



DOVE TALES

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

Thoughts & Thanks from Saralyn!!

Fall 2012

During the 12 month period ending June 30, 2012, AWARE provided 7,566 nights of safe shelter for 234 women and children. Those numbers are significantly above our prior 10 year average of 5,115 nights (5,883 nights was our former high) for 198 women and children. We responded to over 2,000 crisis calls, and over 230 individuals received legal advocacy services. We were at the hospital 54 times, accompanying women during medical or forensic exams, and over 200 children received ongoing services.



Executive Director
Saralyn Tabachnick

I remember providing a training several years ago, and one of the participants asked me how I continue to do this work, day after day, year after year. I told her it was about the healing, and that my heart breaks every day. It's heartbreaking, the violence that is perpetrated against women and children day after day, year after the year, the violence that is 100% preventable.

Perhaps shelter use is so high this year because Governor Parnell has given voice and

vision to violence against women and children; no doubt Juneau's housing vacancy rate of less than 2% is also a factor. Whatever the circumstances, the AWARE staff is present to support survivors, to offer safety and safety planning, to provide an atmosphere of calm and caring, where women and children can release some of the anxiety, fear, and distress that has dominated their lives. To breathe just a little easier, to know that breathing easier is even possible, begins a process of change.

How do we keep that process going? How can we best support a lifetime of safety and stability for women and children who have lived with fear and abuse from someone who was supposed to love them and care for them? Thanks to you, our staff is able to maintain presence and support for courageous survivors who call or walk through our doors. Thanks to you, our staff, board and community are able to support and hold a vision where women and families leaving AWARE's emergency safe shelter have a safe place to go,

to create their own safe homes under the umbrella of AWARE.

During the month of October, AWARE will begin our Major Gifts Campaign to raise funds for 6 transitional housing apartment units to be built adjacent to our current facility. We are honored to have First Lady Sandy Parnell as Honorary Chair and Marla Berg as General Chair and soon we'll be on our way to raising \$150,000, with the Rasmuson Foundation offering a dollar to dollar match, providing an opportunity to bring us \$300,000 closer to moving our project forward. We can't do this without you! Thank you for providing ongoing support for the women and children we serve, and for the staff and volunteers on the frontlines. Your gestures of kindness and generosity land in our hearts, and encourage our continued work to provide essential and critical services for individuals working to create safety and stability for themselves and their children. Thank you for supporting our work to offer new ways of being with ourselves and in relationship, in community and in the world.

