Serving the communities of Elfin Cove,Gustavus,Haines,Juneau,Klukwan,Pelican,Skagway,Tenakee Springs & Yakutat

Spring 2011

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2011 Women of Distinction Wrap-Up!!

"Healing takes courage, and we all have courage, even if we have to dig a little to find it."

~Tori Amos

Thoughts & Thanks from Saralyn!

Lately someone asked me, "what's new at AWARE?"

"Thanks for the asking!" We are broadening our prevention work with our community partners: You've maybe heard of Girls on the Run-this season we have 7 groups in 6 Juneau elementary schools, plus groups in Yakutat, Haines and Hoonah, and we're providing support and oversight for sites in Sitka, Ketchikan and Petersburg; we're working with the Juneau Realtors Association on the Alaska Men Choose Respect and White Ribbon Campaign; Juneau teens are taking the lead on both a Choose Respect community mural and our second annual REBOUND kayak trip, focused on teen leadership, to Glacier Bay-with the Park Service, Hoonah Indian Association, SAGA, and with teens from Tenakee, Hoonah, Gustavus and Juneau.

We've got partners presenting the Vagina Monologues at UAS on April 21 and 22 at the UAS Student Rec Center; we're working with staff of Central Council of Tlingit and Haida Indian Tribes of Alaska and the State of Alaska, Office of Children's Services to determine how we can best work together to keep children safe, support women who have survived domestic violence, and hold batterers accountable. AWARE is sponsoring Kathleen Macferran, certified Non-Violent Communication trainer for a community workshop: Finding Our Strength Within on April 30th and May 1st.

Maybe you were at the Governor's Choose Respect March or March 31, or First Friday at the Silverbow where healing art (created in partnership with AWARE and the Canvas) is displayed, or at our Sexual Assault Awareness Month 5K Waterfront Run.

Perhaps you were present at our 15th Annual Women of Distinction Banquet and fundraiser, honoring Debi Ballam, Susan Cox, Selena Everson and Diana Stevens. This was a fabulous evening, full of humor and heart, warmth and wisdom.

Truth is, there is always something new at AWARE. I like this; I see it as AWARE moving forward. And we could not do it without our awesome staff and volunteers who step up time and again to support each other and our work, to support the individuals and families who use AWARE services in an effort to live lives free of violence and full of personal power.

Thanks to each of you for your fulfillment in AWARE's growth, and in your own. We couldn't do it without you!

AWARE’s Fifteenth Annual Women of Distinction Dinner and Silent Auction was a magnificent success! It was a privilege to recognize this year’s honorees Debi Ballam, Susan Cox, Selena Everson and Diana Stevens. Their unique contributions to our community and their words of wisdom and inspiration made this event an exceptional celebration.

AWARE extends gratitude and appreciation to our Juneau community for your amazing support. This annual fundraising event was made possible by numerous people offering generous gifts of expertise, energy, and heart. Our thanks, first and foremost, to our honorees, such a fine representation of Juneau women: Diana, Selena, Susan and Debi, each in her own special way of being, make for a stronger and healthier Juneau. Thanks also to Representative Kathy Munoz for her opening remarks and presenting the awards and Legislative Citations to the honorees. We thank Katharine Heumann for her fun and lively hosting as Mistress of Ceremony; Rob Cohen, Adrian Minne, and Clay Good for graciously providing opening music. Thank you to Alaska’s Kit and Rose Humphreys for warming us up with songs and accompaniment.

Continued on page 10.
More than 60 Communities in Alaska (more than one dozen in Southeast) marched together on March 31st to raise awareness about domestic violence and sexual assault in Alaska. This march was part of Governor Parnell’s Campaign to end violence against women and children. The march started at the Capitol Steps and ended at Marine Park.

To visit the Governor’s Choose Respect website, visit: http://gov.alaska.gov/parnell/priorities/choose-respect.html

In March, AWARE and the Canvas partnered together, offering two Healing Arts Workshops for individuals to create art and recognize Sexual Assault Awareness Month (April). This was an opportunity to give voice and meaning to non-violence, to support loved ones and/or to express creatively one’s own, unique self.

The art was then revealed at The Silverbow on April 1st, during the First Friday Gallery Walk. We had a great turn out and yummy food catered by The Silverbow. Thanks to everyone who helped with the exhibit: Sam Adams, Jan Huelsman, MK Macnauthon, Christy Namee Eriksen, Sarah Newsham, Phoebe Rohrbacher, Sadie Ingalls, Rachael Beck, Alex Andrews, Ian Rober, Lisa Colella and Bridget Cass. And a very special thanks to The Canvas, The Silverbow, Juneau Pride Chorus for adding music and to those artists who contributed their work to the powerful exhibit.

