

WINTER 2009 EDITION

A publication of AWARE, Inc. Aiding Women in Abuse and rape Emergencies

Serving the communities of Juneau, Elfin Cove, Gustavus, Haines, Hoonah, Klukwan, Pelican, Skagway, Tenakee Springs and Yakutat



DOVE



TALES

THOUGHTS AND THANKS FROM SARALYN

I'm noticing that January is my appreciation newsletter...I consider AWARE's accomplishments of 2008, recognize the people who make it so, the brave women and children who walk through our doors, the compassionate staff who greet each person with kindness and acceptance in person or on the phone, the board of directors who plan strategically for AWARE meeting our community needs. I consider the people and places of Juneau, whose remarkable kindness and generosity benefit survivors of domestic violence and sexual assault, particularly evident at Christmastime. There is a Yiddish saying, "when the heart is full, the eyes overflow." This is my experience.

Snapshots since our last newsletter:

- ✓ The families participating in our "Adopt A Family" Christmas program requesting winter coats, gloves, boots, and food for their pantry, and the adopter, bringing box after box to help this family meet their Christmas wishes, their basic needs.
- ✓ The Brew Crew, the staff of Alaskan Brewery, donating their 2008 tips to AWARE, in the amount of ten thousand dollars. Ten thousand dollars.
- ✓ Ten girls ages 8-13, and volunteer coaches, running 27 laps at the Dimond Field House, parents, siblings, fans in tow, so proud of the accomplishments of each of the Girls on the Run.
- ✓ The Karma Krew: Malia Mcinerney of Taproot Yoga, Heather Ollenburg of the Body Shoppe, Mary Pat Schilly of Sole Reflection, donating yoga class, The Body Shop products, and An Afternoon at the Spa for AWARE residents. Plus donations of The Body Shop products from individual women as well as Heather. You know who you are!
- ✓ AWARE's Annual Meeting and Volunteer Appreciation, our conference room filled with AWARE staff and volunteers including newly elected board of directors, Jr. Girl Scouts Troop 14, Tisha Gieser, Ashley Johnston, Paul DeSloover, Carol Royal, Jonathan Anderson, Cachet Garrett. The positive way each person in that room has impacted AWARE.
- ✓ AWARE's strategic plan, adopted to include developing a capital funding plan for the property we purchased earlier this year, adjacent to AWARE, for safe and sober non-emergency shelter for women and children leaving residency at AWARE, and working with the Foraker Pre-Development program and reviewing architectural design ideas for the property.
- ✓ Best wishes to Joann Hanson, AWARE's lead advocate who was on our staff for 18 years, with heartfelt gratitude for her extensions of caring and compassion, dv education and challenging all of us at AWARE-program participants and staff alike—to be our best selves.
- ✓ And to board members Shirley Carlson and Ann Rausch, who resigned this year, our deepest gratitude for your commitment to our work.
- ✓ You too many to mention, between these pages and part of these pages, each in your own special way, sharing your qualities for a greater good. And the board, volunteers, and co-workers at AWARE, who support one another and the agency with compassion, stability and commitment to our program participants, to one another, the agency and the communities we serve.



AWARE Executive Director
Saralyn Tabachnick

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I'm excited and honored to tell you this year's Women of Distinction honorees are Angie Lunda, Ann Boochever, Marla Berg, and Marsha Buck, each of whom has done, and continues to do, outstanding things in and for our community. You'll be reading more about them in the coming weeks. See page 6 for more information about the Women of Distinction Gala!

And here's wishing your kindnesses come back to you many fold, and that your 2009 brings good health and happiness, peace and joy to all!

10 THINGS MEN CAN DO TO PREVENT GENDER VIOLENCE

- 1) Approach gender violence as a MEN'S issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers.
- 2) If a brother, friend, classmate, or teammate is abusing his female partner — or is disrespectful or abusive to girls and women in general — don't look the other way. If you feel uncomfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor. **DON'T REMAIN SILENT.**
- 3) Have the courage to look inward. Question your own attitudes. Don't be defensive when something you do or say ends up hurting someone else. Try hard to understand how your own attitudes and actions might inadvertently perpetuate sexism and violence, and work toward changing them.
- 4) If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.
- 5) If you are emotionally, psychologically, physically, or sexually abusive to women, or have been in the past, seek professional help **NOW.**
- 6) Be an ally to women who are working to end all forms of gender violence. Support the work of campus-based women's centers. Attend "Take Back the Night" rallies and other public events. Raise money for community-based rape crisis centers and battered women's shelters. If you belong to a team or fraternity, or another student group, organize a fundraiser.
- 7) Recognize and speak out against homophobia and gay-bashing. Discrimination and violence against lesbians and gays are wrong in and of themselves. This abuse also has direct links to sexism (e.g. the sexual orientation of men who speak out against sexism is often questioned, a conscious or unconscious strategy intended to silence them. This is a key reason few men do speak out).
- 8) Attend programs, take courses, watch films, and read articles and

I am from the sea, as
Salty as tears, I am from
The rocks and trees and
Also the wind that
screamed
There. I am from the sand
That always stuck in my
Hair and the gardens that
Nurtured my body.

