

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



AWARE Executive Director
Saralyn Tabachnick

It's humbling to feel so much appreciation for all that made it possible for me to be on sabbatical for three months. Of course there's the Rasmuson Foundation who awarded and financed my sabbatical, and the AWARE board of directors who sent me off with their blessings. I think of them as the mixer, spatulas and the ingredients. And then there's what happened at AWARE day to day, sometimes hour to hour or minute to minute, to make it possible for me to take time away. It's the people working here. I think they are the recipe adjusted with distinct flavors and special sauces, depending on what's needed at the time. I have written about AWARE's great staff before, and many of you experience them and know exactly what I'm writing about.

It is very much this staff who support one another and the agency with such kindness, stability and commitment to our program participants, to one another, the agency and the communities we serve, who made it easy for me to step away in September and easy for me to step back in December. And made it easy for the management team to operate so successfully.

AWARE's management team consisted of our 4 program managers, Ellen Naughter, Rachael Helf, Mandy Cole and Ati Nasiah. I couldn't begin to list all that they took on and accomplished during my time away- I will only say:

1. It was a lot. (If you don't believe me, just ask them.)
2. They were (and are) physically, emotionally, and mentally present to give their all.
3. I am extremely proud of them, as I am of the entire AWARE staff. It is this staff that provided support to the management team, to each other, and again and foremost, to the women and children in need of safety. Some of them have been around for years, some for months, and all of them, all of us it seems to me, know and trust in the foundation of AWARE, and from this constancy and strength, work individually and as a group(s), for the greater good. Who could ask for more? *continued on page 2*



AWARE welcomes our newest addition, Eva Rose Hildebrand, (shown here on her birthday,

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Thoughts & Thanks continued...

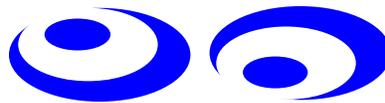
And then there's AWARE's board of directors, wonderfully supportive of the management team and entire staff. It is with great appreciation and also sadness that we prepare to say farewell to three directors who are term limited: Marla Berg, who has served as board co-chair, Sarah Felix, board secretary, and John Leque, all serving on AWARE's board since 2000. They have provided direction, leadership and advise, as well as confidence in me and my ability to perform the executive director duties at AWARE. I will miss each of them dearly. Please join us and wish them well on Wednesday, January 30, when AWARE has our Annual Meeting and Volunteer Appreciation here at AWARE at 6 pm.

When I arrived home from my sabbatical, I met the 2008 Women of Distinction, which was a timing treasure! I'm excited and honored to announce this year's honorees: Helen Abbott-Watkins, Alberta Aspen, Susan Baxter and Betsy Brenneman, each of whom has done outstanding works in and for our community. You'll be reading more about them in the coming weeks. See page 3 for more information about the Women of Distinction Gala!

It was also a delightful to come back to work with the spirit of the season all around. Many thanks to you for your generosity to our agency and to the people who use our services, ensuring a special holiday celebration for so many in our community.

In 2008, we will continue to provide safety, shelter, and the day to day crisis intervention and advocacy for victims of domestic violence and sexual assault, adults and children alike. We will expand our prevention and outreach efforts (thanks for additional grant funds), and we will further explore the possibility for long term safe shelter for many of AWARE's residents. If you have any questions or ideas, please don't hesitate to phone me at 586.6623. I would love to hear from you.

Here's wishing you all the best in 2008 and to all of our expanding awareness, joy and freedom throughout the new year!



AWARE would like to thank the many individuals, offices, church groups,

agencies, and families who generously donated to AWARE during the Holiday Season. The women and children who come to AWARE are survivors of domestic violence and/or sexual assault, and often feel isolated. Your thoughtfulness provides them with the gift of knowing their community cares and that they are not alone. AWARE extends tremendous gratitude to everyone who gave so kindly. AWARE's Sponsor-A-Family Program connected families in need with sponsors. Twenty-six compassionate individuals and groups provided gifts and food baskets for 34 families.

The sponsors included AK Post Secondary Education, Silver Linings Book Group, Coast Guard Clinic, AK Dept. of Environmental Conservation, Daughters of the New Moon, Forest Services - Juneau Ranger District, Juneau Universalist Unitarian Fellowship, Forest Service - Regional Office, Coast Guard - Sector Jnu - Valley Location, Art Morris, Shepherd of the Valley, Auke Bay Co-op, Residential Mortgage, CBJ - Engineering Dept, Barbara Belknap, Bridget Smith, Michelle Kissling, Scottie & Zeela Snodgrass, as well as other anonymous donors.