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

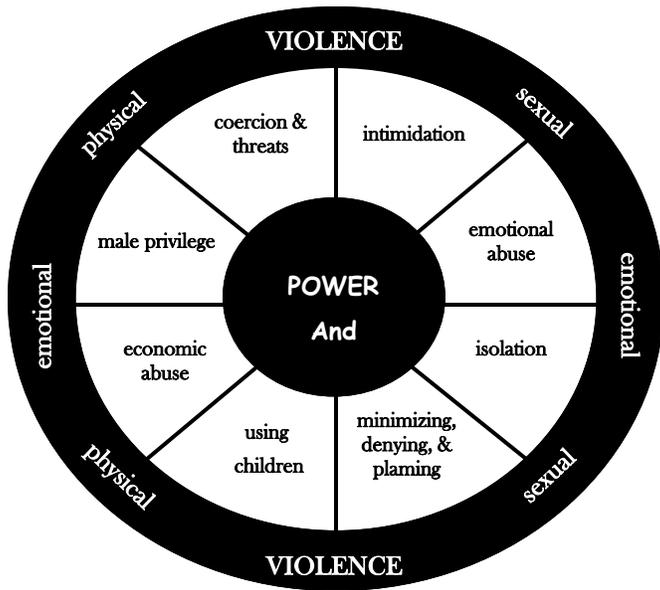
~Anatole France

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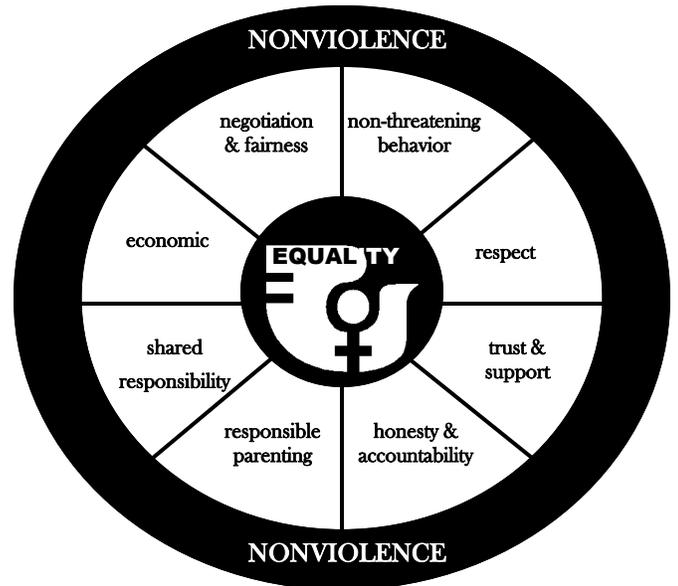
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October is Domestic Violence Awareness Month

To learn more about the abuse of
POWER & CONTROL...



To learn more about the abuse of
EQUALITY...



contact **AWARE 586-6623** or visit our website at www.awareak.org

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

2012 Calendar of Events

Friday, Oct. 5th: Purple Ribbon/Choose Respect Campaign

Please wear a purple ribbon and show your support for victims and survivors of domestic violence! Purple ribbons and Choose Respect cards are available at AWARE, local Juneau businesses, and at galleries during the First Friday Gallery Art Walk on **October 5th**.

Week of Oct. 8th: White Ribbon Campaign (WRC)

AWARE and the Southeast Board of Realtors will hold White Ribbon Campaign (WRC) pledge drives during the week of October 8th at Floyd Dryden Middle School, Dzantik'I Heeni Middle Schol, Yaakoosge Daakahidi Alternative High School, Juneau Douglas High School, and Thunder Mountain High School. We will ask each student to "pledge to never commit, condone or remain silent about violence against women and girls."

Wednesday, Oct. 10th: "The Invisible War" Movie

The Alaska Network on Domestic Violence and Sexual Assault (ANDVSA) and AWARE will present the investigative documentary, *The Invisible War*. This film is about the "epidemic of rape within the US military." For more information about *The Invisible War*, visit www.invisiblewarmovie.com. Screening will be held on **October 10th** at **7pm** (doors open at 6:30pm) at the **Gold Town Nickelodeon**. Suggested donation is \$10/\$5 for students. All proceeds will benefit victims of domestic violence and sexual assault. We hope to see you there!

Saturday, Oct. 13th: Walk a Mile in Her Shoes 5K Run

Juneau is hosting a Walk a Mile in her Shoes® event on **October 13th** at **9am** at **Sandy Beach**. We invite you to run a 5K (in running shoes) or participate in the 1-mile march in high heels, as part of the international men's march to stop gender violence. Registration is \$15, kids under 10 are free. Forms can be picked up at AWARE, JRC the Alaska Club, Pavitt Health and Fitness, Alaskan Nugget Outfitters or online at www.awareak.org. Contact Mark Calvert at AWARE for more information!

Friday, Oct. 19: Lunch & Learn

Come join AWARE for Lunch & Learn at **noon** on Friday, **Oct. 19th** at **AWARE**. After watching a short film entitled, *Charting New Waters: Responding to Violence Against Women with Disabilities*, there will be a facilitated conversation to discuss thoughts about the film and its implications for serving survivors with disabilities. Lunch will be served. Please join us!

