

DOVE



TALES

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

Thoughts and Thanks from Saralyn

THANKS to the Rasmuson Foundation, who prized me with a three month Sabbatical; to the AWARE board of directors, who agreed it would be a great idea for me to take three months leave after twenty years of service; to the AWARE staff, who are dynamic and strong, thoughtful and sharp, and to all who send me on my way with their blessings. It means a lot to me.

It is very busy at AWARE, with many women and children in residence for safe shelter and calling for support. Our prevention work in schools and in the community is in high demand, our rural outreach manager is off to southeast Alaska communities, and we have a calendar of activities for Domestic Violence Awareness Month (see page 2). Our Annual Membership Campaign is in full swing, and we are soliciting your nominations for AWARE's 2008 Women of Distinction (see nomination form pages 7-9).

All this happens because of the great staff who work at AWARE, and because of YOUR support of our work. I am delighted with and proud of AWARE's management Team: Rachael Helf, Business Manager, Mandy O'Neal Cole, Direct Services Manager, Ati Nasiah, Rural and Community Outreach Manager, and Ellen Naughton, Admin Program Services Manager. It doesn't get much better than this. Each of these managers brings a sense of openness and curiosity, a unique thinking process and perspective, and an ability to work together for the greater good, always, always keeping the safety of women and children foremost in mind. With the support of this outstanding team, Ellen will act as the Interim Director while I'm on sabbatical.

We are with other changes as well... you'll read about staff comings and goings, and I am delighted to welcome our new staff this fall: Sophie Stradley, Volunteer Coordinator, Cristina Reitz, DELTA Program Specialist, Erin Polich, our Jesuit Volunteer working with women and children, and Hannah Ives, our AmeriCorp Volunteer working with children and parents. It's with amazing good fortune we've welcomed such capable and enthusiastic women to AWARE's team. In the next month, our Office Assistant, Meghan DeSloover will birth her first baby, and we are very happy and excited for her addition as well.

We're also wishing Jamie Ginn the best as she leaves for the fall and travels to Europe, with a promise to return to AWARE in January as our number one Relief Advocate! Pam Baker Williams has also left AWARE, after two and half years providing play therapy and counseling for children and youth and their adult caregivers. THEY all miss her, and we do too, and we wish her all the best.

And finally, as I take leave, I'd like to share this prayer for the Jewish New Year, celebrated this year Sept 13 & 14.
 "Grant us: Gratitude enough to look backward and be thankful; Courage enough to look forward and be hopeful; Faith enough to look upward and be humble; Kindness enough to look outward and be helpful."
 Whatever our beliefs, I am hopeful each of us can meet each day with gratitude, courage, faith and kindness, for ourselves and for all that we do to create a safe community.

See you in December!



AWARE Executive Director
Saralyn Tabachnick

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Every hour of every day, someone in Alaska searches for services. Anything from locating a food pantry, to substance abuse treatment, to accessing childcare.
 *2-1-1 is a quick and easy telephone number to remember and use. Dial 2-1-1 or 1-800-478-2221.
 *2-1-1 helps Alaskans find and access health and human services for everyday needs and difficult times.
 *2-1-1 callers connect with trained specialists who provide confidential help finding needed food, safe shelter, childcare, job training and much more.
 *2-1-1's comprehensive statewide database of health, human, and community services is available for search online at www.alaska211.org.



P.O. Box 20809 Juneau, Alaska 99802

Crisis Line: 800-478-1090 **Business:** 907-586-6623 **Fax:** 907-586-2479 **Email:** info@awareak.org



DOMESTIC VIOLENCE AWARENESS

Domestic Violence Awareness Month

Calendar of Events

October 2007

Sponsored by AWARE, Inc.

Purple Ribbon Campaign: Please wear a purple ribbon pin and show your support for victims and survivors of domestic violence! Purple ribbon pins and informational cards will be available at AWARE and distributed at galleries during the First Friday Art Gallery Walk on October 5th.

