Someone once told me, if you’re not moving forward, you’re moving backward. At the time, I thought you might just be being still. Yet I’ve come to understand that statement in a different way. While there are moments and times in life when being still is exactly what’s needed, staying in place for an extended period can also be a sign of stuckness, of losing ground. There’s no lead in our shoes here at AWARE. There are always needs to meet, and community partners who help us meet them. I am grateful beyond words, and yet, here are my words.

Women of Distinction 2016 was a fabulous celebration of Marie Darlin, Justine Muench, Missouri Smyth, and Kristi West. The women were inspiring and the entire evening was delightful. In addition to meeting our fundraising goal at Women of Distinction, 178 people became new or renewed members of AWARE to the tune of $11,000, and thanks to a match from the Benito and Francis Gaguine Foundation, all new/ increased funds will be matched dollar for dollar. Thank you to all who donated that night, and to all who continue to donate as we work to raise $25,000 new dollars to meet our match.

Our emergency shelter is getting much needed maintenance, both indoors and out. We’re thrilled to have received funding from the Rasmuson Foundation, matched by the State of Alaska, for safety and maintenance needs for domestic violence shelters all over the state. Additionally, thanks to a Tier One grant from the Rasmuson Foundation, we’re able to purchase new bunk beds and mattresses. Our building gets a lot of wear and tear, and we are deeply grateful to funders who work in support of our mission, and in support of survivors seeking safety.

And of course, there’s our ongoing work with women, with children, and with men. There’s our work with people seeking safety both immediately and long term, our work with the community to prevent violence, and our work with women’s and men’s groups to learn both about the abuse of power and control and the ingredients of healthy relationships.

If you would like to support AWARE’s forward motion, we welcome your participation in whatever way works for you. For some it’s donating time, for others it’s donating pillows (or whatever need is expressed on AWARE’s Facebook page), for others it’s sending a check, or volunteering in any number of ways. Please know we welcome your involvement. We appreciate your involvement. We couldn’t do it without you.
Statistics paint a somewhat safer environment for Alaskan women today than five years ago, but a group gathered in the State Office Building on February 16 to say it wasn’t enough.

Lauree Morton, the executive director for the Council on Domestic Violence and Sexual Assault, told a crowd of more than 100 that in 2010, it was reported that 59 out of 100 women in the state were victims of intimate partner violence, sexual violence or both. In 2015, that figure decreased and now stands at 50 out of 100 women.

“It’s still too much, it’s still too many, but we’re moving the needle in the right direction,” Morton said. “Now is the time to strengthen these efforts.”

Morton was one of several speakers during Juneau’s fourth annual One Billion Rising Campaign, an international movement to end violence against women and shed light on the fact that 1 billion women worldwide will experience violence in their lifetimes.

Ati Nasiah, AWARE’s Prevention Director, said in Juneau last year 164 women with 114 children sought shelter from violence.

“This is not the world we want to live in,” Nasiah said. “Let’s show the world what it looks like when 1 billion people heal.”

Alaska Native Brotherhood Grand President Sasha Soboleff told the audience that the tradition among Native groups is to respect women, a fact highlighted by the carrying on of matriarchal clans in families.

He pointed to the men and women in the crowd, one by one singling them out as the “creators of (a) new healing” that will carry on when others fail.

“Do what needs to be done, stop what needs to be stopped, and not just for yourself,” Soboleff said.

Local and state officials were also in the crowd, moving alongside Eagle Raven Dancers who performed love songs, and holding their index fingers in the air during a rally call for justice for the 1 billion women around the world experiencing violence.

First Lady Donna Walker shared with the crowd her experience visiting shelters across the state, telling them about a woman who as a child lived in a shelter when her mom escaped violence. Now, as an adult that woman had to escape violence for her child’s sake, just one example of the cyclical trend that occurs when violence isn’t stopped. “We demand an end to violence,” Walker said.

Thanks to all who came out to be counted in the One Billion.

~Updated from Paula Ann Solis’ article in the Juneau Empire. 4/17/16.

Every Survivor Has a Right to an Advocate!

