A publication of AWARE, Inc.
“Aiding Women in Abuse and Rape Emergencies”

Dove Cottage
A Place of Peace
Shaa-ka Ut-Yatx-Nóow

Serving Elfin Cove, Gustavus, Haines, Hoonah, Juneau, Kluận, Pelican, Skagway, Tenakee

New Advocates train for AWARE

AWARE’s volunteer coordinator, Ati Nasiah, organized a 40 hour training for AWARE’s new staff, volunteers, community members and representatives from other agencies, to learn more about domestic violence, sexual assault, child abuse, and other related issues.
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Become familiar with the internet.
Know the safety risks.
Be able to set rules.
Let children know they can come to you, should a problem arise.

There are several great websites that offer help in educating both adults and children on using the Internet safely. Here are a few sites that provide good information: www.wiredsafety.org, www.netsmartz.org, www.blogsafety.com.

Family Computer Contracts for Online Safety

⇒ The family computer contract should cover acceptable us, personal safety, and what to do if something goes wrong.
⇒ Involve the entire family in developing the contract.
⇒ A copy of the contract should be posted by the computer.
⇒ Keep the internet-connected computer in a common area of the house with the screen facing outward so you can see what’s going on.

Online Safety Tips for Children

1. Always delete unknown email attachments instead of opening them.
2. Never send pictures of yourself or your friends through the Internet.
3. Don’t continue a conversation that makes you feel uncomfortable — ”disconnect” by going to another area of the internet.
4. If someone harasses you online, or says anything inappropriate, let an adult know right away so they can contact the Internet Service Provider.
5. Don’t give out your personal information online. People on the internet can be anyone, anywhere. A “fourteen year old girl from New York” could in actuality be a 42 year old man from California.
Thoughts and Thanks from Saralyn

It's been a continuously busy summer/fall here at AWARE, with approximately 30 women and children staying at AWARE for safe shelter each night. This tells me we’ve done a good job of spreading the word about domestic violence, sexual assault, child abuse, and AWARE services. I don’t believe more people are needing AWARE services, I believe more people know about them and feel comfortable using them, and for this, I’m very grateful. When women and children are victimized, they need to know that they did nothing wrong, they didn't deserve to be treated abusively, they can regain control over their own lives, and that AWARE is here to support and advocate with them. They deserve the empathy, understanding and compassion of people throughout our community. The staff at AWARE possess those qualities, and every day, I believe each of us working at AWARE learns something new about working with people who’ve lived through violence and conveying information to them, and for this wonderful staff open to learning and growing, I’m very grateful. To our community members who refer people to AWARE, whether it’s through your professional work or personal relationships, as you help break the silence and isolation of victims of domestic violence and sexual assault, they become survivors. In our actions and words, there is an impact we may or may not be aware of, and the more awareness we bring to our actions and words, the more helpful we can be, to ourselves, our families, our community. This is a position each of us can take responsibility for, and for this, I’m very grateful.

In this newsletter, you’ll see a nomination form for AWARE’s Women of Distinction honor. Please take a few minutes to think about a woman who’s had a significant and positive impact on your life and the lives of others. We will honor four women on March 10, 2007 at Centennial Hall, and we hope you’ll join us. Our work at AWARE can be challenging and difficult; it can also be rewarding and uplifting; it can be all of this at once. On March 10, our community joins AWARE in celebrating the joy and inspiration of the fabulous four of 2007, raising funds to support women working to come into their own, and for this, I’m very grateful.
The AWARE Fall Advocacy Training was completed at the end of September. As the volunteer coordinator I had the opportunity to support staff and participating members throughout this journey. I was moved by the depth of the growth that took place. At one point, after hashing out issues of privilege and internalized oppression, I had the realization that we are doing something very profound, cutting edge, and important, both for our personal development as human beings, and for our commitment to the larger community and human rights safety.

I would like to thank all AWARE staff for their passion and commitment to educating the Juneau community on these human right issues and the support they offered me throughout the training. From creating new curriculums, to training participants, to making coffee, to taking out the trash, AWARE’s staff team effort and support was incredible and moving.
DELTA Project Tours Southeast

by Laurel Carr-Michael, Delta Coordinator

The DELTA (Domestic Violence Enhancement and Leadership Through Alliances) Project is an innovative violence prevention project funded by the Center for Disease Control & Prevention. Juneau residents and youth organizations coordinate to approach the issue of adolescent intimate partner violence prevention through a Coordinated Community Response. Some of you may know of the CCR through our monthly planning meetings. The next meeting is October 17th at noon.

