



DOVE TALES

Spring 2010

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, and Yakutat

Thoughts & Thanks from Saralyn!

Thank you.

Thank you for participating in your own special way to address domestic violence and sexual assault, to support victims and survivors, to partner with AWARE in our work with individuals, with other agency staff and partners, with the community, with our society.

Maybe you made a donation to AWARE through the Pick.Click.Give. Program.

Maybe you attended our Women of Distinction Gala, honoring Chris Ashenbrenner, Carolyn Brown, Bev Ingram and Helen Sarabia. What wonderful women! What a wonderful night! Heartfelt speeches about who has inspired these women, what has made a difference in their lives, and inspirational for us! Ten year old Anna Grace opened the evening, playing the grand piano and singing original compositions and wowing the crowd. Maybe you made a donation that night, or bought an auction item, or became a new member of AWARE.

Maybe you donated something to our silent auction or made a donation, bought an ad in honor of one of the honorees.

Maybe you volunteered some time at AWARE, stuffing envelopes, being with children, recycling, shopping, caring for our

plants, coaching Girls on the Run.

Maybe you want to work on our Capital Campaign for building Extended Stay Safe and Sober Shelter.

Maybe you marched with the Governor and AWARE from the Capitol steps on March 31 as part of the Alaskan's Choose Respect Campaign.

Maybe you carry this awareness with you wherever you are, the beauty of choosing respect, of being aware of how you interact with yourself and how you interact with others, setting a standard of behavior of respect for self and others.

Maybe you visit our website www.awareak.org.

Maybe you created an art piece for Sexual Assault Awareness Month and First Friday at Heritage on Second Street. Maybe you came by that evening.

Maybe you're planning to run in the Waterfront Awareness Walk/Run on April 17th, or to be at the Love Your Body campaigns on April 27th and 29th.

Maybe you're a Facebook Fan of AWARE.

Maybe you want to educate yourself more on the issues of violence against women and register for our community and volunteer

training beginning on April 12th.

Maybe you challenged a friend or acquaintance who blames women for violence perpetrated against them.



**AWARE Executive Director
Saralyn Tabachnick**

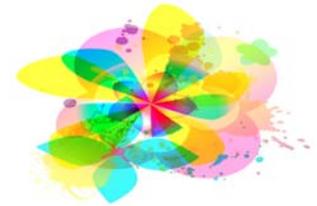
Maybe you keep us in your hearts and prayers, all of us safe.

Maybe you're wanting to save paper and read this online. If that's the case, contact us at info@awareak.org and we'll make it so.

Maybe you are partnering with us in one of the hundreds of ways not listed above.

Maybe you have other ideas and you want to tell me about them. I would love to hear from you. Please contact me directly at 586.6623.

And please accept my heartfelt gratitude for your support in every way it manifests.



Life isn't about finding yourself. Life is about creating yourself.
~ George Bernard Shaw

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2010 Women of Distinction Wrap-Up!

AWARE's Fourteenth Annual Women of Distinction Dinner and Silent Auction was a magnificent success! It was a privilege to recognize this year's honorees Chris Ashenbrenner, Carolyn Brown, Bev

Ingram, and Helen Sarabia. Their unique contributions to our community and their words of wisdom and inspiration made this event an exceptional celebration. **Continued on page 10**

Help Your Children To Like Themselves

You can help your children feel good about themselves and build their self-esteem! Here's a list of 19 suggestions for you. Post this on your refrigerator or another visible location and read it once a week. You may want to concentrate on one tip on the list each week. You may soon see a positive difference in your children and yourself!

- Be a good role model. Let your children know that you feel good about yourself. Be human with your children so they see that you too can make mistakes and improve yourself. They will be able to accept their own mistakes and use them as learning experiences.
- Take their ideas and emotions seriously. Your children see their problems as real as you see yours. Don't belittle them by saying "You'll grow out of it," or "It's not as bad as you think it is."
- Clearly define and enforce limits and rules. Show respect and allow for individual action on the part of your children within these given limits.
- Reward children when you can. Give praise, recognition, a special privilege or increased responsibility and freedom for a job well done.
- Encourage the activities that make your children feel good. These might include photography, crafts, working in the garden. At times they need to do something not as obviously productive as the above activities to make themselves feel better. Allow them times for activities such as skipping stones, playing games, talking on the phone, making paper airplanes, reading magazines or books, people-watching.
- Teach your children how to deal with money. Help them budget the money they

have now so that they can budget larger quantities later on in life. Teach them to spend their allowance wisely, balance their bank accounts, fill out tax forms, and take care of the odds and ends of budgeting.