The unveiling on First Friday supports victims of violence and promotes nonviolence through visual arts and expressive writing. The Silverbow will be displaying the Healing Arts Exhibit throughout the month of April.

April is Sexual Assault Awareness Month!!

March 31st Governor’s Choose Respect March

This past Saturday, over 60 runners joined us for our annual 5K Waterfront Race in recognition of Sexual Assault Awareness Month, to honor survivors of child abuse and sexual assault.

The run started at 9am at the Juneau Arts & Humanities Council. Before the race started, Mandy O’Neal Cole (Direct Services Manager) spoke about AWARE and the services we offer.

Thanks to Super Bear Supermarket and The Rookery Café for donating water, fruit, and coffee. We also thank Paul DeSloover (Race Director for Southeast Alaska Roadrunners) for helping set up the race, as well as the volunteers, and those who braved the weather to run in support of AWARE and SAAM!
The Vagina Monologues

The theatre program at the University of Alaska Southeast, a partnership between UAS and Perseverance Theatre, presents Eve Ensler’s The Vagina Monologues as part of V-DAY Juneau. V-Day Juneau joins the global effort to stop violence against girls and women.

When: April 21st (7pm) & April 22 (7pm & 9pm)

Where: The University of Alaska Southeast Student Recreation Center.

Price: Tickets are $10 for adults and $5 for students. Tickets are available online, at the JAHC, both Hearthside Books locations or by calling 463-TIXS.

All proceeds from these performances will benefit AWARE, Inc. (Aiding Women in Abuse and Rape Emergencies). For more information about AWARE, please visit our website www.awareak.org.

In 2010, over 5,400 V-Day benefit events took place produced by volunteer activists in the U.S. and around the world, educating millions of people about the reality of violence against women and girls. To date, the V-Day movement has raised over $75 million and educated millions about the issue of violence against women and the efforts to end it, crafted international, educational, media and PSA campaigns, launched the Karama program in the Middle East, reopened shelters, and funded over 12,000 community-based anti-violence programs and safe houses in Democratic Republic Of Congo, Haiti, Kenya, South Dakota, Egypt and Iraq. In twelve years, the V-Day movement has reached over 300 million people. Further information about V-Day can be found at www.vday.org.

Finding Our Strength Within: Empowering our Communities!

AWARE presents Kathleen Macferran (pictured right), Certified Trainer with the Center for Nonviolent Communication to host this Finding our Strength Within: Empowering our Communities Training at Taproot Yoga Studio on April 29th (6:30pm-9pm), April 30th (9-5pm), & May 1st (9-4pm).

This workshop will explore:

- How to bring authenticity & courage into daily life
- Ways to remain centered in the midst of others’ disappointments
- Transforming pain into individual & collective power
- Restorative practices for engaging with conflict & finding common ground

Registration fee is $250 (scholarships are available).

For more information visit Kathleen Macferran’s website: strengthofconnection.com or call Mandi Johnson at AWARE 586-6623 to register.

The next Healthy Relationships Class for Women starts Tuesday, May 3rd and runs for ten weeks, through July 5th. Classes are held at Bartlett Regional Hospital, Admin. Building from 6:15pm-7:45pm!

Call Ellen at AWARE 586-6623 with questions and/or to register.

“Sometimes our light goes out but is blown into flame by another human being. Each of us owes deepest thanks to those who have rekindled this light.”

~Albert Schweitzer
As Co-Chair of the Juneau Homeless Coalition, I met with Senator Begich last week regarding the housing and homelessness situation in Alaska. Sen. Begich was candid about the cuts to housing programs that are likely to be a part of this year’s federal budget. I was alarmed to hear about further reductions to programs that are already unable to meet the needs of Alaskan families.

The connection between domestic and sexual violence and homelessness is undeniable. 79% of households receiving federal housing assistance are headed by women. Many of us still believe that homelessness in the US is caused by mental illness, a result of deinstitutionalization during the 1960s and 70’s. This is no longer the case. Our nation’s homeless are women and children. Many of those families have suffered from domestic violence and sexual abuse. For these families, the emphasis is not on healing, but on surviving.

There are local, state and federal programs designed to prevent these families from living on the streets. However, they are not enough to feed, clothe and shelter each person - but they are a measure of relief for many women and children. As federal spending tightens, we as local communities and state entities will need to fill in the gaps. This is a tall order in a time of economic hardship for many. Thus, our work is finding creative and compassionate ways of reaching out with limited federal funding. We can prevent homelessness or reestablish stable housing for families by continuing to advocate for women and children, and making their safety a priority for our cities and our state.

