



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

October is domestic violence awareness month. This column is dedicated to the courageous women who call AWARE's hotline or walk through AWARE's doors, looking to free themselves from their partner's control, and from the isolation and emotional abuse they are experiencing. I ask each of you reading this to support AWARE's mission in whatever way fits for you- it might be sending a donation to AWARE or volunteering your time; it might be wearing the purple ribbon of domestic violence awareness or donating an item for AWARE's Women of Distinction silent auction; it might be coming to an awareness event or calling AWARE and asking how you can best help a friend. I ask this because providing effective intervention and critical prevention is a job for a community- AWARE can't do it alone- we need each of you, in your own special way, to share in our work of empowering those whose power has been taken from them, so that each of us may become our very best self.



**AWARE Executive Director  
Saralyn Tabachnick**

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### AWARE Mission Statement

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.

P.O. Box 20809 Juneau, Alaska 99802

Crisis Line: 800-478-1090 Business: 907-586-6623 Fax: 907-586-2479 Email: [info@awareak.org](mailto:info@awareak.org)

## WE WELCOME NEW FACES...

### **JESSICA BROWN—JESUIT VOLUNTEER**

Well hello, my name is Jessica Brown and I am one of the new Jesuit volunteers in town. I have the pleasure of working as an advocate at AWARE for this upcoming year. My roots are in Cleveland, Ohio; however over the past couple years I have left pieces of myself in Boston on the Charles, Yosemite on the high sierra granite, Oxford in the Bodleian, and Spain on the Camino de Santiago. I am a recent graduate of Fairfield University in Connecticut, but I am eager to explore the southeast and immerse myself in the Jesuit Volunteer Corps' four values of social justice, community, simple living, and spirituality within the greater communities of Juneau and AWARE. Thank you to all at AWARE who have already offered so much support. I look forward to learning a little more each day.



### **SARAH ARNTSON—EDUCATION SPECIALIST**

My name is Sarah Arntson and I am so excited to begin work with AWARE as the new Education Specialist! I am so thrilled about this position because it enables me to bring my passion for children, social justice, women's issues, and education together in a unique and fun way. I hail from the high in the Rocky Mountains of Colorado originally, so Juneau presents some exciting new challenges for me (the rain, the ocean, the time it takes for water to boil...) I earned a B.A. in Studio Art at the College of Saint Benedict in Minnesota, before being selected by Teach For America to teach on the Navajo reservation in New Mexico. My experience in college guiding wilderness trips brought me and my chocolate lab Elway (Go Broncos!) to Juneau for a 20-day trip in 2007, and again as an Americorps member for SAGA's Eagle Valley Center this past spring. Those experiences, along with my personal interest in all things "outdoors" , led to the decision to put down some roots in Juneau. I feel fortunate that my journey has led me to such an amazing place to work and live and I truly look forward to spending more time in this extraordinary community!

## **NICKI ERNST—OFFICE ASSISTANT**

My name is Nicki and I am proud to introduce myself as the new office assistant here at AWARE! I moved to Juneau recently from the flat farm land of Louisiana and am extremely excited to begin a new chapter of my life here in the beautiful mountains of Alaska. I graduated from University of Louisiana at Monroe with a B.A. in Psychology. I have one child, a black Labrador named Annie. I feel a great energy whenever I step into AWARE's building and I know I'm involved in something that is GREAT! This is going to be a great opportunity for myself, and I am ready to explore all the challenges that lay ahead.

## **EMILY RAVELLE ~ AMERICORPS VOLUNTEER**

Emily Ravelle hails from Philadelphia, PA, the city of brotherly love, and is excited to be expressing her sisterly love as the new Americorps member at AWARE. Emily will be assisting the Children's Program and doing shelter advocacy while also taking classes toward a Masters in Public Health through the University of Alaska, Anchorage. For the past two years, Emily has travelled through the state of Alaska working odd jobs in odd places, and is happy to call Juneau and AWARE (if temporarily) home.

## **JUNE DEGNAN—DELTA PROGRAM SPECIALIST**

I became part of AWARE, Inc in mid-July of 2008 as the DELTA Program Specialist. I am happy to interact with the staff, clients and the community of Juneau and work with everyone towards positive results in Healthy Relationships and Violence Prevention. I am an Alaskan by birth and hold a number of educational and employment experiences in different areas that I am sharing in our community. Living in Juneau is a choice and I find joy in my life and work here. Additionally one day per week, I am employed at the University of Alaska SE as a Reference Librarian at the Egan Library on Sunday afternoon. There I keep my Masters in Library and Information Science (MLIS) active and am able to connect to others locally, nationally and globally on issues that pertain to achieving a lasting.

# *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.*

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 13<sup>th</sup> Annual AWARE Women of Distinction Event to be held at Centennial Hall March 7, 2009.