Saturday, Oct. 27th: Women's Self-Defense Class

AWARE and Juneau Shotokan Karate Club will be offering a self-defense class for women and teens age 16 and older, on **Oct. 27th** from **9am-3pm** at the **Zach Gordon Youth Center**. Pre-register by calling AWARE. Cost is \$10 per person; scholarships are available!

Month of Oct. 5th: Grade Poster Contest

AWARE's Annual 5th Grade Poster Contest. 5th graders here in Juneau have created posters around this year's theme, *Trust Your Inner Voice!* Posters will be on display at the Nugget Mall during the month of October.

Information on Victims' Rights

Article I, section 24 of the Alaska constitution provides to all crime victims the following rights.

The right to:

- Be treated with dignity, respect and fairness;
- Protection from accused through the imposition of appropriate bail or conditions of release by the court (including release on appeal);
- Confer with the prosecution;
- Timely disposition of the case;
- Obtain info. about and be allowed to be present at all criminal or juvenile

proceedings where the accused's release from custody is considered;

- Restitution from the accused;
- Be informed, upon request, of the accused's escape or release from custody before or after conviction or juvenile adjudication.

For more information on the rights of crime victims' please call the State of Alaska Office of Victims' Rights, toll free 1-866-247-2620, or visit their website:

officeofvictimsrights.legis.state.ak.us



Helpful Tips from LOVE AND LOGIC Parenting

When I advise parents about saying "no," I tell them the same thing I tell adolescents who might be considering some self-destructive act: "You can always do that, so let's try other things first."

~Give a choice and imply consequences: "Gee, I don't think that is a very good decision and I'm pretty sure that might turn out poorly for you."



voice): "I've always wondered about what leads kids to be obnoxious or purposefully mean to their parents. Can you help me understand that?"

~Give a direct question: "How do you think that is going to work out for you?"

Remember, Love and Logic has nothing against telling a kid "no." However, that means the response has not been clearly thought through. If we can say something that helps the child to make their own decision, we are further ahead. And we create future opportunities for successful conversations with our child/children. A goal? To have productive and respectful conversations in our family systems.

~Suggest an alternative behavior without ordering it: "I think that if I were in your shoes, I would probably change my tone of voice rather than being asked to leave."

~Ask for illumination (without using a witness-stand-tone-of-

"I brought children into this dark world because it needed the light that only a child can bring."

~Liz Armbruster,

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.



Back to School Safety Tips

For the millions of students heading back to school this fall, increasing violence on campus is a harsh reality. In fact college-aged students are at the highest risk of being sexually assaulted — often by someone they know. Being aware of these risks, looking out for friends and using a bit of common sense are often the first steps in staying safe. Today, RAINN (Rape, Abuse & Incest National Network), the nation's largest anti-sexual violence organization, released helpful safety tips for college students going back to school.

"While heading back to school is an exciting time for students, it can foster a false sense of security," said Katherine Hull, spokesperson for RAINN. "The risk doesn't just come from strangers lurking in the bushes, but from their peers on campus. These simple tips can help students stay safe while enjoying college life."