AWARE's Children's Holiday Party was supported by Bullwinkles Pizza, Pizzeria Roma, Super Bear Supermarket, and Costco. Volunteers include Katie Pulito, Nikola Juris, Andrew Krueger Richard Cole, Rhett Bennett and many others. Many thanks to all of you! Additional donors include: Gayle Trivette, Brenda Swift, Andi Story, Kathleen Rhea, Cindy Quisenberry, Kathy Dietrick, Lynnette Dyhle, Paula Janowicz, Jennifer Jozwiak, Geri McLeod, Nora Loughlin, Marilyn Torgerson, Capital City Quilters, Gold Street Quilters, Ken Smith, Kathline Bailey, Donna Moore, Reflections (Skagway), Intl. Union of Operating Engineers - Local 302, NOAA - Fisheries Alaska Program, Triangle Club and numerous anonymous donors. Thank you one and all for sharing the spirit of the season and extending your thoughtfulness and generosity to those in need.

May the New Year bring peace to you and yours, to the families AWARE serves, and to all our community.

WOMEN OF DISTINCTION 2008

AWARE, Inc. is privileged to announce the honorees of our twelfth of Distinction

annual Women Award.



From left: Susan Baxter, Helen Abbott-Watkins, Alberta Aspen, and Betsy Brenneman

These four Juneau women have made significant and outstanding contributions to our community and to improving the lives of women and children. Their accomplishments will be honored by AWARE at the Women of Distinction Dinner and Silent Auction at Centennial Hall on Saturday, March 8, 2008.

The public is invited to attend and can purchase tickets at AWARE (586-6623.) Funds raised from the dinner and silent auction support services to those affected by

WHAT'S GOING ON AT

RURAL/COMMUNITY OUTREACH



Gratefully, I greet Hanukah and Solstice time, and with the turning of light come many exciting things shining on SE Alaska. On top of it all, Saralyn, our ED is home and rejuvenated... and the goodness keeps coming! As many of you are aware, I have been in a new position at AWARE for about 4 months, and I love it. It comes to me with many new challenges and exciting adventures (my favorite)! As the new Rural and Community Outreach Manager I have had the opportunity to visit Skagway, Haines, Klukwan, and Yakutat. During these visits I've spent time in the classroom, children K-12, to discuss safe/unsafe touch, as well as taught classes on teen dating violence and domestic violence with teens. Haines and Skagway requested multidisciplinary team meetings to discuss risk and protective factors for their communities, and clarification on how AWARE can support different agencies with trainings and/or developing community readiness for greater safety and awareness among community members. Along with education, AWARE provides safe shelter, emergency transports and advocacy for families living in Northern Southeast Alaska. During many of my trips, clouds lifted and mountain ranges exposed themselves, I took hikes in my spare time and spoke with AWARE volunteers and community partners and began making connections with some wonderful people living in outlying rural communities.

Girls on the Go! Girls on the Go (GOTG) is an experiential learning program for middle school age girls. The program combines training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The goals of the program include encouraging positive emotional, social, and physical development in an effort to reduce potential at-risk activities among its participants. The GOTG curriculum supports healthy-decision making and addresses the following issues: teen pregnancies, eating disorders, depression, suicide and substance/alcohol abuse problems etc. After reviewing the program, we feel it promotes empowerment of young women, providing the self-efficacy skills necessary to lead healthy, successful lives and at the same time introduces them to an activity that can become part of their lifestyle. This program is in the works and we hope to get the mini pilot program off the ground in February, and (funding permitting), join the national organization of Girls on the Run, implementing the full blown program in Fall of 2008. This idea has arisen from collaborative, multi-disciplinary meetings between SEARCH steps to a Healthier SE Alaska, DELTA, Dzantik'i Heeni Middle School, the National Council on Alcoholism and Drug Dependency and AWARE.

The objective of GOTG (a mini pilot to "Girls on the Run" a national non-profit program we hope to adopt) is to introduce the program to the Juneau School District for a three month trial period. If GOTG is successful through the reduction of at-risk activities of students, as well as increased interest in the school district to partner on this project, we will apply for greater funds and join the national organization of "Girls on the Run." A group of adolescent girls will meet twice a week for educational classes/support groups and physical training at Dzantik'i Heeni Middle School this Feb-April 2008. If we do not receive funding for the pilot program and you are interested in donating funds for running shoes and healthy snacks for program participants, please contact me and I would be more than happy to help you! If we are able to obtain funds for the mini program, "Girls on the Run" will be starting Fall 2008, and we will be looking to hire a coach and will offer a stipend...so keep your ears and eyes open for updates on this project. Thank you all for all your support and I look forward to working with you to raise safety and awareness in the New Year!



more from Ati continued...

TRAIN*Teens Resisting Abuse and Initiating Nonviolence*

When I am not traveling, I am acting as the TRAIN Coordinator. TRAIN has been steadily moving forward and developing its resources and programs. We now have an amazing teen resource library with videos, work books and great reading materials from a United Way mini grant. I am currently working with 10 teens on TRAIN Transitions where we offer educational classes to middle school and high school classrooms—so far the teens are doing a great job inspiring and sharing important information with their peers. Beginning February 2008 teen peer-educators will begin traveling with me to offer TRAIN Transitions to four rural communities. And like I said...the goodness keeps coming....January 28th is the first session of our TRAINing. Every Monday 5-7:30pm January to help their peers through the many challenges in their lives. If you know of interested teens, have them give me a call 586-6623 or tell them to show up Jan 28th for a yummy dinner and important/ fun conversations!