Mandy O’Neal Cole

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**Self–Concept Builders and Stealers**

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<thead>
<tr>
<th>Builders</th>
<th>Stealers</th>
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<tbody>
<tr>
<td>Focus on their children’s strengths.</td>
<td>Focus on their weaknesses.</td>
</tr>
<tr>
<td>Expect their children to work for most of the things they want.</td>
<td>Give their children everything.</td>
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<tr>
<td>Set loving limits &amp; expect their children to behave.</td>
<td>Are afraid to set limits.</td>
</tr>
<tr>
<td>Make discipline look easy.</td>
<td>Show frustration &amp; make it look hard.</td>
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<tr>
<td>Show their children that arguing &amp; manipulation doesn’t work.</td>
<td>Get sucked into arguments &amp; power struggles.</td>
</tr>
<tr>
<td>Guide their children to own &amp; solve the problems the children create.</td>
<td>Rescue or punish.</td>
</tr>
<tr>
<td>Avoid lectures &amp; repeated warnings.</td>
<td>Use lectures &amp; repeated warnings often.</td>
</tr>
<tr>
<td>Love their kids for who they are.</td>
<td>Love their kids for what they do.</td>
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**The Link Between Bullying & Domestic Violence**

Like domestic violence and teen dating violence, bullying is an attempt by one person to gain dominance or control over another. Typically, bullying is repeated over time. It may involve physical aggression such as shoving or kicking, verbal aggression such as name calling, or more indirect acts such as spreading rumors, deliberate social isolation, or using e-mail and websites to bully or harass others.

Studies show that between 15-25 percent of students in the United States are bullied with some frequency. Children and youth who are bullied are more likely than other children to be depressed, anxious, lonely, feel unwell, have low self-esteem and think about suicide (Limber, 2002; Olweus, 1993). Bullies are five times more likely to become adult criminals than nonbullies. Bullying also affects other students who are bystanders to bullying, creating a climate of fear and disrespect in schools and having a negative impact on learning.

There are clear links between bullying and domestic violence – both involve an abuse of power. Children who grow up in homes with domestic violence may learn that it is acceptable to be abusive and that violence is an effective way to get what you want, including by bullying. As in domestic violence, the bully blames the victim or target for the abuse, which often leads to the target blaming him or herself for the abuse.

Article taken from Melrose Alliance Against Violence. “Bullying.” http://maav.org/home/bullying/
Make It Mom's Day All Year Round

Teach kids how to treat mom with the respect she deserves!

By: Dr. Charles Fay

Mother's Day is a special day for moms to enjoy some well-deserved relaxation. An effective way for kids to help mom on Mother's Day – and throughout the year – is by assisting with chores around the house. Chores are an important part of family life. They provide the foundation upon which responsibility, self-esteem, and strong family relationships are built.

At the Love and Logic Institute, we've found that kids who make meaningful contributions to their families, such as preparing dinner once a week or completing household chores, are more likely to gain academic achievement, enjoy success in life, and develop a desire to give back to the community.

Here are four practical, easy-to-learn tips to teach children the value of helping their mothers (and fathers) all year round:

Tip #1: Teach kids to do their fair share of the housework without being hounded.

It will make mom's life a lot easier if kids complete chores without frequent reminders. With one simple statement, show your kids you mean business in a loving way by saying, "I'll be happy to do the things I do for you as soon as your chores are done."

Tip #2: Guide your kids toward needing less help with completing daily chores.

It's never too early to start teaching kids how to take care of themselves. As early as age two or three, kids can learn daily activities, such as getting ready in the morning, putting away toys, and preparing for bed in the evening. In order to teach kids how to be independent, have them write down a list of daily tasks and mark them off the list as they are completed. If the child is too young to write, such as a two-year-old, draw pictures of the daily tasks with your child.

Tip #3: Assign chores as repayment for withdrawals from your "emotional bank account."

When a parent asks a child to stop misbehaving, but the child keeps it up, the parent can say in a loving, soft tone of voice, "How sad! Your behavior has really drained the energy out of me. Now I'm too tired to clean the bathrooms. When you get them done, I'm sure I'll feel a whole lot better." If the child refuses or forgets to do the chore, wise parents don't lecture or threaten. Instead, they quietly allow their child to "pay" for their bad manners with one of their favorite toys.

Tip #4: Show kids why it is wise to be polite to mom (and dad).