- **1. Go with your gut.** If you feel unsafe, or even uncomfortable, in any situation, trust your instincts and leave. Don't worry about what others may think.
- **2. Make people earn your trust.** A college campus can foster a false sense of security. Just because a person goes to your school, knows your friends, or spends time at your favorite hangouts doesn't mean they'll look out for your best interests. Get to know people and then decide whether to trust them.
- **3. Be true to yourself.** If someone is pressuring you, it's better to lie and make up an excuse to leave than to stay and be uncomfortable, scared, or worse. Your safety comes before someone else's feelings or what they may think of you.
- **4. Be a good friend.** Watch out for each other and stick together as much as possible. If, for whatever reason, you have to separate from your friends, let them know where you are going and who you are with. If a friend is acting out of character or is way too intoxicated, get him or her to a safe place. If you suspect that you or a friend has been drugged, call 911.
- **5. Keep your phone on you.** Make sure it's fully charged before you leave home in case you find yourself in an uncomfortable or dangerous situation. Make a backup plan for the night so you know where and when to meet up with friends even if your phone dies.
- **6. Be mysterious online.** Posting social media updates about your whereabouts, even your class schedule, could allow someone to track your every move. If you wouldn't give that information to a stranger, then don't put it online.
- **7. If you see something, say something.** If a situation seems questionable, intervene. By taking action you can prevent a crime from being committed. It can be difficult to know what to do, especially if you're feeling overwhelmed. Sometimes it helps to stop and take a deep breath. Remember, you can always contact your resident assistant, campus police or call 911.
- **8. Party Smart.** Guard your drink at parties. Don't accept them from people you don't trust or know well. Stick to drinks you got or prepared yourself. If you happen to walk away from it, get a new one. Keep track of what you've consumed so that you can stay in control. If you feel like you're getting sick or are too intoxicated, find a friend that you trust to help you get home. Save the number for a reliable cab company and carry enough cash on you to get home.
- **9. Be aware.** If possible, try to walk home with a friend. Whether walking to the library or leaving a party, use a well-lit route back and stay aware of your surroundings.

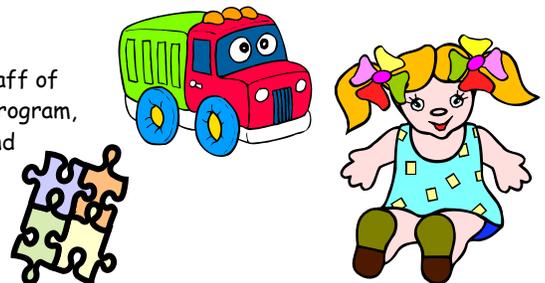
Ultimately, there is no surefire way to prevent a perpetrator from committing an act of sexual violence. If you or someone you know has been affected by sexual violence, talk to someone who understands what you're going through. You are not alone. Help is available 24/7 through AWARE's crisis line 1-800-478-1090 or the National Sexual Assault Hotline 1-800-656-HOPE.

Thanks to Juneau's Imagination Station...

A heartfelt THANKS to the folks at your store downtown who care so much about the children of Juneau. Your ongoing and generous donations of children's puppets, art supplies, puzzles, dolls, books, dress-up costumes, and much, much more--contributes so much to the healing of abused children and women. You make a big difference in strengthening safe and

healthy families.

In appreciation from the entire staff of AWARE and AWARE's Children's Program, Cara, Rachel, Meghan, Christine, and Lauren.



Three Generations of Advocates, of Strength, of Connections

"If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is a present in your body. You are the continuations of each of these people." ~Thich Nhat Hanh

JoAnn Hanson, an AWARE advocate and the matriarch of the group, would even include AWARE as a fourth generation in her family, it's had that incredible of an impact on her and her descendants. Her daughter, Roxanne Thomas, is our shelter advocacy coordinator and JoAnn's granddaughter, Sahba Farahbakhsh, spend her much of her summer vacation volunteering at AWARE. In fact, Sahba's mom (JoAnn's other daughter) Gracey also worked here years ago. All expressed how natural it is that they are each involved, that AWARE is part of their family legacy. Compassion is rooted deep in family values, radiating through the way each woman described the strength and courage they encounter in the women and children they work with and the humility in their expressions of their own personal growth since being involved at AWARE.



From left to right: Roxanne Thomas, Sahba Farahbakhsh and JoAnn Hanson.

Roxanne was the first of the trio to get involved at AWARE, starting at age 19 as an advocate and volunteer coordinator. She had first heard about AWARE as a 15 year old (the same age as Sahba now) from someone who worked here and described it as a life changing moment. She knew then that it was what she wanted to do. Later, when she decided to move out of Juneau for school, she suggested her mom go to AWARE.