In July, Alaska DELTA Coordinators and Children’s Program members gathered in Valdez for the Trust Walk Glacier Camp. This camp, which recently received funding from the state DELTA project, invited youth from many Alaskan communities including Juneau, Valdez, Sitka, Dillingham, Bethel and Cordova to participate in a week long camping trip at the base of Shoup Glacier.

The mission of this camp was to provide outdoor education in a wilderness setting, while preventing first time perpetration and victimization of interpersonal violence.

More recently, DELTA Coordinators in Sitka, Valdez and Juneau joined a group of domestic violence professionals on a trip to Ketchikan and Prince of Wales Island in an education saturation mission. In two days, our team reached ten communities targeting the eighth grade and all high school grades. Among the communities we presented to were Port Protection, Kassan, Hyder, Naukati, Hollis, Port Alexander, Coffman Craig, Klawock, and Hydaberg.

For more information about the DELTA project, Laurel Carr-Michael can be reached at AWARE at 586-6623 Email: deltacoord@aware.alaska.com
Women of Distinction Award
Nomination Instructions

Objective of the Women of Distinction Program:

• To celebrate women of distinction in our community
• To recognize women who have worked to benefit the lives of women and children in Juneau
• To honor unsung heroes of the community, as well as those with publicly recognized achievement
• To encourage community members and groups to recognize women of distinction within their organization
• To support AWARE’s work with victims of domestic violence and sexual assault

Awards Criteria:

• Candidate has demonstrated a commitment to improving the quality of life for women and children in Juneau.
• Candidate has demonstrated qualities of integrity, dedication, motivation and leadership in the community.
• Candidate has demonstrated qualities of teamwork and the willingness to share her own skills and expertise in the accomplishment of goals.
• Candidate has demonstrated qualities of a role model.

Nominees do not have to be from the field of Domestic Violence and Sexual Assault. Current AWARE Board members and employees cannot be considered for nomination nor can they personally submit nominations.

Attached is a 2 sided nomination form for your use. This form is the major information document used for selection. Please be specific and where applicable, cite examples of how your nominee meets the Awards Criteria. Attach additional sheets if necessary. The AWARE Board of Directors will select four honorees for the 11th Annual AWARE Women of Distinction event to be held at Centennial Hall March 10, 2007.

Please return the attached form, postmarked no later than October 31, 2006 or hand deliver to AWARE or FAX to 586-2479
Women of Distinction Award
Nomination Form

Name of Nominee: ________________________________________________
Telephone: Home _________________ Work _________________ Cell ______________
Email Address: _____________________________
Physical Address: __________________________________________________________

Your Name: _______________________________
Telephone: Home _________________ Work ___________________ Cell ______________
Cell ______________
Email Address: _____________________________
Physical Address: __________________________________________________________

How long has the nominee been doing this type of work?
☐ Less than 5 years  ☐ 5-10 years  ☐ 10-25 years  ☐ over 25 years

(If this woman is under 25 she will be considered for the Young Woman of Distinction Award.)

The candidate is ____ years of age.

What percentage of the work has been accomplished
______ As a paid professional? ______ Through volunteer work?

How long has the nominee lived in Juneau? _________________

How long have you known her? _________________

In what capacity have you known the nominee? ____________________________________
___________________________________________________________________________________________

☐ Yes! I am willing to be a resource and contact person to help collect additional information on the woman I have nominated.

Thank you for taking your time and effort to nominate this special woman. We truly appreciate your participation! Please feel free to duplicate this form.