- Have reasonable expectations for your children. Give them goals at which they can succeed. Success breeds success!
- Help your children develop tolerance toward those with different values, backgrounds, norms, etc. Help them appreciate other people's strengths.
- Give your children responsibility. They will feel more useful, more valued.
- Be available. Give support on a task when they ask for it. Make sure they know that you will help if they want you to help.
- Show them that what they do is important to you. Talk about their activities with them, go to their games, parents' day at school, drama presentations, &/or awards ceremonies.
- Express your values, but go beyond "you should do this" or "I want you to do that." Describe the experiences that determined your values, the decisions you had to make to accept certain beliefs, the reasons behind your feelings.
- Spend time together. Take your children with you to your job, introduce them to your coworkers, walk around the block together, share a favorite activity. These times don't have to be for big discussions, but they can, and, do build trust between you.
- Show how much you care about them and want to protect them. Hug them. Touch them. Continue to be supportive. Children need to



be sure of their parents' love.

- Accept your children's feelings. All feelings can be accepted; it is only the action that sometimes need to be controlled.
- Describe a problem without placing blame or commenting on the children's character. If children see a problem and know that they are not being attacked, they are more likely to help with a solution. Try using the statement, "I feel _____ because _____, I need _____."
- Use phrases that build self-esteem. Such as "Thank you for helping;" "I feel frustrated/angry/sad to see you do that;" "I would prefer for you to ...because..." Avoid phrases that hurt self-esteem such as "Why do you always do that?" "Why are you so stupid/slow?" or "How many times have I told you?"
- Remind your children of the special things they have done. It's more important that they be reminded of the good things than the bad.
- Tell your children they're terrific and that you love them. Sometimes, especially during adolescence, they don't hear that from anyone else.

Created by: Pamela Baker-Williams, LCSW; from Parenting: The Underdeveloped skill. @ The National PTA and the March of Dimes. 1986.

Fun Things to Do with Your Children #1: eat meals together with the television off

Fun Things to Do with Your Children #2: visit the Alaska State Museum

Real Beauty Love Your Body Workshops

Real Beauty Love your Body Workshops

Tuesday April 27th 6-8pm
for girls ages 8-13
Thursday April 29th 6-8pm
for girls ages 14-18

At the JDHS library!

Real Beauty Love Your Body Workshops are fun, educational, interactive sessions for **girls** and their **adult female mentors:** mothers, relatives, friends, anyone interested in starting a dialogue on beauty and self image with a member of the next generation. Healthy body image and a foundation in media literacy can help girls and women let their inner light shine and illuminate the world. Join us in a creative exploration of renaming, reclaiming and celebrating who we are **today!**



Girls on the Run of Southeast Alaska



*Character may be manifested
in the great moments, but it is
made in the small ones.*

~ Phillips Brooks

Girls on the Run of Southeast Alaska (GOTR) works to prepare girls for a lifetime of self-respect and healthy living. AWARE, Inc., the affiliate council for GOTR International, is working throughout Southeast Alaska to increase programming and girl empowerment networks; changing how girls see and feel about themselves—because as many of us know—we can change the world—and we do. Spring season 2010 GOTR of Southeast Alaska offered after-school programs for 3-8th grade girls in Juneau, Hoonah, Haines, Sitka, Ketchikan, Petersburg, Yakutat, and Unalaska! To celebrate the accomplishment of our local programs we will be gathering the community together for a 5K fun run for girls from Auke Bay, Harborview, Riverbend, and Gastineau.

Come walk, run, and cheer for these girls who have spent 24 lessons exploring healthy life choices and self-respect in this culminating 5K event!

WHAT: Girls on the Run 5K (3.1 miles)
Fun Run!

WHEN: Saturday, May 22nd
*10am Pre-Run Activities / 11am Run

WHERE: Twin Lakes

WHY: To run, walk, or cheer!
Celebrate a successful Girls on the Run
Spring Season!

*Activities include: face painting, hair design, t-shirt signing and energy awards. We will then run, skip, hop, or walk our 5K!

*Pre-REGISTER by May 20th at the VALLEY or DOWNTOWN JRC or at AWARE

For more info contact:
kathleen.maynard@ccsjuneau.com or 723-3895
www.awareak.org | www.girlsontherun.org

LEADon! For Peace & Equality

Alaska's annual statewide youth leadership conference for dreamers, activists, and social justice leaders is accepting applications for Fall 2010! LEADon! is an amazing youth organized conference where kids come together from all over Alaska with artists, musicians, and nationally recognized social justice leaders to solve the puzzle of peace and equality in our home state. If you know of an outstanding teen please refer them to check out LEADon! www.andvsa.org/?pageid=530 or contact Ati at AWARE 586-6623 for more information. We are also looking for adults or agencies interested in supporting a youth led project, and are looking for both teens and adults to help organize this mini-summit! Deadline to apply is June 1, 2010.