Please return the attached form, postmarked no later than October 17, 2008 or hand deliver to

# 2009 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 17, 2008

*Fax: 586-2479*

*Mail: PO Box 20809 Juneau, AK 99802*

*Email: [info@awareak.org](mailto:info@awareak.org)*

*Or drop off at AWARE, 1547 Glacier Hwy.*

# 2009 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.*

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.

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?

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

4. Why is this woman a "Woman of Distinction"?

# Rock Out With Your Sockets Out!

AWARE was made warmer and brighter, thanks to the creative fund raising and event co-ordination of goodwill ambassador, Will Muldoon, and the Rendezvous' Eric Emert. On June 6th The Rendezvous hosted Rock Out with Your Sockets Out!, an evening of wine tasting, silent auction, raffle and music to raise funds to support some of Juneau's charities during our electricity cost surge. AWARE is grateful to have received \$1000 to help keep the lights on AWARE's mission during Juneau's energy cost crisis.



Will and Eric combined efforts to organize talent and sponsors whom we would also like to thank for your community awareness, your rallying response to helping others during challenging circumstances, and your generosity and fun spirit in making a time of difficulty into a celebration to help others.

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## THANK YOU TO THE NORTH PACIFIC UNION CONFERENCE OF WOMEN'S MINISTRIES!

The North Pacific Union Conference of Women's Ministries were 50 women strong when they landed on the Westerdam in Juneau August 8<sup>th</sup> and offered a day of service to various agencies around Juneau including AWARE. Five women, Cheri Gatton, Jackie Johnson, Margie S. Rice, Mable Dunbar and Carla Baker signed up spend their vacation on a cruise retreat port to offer their service at every port they docked. These women, directors of their area ministries in the northwest spread out through the AWARE facility gardening, washing the vehicles, cleaning the storage rooms and preparing a meal for the women and children of the residence. Thank you to the women of the Women's Ministries Retreat Cruise for spreading your generosity AWARE and throughout South East Alaska. What a generous gift!

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# Domestic Violence Awareness Month

## Calendar of Events

### October 2008

FALL 2008

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**Purple Ribbon Campaign:** Please wear a purple ribbon pin and show your support for victims and survivors of domestic violence! Purple ribbon pins and information cards will be available at AWARE and distributed at galleries during the First Friday Gallery Art Walk on October 3rd.



**"A Juneau Afternoon" with Jeff Brown, KTOO:** AWARE Services, Juneau Batterer's Accountability Program, Prevention Programming, and Legal Issues with AWARE staff on air every Wednesday at 3:00 p.m. through October 22nd.

**Women's Self Defense Class:** This event will be facilitated by Shotokan-Do Karate. It will occur on Saturday, October 11th at the Zach Gordon Youth Center. This class costs \$10 and scholarships are available through AWARE. Pre-registration is required before October 20th. Contact Ellen Naughtner Andrews at AWARE, 586-6623 with any questions.

**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 "I Choose Peace." The deadline for entries is October 15th. All posters entered will be on display at the Nugget Mall October 20th—November 3rd.

**"A Woman's Prerogative" on KTOO:** AWARE women feature popular music with surprising messages 7:00 p.m.—9:00 p.m. October 2nd. Hope you were able to listen in!

**Clothesline Project:** Community participation in a national campaign of visual display that bears witness to the violence against women and children. Bring a t-shirt; AWARE will supply the paints and snacks! AWARE, Friday, October 17th, 5:00 p.m.—7:00 p.m.

**Capital Chat Radio Show on KINY:** Ati Nasiah and June Degnan of AWARE will discuss domestic violence prevention strategies October 10th at 10:00 a.m.

**Women's Health Forum:** AWARE staff offering information and educational resources at Centennial Hall on Saturday, October 18th from 11:00 a.m.—2:00 p.m.

**"Walk a Mile in Her Shoes" 5K Fun Run or One mile walk:** This event is sponsored by AWARE and the White Ribbon Campaign with much help and support from Southeast Road Runners. Participants are invited to run in Halloween costumes or to walk one mile in high heels. Serious walkers and runners are invited, as well! This event will occur at Sandy Beach on Saturday, October 25th at 10:00 a.m. Register before 10:00 a.m. on October 25th or pre-register at Pavitt's, JRC, Fitness Essentials, Foggy Mountain, and Nugget Outfitters.



**"A Man Thing":** If you are a man who values respect, safety, and dignity for all women, now is the time to act. Women pioneered the movement to end domestic and sexual violence. Men now have the opportunity to work with women toward a safer future. Join AWARE on November 6th at 5:30 for "A Man Thing." Bring ideas and willingness to participate in anti-violence programming.



# FALL 2008 **ADVOCACY TRAINING WRAPS UP**

AWARE just concluded its biannual volunteer training, and twenty-three people attended the first half of the training, where we covered the dynamics of domestic violence, advocacy basics, cultural diversity and a number of other issues related to the tasks we perform at AWARE. Those attending included people representing a number of local social service agencies, as well as new volunteers and staff, and interested community members.