JoAnn wasn't sure at first if Roxanne was indicating she should head to AWARE for services or apply for a job there! She did apply for a job and has worn many hats since then; she's always been an advocate and has also been the lead advocate, the shelter service manager, and the

transitional housing advocate for the past few years and a seasoned relief advocate, JoAnn has stayed at AWARE over 25 years, even through difficult personal times, because of the supportive environment. She acknowledges that

she's experienced much personal growth from working here, that she has become stronger. Her late husband noticed this change in her and really responded to this new empowerment. JoAnn expressed a love for women who come to shelter, with an extra spot in her heart for those who are addicted to substances. She has witnessed transformations in women, that "there are little changes that add up to a new lifestyle". Part of it comes from staff accepting women as they are and where they are, rather than where someone thinks they should be.

Roxanne returned to AWARE three years ago and can't imagine working anywhere else, saying that "no other work has meant as much to me". Being an "AWARE-ian" so early in her professional development opened many doors and greatly impacted the way she views the world, allowing the lens of empowerment and strength to shine on her studies and jobs. She says "It's not about being a "do-gooder" or "helping", rather it's a place where shoulder to shoulder we can work with women. AWARE is a place of reciprocal growth and flow, that there is giving and receiving on both ends ; there is a balance. She has witnessed the strength and the courage of both the women who come for services, and the staff, including seeing the increasing strength in her own mom.

She talked about how much she herself has received working here, including all the support thru her recent brain surgery. Her hospital room was decorated with photos the staff sent, cards, telegrams, flowers, poems, and other cheerful items, and that's just where the support started.

While Sahba has known about AWARE for as long as she can remember, this is the first year she has volunteered extensively. She spent her summer vacation in Juneau before starting her sophomore year of high school in Moses Lake, Washington. She knew volunteering was a great opportunity and worked with the kids' groups, recycling, organizing, and provided both administration and moral support. Sahba is an advocate-- for herself, her friends, and her family, taking time to have conversations about what a healthy relationship should look like. She sees women's courage in acknowledging the abusive situation they've encountered and then leaving it, knowing how difficult that can be. Both JoAnn and Roxanne see how being at AWARE has allowed Sahba to work with her own feelings and be gentle with herself. Sahba plans to use her natural advocacy skills in her dream of being a heart surgeon, inspired by seeing so many of her family members needing medical care.

The legacy continuing to be made by these three great women is extensive. Their respect, their own strength, and most of all, their belief in others' strength spreads AWARE's message of empowerment. It is carried farther than their own family, stretching into the lives of so many who spend any time with them. AWARE was gifted this summer by getting to have all three of them under our roof at the same time!

~Written by Sarah Newsham

Meet New Staff at AWARE...

Katie Cranor-Volunteer Coordinator

Hello, I'm Katie Cranor and I am joining AWARE in the capacity of Volunteer Coordinator.

Joining AWARE is becoming a bit of a pattern in my life, as I have served in a variety of positions over the course of my time in Juneau. I consistently strive to balance my own participation in the community by engaging at the direct



service and systemic levels. AWARE is assisting me in achieving this ongoing balance. I'm grateful for the opportunity to join AWARE once more and that the transition feels quite seamless.

I'm currently preparing for the Fall Advocacy Training and eager to engage with community members who desire to grow in their knowledge and

awareness of domestic violence and sexual assault in our community. I anticipate the outcome of the training to produce a wealth of resources, in the form of new volunteers, advocates, and beacons of hope in our community...this is quite exciting.

Interested in contributing time/talent/skill to AWARE, please contact me at katiec@awareak.org.

Dawn Kolden-Education Specialist

My name is Dawn Kolden and I am the Education Specialist at AWARE. I am encouraged to work in an environment of respect that promotes individuality through education.

I began my journey to Alaska in Petersburg, where I taught Theater at the Community Schools, was Vice President of the Arts Council and ran Natural Helpers at the High School. I received a grant from Petersburg Mental Health and became a certified Drug and Alcohol Counselor. All of this led me to obtain from UAS my Master's in Teaching.

I am happy to have become part of the community of Juneau.