Healthy Relationships Class for Women

What is a healthy relationship? Think about a person that you consider a great friend. How are you with this person? Think about your actions and intentions. Think about the time that you spend together and what it feels like to be with this person. We all know what a healthy relationship is if we really think about it - it is where you get to be you! When you are relating with others in a healthy manner you can speak and know that your words are respected (valued, even), you can say no

and it is heard, and you and the other person are sharing power in discussions, decisions, and in life activities. When you are being healthy with others, you are thinking about your words and actions. You are balancing your needs and desires with those of who you are with. You are making certain that you are taking good care of yourself, giving yourself gifts, and owning the feelings and the life that you are experiencing.

Continued on page 6

Alaska Men Choose Respect

AWARE's DELTA project and coordinated community response (CCR) team has identified this priority goal: Men and boys take a leadership role in creating an environment of mutual respect between men and women. We hope to achieve this goal through a number of different programs and activities in our community. Alaska Men Choose Respect is a campaign to develop community readiness and social change. We are passionate and committed to making Juneau a town with zero tolerance for violence against women, and for Juneau Men to take a stand and choose RESPECT!

We are looking for male champion partners who want to work with us for this cause and we have a number of different strategies that might be of interest to you. We cannot achieve this goal without agency partnerships and champion male leaders—see if anything inspires you! For more information visit www.alaskamenchooserespect.org/ or call Ati at AWARE 586-6623.



Ending Violence Against Women

In my dual role at AWARE as shelter manager and batterer’s program coordinator, I often experience a day working with survivors followed by an evening of working with batterers. This dual role seems like a natural fit to some, and conflictual to others. Women and men whom I respect have suggested that facilitating the batterer’s program might be better suited to a man, because the responsibility of ending men’s violence against women should fall to men, guided by the experience of women. Others believe that as a woman’s advocate first and foremost, I cannot be objective to the men’s work, and guide them through a process of accountability while so keenly feeling the impact of their behavior each day at the shelter.

Thinking about these points of view challenged me to really examine why I choose to do both types of work. I started working with men as alternate co-facilitator about five years ago, and the first day I attended a class, I did so out of curiosity. I have also experienced anger- at individual men and at the group for the pain they’ve caused women. Anger, however, does not drive my work. I want the men and the women I work with to experience peace. And to be listened to, and cared about, and respected. I fully believe you cannot teach respect and empathy for women without modeling it yourself. So while I strive to define accountability for the men in our program, I do this without shaming, disrespecting or colluding with them. In turn, they see a

woman in a position of power who models a new definition of power- having a belief system that values everyone’s experience and ability to make decisions for her or himself.

This is also the essence of my work at the shelter.

Thus I divide my time between two experiences, in spite of the fact that I do believe men need to hold other men accountable for their violence, and I do have some emotional reactions to working with men who have hurt women. My hope is that being thoughtful about the similarities and differences between my work at the shelter and batterer’s program will provide insight that will benefit both women and men in my community.

-Mandy O’Neal Cole

Alaskans Choose Respect March



The Office of the Governor and AWARE partnered together on Alaskans Choose Respect in Juneau on March 31st. Over 300 people rallied and marched with us to address domestic violence and sexual assault. Similar gatherings occurred in 18 communities around the state!



Things to Do with Your Children #3: build a castle or fort out of cardboard and old sheets

Volunteering at AWARE!

Win/Win – Volunteerism benefits everyone. Take a broom and sweep your heart!

You can help mothers attend AWARE’s Education and Support Groups by becoming a childcare volunteer on Tuesday and/or Wednesday evenings from 6 pm – 8 pm. If you enjoy supervising infant to 5 year-old children, come be another caring and loving influence – watch it flow back atcha!

Is your green thumb looking for a garden box? AWARE has box gardens for growing sweet peas, lettuce and whatever veggies you may

enjoy planting and tending to during the spring and summer months. Join our gardening team, and help set the dinner table for the shelter!

Do others often admire your consistent, detailed cleanliness, even in the tiny corners and drawers? Come join the SAGA young people at AWARE April 23rd Global Youth Service Day. From 8 am – noon, we will Spring Clean the AWARE shelter and Administration Offices. We are looking for specialists in freezer defrosting, industrial stove shining, carpet steam cleaning, wall washing, basement reor-

Sometimes when we are generous in small, barely detectible ways it can change someone else’s life forever.

~Margaret Cho

ganizing, and car/van detailing. We have the opportunities and trainees for you (cleaning supplies and pizza provided)!

For these and more volunteer opportunities contact Swarupa at swarupat@awareak.org or call AWARE at 586-6623!

April is Sexual Assault Awareness Month (SAAM)

Domestic Violence & Sexual Assault Advocacy Training April 12-26

AWARE is offering a 40-hour Community Education and Advocacy Training from April 12th - April 26th.

When: Every Mon & Thurs 5:30 pm 8:30 pm & every Sat & Sun 9am - 4pm

Where: AWARE

Cost: \$25.00 (materials)

The Advocacy Training is in two parts.