Past honorees are: Justine Emerson, Caren Robinson, Linda Torgerson, Freda Westman, Shirley Dean, Kaye Kanne, Myra Munson, Dorothy Thornton, Linda O. Augustine, Sara Boesser, Kay Greenough, Carla Timpone, Kelly Mangano, Diane Lindback, Marie Olsen, Nancy Seamount, Connie Trollan, Mo Longworth, Glenda Carino, Stella Martin, Diane Sly, Robin Gilcrist, Toni Mallott, Mary Tonsmeire, Fran Ulmer, Merry Ellefson, Ethel Lund, Margaret Pugh, Tish Griffin-Satre, Beth Bellflower, Mildred Boesser, Laury Scandling, Vicki Soboleff, Joy Lyon, Kim Metcalfe, Jeri Museth and Laura Stats, Nora Dauenhauer, Lynnette Dihle, Sally Rue, Tamara Simone Collins.

Please return this form to AWARE by October 31, 2006
Women of Distinction Award
Nomination Form

Your Name: ___________________________ Contact Phone: ______________

Nominee’s Name: ________________________ Contact Phone: ______________

Please indicate below why you feel the candidate should be considered for an award. Please use additional paper as needed. This is the major source of information used by the AWARE Board of Directors for selection. Please give as many details and examples as you can.

1. Please provide a biography of your candidate. Be sure to include specific information such as highlights of her early life and/or obstacles overcome at any time throughout her life.

2. What qualities does the candidate have that make her a leader and role model for others? How have the candidate’s activities impacted the lives of women and children?

3. How has this woman’s work represented and/or supported diverse groups within our community?

4. Why is this woman a “Woman of Distinction”? 
Calendar of Events for Domestic Violence Awareness Month
October 2006

Self Defense Class for Women: October 28
Facilitated by Shotokan -Do Karate. Held Saturday, October 28, 9:00 a.m.—3:00 p.m. at the Zach Gordon Youth Center. Pre-registration is required. Call AWARE at: 586-6623 for more information. Cost is $10.00.

DV Awareness Table Toppers
Watch for them in local restaurants.

Clothesline Project: Month of October
The Clothesline Project, part of a national project, is a visual display that bears witness to the violence against women and children. It is scheduled to be in the Mezzanine at the Alaska State Office Building during the month of October. Please be sure to pay a visit.

Purple Ribbon Campaign: October 6th
Purple ribbons attached to a small informational card to be distributed at local galleries during the First Friday Gallery Walk the evening of October 6.

5th Grade Poster Contest: October 13 – 31
All Juneau Public School 5th graders are invited to participate in a poster contest. This year’s theme is “Peace Begins With Me.” The deadline for entries is October 9th. All posters entered will be on display for you to view at the Mendenhall Mall.

Cut-It-Out: Thursday, October 24
AWARE will host an educational seminar at the Buoy Deck for salon professionals in partnership with CUT-IT-OUT, a program designed to instruct salon professionals on how to recognize warning signs of domestic abuse and safely refer clients to local resources.

Movie Night at the Silverbow’s Backroom
Friday, October 27th 8:00 p.m. 120 2nd Street, Juneau
In support of Domestic Violence Awareness Month, the movie of choice will address intimate partnership violence. We welcome your attendance.
New Staff and New Positions at AWARE

Hello Everyone!

My name is Laurel Price and I am the new Jesuit Volunteer here at AWARE. I am very excited to be here and experience beautiful Alaska. I was born in Salt Lake City, Utah (no, I am not LDS) and lived there until I attended Gonzaga University in Spokane, WA in the fall of 2002. This past May I received my Bachelor of Arts degree, majoring in Psychology with a minor in Sociology. In college I was involved in volunteering at a teen homeless shelter and also assisted in the April’s Angels project, fixing up neighborhood schools, through Gonzaga University. I am already enjoying my new position and am eager to see what the rest of my time here has in store for me.

Laurel Price, Jesuit Volunteer at AWARE.

Hello Everyone!

My name is Mandy O’Neal Cole, and I am the new Advocacy Services Manager at AWARE. I started at AWARE as the Rural and Community Outreach Manager last October, but took this new position after having a baby in July. That baby’s name is Theron Rex O’Neal Cole, and he now accompanies me to work and is really getting the hang of women’s advocacy.

I came to AWARE from Sitka, where I worked at SAFV for several years. I’ve come to enjoy living in the Big City, and am getting used to the challenges of a larger shelter with many more clients. I’ve been very busy adjusting to a full shelter and my new responsibilities in this position, but am grateful to my friends at AWARE for accommodating my new situation with grace and patience. Theron and I are lucky to be working in such a supportive and loving environment.