When a child talks back, pick one loving statement in response and say it over and over again, such as, "Honey, I love you too much to argue." Kids will learn that they need to use a polite tone of voice and respectful words when requesting assistance from their parents.

It's never too early or late to start raising kids to respect their parents. I know of a mom with a 15-year-old who had to "go on strike" with her son, because he was very demanding, wanting to know, "Where's dinner? Where are my clean clothes?" In response to her son's rude requests, she said, "I'll be happy to help you when your chores are done and I feel respected." It eased her stress level and before long, her son was a much happier, more respectful and responsible child. Give Love and Logic a try and join thousands of parents who have discovered easy and effective ways to improve their relationships with their kids and teach positive family values.

By: Dr. Charles Fay - a school psychologist and speaker/author of the Love and Logic Institute. He is the son of Jim Fay who is one of America's most sought-after presenters in the fields of parenting, positive discipline, and classroom management. With Foster W. Cline, M.D., he is the co-founder of The Love and Logic Institute and co-author of the bestseller Parenting with Love and Logic.

Juneau Rollergirls Donate Proceeds from Fundraiser to AWARE!

The Juneau Rollergirl’s donated half of their proceeds from their January Meet & Greet event to AWARE! Three of the Rollergirls (pictured on the left) came to AWARE to present the check to AWARE’s Admin. Assistant Mandi Johnson.
We are proud to announce that we have had our first local sports team complete the Coaching Boys Into Men Program! Coaching Boys into Men is a program geared towards boys and men working together to stop violence against women and girls. Here is the account of one of our Jesuit Volunteers, Ian Roeber, who was able to meet with the team at the end of the season:

When I walked into the TMHS gym I was greeted by the squeak of shoes on the hardwood and the cheery voices of the Thunder Mountain Men’s Basketball team. As I was greeted by TMHS coach John Blasco, I noticed a poster near the door with the team’s signatures pledging to “choose respect.” I asked what his overall thoughts were about the program and its effect on his team. He beamed at his players as they joked with one another during warm ups as he said, “It definitely has made a difference.” He continued to tell me about how it’s common on road trips for one of his players to say something and to immediately have the rest of the team correct him. He added that this generally leads to a half hour conversation about respect and is a typical conversation these days for his young team. He smiled, “It’s a good group.”

After bringing the players together on the bleachers, the gym became quiet as they nervously eyed me during Blasco’s introduction. Aware of the fact that I could easily say too much at first I asked, “I want to know what you guys think of the program, how was it?” quickly followed by “What does the word ‘respect’ really mean to you?” The silence hung in the air like the sparse banners from the rafters. Anxiously they looked back and forth between me and their coach. “Well don’t look at me guys, answer the question,” laughed Blasco. Finally one of the players spoke, “Respect is about treating others as you would want to be treated.” The group nodded in agreement, the awkward silence having been broken they all began to chime in. “Yeah respect is something that is shown through all your actions— even in ones that you wouldn’t think about,” said one player. That opened the door to an entire conversation about how CBIM in many ways broke the imagined “ice” around the subject of respect amongst sports players. “Before this program we never got a chance to talk or think about what respect means,” said another player quickly followed by another comment, “Respect is just not something that comes up for us in any other part of our lives.” It was obvious that they all sincerely believed what was being said, pointing to one another as they each made comments surrounding this new awareness they had found as a team. “Now that we started talking about it, I can’t stop thinking about it,” said a player, the others chuckling and nodding in agreement.

I followed up by saying, “It’s obvious that this has opened a door for your team in terms of what can be talked about it, and so what kind of impacts has this program had on your team?” They all paused for a moment until one player blurted, “We stopped swearing.” The other players looked at him and all began to say, “That’s right- we did stop,” “I’d never thought of that before but we did, didn’t we?” Running with the humorous twist on the conversation I asked, “Were you out of control before with your swearing?” They all laughed, “No,” said one player, “it’s just that we lose a lot of games and before we would yell at ourselves and at each other cause we were frustrated. The locker room was always filled with us gettin’ on each other about what we did and didn’t do. Now we try to focus on the stuff we have done well like, ‘Nice shot out there’ or ‘Hey man I liked your hustle on that play.’” The team continued to agree with head nods, “This program really has changed what we’re like as a team.” As they continued to speak about the impact of Coaching Boys Into Men, I noticed that the more we talked about it, the more the team began to perk up, the more they began to smile. They were proud of who they were as a team despite their 4-18 record on the season.