Part 1 (April /12th - April 22nd Community Education) is a 25-hour course of study which explores the history and foundation of adult and child sexual abuse and domestic violence, related chemical abuse and cultural oppression. Our nationally recognized presenters continuously revise and update their presentations of statistical research and combined

decades of professional experience in the field.

The training looks deeply into the cultural norms that promote violence and oppression toward women, especially women of color. We also examine the coordinated services (housing, legal, medical, mental health and law enforcement) provided in the Juneau community to support victims in regaining a healthy life and offer prevention throughout our society.

Part 2 (April 24th - April 26th Volunteer Advocacy Training) is a 15-hour intensive and interactive study of how these programs actually work. We get hands on with Advocacy training by practicing to create safety plans, write protective orders, conduct lethality assessments and walk through emergency response procedures.

In total, this 40-hour training is an eye opening experience regarding the health and well-being of our community. We are offered a deep con-

templation of our own personal beliefs and thought constructs about women in society in the 21st century. This training is invaluable to those wanting to understand modern feminism and social health. It gives an extraordinary glimpse into the possibility of a non-judgmental, fully empowering environment in which women can heal with their children and regain or gain for the first time the tools to address the responsibilities of a healthy life with healthy relationships.

Some Presenters include: Patti Bland, M.A. CCDC CDP; Saralyn Tabachnick M. Ed.; Mandy O'Neal Cole; Ati Nasiah; Pam Baker-Williams; Roxanne Thomas; Rachel Brown; and Anne Bennett

For more information visit AWARE's website at www.awareak.org or contact Swarupa at 586-6623 or at swarupat@awareak.org.

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Fun Things to Do with Your Children #4: make homemade playdough (there are recipes on the internet)
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5K Waterfront Race

Join AWARE at the Juneau Arts and Humanities Council at 10 am on Saturday, April 17th for our annual 5K Waterfront Race to honor survivors of child abuse and sexual assault. The race will end with food and speakers from AWARE. The cost is \$15 to pre-register at JRC or at AWARE and \$20 on race day. Students and volunteers pay as you can. For more information contact Nicolle at 586-6623.

Healing Arts Exhibit

Jess Brown (left), the coordinator of the Healing Art Exhibit and Sarah Newsham, of the Canvas Studio, partnered with AWARE by organizing two evenings of creating art at the Canvas. Creating art is a powerful way to work with aspects of our experiences that may not otherwise be expressed. Art is transformative not only to the creator but the those viewing the work.

The unveiling on First Friday was the first of a series of programs recognizing April as Sexual

Assault Awareness Month; the Heritage Coffee House (the 2nd Street Café) will be displaying the Healing Art Exhibit all throughout the month of April. Thank you to Jess Brown,

Sarah Newsham, the Heritage Coffee House, and especially all of the artists who contributed to the powerful Exhibit.



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Second Chance to Pick.Click.Give April 5th-May 31st

All Alaskans who filed this year for their Permanent Fund Dividend (PFD) now have a second chance (April 5th-May 31st) to give from their PFD through Pick.Click.Give.

Pick.Click.Give is a secure and safe way for Alaskans to donate some of their PFD to an Alaskan cause of their choice.

When you go to the PFD website (www.pfd.alaska.gov) you will see the option called, "PFD Charitable Contributions Program: Pick.Click.Give."

Please consider giving to AWARE.

PICK AWARE by choosing our name: **AWARE Aiding Women in Abuse & Rape Emergencies** (we're the last A on the long list of As)

CLICK on **AWARE Aiding Women in Abuse & Rape Emergencies**

GIVE by following the instructions to make a new donation, or an additional gift.

FEEL GOOD IMMEDIATELY knowing AWARE is an excellent steward of your gift and that you/we are helping people when they really need it.

"For it is in giving that we receive..." Whether helping a friend, donating goods, services or money, or giving someone a gift we know they will appreciate, the feeling that arises in the gift giver- this is the bonus gift. Try it- you'll like it!



Healthy Relationships Continued...

You are communicating your needs, wants and desires and in that process, others are not losing power. It's no small thing – creating healthy relationships. It requires an honest, thoughtful mind and it takes quite a bit of energy. It's worth it, though, or so I am told by participants of the class. Women attending this class series have commented that they feel stronger, that they are more aware of how they treat others, and that they know now that it is ok to change at any time in your life. How do you feel about your life and your relationships? Are you curious about yourself? Have you been hoping your life would change?

Can't find a good time to start changing? How about now? This class is all about **who** you bring to it.

Classes begin on Tuesday, April 13th and will continue every Tuesday evening at 6pm through June 15th. Come to Room 203B in the Bartlett Regional Hospital Administrative Building. This class series is designed specifically for women in the community interested in learning about healthy ways to relate to the many people in their lives: part-

ners, children, friends, family, co-workers, and acquaintances. In short, it is a class designed to build communication skills and increase awareness of needs and boundaries. This 10-week class series focuses on various themes: personal rights, boundaries, assertiveness, feelings identification, decision making, self-empowerment, understanding abuse, and personal safety.

