

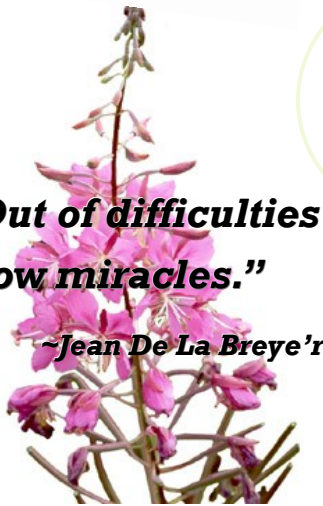
Dove Tales

Summer 2013

Thoughts & Thanks from Saralyn!

"Out of difficulties grow miracles."

~Jean De La Breye're



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We've reached the end of our 2013 fiscal year, and the heartfelt gratitude I feel is immense. My best guess is that the AWARE staff and volunteers have worked with about 700 individuals this year, and worked to connect with each of them, to understand their unique concerns and needs, and to work with them to secure safety for themselves and their families. I am proud of the depth of care AWARE provides in offering all our intervention and prevention services and with our ongoing efforts to improve, to reflect on what worked and what didn't, what we might have done differently. Our willingness and ability to reflect and learn keeps AWARE solid, dynamic and growing.

A like attitude extends to our program participants, allowing for our humanness, and for our ability to learn and grow in various ways. To be able to do

so requires physical and emotional safety, telling one's experiences to a listener who empathizes and understands, and reconnecting with others. The courage and strength that victims of domestic violence and sexual assault summon on their healing path often includes an element of vulnerability. It touches me deeply every day.

When a man who has abused power over his partner reflects on his own behavior, an opportunity for change and healing occurs. AWARE's Juneau Choice and Accountability Program (JCAP) affords men the gift of examining and reflecting. Each of us is responsible for our own behavior, for our own feelings and needs. It's another part of our being human, a lifelong learning process.

One of my and AWARE's current curiosities is how we

move forward with our extended stay shelter facility. We'd intended to build 6 units and office space, children's space and community space, adjacent to our current facility. As we moved forward, the cost to build only six units was about \$3.5 million, which was greater than the funding we'd raised. It was also quite expensive per unit, and caused us to consider other options including other sites and existing buildings. We're in a very new place right now, and as we continue to explore possibilities please contact me directly if you have any questions/concerns/ideas. It's essential to AWARE that we be good stewards of public and private funds, of the donations you've given for this project so that women and families leaving our emergency safe shelter have an extended opportunity to build safety and stability. We are committed to this. I can be reached at saralyn@awareak.org, or by phone at 586-6623.



AWARE Executive Director Saralyn Tabachnick

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“True happiness comes from the joy of deeds well done, the zest of creating things new.”

~Antoine de Saint Exupery



SAVE THE DATE!

Aug. 15: GOTR Volunteer Information Session.

Aug. 24: GOTR new coaches training, 9-5 at AWARE.

(Contact Julie at AWARE for details and/or to register).



Advocate Spotlight

I have worked at AWARE for nine months. I am learning the impact domestic violence has on us all. I believe education is one of the most important parts of prevention. I believe this training can be done with sensitivity and understanding. Domestic Violence is a cycle in

our community that needs to be stopped. I am very grateful to be part of the AWARE family as we support women learning how to use their own voices. I am honored to be a part of AWARE and hope to be here for many years.

-Kim Lucas, Advocate



Girls on the Run Coaches Training

Girls On The Run is looking for volunteer coaches! Girls on the Run (GOTR) is a 12 week/24-lesson after-school program that combines running and an interactive curriculum to provide girls with the tools they need to make positive decisions and to avoid risky adolescent behaviors. **Join us in helping girls train for a 5K and preparing**

them for a life time of self-respect and healthy living.

All new coaches must attend a one day coaches training, commit to coaching 1-2 times a week for 12 weeks and have a desire to work with girls 8-14 years of age. **Training for new coaches will be held on August 24th from**

9-5pm at AWARE. The Fall season of Girls On The Run starts up September 9th and will conclude with the 5K on December 7th.