After some quick pictures, I stood once more with Coach Blasco as the team started drills. He began to explain what a journey this team has been for him even as a coach. “You come in with a brand new team and it’s frustrating, you don’t win a lot of games, but man it’s been really good to see this team grow.” I agreed with him that this team would have a great deal of experience and leadership by the time they reached their final years as Thunder Mountain Falcons and he replied, “Yeah they really have come together, by the way, they have already asked what the program will look like when they start next season.”
Teen kayak trip to Glacier Bay!

Applications have now been submitted for the week—long kayak trip to Glacier Bay for teens 14-18 yrs. from Juneau, Sitka, Gustavus, Hoonah, and Tenakee Springs. The trip will take place June 1st-8 and is made available through a partnership between AWARE, Inc., Hoonah Indian Association, Glacier Bay National Park Service and SAGA. Youth leaders selected will develop the REBOUND curriculum and will facilitate conversation with peers, as well as:
- discuss issues of respect
- develop leadership skills for building healthier relationships
- gain tools for promoting social change in their home communities
- develop expertise in the great Alaskan wilderness

Please contact Ati Nasiah at AWARE 586-6623 for more info!

Become a GOTR Running Buddy!!

\textbf{Girls on the Run} (GOTR) is an innovative program for 8-12 year old girls that uniquely combines training for a 5K run with life skills lessons that emphasize healthy habits and an active lifestyle. The young girls in our programs train for their first big race. They get stronger and can run longer. They learn about goal setting and achievement, motivation and overcoming obstacles. They cross a finish line that changes their outlook on themselves and their lives. A \textbf{Girls on the Run Running Buddy} is a person who supports a Girl on the Run on her race day! Running Buddies run along with their Girl on the Run, encouraging and motivating her throughout the race. Running Buddies do not need to be elite athletes, but need to be able to walk, run, hop, or skip a 5k with their runner. We will match you with a girl of similar ability. If you are interested in becoming a Running Buddy or would like information about GOTR contact Katie Smith at (503)510-8556 or ksslotstravels@gmail.com or Swarupa Toth at 586-6623 or swarupat@awareak.org.

\textbf{Girls on the Run: Sole-Mates}

The Girls on the Run Sole-Mates\textsuperscript{®} program provides a great opportunity to give girls an example of healthy living. By joining Girls on the Run Sole-Mates, you can play a vital role in ensuring the future success of Girls on the Run\textsuperscript{®} programs that impact on the lives of thousands of young women every year.

SoleMates is the adult charity running leg of Girls on the Run\textsuperscript{®} (GOTR). We are male and female athletes who pursue individual goals, such as running a marathon or participating in a triathlon, to raise money for local Girls on the Run\textsuperscript{®} councils.

Registration for Girls on the Run SoleMates is $26.00 and then members agree to raise a minimum of $262.00. We support our runners every step of the way with exclusive runner premiums, effortless on-line fundraising and online support. We encourage our participants to continue fundraising beyond the low minimum to support our mission. Additional incentives are available for all participants who surpass their fundraising goal.

Just as SoleMates members are changed by their experience, Girls on the Run uses running to transform the way girls see themselves and their opportunities. Our ultimate goal is to raise enough money to reach every girl, and to educate and prepare her for a lifetime of self respect and healthy living. If you have more questions, please do not hesitate to contact AWARE at info@awareak.org, or email solemates@girlsontherun.org.

\textbf{The Spring 2011 Girls on the Run 5K Fun Run} will be Saturday, May 7th!

\textbf{When}: Festival starts @ 10am; Run is @ 11am!

\textbf{Where}: Twin Lakes Playground

\textbf{LOST} at Women of Distinction Gala... a red/pink hand-knit hat (tam or beret style). It was a handmade gift from a dear friend and has great sentimental value to its owner. Please contact Mandi J. at AWARE 586-6623 if you happen to have it or know its whereabouts! thank you!
2011 Women of Distinction

Debi Ballam: RN-C, LBCLC

Debi was born and raised in Victoria, British Columbia. She was inspired to work in health care by her father, who, after dropping out of high school to join the army, worked his way through medical school on the GI bill. He believed helping the sick, to be a noble professional pursuit. Debi pursued her nursing education in Vancouver, British Columbia, and while doing her student nursing there, observed progressive obstetrics, as well as seeing women in labor enduring stirrups and being tied down. She knew then she wanted to be a part of the “progressive” movement to include women in their healthcare decisions and empower them to have the birth they wanted.

Shortly after moving to Juneau in 1979, Debi started working in Obstetrics at Bartlett Hospital. This included labour and delivery, newborn care and special care nursery. She became certified in inpatient Obstetrics and later as a Board Certified Lactation Consultant.