Thanks! Mandy O’Neal-Cole

New Advocate Services Manager

Advocacy Services Manager Mandy O’Neal-Cole and son Theron.
NEW STAFF AND POSITIONS
Continued from Page 10

For the past year, I have been the Advocacy Services Coordinator and recently transitioned into the position of Rural and Community Outreach Manager. Working in the shelter afforded me a daily experience in understanding the dynamics of abuse, identifying the struggles that women face (when trying to keep themselves and their children safe), and exploring the resources in this community and throughout Alaska that are available for individuals who...

I felt privileged to witness women engaged in the healing process of establishing safety and motivating...

As the Rural Outreach Coordinator, I am looking forward to establishing relationships with the individuals in the nine Southeast Alaskan communities that AWARE serves. It will be a welcome challenge to help strengthen and support their endeavors in creating safety and awareness.

AMERICORPS VOLUNTEER STACY TOUP
Greetings!

As the Americorps volunteer here at AWARE, it is my privilege to be part of this great organization. Being all the way from West Virginia and having just graduated from college, things have been difficult at times, but thanks to the fabulous AWARE staff, I have greatly enjoyed my first two months here in Juneau.

As the children’s advocate, I realize that I hold an important role in the lives of the young people who come through our doors. Throughout the next ten months, my goal is to provide not only interesting and exciting activi...
Teaching Healthy Communication

by Ann Ropp, AWARE Program Director

One of the wonderful parts of my job at AWARE is helping Sara- lyn Tabachnick facilitate a Healthy Relationships class for women. It is a 10-week course, designed to teach women about healthy relationship patterns. Topics include family dynamics, healthy/unhealthy patterns, boundary setting, assertiveness skills and decision making.

Our most recent Healthy Relationship class concluded in September, and it was a joy to watch women in the class express themselves in a supportive environment, while courageously attempting to change their lives. I am a better person for having known these women, and they appear to have enjoyed themselves as they learned some valuable relationship skills. On the final class evaluation, one participant wrote, “I’d like to see more people enroll - the world would be a better place if people knew how to effectively communicate in a kind way.”

I also teach communication skills in the Juneau Batterer Accountability Program (J BAP) classes. J BAP includes weekly psycho-educational groups, facilitated by myself and Dr. Tony Mander. In September, J BAP started offering two classes a week to accommodate the number of active participants in the program. During these weekly classes, we teach men about power and control issues, as well as non-violent strategies for solving conflicts. In a recent evaluation, one participant wrote, “I listen better and understand her needs and wishes, and our communication is much better.”

If you would like any more information about the Healthy Relationships class or J BAP,

Volunteer positions still available? If this is the question keeping you up at night… no need to fret. There are more positions available! Get rest and come down to AWARE to help us out. We are still, and always, accepting direct service volunteers to answer crisis calls and work with women in the shelter. We are also looking for all those more quiet and intellectual individuals to participate in the creation of curriculums for AWARE’s Advocacy Training, as well as for the New T.R.A.I.N. project.

Please call if interested in furthering a relationship with AWARE and our programs. Ati Nasiah (907) 586-6623 volcoord@aware.alaska.com

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Come to us with your ideas and we would be happy to work with you in making and creating new programs.
Alaska ranks #1 in rate of women murdered by men

“Alaska ranks #1 in the nation in the rate of women murdered by men,” says Peggy Brown, Executive Director of the Alaska Network on Domestic Violence and Sexual Assault.

The Alaska Network on Domestic Violence and Sexual Assault (ANDVSA) released its own report in time for Domestic Violence Awareness Month in October from a public opinion research survey conducted by Hellenthal & Associates in September 2006. According to this survey, of 605 Alaskans from across the state, 74.7% have experienced or know someone who has experienced domestic or sexual violence. “These numbers indicate we have an epidemic on our hands,” said Brown. “Domestic and sexual violence threatens our neighbors, our friends, our families and our future.”

The Violence Policy Center (VPC) released its annual report: When Men Murder Women: An Analysis of 2004 Homicide Data this week. The report details national and state-by-state statistics on female homicides involving one female murder victim and one male offender. The VPC report ranks Alaska first in the nation in the rate of women murdered by men.