Clothesline Project: The Clothesline Project, part of a national project, is a visual display that bears witness to the violence against women and children. For display information and dates, contact Ellen Naughter at AWARE, 586-6623.

5th Grade Poster Contest: All Juneau Public School 5th graders are invited to participate in AWARE's annual poster contest. This year's theme is "Stop Domestic Violence – Hands and Words are not for Hurting." The deadline for entries is October 10th. All posters entered will be on display at the Mendenhall Mall during October 15 – October 31st. For more information, contact Kathi Goddard at AWARE, 586-6623.

Women's Self Defense Class: This event will be facilitated by Shotokan-Do Karate. It will occur on Saturday, October 20th at the Zach Gordon Youth Center. This class costs \$10 and scholarships are available through AWARE. Registration is required before October 20th. Call Ellen Naughter at AWARE, 586-6623.



AWARE's Children's Services Clinician Says Goodbye

by Pam Baker-Williams

My 2 ½ years working here has been a pleasure; AWARE has a bunch of talented, caring, dedicated staff. It has been an honor working with all of you, along with children, families and community agencies in Southeast, Alaska. I continue to be amazed what I learn from children when I provide acceptance and safety. I will miss all the excited faces when they come to spend their special time with me in my therapy room. I also want to thank the board members, volunteers and individuals/agencies in our community for their support in making AWARE a premiere agency to work for. For AWARE to provide shelter for children living in terror, or women needing a safe, confidential place to stay until housing opens up could not be possible without everyone's level of support. Please take a moment and acknowledge your contributions and know it has made a difference in someone's life, and given a child hope. I want to give a special thanks to the International Association of Fire Fighters Local 4303 for their financial support, when tragedy hit. With gratitude and much thanks for everyone's support during my time at AWARE.

Sincerely,
Pamela Baker-Williams



Pam
Baker-
Williams

Erin
Polich



Hannah
Ives

Sophie
Stradley



Cristina
Reitz

AWARE Welcomes New Staff

Jesuit Volunteer

Erin Polich

Hello, my name is Erin Polich. I'm originally from Chicago, although I just spent four years going to school and working in the Bronx. I migrated to "sunny" Juneau, Alaska in August to work as the new Jesuit Volunteer shelter advocate with AWARE. I enjoy books, ice cream, and singing out of key. Not to mention long walks on the beach. It's been almost a month now since I've started, and I'm just in awe of everyone I get to work with every day - residents and staff alike. I'm looking forward to this year being probably the most challenging, but exciting on record for me. I would like to send out a huge thank you to everyone who has been so patient and helpful with me as I gather my bearings, you have my eternal gratitude.

Americorps Volunteer

Hannah Ives

Hello! My name is Hannah Ives and I've come from the other side of the country, mid-coast Maine, to be AWARE's AmeriCorp volunteer for the year! I'm very happy to be here working as the Children's Advocate and have already learned a great deal from the many wonderful co-workers who have been taking the time to train me. In my spare time I love to read, contra dance, knit, cook, write letters and drink tea. I feel so fortunate to have been welcomed into such a beautiful and hospitable community and I'm looking forward to the year ahead.

DELTA Program Specialist

Cristina Reitz

Hello to all you AWARE supporters! My name is Cristina Reitz and I'm the new DELTA Program Specialist. DELTA is a primary prevention program. Therefore, my job entails working with individuals, agencies, and the community at large to promote all factors that contribute to healthy relationships and prevent domestic and/or intimate partner violence. DELTA is about community involvement and ownership, and a major part of this program is the Coordinated Community Response group (CCR). This group, comprised of representatives from many community sectors, works together to creatively address ways to prevent intimate partner violence. The CCR is currently working with Juneau youth on a photo-based needs and resources assessment called Photovoice. If you have any interest in the prevention side of violence against women, please consider joining the CCR. I would be glad to hear from you, and happy to expand our camaraderie. For a group that only meets once a month, we get a lot done! Thank you for all your support of AWARE; it's good to be here!