In the 1990s when health insurance companies started cutting the length of obstetrical hospital stays, Debi recognized that not all women were ready to go home with their newborns that soon. In response, she developed outpatient programs to support and educate new parents before and after the birth. Thanks to the support of the Bartlett Regional Hospital, she teaches the Bartlett Beginnings classes free of charge, and developed an outpatient lactation program.

Debi now teaches child birth classes, healthy pregnancy and breastfeeding classes along with baby and toddler parenting support groups, and prenatal and parenting groups just for fathers. She offers one-on-one counseling and advocacy for lactation, creating an empowering and supportive environment for women.

Debi makes a real effort to draw in all women and does whatever it takes to help moms care for their newborns, to teach and nurture their babies, and to guide and love their toddlers. Over the years, her classes have created a community for new families. Her groups include topic discussions, moms supporting each other through parenting challenges, and guest speakers in specialized fields such as baby sign language and pediatric dentistry. The groups have evolved now to include online networking.

As an advocate for breastfeeding, Debi organized women to testify at the Alaska State Legislative hearings on a bill that would require employers to provide breastfeeding mothers access to a private room with a sink and a chair to pump/breastfeed and time for breaks to do this while at work.

Breastfeeding has been shown to decrease the risk of child abuse and abandonment and improve intelligence. Breastfeeding improves baby’s immune response, protecting baby from infection, cancer and diabetes. It also protects the mother from heart disease, osteoporosis, and even some cancers. In short, breastfeeding saves lives.

Debi’s work has been inspired by Molly Pessl, RN, IBCLC, who started a new mothers support group and Lactation Clinic in Kirkland Washington, and by the talented nurses she works with. She was encouraged to pursue her ideas for these programs by her friends and colleagues Mary Ann Wood, Ellen Rogers, and Jan Beauchamp. She is most inspired by the families she serves, who have all helped her to continue and build upon the programs she started 25 years ago.

Debi is a member of the International Lactation Consultants Association, International Childbirth Education Association, and Women’s Health Obstetrical and Neonatal Nurses. She loves spending time with her husband, Mark Schwan and children Alana and Joelle. She enjoys hiking, Nordic skiing, cooking, traveling, and picnicking with family and friends on the beach on those rare and beautiful summer evenings.

Selina Everson (Ka se’ix): ANS Executive Committee Member

Selina was born in 1928 in a fish camp across from Angoon, AK. She was the youngest of 12 children and attended Sheldon Jackson High School. Selina has overcome many obstacles from being punished for speaking her Native language, Tlingit; to living with overt racism, and her fear of public speaking. She has risen above these negatives to become a voice for her people. She speaks up for what is right and for those who feel they don’t have a voice, or the courage, to speak for themselves.

In 1962 she married Murlin “Mike” Everson. They settled in Juneau and raised 5 children (Donelle Catrina, Patricia, Mark, Michael). She worked as a waitress for many years before transitioning into the clerical field and becoming the receptionist at the Governor’s Office.

In 1982, she and her husband moved to Seattle and she became active in the Alaska Native Sisterhood (ANS) and helped found ANS Camp #83, where she became ANS Grand President for 3 terms. She is also an active member of Juneau ANS Camp #70 and serves as Camp Council. Her involvement with ANS has brought out the best in her. She has become more vocal in advocating for education, Native rights, and subsistence issues. She testifies before the Alaska State Legislature and is a guest speaker on public radio on these issues. Selina’s mother and inspiration, Fannie, was a founding member of ANS Camp #7 of Angoon.

In 2000, Selina spoke at Bartlett Regional Hospital at the 10-state awareness program regarding domestic violence. She also serves on the Juneau Tlingit & Haida Central Council (T&H) Foster Care Task Force, played a role in establishing the annual Southeast Native Women’s Conferences and Elizabeth Peratrovich programs, helps with the Tlingit Immersion programs sponsored by Sealaska Heritage Institute, and works for the Juneau Indian Studies Program at Harborview Elementary School, where she is the Tlingit Language Elder and is known as “Grandma Selina.” She was featured in the February 4, 2008 Juneau Empire article titled Tlingit Classes Draw Outside Interest; on the Tlingit classes at Harborview. Additionally, she has been approached by various political candidates for information, feedback, and an introduction into the Native community.