I am from broken toys
And hurt feelings, bullies
That pulled my hair. I am
From memories distant and
Dim with fading color and
Old faces.

I am from Heleen and
Zach, from Great Grandma
Ida and Herring eggs
Boiled and dipped in seal
Oil.

I am from sugar cookies
And candy cane, winter
Snow and snow puppies.
Warm socks and blue
Jeans, full of holes.

I am from Port Alexander
And conclusion I am
From the bears and
Deer that walked there
And the wild moss
That strew the
Forest floor.

I am from long hours
Of pretend and worn
Teddy bears. I am
From the buttons my
Mother sewed to my red
Coat so I would
Be warm.

I am from orange life
Jackets and warm
Sun. I am from the
Cool rocks and red
Skiff and old
House.

National Stalking Awareness Month

January is National Stalking Awareness Month and OVW, in partnership with the National Center for Victims of Crime, launched the 2009 campaign "Know it. Name It. Stop It." This resource assists our partners in the field integrate stalking awareness into prevention and outreach programs and rigorously confront this crime.

The Department of Justice, Bureau of Justice Statistics released a supplemental report to the National Crime Victimization Survey focused on Stalking Victimization in the United States. This report is the most comprehensive study of stalking to date and confirms what we in the field have long known—stalking is pervasive, women are at higher risk of being stalked, and there is a dangerous intersection between stalking and more violent crimes.

The study found that during a 12-month period, an estimated 3.4 million people (age 18 or older) were victims of staling. Surpassing previous estimates of stalking, the study noted persons age 18 to 19 and 20 to 24 experienced the highest rates of stalking victimization.

The study further illustrates a dangerous reality that women are at higher risk of stalking victimization. Females experienced 20 stalking victimizations per 1,000 females age 18 or older. The rate of stalking victimization for males was approximately 7 per 1,000 males age 18 or older.

Seven in 10 victims sought help. Approximately 60% do not report victimization to the police. Most enlisted the help of family or friends while only 7% contacted victim services, a shelter, or helpline.

-Cindy Dyer

Director, Office on Violence Against Women
U.S. Department of Justice

Juneau Batterer's Accountability Program Reflection

TOWARD THE END OF EACH YEAR, MANY OF US REVIEW THE WORK WE'VE BEEN INVOLVED WITH OVER THE LAST TWELVE MONTHS. AS I CONSIDER MY INVOLVEMENT WITH THE JUNEAU BATTERER'S ACCOUNTABILITY PROGRAM, ONE THING CAME TO MIND IMMEDIATELY. THIS PROGRAM IS EXHAUSTING! WORKING WITH MEN IS INHERENTLY A STRETCH FOR ME. THERE ARE DIFFERENCES IN HOW I APPROACH TOPICS; THERE ARE STEREOTYPES TO OVERCOME ON BOTH OF OUR PARTS. IN ORDER TO PLAN A MEETING, I AM CONSTANTLY ASKING MYSELF- WHAT CAN I SAY TO GET THIS IDEA ACROSS? I WANT TO MAKE A POINT, OF COURSE, BUT I ALSO WANT IT TO BE FRAMED POSITIVELY AND IT MUST BE MEANINGFUL. THE LAST THING I WANT IS TO MAKE OUR WORK IN THE CLASSROOM SEEM SEPARATE FROM THEIR LIVES.

WE HAD A DISCUSSION LAST YEAR FOCUSED ON HOW HARD IT IS TO CHOOSE NON-VIOLENCE. ONE OF THE MEN TALKED ABOUT HOW WE'VE ACKNOWLEDGED THAT VIOLENCE IS USEFUL AND OFTEN RESPECTED IN OUR CULTURE, SO HOW CAN ONE PERSON CHANGE ANYTHING BY SIMPLY PRACTICING NON-VIOLENCE? HE WOULD NEVER SEE ANY RESULTS OF HIS DIFFICULT CHOICE. NO ONE WOULD APPRECIATE HIM FOR IT; IN FACT, HE'S LIKELY TO SUFFER SOCIAL CONSEQUENCES.

THANK YOU ALASKAN BREWING COMPANY!

AWARE recently received a check from the Alaskan Brewing Company in the amount of \$10,000.00. WOW! As you can tell from Saralyn's expression, this was definitely an unexpected amount!

Nancy Woizeschke, David Troup and Tony Hand make up the Brew Crew's year round gift shop team. Their big smiles and warm hearts played a big hand in collecting the record amount of tips.

Pictured: Nancy Woizeschke, Saralyn Tabachnick, David Troup, Tony Hand, and Swarupa Toth.



ADOPT A FAMILY

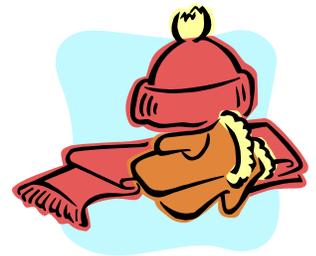
Our conference room was filled with presents and food,
The good-hearted people of Juneau don' good,
Socks and gloves and rain boots and more,
What else could a family possibly ask for?