Most recently I have been fortunate to be partnering with the Yukon School District as an Artist in Residence where I have been collaborating with the Native Language Specialist bringing story telling and movement to students in the villages.

I believe in doing my very best and teaching the value of education as a means to making our world a better, happier and safer place to live.



Emily Wolf-Prevention VISTA

My name is Emily and I am the new AmeriCorps*VISTA at AWARE. I am working in prevention-- more specifically, I will be working to promote healthy relationships for teens. I have a background in public health and women

studies from San Diego State University. While there, I was involved with the San Diego Domestic Violence Council as well as worked at Jewish Family Service in the Youth Leadership Department.



Carrie Guthrie-Shelter Advocate

Hello, my name is Carrie Guthrie I am the new night time advocate on the 12-8am shift. I have lived in Juneau for six years with my husband of twelve years and three wonderful children. I am

excited to be working here at AWARE and look forward to serving the needs of my community.



Lauren Waski-JV Shelter Advocate

Hello! My name is Lauren Waski. I moved to Juneau about a month ago with six other lovely Jesuit Volunteers. Until next July, I'll be serving as the Women and Children's Advocate here at AWARE. I am originally from Westhampton, NY and graduated from Boston College in 2011. I just moved from Gresham, OR where I finished up my first year as a Jesuit

Volunteer serving as a bilingual domestic violence advocate. I like to think my time in rainy Portland was a good stepping stone to this year in even rainier Juneau. I am very excited for both my year at AWARE and for the adventures that await me here in Juneau. If we haven't met already, I look forward to meeting and working with you!



AJ Smith-JV JCAP Advocate

My name is Andrew Smith and I am one of the two new JV's at AWARE. I am from Long Beach, CA and I recently graduated from University of San Francisco with a degree in Theology and Religious Studies. I moved to Juneau in August with six

other wonderful roommates and I can't wait for the snow to come (First white Christmas!!). I love to go on hikes and mainly be outdoors, normally in warmer weather but hopefully the cold won't slow me down. I also like to go out dancing, and

listening to live music. If you see me around town, please introduce yourself. Blessings, AJ



Kimberly Lucas-Shelter Advocate

Hi, I am Kimberly Lucas, and I just moved to beautiful Juneau from Nashville, Tennessee. I have had the chance to live in a lot of places, and went to school at New Mexico State. Working at AWARE

will make it possible to do a job that is very rewarding for me. I look forward to growing and learning as I walk in this new path in my life. I feel great pride in my ability to do a great job.



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 | Flashlights | Full-sized toiletries |
| Art Supplies | Towels | Diapers & Wipes |
| Bus tokens | Twin Sheets & Blankets | Laundry detergent |
| Toilet paper | New sweat suits, socks, underwear (all sizes) | |
| Kitchen utensils | Copy Paper | Your time as a volunteer |
| 3 - 5 quart saucepans | Movie, swim, skate rink, & climbing wall passes | |
| Office Supplies (pens, post-it notes, etc.) | Forks, silverware | |
| Stamps-for residents to mail letters | New garbage cans | |
| Cleaning supplies | Trash bags | Blank greeting cards |



Sponsor-a-Family

AWARE will begin our Sponsor-a-Family program in December. If you would like to sponsor a family for the holidays (with clothing, toys, food baskets, and more), please contact Mandi at AWARE 586-6623 with more information and/or to sign-up!

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

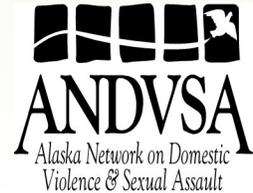
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Shaa-ka Ut-Yatx-Noow

www.awareak.org



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

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Direct Services Manager

Program Manager

Prevention Manager

Rural & Comm. Outreach Coord.

Children's Counselors

Education Specialist

Legal Advocate

Shelter Advocacy Coordinator

Shelter Advocates

Tlingit & Haida Advocate

Volunteer Coordinator

Administrative Assistant

Lead Children's Advocate

Jesuit Volunteers

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