In her spare time, Selina enjoys crocheting and singing with the Tlingit Gospel Singers. She is a member of Northern Lights Presbyterian Church and has seven grandchildren and eight great grandchildren.
Susan Cox: Community Volunteer & Servant

Susan was born in Calgary, Alberta and grew up in San Marino, CA. As a student at the country's largest single sex women's college, Smith College, in the 1970's, she was very interested in seeing doors open for women in all fields and endeavors. Susan earned her JD law degree from UC Davis, and was admitted to the California and Alaska Bars in 1983. She came to Juneau in 1982 as a law clerk and now serves as a Chief Assistant Attorney General and statewide supervisor of the Torts and Workers' Compensation Section in the Alaska Department of Law. Susan is a mentor to young women attorneys, and a community volunteer at organizations promoting education, development, and self-esteem for Juneau youth. Susan states, “It takes a village to raise a child- the more caring adults involved in a child's life the better.”

In high school, Susan went to Turkey with American Field Service Intercultural Programs (AFS), which work for world peace through international student exchanges. For several years, Susan has been involved with AFS in Juneau to ensure that youth from Juneau and abroad have the opportunity to participate in this cultural exchange. Her family has hosted an exchange student from France, and she has served as a student family liaison.

Susan’s volunteer activities began with the Juneau Bar Association in which she served as an officer for four years. In 1991 she joined the board of the Tongass Alaska Girl Scout Council, where she also volunteered as a troop leader and board president. She continues to share her time as a board member of the Girl Scouts of Alaska today. Susan helped expand Girl Scouts into villages where few organized activities were available for girls, and has worked to provide Girl Scouting opportunities to all girls who want to participate. She has been recognized for her leadership and service with the most prestigious awards of the national Girl Scouts of the USA, the Thanks Badge and the Thanks Badge II, and the Tongass council's Anita Van Dyck Award. Susan also volunteered as a member of the Alaska Joint State-Federal Courts Gender Equality Task Force, which evaluated issues of gender fairness in the Alaska legal system and examined ways to eliminate barriers to gender equity both in the judicial process and legal profession. She has served as alumnus admissions contact for Smith College, and on the boards of Juneau Co-op Preschool and the Juneau Ski Club. She is a deacon at Chapel by the Lake Presbyterian Church, where she sings in the choir, and delivers food boxes through Love, Inc.

In her spare time, Susan enjoys cooking, singing, traveling anywhere, gardening, walking/hiking, spending time in her family's barebones cabin outside Tenakee Springs, attending music and theater performances, and having time with her husband, Tom Nave, and children Julia (23) and Peter (20). Susan is especially appreciative of her family's support in everything she's ever done. Her husband in particular realizes how much it's meant to her to be involved in the community, and she is grateful for his support. She is also thankful for the friends she's made and worked with and the inspiration they've provided. Susan states, “I know I have gained more from volunteering than I've given.”

Diana Stevens: Sensei

Diana Stevens was born and raised in Western Washington. At the age of 19, she made her way to Alaska. After several years in Ketchikan, she moved to Anchorage and Hawaii before moving to Juneau. Diana started training in Shotokan Karate in 1982 after friends introduced her to it in Anchorage. After moving to Juneau and seeing that this type of karate wasn't offered, Diana and another instructor approached community schools and started holding classes in the music room of Mendenhall River and Glacier Valley Elementary Schools. Eventually the Juneau Shotokan Karate Club was formed. Diana is the Chief Instructor and a 5th-degree black belt.

Diana has been a member of the Juneau Shotokan Karate Federation since 1986. She has been an instructor for the Juneau Shotokan Karate Club, in addition to attending the many hours required to run the non-profit club. In addition to being one of the more highly ranked women in the International Shotokan Karate Federation, Diana has two 22 year old children, twins Jacinda and Dylan Hayes.

Diana and women of Juneau Shotokan Karate have accepted annual invitations to teach women’s self-defense workshops at AWARE during domestic violence awareness month. In 1986 they became the first karate club in the U.S. to join 4-H. The Club is now affiliated with the University of Alaska Fairbanks Cooperative Extension Service through the 4-H Clubs of America. In 1999 Diana won the Volunteer of the Year Award for youth programs from CBJ Community Education. She is a huge supporter of the Big Brothers Big Sisters program.

Today, Diana is employed as a contract officer for the Alaska Department of Health and Social Services. She volunteers 10 hrs. /week as instructor of the Juneau Shotokan Karate Club, in addition to the many hours required to run the non-profit club. In addition to being one of the more highly ranked women in the International Shotokan Karate Federation, Diana has two 22 year old children, twins Jacinda and Dylan Hayes.

AWARE is now accepting nominations for 2012 Women of Distinction. Visit our website www.awareak.org or call us at 586-6623!
We thank Amy Carroll for designing the printed program, Jeannette St. George for producing bid sheets and table names, and Rie Munoz for her beautiful artwork. We appreciate the exceptional efforts toward the Silent Auction art direction and organization by Ann Rausch and slide show of AWARE volunteers and events by Angelina Ahrens. Thank you to Elizabeth Shier and Emily Thynes for your beautiful photography.