“These numbers come as no surprise to Alaskans themselves,” says Brown. “83.1% of Alaskans surveyed think Alaska is ranked at or near the top for rates of domestic violence. 90.4% support enhanced penalties for domestic violence and sexual assault perpetrators. 93% say they would intervene if they knew someone experiencing domestic or sexual violence and close to 90% support an increase in funding for victim service providers.”

The Alaska Network on Domestic Violence and Sexual Assault is comprised of 19 member programs statewide providing services to victims of domestic and sexual violence including shelter for women and children, crisis intervention, legal advocacy and offender services. Alaskans seeking safety for themselves or tips to help someone they care about can visit ANDVSA’s website at www.andvsa.org or call 907-586-3650 for a referral to an ANDVSA program in your community.
Childcare Volunteers include Amber Beasley, Caroline Schmitz, Annya Ritchie, Alana Ballam-Schwan, and Marilyn Irwin. Over the last month we have had over 25 children attending children’s group while their mothers attend education or support groups. During this time we have two, only two, staff members on duty to work with the children, so these volunteers are essential to providing quality care for children.

New AWARE cooks include Sarah Brooks, John and Leasia McMuran, and of course our faithful cooks Erin Hood and Kaylynn Thomas. Tammy Nations and Deenie Rose have offered their services of BeautyControl doing a Nurture Night for residents supporting them in self care practices and relaxation. Delphine Brame will be our new and only direct service volunteer providing relief and support to the shelter. Carolyn Brown is a great resource for AWARE and may help with curriculum creation and other odds and ends. We also have two new administrative support volunteers: Lois Wilson and Myma Foster. At Harborview, MK MacNaughten is leading A Windows Between Worlds class—an art based support group for children. We also are lucky to announce Jeri Museth is volunteering as part of her UAA MSW internship, helping with support groups and J BAP. Helen Idzorek is offering Nutrition Classes to women in the shelter.

Our new program, T.R.A.I.N. (Teens Resisting Abuse and Initiating Nonviolence) has three support volunteers; Alana Ballam-Schwan, Jennifer Mason, and Amber Beasley (our first teen for the teen program!) Day of Caring will consist of 12 volunteers from Elgee, Rehfield Mertz, for a day to clean, paint, and fix up our facility, leaving us shimmering and glimmering. This event is sponsored by United Way.

We at AWARE are so grateful to you for your commitment to peace and justice, your time dedicated to supporting our programs and staff, and look forward to building relationships that will benefit our community.
AWARE has recently received a grant that allows us to begin expanding our services to teens in Southeast Alaska. Teens Resisting Abuse & Initiating Nonviolence is a new program developed to empower youth to help themselves and their community.

AWARE is offering 40 hours of free training to teens interested in getting on the TRAIN!

Some TRAIN topics will include oppression and the women’s movement, body image and empowerment, suicide intervention, substance use and abuse, dynamics of teen dating violence, domestic violence and sexual assault. Teens will learn to reach out, challenge internalized oppression, systematic violence, and interpersonal injustices. Beginning October 15, every Sunday between 4-8 pm, a group of teens will gather together for the next two months to attend the TRAIN -ing. TRAIN certification may lead to volunteer opportunities as peer educators in middle/ high schools as well as possible paid opportunities as teen crisis line operators on AWARE’s new Teen Crisis Line.

AWARE’s new Teen Crisis Line will start up in January. Teens will be available every Sunday 4-8pm to talk with their peers and support them through some of the most challenging years and most challenging life experiences. If you’re a teen or if you know one who might be interested, please let them know about this unique opportunity to make a difference in the lives of others teens in Juneau. For more information or to pre-register, contact Ati Nasiah at AWARE: (907) 586-6623, or by email at volcorde@aware.alaska.com.

It’s time to get on the TRAIN!!!

It’s time to get on the TRAIN!!!
AWARE's mission is to provide safe shelter and supportive services for women and children who have been subjected to domestic or sexual violence, and to effect the social, political and legal changes needed to eliminate oppression and violence against women and children.

**Board of Directors**

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**AWARE Staff**  
**Executive Director**  
Saralyn Tabachnick

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