For more information or to pre-register contact Ellen at AWARE 586-6623.

Thank You Juneau Lion's Club, TMHS Softball Team and JDHS Early Scholars for Collecting Donations

Generous donations were gathered for AWARE through the amazing support of the Juneau Lion's Club, the TMHS softball team, and JDHS Early Scholars. Together they gathered items for AWARE by handing out lists of

needed items to shoppers as they entered the store. As shoppers donated purchased items they were then delivered to AWARE. This innovative store event sends the message that all of us have a part in ending violence in the lives of women and children. At the end of the day, \$142.00 in cash and \$1678.00 in-kind items were donated. Juneau's women and children hold a bright future if we thoughtfully provide support and advocacy for women and children as they work to empower

themselves. With support such as yours, we will achieve this future. Thank you!

RIGHT: The TMHS Softball team gathering donations at Fred Meyer. *L to R:* Sammy Roguska (coach), Jacki Mallinger, Jenna Hyde, Adrien Speegle, Gretchen Kriegmont(coach), & Anna Bullock.

LEFT: More TMHS Softball members from *L to R:* Megan Punongbayan, Kassi Dindinger-Hill, Michelle Manning, Danaya Caldwell, & Devon Kubley.



Thank You to Girl Scout Troop #14 & Community Volunteers



Girl Scout Troop # 14, our reliable, go-to troop of helpers at AWARE, were a large part of the success of our Women of Distinction mailing. These invitations generate ticket sales, auction contributions, ad placements in our printed program and other support. Thank you to Troop #14 members Adrianna Botelho, Megan McAllister, Ruby Steedle, Rachel Doogan and Amanda Millay who teamed up with community volunteers, Andrew Ingram, Victoria LeQue, Hunter Meachum, Dabney Meachum, Charlie Helf, Kristen Betit, Keishla Soto, Macky McClung and Paul Berg. They folded, stuffed, labeled and organized our biggest mailing of the year. You were vital in making our Women of Distinction Awards Ceremony happen, Thank you!



Three New Faces at AWARE

Brenna Musser: Shelter Advocate

My name is Brenna Musser and I am one of the shelter advocates at AWARE. I've lived in Juneau for almost 12 years where I've worked at CCS as an advocate for the Healthy Families Program and at Rainforest Recovery Center as a substance abuse counselor. Shortly after the birth of my youngest child I went back to college for Chemical Dependency Counseling and that's when I realized my passion for supporting individuals and families that want to make

changes in their lives. I was born and raised in Wrangell where I attended an all girls boarding school my Jr. and Sr. years in WA state and then began college in the Seattle area; however this was interrupted when I began a family. My husband and I had six children together and have lived in many places, including Eastern WA, Seattle, and Wrangell (where three of our children were born). I am very excited about my new job and feel

blessed to be working at the AWARE Shelter continuing to support women and families who really need it.



Lauren Brooks: Shelter Advocate



My name is Lauren Brooks and I have been a relief shelter advocate at AWARE since last summer, but began taking on regular shifts in January. While Juneau is my hometown, I left to complete a Bachelor's degree in Spanish at Willamette University (2007) and have gone on several solo backpacking trips abroad. Currently, I am taking prerequisites for an accelerated nursing program. Advocacy for women is very important to me and I

hope that as a Nurse Practitioner I can combine what I learn at AWARE with the ability to provide women and their families with affordable high quality health care. When I'm not working or memorizing all the bones and muscles in the body, I enjoy traveling, snowboarding, yoga, reading, outdoor activities, and public radio. I am grateful to be part of the amazingly supportive team of AWARE staff.

Andrea Browning: Rural/Community Outreach Coordinator

My name is Andrea Browning and I am the new Rural and Community Outreach Coordinator. I have worked in the domestic and sexual violence field for over four years. I am excited to have the opportunity to travel to the nine rural villages that AWARE serves.



Fun Things to Do with Your Children #5: attend AWARE children's groups-they are fun, safe, and free group activities for your children

Fun Things to Do with Your Children #6: play at Project Playground at Twin Lakes

2010 Women of Distinction

Chris Ashenbrenner: Social Justice Advocate

Chris was born and raised in Alaska, graduating high school in Ketchikan and going on to college at Oregon State University and UAS. Chris has been involved with women and children's issues for many years; she started her family at a young age and began her professional life working for the State in the Department of Public Assistance in 1982. She first became aware of social inequities in the 1970's when she became a single parent and began commercial fishing. During that time, she was astounded when she was told that she could not have credit for her business "because we don't think you're going to make it," meaning that a woman couldn't succeed doing "men's work." Later in her life, she learned about the inequality for people experiencing disabilities when her son developed multiple sclerosis, a disabling disease. These experiences helped shape the philosophy that has guided her social advocacy work which she says is basically to question authority and keep asking the questions until you get an answer this is fair and makes sense.