For more information contact **Julie at AWARE at 586-6623 or juliew@awareak.org** or learn more about Girls On The Run at gotr-sealaska.org



Healing Arts Exhibit Recap!

April was Sexual Assault Awareness Month (SAAM) and AWARE held our annual Healing Arts Exhibit. This year, many different forms of art was displayed at Rockwell's backroom. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals to prevent sexual violence. This last April, AWARE

focused on healing and social change and we asked different artists from the community to raise awareness and to create beauty and meaning out of pain and loss. This year's theme was **Reclaim. Renew. Rejoice!** It was about taking back power and voice, and using it to support ourselves and others.

Thank you to everyone—Juneau artists—AWARE staff and friends, who generously contributed artwork in the form of prose, poems, written word, and physical artwork. Also, thank you to Rockwell for letting us use your space for the evening, and for catering some great snacks. It was a great evening.

Volunteer Corner

Summer 2013

As a non-profit AWARE relies upon volunteers to support and strengthen the services we provide for Juneau and southeast Alaska. Our fantastic volunteers provide a wide variety of tasks and creative ways to ensure that AWARE's mission and values are portrayed in our every day work.

This ranges from taking our weekly recycling to the recycling center, to providing childcare so that mother's can attend Support and Education groups. This also includes completing administrative tasks to cooking meals for residents staying in our facility. The options are endless and the volunteer potential is beautiful.



fully demonstrated by those who help us on an occasional basis or who have been a part of our team for many years.

RECOGNITION

We would like to thank the women of SWEET who traveled to Juneau in May by cruise ship and spent their day at AWARE gardening and doing some landscaping work as well. We appreciate your hard work and support!

We would also like to recognize Campus Crusaders for Christ who spent most of a sunny day cleaning and organizing our basement and distributing some donations to other agencies in Juneau. Thank you for

your interest in our agency and support of our needs!

CURRENT VOLUNTEER OPPORTUNITIES

We are currently seeking volunteers to help with occasional basic administrative tasks, as well as a volunteer to do a once-a-month cleaning of our two agency vehicles.

If you are interested in becoming a volunteer at AWARE please call 586.6623 and ask to speak to Dawn, our Volunteer Coordinator at 586-6623 or email her at dawnk@awareak.org. Thanks again, current and prospective volunteers, we appreciate you!

“The best way to find yourself is to lose yourself in the service of others.”

~Mahatma Gandhi



AWARE's Advocacy Training

AWARE's Domestic Violence and Sexual Assault Advocacy Training begins Monday, September 16th, 2013 and ends Monday, September 30th. Sessions are held in the evenings and on weekends. This 40-hour

training empowers community members to understand issues of domestic violence and sexual assault; to recognize and support those who have been subjected to domestic or sexual violence; and to prevent violence in our

community. For more information or to register call AWARE at 586-6623 and ask for Dawn Kolden. You can also email her at dawnk@awareak.org.

**Nominate a 2014 Women of Distinction today!
Deadline is Sept.23 2013. Please visit our website www.awareak.org
to download an application or call Mandi J. at AWARE 586-6623
for more information.**



Dove Tales



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.

Laundry detergent	Flashlights	Twin sheets/blankets (white)
Bus tokens	Diapers & Wipes (all sizes)	
Toilet paper	New sweat suits, socks, underwear (all sizes)	
Kitchen utensils	Copy Paper	3-5 quart saucepans
Movie, swim, skate rink & climbing wall passes	Stamps for residents to mail letters	
Office Supplies	Your time as a volunteer	

Goodbye Emily!