Thanks to Women of Distinction Corporate Sponsors and Precious Gems. Their generous financial support helps make the event all that it is. Special thanks to our $2500 Gold Corporate Sponsor: First National Bank Alaska, to our $1,000 Silver Sponsors: Wells Fargo, Hecla Charitable Foundation and Women Caring for Women – Nell Ann Wagoner. Thanks to Precious Gems: $1,000 Diamond, Alaska Housing Finance Corp., Wellspring, and Sealaska Corporation, $750 Sapphire, ANS Camp #70, and $250 Rubies; Sam Kito, Jr., Elgee Rehfeld Metz CPAs, IBEW-Local 1547, MRV Architects, Cathy Carter, Diane and Al Adams, and Carol and Tom Schwan. We offer a special thank you to KTOO Public Broadcasting and the Plant People for their in-kind contributions.

Thank you to our generous auction donors! Both businesses and individuals are listed on our website www.awareak.org – thank you for making our dinner a financial success and 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, thanks to the dedicated Board of Directors; Co-Chairs Michele Masuda and Chris Burke, Secretary Tisha Gieser, Treasurer Cheryl Eldemar and members Robin Gilchrist, Cathy Johnson, Barbara Murray, Maren Haavig, Jessica Srader, Jeff Irwin and the staff at AWARE who worked tirelessly to bring the details of the event to life. 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.
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
- Fans
- Flashlights
- Laundry Detergent
- Bus Tokens
- Toilet Paper
- Kitchen utensils
- Tissues
- Twin sheets
- Diapers and wipes
- Pens, paper clips, rubber bands
- 3-5 quart saucepans
- Movie, swim, skate rink, & bowling passes
- Your time as a volunteer
- Art supplies

New Faces at AWARE...

Tom McCabe: JBAP Co-Facilitator

Hello, I’m Tom McCabe, newly hired co-facilitator for the Juneau Batters Account- ability Program (JBAP). I’m relieved to be back in Southeast Alaska after three years away at graduate school; absence truly made my heart grow fonder for my family, community, and the wilderness I grew up in. I’m also excited and a bit anxious about the challenge of co-facilitating the JBAP men’s groups. Thankfully I’m confident that at AWARE I’m surrounded by great teachers and role models for cultivating non-violence, even with men convicted of battering their partners or children. My goal is to uncover the basic goodness that is in each of our hearts, no matter how confused or hurtful our past behavior has been, no matter how much pain is in our lives.

When not striving to notice the myriad ways in which control and coercion are embedded in our society, I enjoy walking, running, skiing, kayaking, and just sitting in the unspoiled nature that we are graced to live in. I also like to gather wild edibles, cook, mess around with computers, and talk about just about anything with anybody. Meditation and Buddhist teachings help me occasionally find peace even in our hectic times. I hope that when we meet, you’ll tell me what is important in your life.

Shannon Bible (Hawkins): T&H Advocate

I moved back to Juneau in April 2010 after living in Anchorage for 8 yrs. I was a catering coordinator for 3 years at the Sheraton Anchorage hotel, an administrative assistant for the Southcentral Foundation for 2 years and spent 2 years at Cook Inlet Housing as the Community Director.

I have a down-to-earth personality and have strong family values that will be a great asset to the environment at AWARE. My family descends from Hoonah, and I am of the Cha’ak (Eagle) moiety, Kaagwaantaan (Wolf Crest) clan. I am proud of my heritage and believe that it gives me strength and clarity when things get trying in life. I am the great-granddaughter to esteemed late Tlingit leader, Austin Hammond Sr. I am the daughter to Dorothea “Dottie” Lindoff and John Hawkins Sr., both of whom are deceased. I am the proud mother to three strapping boys, Dominic, 12, Terrance, 7 and the youngest Kayden at 5 years old. I recently married Tierney Bible, and plan to spend the rest of my life with him.

I look forward to my time at AWARE as the T&H Advocate, and plan to contribute and dedicate myself to those who seek out the comfort and assistance at AWARE. I love people, and love giving selflessly to those that are in need even more. I hope to have a long & proud work history with AWARE, and look forward to what each new day has to offer.

“Kindness, like a boomerang, always returns.”
~Author Unknown

“No one is more cherished in this world than someone who lightens the burden of another. Thank you.”
~Unknown
Please include the AWARE Action Fund of the Juneau Community Foundation in your will!

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www.awareak.org