Volunteer Coordinator

Sophie Stradley

Greetings! My name is Sophie Stradley, and I am pleased and excited to introduce myself to you as your new AWARE Volunteer Coordinator! As you may already know, our former Volunteer Coordinator, Ati Nasiah, was recently hired as the Rural and Community Outreach Manager here at AWARE. I am delighted to be able to follow in her footsteps and to carry on the tremendous work she has done for our community. Stay tuned for information on many fantastic events that are being planned for the upcoming months, including the annual Domestic Violence Awareness Month activities in October. Please make plans now to support and enjoy these events! Once again, thank you for volunteering at AWARE. Your volunteerism makes our cloudy little corner of the world a little bit brighter for the women who look to you for support. AWARE volunteers are the best! Please feel free to contact me by telephone or email anytime. I look forward to hearing from you soon!

A Woman's Guide to Staying Safe

adapted from *The Smart Woman's Guide to Staying Safe*, "O" magazine

BE SAFE ON THE STREET

***HAVE YOUR KEYS IN YOUR HAND AS YOU APPROACH YOUR CAR. YOU'RE MOST VULNERABLE**

GETTING IN OR OUT OF YOUR CAR.

***CHECK THE BACKSEAT BEFORE GETTING IN THE CAR, EVEN IF YOU LEFT IT LOCKED.**

***DON'T SIT IN YOUR CAR IN A PARKING LOT. A PREDATOR MAY BE WATCHING YOU, AND THIS IS THE PERFECT TIME FOR HIM TO MAKE A MOVE. LOCK THE DOOR, TURN ON THE IGNITION, AND DRIVE AWAY.**

***IF YOU'RE WALKING DOWN THE STREET AND A PERSON IN A CAR ASKS FOR DIRECTIONS, DO NOT APPROACH THE CAR, YELL THE INSTRUCTIONS FROM A DISTANCE OR SIMPLY SAY YOU**

BE SAFE ON THE INTERNET

- If you receive harassing emails or are the victim of cyberstalking, contact the harasser's ISP (for example: Yahoo!, AOL, or MSN) and report it then block the harasser using the filters in your email system.
- If the harassment exists in a chat room or on an instant message service, go offline immediately and change your online identity.
- Never share identifying information about yourself online, such as your address, phone number, or place of employment, and don't get too specific with your online dating summary or MySpace page.



BE SAFE ON A TRIP

***In an elevator, stand as close as possible to the panel of buttons. If you feel threatened, hit as many floors' buttons as possible. You can try to get off when the doors open, or if you can't get off, try to get someone's attention when the doors open.**

****If you're in a country where you don't speak the language, take a matchbook or business card from your hotel. You can show either to a taxi driver to find your way back to the hotel.***

***Hanging a purse off the back of a restaurant chair or laying it on a bar, especially in tourist destinations, is a bad idea. Instead, place your bag in your lap or wrap it's strap around your leg.**

****If you call 911 from your home phone, the police know where you are.***





10 Things Children Want Adults to Know About Grief

*by Children's Services Clinician
Pam Baker-Williams, MSW, LCSW*

Alan D. Wolfelt, Ph.D shares his years of experience working with children; learning from them about what *they* need from adults to help them cope with their grief.

These are some thoughts from an insightful child:

1

Allow Children to teach you about their grieving experience.

"If you assume you know all about my grief, it's like you don't respect me. The love I had for the person who died was very special and not like anybody else's. All I need is for you to help me find ways to tell you how I feel and for you to really listen to me."

2

Healing in grief is a process, not an event.

"I really need to have you understand that it will take a long time for me to grieve and sometimes I will get very tired. I'll never be quite the same as before, and it will help me if you'll patiently accept that.

I need your help to go on in my life, to continue to grow and find out what my own directions in life will be."

3

Don't assume that every child who's in a certain age group understands death the same way or has the same feelings.

"We come from different kinds of homes and have different kinds of teachers in different schools. In some kids' families, there is a long line of tradition about how death and grief should be handled and some of our attitudes have been shaped by those traditions."

4

Don't lie or tell half-truths to kids.