During the second half of the training, about a dozen volunteers and staff covered the more in-depth issues facing the workers at AWARE. Topics included the Sexual Assault Response Team, helping write Protective Orders, working with clients with disabilities and how to conduct an intake.

While we had a record turnout for the training, it also represented contributions by many staff members, who gave up evenings and weekends to conduct the presentations, which took place over three weeks. Facilitator Swarupa Toth said the training is a big commitment for staff, but serves two vitally important functions. It both trains new staff and educates community members about the many tasks performed by AWARE, and the role that domestic violence plays in many families in our community.

**Pain**  
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It's everywhere  
Washing over me  
Like a giant crashing surf  
Pushing and pulling me  
Back and forth  
Tossing me up  
Down the  
Shoreline of life  
With unsteady limbs  
I try to stabilize myself  
The mind attempting  
To find a balance  
The heart seeking harmony  
As violence once again  
Strikes a final blow  
Murder and suicide  
In a domestic war  
That robbed our family  
Of two members  
Yesterday  
A sleepless night  
A tragic trauma  
I can't seem to shake  
As the dawn turns  
Into daylight  
Shaken, rattled, and prayerful  
I face a new day  
Searching for answers  
That evades me  
The pain increasing  
With a multiplier effect  
Packing a massive wallop  
On my friends, family  
And community  
Pain-sorrow-grief  
All part of life  
I pray, pray and pray  
Those answers will come  
When the time is ripe  
© June I. Degnan

### **Volunteer Opportunities at AWARE**

- Do you love to shop? Do you know the best bargains in town? Join the shopper's team at AWARE! Each Tuesday morning, a determined saver gets behind the wheel of the AWARE van ready to spend a few hours hunting down the best bargains and the tastiest meals for the women and children residing at AWARE. Good driving record a must!
  - We are seeking three fun-loving and responsible child care providers for either Tuesday or Wednesday evening each week from 5:45 pm – 8:10pm. Have fun with children 7 years and under while giving their mothers the opportunity to attend women's groups at AWARE
  - If you have questions or would like to volunteer, call or email Swarupa at 586-6623, [swarupat@awareak.org](mailto:swarupat@awareak.org).
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### **AWARE PHILOSOPHY**

We at AWARE believe that all people have a right to live in safe, accepting and peaceful environments. We also believe that people thrive more fully in an atmosphere free of fear and violence. However, there exists in our society a system of power, control and domination which suppresses these rights and perpetuates violence, particularly against women and children. This system consists, in part, of a range of behaviors from sex role stereotyping to battering and rape which inhibit the growth and development of human lives and can result in death. AWARE works toward eliminating this societal and personal violence.

We believe in a woman's right to choose a self-determined lifestyle, in her ability to act in her own best interests and in her need to develop self-esteem. A woman's body is her own and is not to be treated as the possession of another. We know that the claiming of personal identity and power is necessary to move beyond an oppressive system. We believe in the unity and strength of women to work towards this end through mutual sharing of experience and information. By offering women and children safety and positive alternatives to abusive situations we help to create a community where all can flourish.

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

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US POSTAGE PAID  
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Permit #159



**AWARE**

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



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**Board of Directors**

Patti Bland, Co-Chair  
 Christopher Burke, Co-Chair  
 Shirley Carlson  
 Cheryl Eldemar  
 Robin Gilcrist, Secretary  
 Cathy Johnson  
 Michele Masuda, Treasurer  
 Barbara Murray  
 Ann Rausch

**AWARE Staff**

**Executive Director— Saralyn Tabachnick**

<b>Business Manager</b>	<b>Rachael Helf</b>
<b>Direct Services Manager</b>	<b>Mandy O'Neal-Cole</b>
<b>Administrative Program-Services Manager</b>	<b>Ellen Naughter Andrews</b>
<b>Rural &amp; Community Outreach Manager/TRAIN Coordinator</b>	<b>Ati Nasiah</b>
<b>Education Specialist</b>	<b>Sarah Arntson</b>
<b>Legal Advocates</b>	<b>Anne Bennett &amp; Diane Sly</b>
<b>DELTA Program Specialist</b>	<b>June Degnan</b>
<b>Lead Advocate</b>	<b>Joann Hanson</b>
<b>Shelter Advocates</b>	<b>Sara Syfert, Alana Ballam-Schwan</b>
<b>Volunteer Coordinator</b>	<b>Swarupa Toth</b>
<b>Office Assistant</b>	<b>Nicki Ernst</b>
<b>Jesuit Volunteer</b>	<b>Jessica Brown</b>
<b>AmeriCorp Volunteer</b>	<b>Emily Ravelle</b>
<b>Maintenance</b>	<b>Craig Alton</b>