Pots and pans and a gingerbread man,
Were a few of the things packed up in the van,
Turkeys and hams and lots of cranberries,
Helped make this season a little more merry.

Twenty four families we had in all,
Some of them were large, some of them small,
Some mothers cried when they saw the donations,
Because the portions exceeded their expectations.

Thanks so much to our sponsors— who spent countless hours and dollars helping make this holiday season a little more enjoyable for those families in need!

- US Forest Services
- Juneau & Admiralty Ranger Districts
- Juneau Unitarian Universalist Fellowship
- Shepherd of the Valley
- Art Morris Family
- Alaska Dames
- Green Creek Mine Wives
- State of Alaska-Senior & Disability Services
- Amy Skilbred's Book Club
- US Coast Guard
- Justine Muench
- Gende Family
- Many Anonymous Sponsors!



The Importance of Play

Play is how children relate to their world. Play is the channel of expressing their experiences as well as their feelings about themselves. Learning and development are promoted through play.

Play is a fun, enjoyable activity that raises our spirits and brightens our outlook on life. Play eases feelings of stress and boredom, connects people in a positive way, stimulates creative thinking, regulates emotions, and improves confidence.



Get involved with your child's play; spend about 20 minutes a day uninterrupted. This tells your child that play is important, and that they are valuable. It is important not to control or take over their play, let them guide the play. This will allow you to understand their world more through their eyes.

Children must experience events or situations in their lives in order to assimilate them into their perceptual world. A child's play is highly metaphorical.

Toys that can be used in many different ways are great because they promote the most essential, creative play. Some of these toys may be: blocks, legos, play dough, or dress up clothes. Parents should be aware of age-appropriate toys and check materials and equipment for safety.



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The stockings were stuffed to the brim with great care, to be enjoyed immensely by kids from AWARE, The games, they were scattered all over the gym, at our Holiday party- everybody wins! Especially thanks to all of YOU who generously gave your time and resources to make our Holiday party a success. Thank you so much!



Meghan, AWARE's Children's Advocate, helps Santa hand out presents. Erin, Mandy O'Neal Cole's stepdaughter, is pictured with Santa.

- Costco
- Fred Meyer
- Island Pub
- Juneau Coast Guard Military & Family Association
- Pizzeria Roma
- PND Engineers
- Toys 4 Tots
- and all of our Fabulous Volunteers!

Sincerely,
AWARE Children's Pro-gram

Women Of Distinction 2009



Angie

Marla Berg, Marsha Buck, and Ann Boochever

Lunda,

Congratulations to the 2009 Women of Distinction. Their accomplishments better our community on a daily basis. Join us in honoring them on March 7, 2009 at Centennial Hall. Funds raised from the dinner and the silent auction support services provided to women and children in Juneau and the rural communities we serve.

Tickets prices are \$55 per seat or \$650 for a reserved table of ten. Tickets can be purchased by calling AWARE at 586-6623.

New Face

Roxanne Thomas—Lead Advocate



My name is Roxanne and I am so excited to be AWARE’s Lead Advocate. I worked at AWARE about 19 years ago, and it feels really great to be back, not only at AWARE, but also in Juneau! I travelled the world and realized that there is no place like home. I am glad to be working again with women in the community!

PICK
CLICK
GIVE

There’s a new way to reach out and help Alaskans. Apply for your PFD online and you can share part of your dividend with some of your favorite Alaska nonprofits. It’s a chance for all of us to come together and give a little extra. Just Pick, Click, Give.



Give Cash. Make Change. For Alaska.

In your area, you can pick, click, and give to these organizations:

- ◆ Alaska Arts Education Consortium (AAEC)
- ◆ Alaska Lighthouse Association
- ◆ Alaska Network on Domestic Violence & Sexual Assault
- ◆ Association of Alaska School Boards
- ◆ AWARE, Inc.
- ◆ Bartlett Regional Hospital Foundation
- ◆ Cancer Connection
- ◆ Catholic Community Services
- ◆ CoastAlaska
- ◆ Discovery Southeast
- ◆ Friends of the Alaska State Museum (The)
- ◆ Healing Hand Foundation
- ◆ Juneau Family Health and Birth Center
- ◆ Juneau Lyric Opera
- ◆ Juneau Raptor Center
- ◆ Juneau Symphony (The)
- ◆ Juneau Youth Services, Inc.
- ◆ KTOO FM & TV/360 North
- ◆ National Council on Alcoholism & Drug Dependence
- ◆ Perseverance Theatre
- ◆ Polaris House, Inc.
- ◆ REACH, Inc.
- ◆ SAIL/ORCA
- ◆ Sealaska Heritage Institute
- ◆ Southeast Alaska Guidance Association (SAGA)
- ◆ United Way of SE Alaska
- ◆ UAS-Juneau

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

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



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