Over the past 30 years, Chris has worked at AWARE, the Alaska Network and Council on



Domestic Violence and Sexual Assault, Alaska Department of Public Assistance, and most recently with U.S. Senator Mark Begich as a Juneau region representative where she assists constituents, champions human rights and brings concerns/comments to the foreground. While working for the State, in addition to two legislative citations, she received awards for her work including the prestigious National Governors' Association Award for State Service.

As a board member of the Juneau Pro-choice

Coalition, Chris worked to promote reproductive rights and open a Planned Parenthood clinic in Juneau. She has also worked to promote better understanding of and access to systems that help people and families who experience disabilities. Chris, like Margaret Mead, "believes my lifetime success is measured by the contributions I can make to my fellow human beings."

Chris credits her ability to achieve success with the love and support she has been surrounded with during her life. Her parents, Harry and Eleanor Lucas, inspired Chris to be involved by providing love and encouragement to do what she believed in. Her husband, Karl, sisters, children and extended family have "lovingly given the support and guidance that are the key to all my achievements."

Chris has been married to Karl Ashenbrenner for 24 years and has raised three children, Curtis, Rose, and Holly. She now has three grandchildren and in her spare time Chris loves to read, play sports (especially volleyball and soccer), fish, and spend time with her friends and family.

Carolyn Brown: Physician/Woman's Advocate



Dr. Carolyn Brown was born in Texas in 1937 where she grew up during difficult times in the nation's history. Forging ahead on her own, Carolyn paid her way through college and medical school. For the past 46 years, she

has been a medical doctor who is board certified in Obstetrics-Gynecology as well as Preventive Medicine-Public Health.

Carolyn and George came to Alaska in 1965. Here, she birthed two splendid babies and worked throughout Alaska with the US Public Health Service, Anchorage Municipality Health Department, in school health, with the Anchorage Neighborhood Health Center, as medical director of the Anchorage Methadone Clinic, and as the medical director of the Open Door Free Clinic.

She is the co-founder of Women and Children's

Health Associates, a non-profit organization that operated an obstetric-gynecologic-pediatric practice in the Mat-Su Valley for 10 years and subsequently continues as a scholarship resource for students interested in health careers.

Carolyn taught at the University of Vermont College of Medicine in the Department of Obstetrics and Gynecology. During those years, she was actively involved in her medical practice as well as rural Vermont medicine, college school health, the Vermont Governor's Commission on Women, statewide development and teaching in Sexual Assault Nurse Examiner (SANE) programs, and in statewide programs for prevention of domestic violence. She returned to Alaska in 2001 to serve as the Deputy Director of Public Health for Alaska.

Carolyn's life work and career have been focused with the underserved and medically disadvantaged. Her commitments have included surgical and medical obstetrics-gynecology, reproductive rights for women, health in corrections, care of victims of sexual and physical abuse and assault, and empowerment of women in their own decision making and destinies. In her time, she has delivered well over 5000 babies and worked with many thousands of women and families in clini-

cal and preventive health care.

These years of work and advocacy have provided opportunities for volunteer service. She lived in Kenya East Africa for 1 1/2 years where she provided medical care to severely disadvantaged people and established the first HIV/AIDS program for a base population of 30,000. The non-profit organization from her Mat-Su Valley days now serves as a scholarship resource for Kenyan high school students who wish to have health related careers and Carolyn is a member of that decision making board. She is a board member with the Juneau Pro-Choice Coalition. She is president-elect for the Juneau League of Women Voters. Carolyn serves on the Southeast Advisory Committee for the Alaskan AIDS Assistance Association (4A's) in Juneau. She participates with the Cancer Connection in their annual Women's Health Forum. Her volunteer work with KTOO and the One-on-One radio program has shared information about many of Juneau's citizens with the community.

Semi-retired? Perhaps – but her work with patients, young people, adults, and seniors in the community continues. We'll see...

Bev Ingram: Developmental Specialist/Advocate

Bev moved to Alaska from Ohio when she was 17 years old, after a summer trip where she visited all of the national parks in the west. While



sleeping outside for five weeks, she fell in love with nature and the outdoors.

Bev has devoted the last 28 years of her life to working directly with families with children with developmen-

tal disabilities and delays. She has worked at REACH for the past 20 years where she currently coordinates the Alaska Transition Training Initiative (ATTI), a statewide training project promoting community collaboration in designing effective systems from transitioning children with

special needs and their families among various service agencies and school districts. She also runs a private practice as an Occupational Therapist.