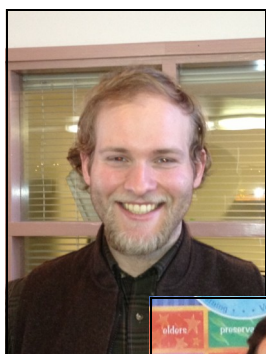


Emily Wolf has served at AWARE, Inc. as the Prevention VISTA for the last year and we are preparing our farewell. Emily has grown tremendously over the past year as she has become mentor to many youth leaders supporting and guiding their ideas for social change into pro-

jects. Some of Emily's accomplishments include the Leadon! mini-summit where she supported 7 local youth in attending and participating in the annual youth conference in Anchorage. Emily supported the post Leadon! youth-led project, an art show and community cafe which created a place for teen

voices and perspectives to be heard and honored. Emily has been a stellar note taker and documenter and has brought enthusiasm and heart to her work at AWARE. We wish you the very best in the next steps, may the journey be filled with only good things for you. Thank you for your service.

Thank you Lauren & AJ!!



This summer has brought us sunshine, warmth and many opportunities to enjoy Juneau. It might be nearly perfect...if summer didn't signal the end of our time with AJ and Lauren, this year's Jesuit Volunteers. During the past year, AJ Smith has volunteered as a part-time legal advocate and JCAP advocate for AWARE. He has learned how to write a top-notch protection order petition, how to negotiate behavioral

challenges with participants in the JCAP program, and what to do on a crisis call at 3am in the shelter. AJ has also taught us so much about being mindful of our communication, and we are gratified to know that he is considering remaining in Juneau.

Lauren Waski has been our shelter advocate since August, 2012, and has been a source of strength when we really needed her. After our Shelter Services Coordi-

nator left last November, Lauren stepped up and has written advocate schedules, handled difficult conversations, and organized our work. She has remained calm when we were super busy, retained her sense of humor when we were feeling down, and been nurturing when we needed comfort. I appreciate her thoughtfulness and professionalism, and am excited to see what Lauren will do next!

Farewell to Christine-Part II...

Summer 2013

Yet another year has passed, with Christine at the mast,
Steering our ship through thick & through thin, no matter what kind of shape it is in!
She always makes beautiful, and can be described best as dutiful,
Lunches, and stats, Christine has down pat,
As the tide turns, something in me yearns,
to take stock of all the things we have learned...
Christine gave her time, plus some more on the side,
Helping AWARE and making things square,
For two years she toiled, sometimes covered in soil,
The friends she accrued, cannot be more shrewd,
When we say that we know, what we need to run this show: Christine!
But alas! Christine, she is leaving, and we have already begun our grieving,
We do not say in jest, as we wish her the best,
Farewell, Christine, our well-oiled machine!
Don't forget your time in the mountains so sublime,
All the women and children, who, in you, have put their faith in,
And we workers, at AWARE, who have loved you there.



“If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.”

~Unknown

Join AWARE on Facebook!

Would you like to stay connected to AWARE by getting the most up to date information on our programs and events? Do you like seeing inspirational quotes, pictures, and articles when you login to Facebook? If so, we invite you to "like" AWARE, Inc. on Facebook. Social media is a daily part of our lives and AWARE is using it more and more to stay connected to our community! For AWARE's general page go to www.facebook.com/



Like us on
Facebook

AWARE.AK and click "like."

Interested in engaging with those working to end violence before it starts?

Check out the great violence prevention work going on in our community by visiting Juneau's Pathways to Prevent Violence page at www.facebook.com/JuneausPathways.

Girls On The Run, one of AWARE's prevention strategies, aims to inspire 3rd-8th grade girls to be joyful,

healthy and confident. This 12 week after school program creatively integrates important life lessons with running and culminates with a celebratory 5K. Check out our new Facebook page for pictures, program updates and inspiration! "Like" Girls On The Run of Southeast Alaska at www.facebook.com/GOTRSoutheastAlaska.

We would greatly value your participation in our Facebook pages and look forward to connecting with you in a new way.



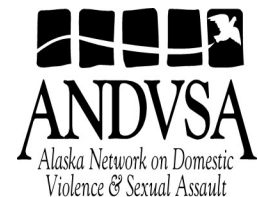
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AWARE Action Fund of the
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JCAP Advocate	Emma-Lily Schmitz

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!