TRAIN Teen Crisis Line is still happening—every Monday 4-8pm teens are encouraged to call AWARE to talk with other teen advocates. Teens can call for themselves or their friends for information on teen resources, or to discuss teen issues such as dating violence, healthy relationships etc...all services are free and confidential. 586-5920!

T. R. A. I. N.

*Teens Resisting Abuse & Initiating
Nonviolence*

**DELTA**

A lot has been going on with DELTA this quarter and there's even more planned for the spring! Some of our highlights include a photographic community needs and resources assessment done by Juneau youth, a themed benefit run for DV Awareness month, and a series of educational groups.

This November, DELTA's Coordinated Community Response (CCR) - a group of individuals from various community agencies all working to prevent intimate partner violence - debuted a unique, artistic project called Photovoice. We gave Juneau youth, ages 10 to 18, cameras and had them take pictures of what they loved about their community and what they feel should be changed. The result was a beautiful, fun, and often poignant collection of art and commentary that also serves as a community needs and resources assessment. The show opened at the KTOO studio and is currently available to view at the Zach Gordon Youth Center.

For Domestic Violence Awareness month (October), the CCR, with much help from other AWARE staff and the Southeast Road Runners Club, held a hugely successful benefit race. Participants were invited to dress in Halloween costumes as they ran the 5k, or to walk a mile in heels as part of our "walk a mile in her shoes" theme. We had approximately 60 participants and raised over \$1000 for the White Ribbon Media Campaign that will be happening this spring. Hopefully we'll see a similar event for Sexual Assault Awareness month this April!

DELTA, in conjunction with the education team at AWARE, has also been facilitating groups with the CHOICE program, Yaakoosge, and soon JYS. This coming year we have more educational programs planned and I'm looking forward to seeing what ideas the CCR has for community prevention and outreach. In addition to planning great, preventative events and campaigns, the CCR is also working to make itself a truly self-sustaining entity so that when the DELTA grant expires there will still be a dedicated body of people from many different agencies working together to prevent intimate partner violence and sexual assault.

AWARE Wants YOU!



Advocacy Training Starts January 28

Training Topics Include:

- *Dynamics of Domestic Violence
- *Dynamics of Sexual Assault
- *Advocacy Skills
- *Child Abuse
- *Anti-Oppression

To register or for more information contact Sophie Stradley by phone at: 586-6623 Or by email at: sophies@awareak.org

News from the Children's Program:

As winter emerges in Juneau, the Children's Program is looking to spruce up our kids' playrooms, and are still looking for a few key donations. We are looking for several wooden bookshelves, a wooden wall magazine rack, beanbags in good condition, some organizational clear storage bins (of all sizes, but mostly large), and last, but not least, several stackable plastic file drawers (approx. 15"W x 12"D). If you are interested in donating, please call AWARE and speak with either Erin Polich or Hannah Ives in the Children's Program.

Also, just a reminder, if anyone is interested in donating in other ways to the Children's Program, AWARE has a wish list at downtown's Imagination Station.

JOB ANNOUNCEMENT

AWARE Children's Services Clinician

Responsibilities:

Provide play therapy and counseling for child victims of domestic violence and sexual assault and their supportive parents.

Qualifications:

Graduate degree in social work, counseling, psychology or related field is required. Must possess a working knowledge of child development and a thorough understanding of domestic violence, sexual assault, child sexual assault and the needs of child victims. Must have experience working with parents in crisis and parenting issues.

Salary and Hours:

Full-time & Part-time available, competitive salary and benefits.

Closing date/Where to apply:

open until filled

Send resume and cover letter to:

AWARE, Inc., PO Box 20809, Juneau, AK 99802

Phone: 586-6623

Fax: 907.586.2479

Minorities encouraged to apply. EEO.



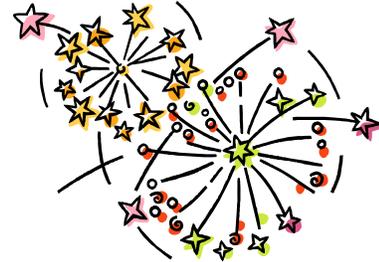
AWARE Wants YOU!

You are Invited to AWARE's Annual Meeting!

Who: YOU!

What: Annual Meeting & Volunteer Appreciation Potluck

When: Wednesday, January 30th, 6:00pm



Generous Donations to AWARE



Members of the Alaska Peace Officers Association make a holiday donation to AWARE



Students from the Juneau Adventist Christian School donate money they raised for AWARE, as their charity of choice for the holiday season.

T. R. A. I. N.

Teens Resisting Abuse & Initiating Nonviolence

Free Peer Advocacy Training

Learn How to Help Your Friends,

When:

Mondays from 5-7:30pm start-

Where:

The AWARE Shelter

For More Information

Call Ati Nasiah at:

586-6623



Juneau Women's Democratic Party makes a

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.

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Executive Director— Saralyn Tabachnick

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Direct Services Manager	Mandy Cole
Administrative Program- Services Manager	Ellen Naughtner
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