Bev has always loved children and considers them our most valuable resource. She first became involved with children's issues in 1981 when she worked as a Developmental Specialist in Early Intervention for the entire Kenai Peninsula. "I am fortunate to get paid to perform meaningful work. I believe 'selfless service' deepens my connection and purpose in life as well as inspires and uplifts me."

Bev has held many State leadership roles. She was Chair of the Alaska Infant Learning Program Association, served on the Early Intervention Committee of the Governor's Council for Special Education and Disabilities, lobbied for occupational therapists to become licensed, and served on the Licensure Board. In Juneau, Bev is one of

the founding members of Partnerships for Families and Children.

Throughout the years, Bev has volunteered at the Juneau Jewish Community, the Glory Hole, and the girl and boy scouts. Through her work with the nonprofit Rainforest Yoga, Bev has volunteered to create and sustain a vital yoga community in Juneau.

Bev has been inspired by her brother Jeff who deepened her understanding of living with significant disabilities and her son, born with neurofibromatosis, a genetic disorder, requiring specialized medical and educational intervention.

Bev has been married to Steve Wolf since 1985 and has two children: Hannah and Nathan. She also has a stepdaughter, Laura Mejia Wolf, who's married to Humberto Terron, and two grandchildren: Andrew and Antonio.

Fun Things to Do with Your Children #7: go to the Canvas and take an art class (they have scholarships!)

Helen Sarabia: Tlingit Speaker and Translator

Helen Sarabia has a quiet determination. Despite years of language and cultural suppression by major institutions of power in Southeast Alaska, she has continued to speak the Tlingit language. She is an inspiration and role model to her family and culture and to anyone facing overwhelming challenges. Helen has helped the Tlingit language and culture survive and thrive for future generations.

Born in Douglas, Alaska in 1926, Helen went on to attend the Wrangell Institute from 1940-1941. She then resided in Hoonah and in 1943 married her husband Ed. Together they had eight children and in 1984, along with her granddaughter, she received her GED. Helen is a fluid Tlingit speaker and has worked with Sealaska Heritage Institute and Goldbelt Heritage Institute to document the Tlingit language and culture, including producing a verb dictionary for the preservation of the language for future generations.

Helen has also worked with the U.S. Forest Service, where she documented Tlingit land use in the reprinting of "Haa Atxaayi Haa Kusteeyix



Sitee: Our Food Is Our Tlingit Way of Life," which brings to life the many histories of land use of the well-known meat, fish, and berry resources, as well as the lesser known roots and plant material, all of which formed the people's diet before contact with European-Americans. The reprint includes a CD covering the correct Tlingit pronunciation of more than one hundred of the most important food resources from the lands of Southeast Alaska, as well as a table of nutritional information.

Over the years, Helen has strived to educate people and students about the Tlingit language, dance, and song by going into Glacier Valley Elementary School. She also worked for "Southeast Native Radio," where she participated in, and helped produce, "Conversations in Tlingit," for Live Day, a half hour of conversation in the Tlingit language. Additionally, Helen has also volunteered at Northern Light United Church and the Filipino Community Center. She frequently attends the Tlingit Lunch events at Northern Light Church.

For many women, the suppression of one's own heart language and culture was an identity destruction event. Helen, however, endured with grace and respect and inspires many people who face huge obstacles. She is now retired, but still works for Sealaska Corporation, where she teaches the Tlingit language. In her down time, she enjoys walking, doing chair exercises, and reading.

Women of Distinction Wrap-Up Continued...

AWARE extends gratitude and appreciation to our Juneau community for an amazing amount of support. This annual fundraising event was made possible by a variety of people offering generous gifts of time, energy, and heart. We would like to thank First Lady Sandy Parnell for her opening remarks; Senator Dennis Egan for presenting awards; and Representative Anna Fairclough for not only presenting the awards, but for also challenging each participant to write a check to AWARE for \$20 in order to raise an immediate \$6000. Also we thank Liz Dodd for her fun and lively hosting as the Mistress of Ceremony; the Rob Cohen Trio (Rob Cohen, Brendan Fuhs, and Clay Good) for graciously providing opening music; and musician, composer, singer and ten year-old Anna Graceman for adding her own special inspiration to an evening dedicated to the inspired lives of women. We thank Amy Carroll for program production, Jeanette St. George for producing bid sheets and table names, and Rie Munoz for her beautiful artwork. We appreciate the exceptional efforts toward the Silent Auction art direction and organization by Ann Rausch and Jennifer Watson.