"When you lie to me, or tell me only part of the truth, it makes me feel unloved and humiliated. When you said, 'Grandpa went away on a journey,' I guess you were trying to protect me, but I was confused. (Nobody gets that sad because someone went on a trip). We can almost always cope with what we know; the hard part's trying to handle what we don't know."

5

Encourage us to ask questions about death.

"When somebody we love dies, grownups need to be open, honest and loving.

Please be patient with us when we ask you questions that may not seem important to you. We might repeat some of our questions as times goes on, but that's natural for us. We can't understand all of it the first time, so every time we ask, and you answer us, we understand a little bit more."



10 Things continued...

Let us know that you really want to understand us.

"Please let us know that you really care about our feelings. Some adults say they feel sorry for us, but that's not what we need. We want you to feel that our thoughts and feelings are important enough for you to learn from us. We need to be able to share our grief with you without fear of being criticized or abandoned. A lot of what we feel from you comes from things other than just words, for example: your tone of voice, eye contact, and knowing that you are patient with us."

Allow us to participate in the funeral.

"Please invite us to be a part of the funeral. We may be young, and we may not understand everything; but we need to be included. This is important family time, and we will always remember that we were included as an important part of the family."

Remember that feeling relief doesn't mean a lack of love.

"The person in our lives who died may have been sick and in a lot of pain. All of our 'family time' seemed to center around the person who was sick. When that person died, part of us might have been relieved. Please don't think that we didn't love them. We loved them a lot, but we're glad they don't have to be in that pain anymore. Some adults can't seem to let us talk about these feelings of relief. If we can't talk about these feelings, we sometimes feel guilty for having them."

Don't forget about the concept of "magical thinking."

"Sometimes we kids believe that our thoughts can cause things to happen. Most of us have had times when we wished people around us would go away and leave us alone. Then, when someone dies, we often think we caused it to happen because of something we did, thought, or said. Some of us even feel totally responsible for the death, but we can't say anything to anybody about how we feel. Talk to us at our level about how the person died. Help us understand that being angry or upset with someone doesn't make them die."

Realize that our bodies react when we experience grief.

"Our bodies really seem to talk to us sometimes. Especially when sad things happen, like a death. When our heads and hearts don't feel good, our bodies don't feel good either. We might feel tired, have tummy aches, sore throats and have trouble sleeping. If you don't let us 'talk out' or 'play out' our grief, our bodies will try to keep telling you what our needs are. If our body problems drag on, take us to the doctor."



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 skills and expertise.

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.*

Past honorees:

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

2008 Women of Distinction Award Nomination Form

Name of Nominee: _____

Telephone: Home _____ Work _____ Cell _____

Email Address: _____

Physical Address: _____

Your Name: _____

Telephone: Home _____ Work _____ 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

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? _____

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.

Please return this form to AWARE by October 26, 2007

Fax: 586-2479

Mail: PO Box 20809 Juneau, AK 99802

Email: info@awareak.org

Or drop off at AWARE, 1547 Glacier Hwy.

2008 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"?

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

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AWARE

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



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

Marla Berg, Co-Chair
Patti Bland, Co-Chair
Elizabeth Blecker
Christopher Burke
Shirley Carlson
Cheryl Eldemar
Sarah Felix, Secretary
Cathy Johnson
John Leque
Michele Masuda, Treasurer
Barbara Murray

AWARE Staff

Executive Director— Saralyn Tabachnick

Business Manager	Rachael Helf
Direct Services Manager	Mandy Cole
Administrative Program	Ellen Naughter
Services Manager	
Rural & Community Outreach	Ati Nasiah
Manager/TRAIN	
Education Specialist	Kathi Goddard
Legal Advocate	Anne Bennett
DELTA Program Specialist	Cristina Reitz
Lead Advocate	Joann Hanson
Shelter Advocate	Sara Syfert
Volunteer Coordinator	Sophie Stradley
Office Assistant	Meghan DeSloover
Jesuit Volunteer	Erin Polich
AmeriCorp Volunteer	Hannah Ives
Maintenance	Craig Alton