARE. Thank you for sharing your resources, your money, your time, your creativity, your minds, and always, always your hearts- your compassion, caring, and commitment that inspire those of us who come to work at AWARE day in and day out to do the work we are able to do. Your simple acts have profound impacts for AWARE. You are the Rasmuson match to our daily work- we couldn’t do it without you!

Capital Campaign Solicitors with Administrative Staff (clockwise from top left):

Mandi Johnson, Kym Mauseth, Tisha Gieser, Maren Haavig, Cheryl Eldemar, Jessica Srader, Mary A. Schlosser, Natalie Powers, Debbie Hart, Kathy Hidre, Jeff Irwin, Stacie Kraly, LaRae Jones, Caren Robinson, Marla Berg (Co-Chair), First Lady Sandy Parnell (Honorary Chair), Saralyn Tabachnick, Susan Cox, Michele Masuda, Christine Lowery. Not pictured: Larry Cotter, Bruce Botelho, Linda Egan, Dennis Egan, Bill Cummings, Diane Casto, Alida Bus, Ashley Johnston, Brenda Hewitt, Capital City Republican Women, Cathy Munoz, Chris Burke, Jackie Martin, Jeri Museth, Martha Moore, Paul Douglas, Robin Gilcrist, Sara Hannan, Thyes Shaub.

Pick.Click.Give in 2013

When you register online for your PFD in January 2013, 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.
AWARE Staff

Executive Director—Saralyn Tabachnick

Business Manager
Mandy O’Neal-Cole

Direct Services Manager
Ati Nasiah

Prevention Manager
Leona Santiago

Rural & Comm. Outreach Coord.
Cara Peters

Children’s Counselors
Rachel Brown

Education Specialist
Dawn Kolden

Legal Advocate
Swarupa Toth

Shelter Advocacy Coordinator
Brenna Musser

Shelter Advocates
Carrie Guthrie

Volunteer Coordinator
Kimberly Lucas

Administrative Assistant
Katie Cranor

Lead Children’s Advocate
Mandi Johnson

Jesuit Volunteers
Meghan DeSloover

AmeriCorps Volunteers
Lauren Waski

VISTA Volunteer
AJ Smith

JCAP Advocate
Christine Lowery

JCAP Advocate
Emily Wolf

JCAP Advocate
Lily Schmitz