AWARE would also like to thank the Women of Distinction Corporate Sponsors and Pre-

cious Gems. Their generous financial support helps make this event all that it is. Special thanks to our \$2500 Gold Corporate Sponsor: First National Bank Alaska, and to our \$1,000 Silver Sponsors: Wells Fargo, Denali Alaskan Federal Credit Union, and Alaska USA Federal Credit

Union. Thanks to Precious Gems: \$1,000 Diamond-Alaska Housing Finance Corp., Dr. Nell Waggoner, ANDVSA, Barbara Ingram; \$500 Emerald- MRV Architects, Jensen Yorba Lott; and \$250 Rubies-

Sam Kito, Jr., Elgee, Rehfeld, and Mertz, IBEW-Local 1547, Anne Lucas, Diane and Al Adams, and North Star Behavioral Health System for their caring and kindness. We offer a special thank you to KTOO Public Broadcasting and Holland America Line, and to the Baranof Hotel for their in-kind contributions.

Thank you for your generous auction donations to the Juneau Community. Both business and individuals are listed on our website www.awareak.org – thank you for making our dinner a financial success and fun!

We would like to thank the hundreds of people who attended the dinner, the new members and those who made a financial contribution or bought an advertisement in the Women of Distinction program book. The proceeds from the Women of Distinction event further AWARE's work with victims of domestic violence, sexual assault, and child abuse. It is a wonderful opportunity to honor women who have made a difference while supporting work to end violence in our community.

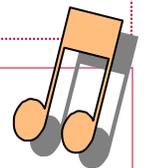
Finally, I would like to thank the dedicated Board of Directors; Co-Chairs Chris Burke and **Continued on next page**



Anna Graceman Performs at Women of Distinction



AWARE's Annual Women of Distinction Celebration often features the talent of Juneau's young people. This year was no exception. We were delighted to present composer, musician and ten-year old singer, Anna Graceman. Thank you to Anna and her family and friends, many of whom were at the gala on March 13th. Anna's compositions show a depth of understanding, her performance, a grace and generosity that seem beyond her years. She reminds us that when adults and communities offer nurturing support, children flourish. This is AWARE's wish for all children.



Fun Things to Do with Your Children #8: explore all the wonderful nature that we have in southeast Alaska, right outside our back door

Fun Things to Do with Your Children #9: get your child involved in reading, games, sports, music, theater, science, and more

Fun Things to Do with Your Children #10: teach your children to bake or cook

Women of Distinction Wrap-Up Continued...

Michele Masuda, Treasurer Cheryl Eldemar, Secretary Tisha Gieser, and members Robin Gilcrist, Cathy Johnson, Barbara Murray, Maren Haavig, Jeremy Hansen, Jessica Srader, Freda Westman, Jeff Irwin, Patti Bland Emeritus and the staff at AWARE who worked tirelessly to bring the details of the event to life.

Thanks for your commitment to AWARE and our mission.

AWARE's ability to work with survivors of domestic violence and sexual assault is greatly enhanced by Juneau's community support. Together we are working towards a commu-

nity of zero tolerance for interpersonal violence, where we can all live in peace and freedom.

-Saralyn Tabachnick, Executive Director, AWARE



Please Send Us Your E-mail Address (if you haven't already done so) so we can start an email group that we can use for the newsletter while saving paper, trees, and postage; and you can see it in living color!

Fun Things to Do with Your Children #11: have your kids create & act out a play with you and your friends and family as the audience

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.

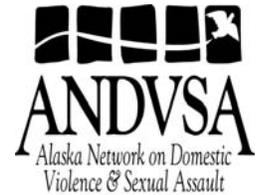
- | | | | |
|-----------------------|---|--------------------------|------------------------|
| New pillows | Flashlights | Full-sized toiletries | Art Supplies |
| Towels | Diapers & Wipes | Bus tokens | Twin Sheets & Blankets |
| Toilet paper | New sweat suits, socks, underwear (all sizes) | | |
| Kitchen utensils | Copy Paper | Your time as a volunteer | |
| 3 – 5 quart saucepans | Movie, swim, skate rink, & climbing wall passes | | |

AWARE, Inc.
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Juneau, AK 99802

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AWARE
Dove Cottage
A Place of Peace



AWARE Staff

Executive Director—Saralyn Tabachnick

Business Manager	Rachael Helf
Direct Services Manager	Mandy O’Neal-Cole
Program Manager	Ellen Andrews
Prevention Manager	Ati Nasiah
Rural & Comm. Outreach Coord.	Andrea Browning
Children’s Counselors	Rachel Brown
	Pam Baker-Williams
Education Specialist	Sarah Arnston
Legal Advocate	Anne Bennett
Lead Advocate	Roxanne Thomas
Shelter Advocates	Sarah Syfert
	Tillia Everett
	Lauren Brooks
	Brenna Musser
	Veronica Laffin
T&H Advocate	
Volunteer Coordinator & Poet Laureate of AWARE	Swarupa Toth
Administrative Assistant	Mandi Johnson
Children’s Advocate	Meghan DeSloover
Jesuit Volunteers	Nicolle Gameiro
	Marcelo Maiorano
AmeriCorps Volunteer	Kristina Zuidema
Maintenance	Craig Alton
	Brad Baker

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