The Hospital Emergency Assault Response Team (HEART)

AWARE’s HEART Team is advocates trained in emergency response for survivors of interpersonal violence, often at Bartlett Regional Hospital.

The Sexual Assault Response Team (SART) is a multi-disciplinary team developed to improve services for people who’ve experienced sexual assault. The team is comprised of AWARE advocates, law enforcement, and specially trained health care professionals. These team members provide a coordinated, efficient, and supportive response. The benefit of the SART is the ability to provide a full range of comprehensive services to survivors who have made the decision to report a rape. We provide immediate crisis intervention, team interviews, forensic examination, and follow-up as needed. This coordinated response facilitates a rapport between the survivor and the advocate, enables law enforce-
The Clothesline Project Recap!

The Clothesline project is a movement intended to bring awareness to domestic violence and sexual assault. T-shirts were created by UAS students & staff, community members, and AWARE staff and program participants to help raise awareness, support survivors, tell their story, etc. The t-shirts were hung at the Heritage in the Baranof Hotel on April 1st. They are currently hanging at UAS until April 22nd. They will soon be moved to the State Office Building and displayed April 25-29.

AWARE gives much gratitude to our community partners! The first big thank you goes to the UAS polar plunge that helped fund the Clothesline Project, and Lori Klein, Title IX Coordinator at UAS, and Hannah Wolfe-MacPike VARIE club president at UAS. Their dedication to this cause and motivation to make this project happen was a wonderfully refreshing partnership. A big thank you goes to Heather Schimanski-Lee at Heritage who volunteered the space and time to make the display happen. Thank you everyone for your hard work and time put into this project.

If you would like more information on this project please visit www.clotheslineproject.org or call Jodi at AWARE at 586-6623!

GOTR Makes a Middle Eastern Connection

Girls on the Run (GOTR) has been expanding across the state of Alaska under AWARE’s leadership and recently made an appearance on the other side of the globe in Istanbul, Turkey! The program’s coordinator, Rachel Wintz, was invited to speak to Middle Eastern youth leaders about GOTR at the Middle East Partnership Initiative (MEPI) Alumni Conference. MEPI is a program of the U.S. Department of State which brings university students from the Middle East and North Africa to the U.S. for a 6-week program where they develop leadership skills and learn about civic society and the process of social change in the U.S. They then return to their home countries and implement a project that addresses a social issue in their community.

“MEPI invited me to speak on a panel of four U.S. youth leaders who are working in their communities to create social change. Afterward, I heard from the participants about their community projects. It was very interesting to see the similarities between issues in the Middle East and the issues we struggle with right here in Alaska. They’re struggling with issues related to violence and oppression of women in a very different cultural context, yet we can still share resources and ideas that help the other improve the efficacy of their work in this field,” says Rachel.

This spring, AWARE is proud to offer GOTR in six Juneau schools and Haines, and partner with domestic violence agencies across the state to offer GOTR in Sitka, Kake, Ketchikan, Craig, Wrangell, Homer, and Fairbanks. This is the first season we’re implementing Heart & Sole, a new curriculum for middle school girls that takes into account the whole girl – brain, body, spirit, heart, and social.

Join us for our 5K Fun Run on May 14th! More info is to the right on the side margin!
A lifelong Juneau resident, Marie Darlin and her family have been involved in forming the community since 1894, when her grandparent’s built the Rocklin Boarding House. In 1914 they then homesteaded 80 acres of land on North Douglas Island. She is without a doubt, one of Juneau’s local heroes.

After her graduation from Juneau High School in 1943, Marie began her life of service by leading a brownie troop. With an obvious passion for children and education, she joined the PTA (Parent Teacher Association) in the 1960s and served on the Juneau School Board from 1966-1972. In 1967, she became the AARP (American Association of Retired Persons) Women’s Initiative Spokesperson for Alaska and during the 1970s, Marie worked with the Federally Employed Women to advocate for women employed by the federal government.

Now years later, Marie has been a strong voice for the senior community in Juneau. Her membership with AARP was just the beginning. She has been active with the Alaska Commission on Aging, the Juneau Commission on Aging, the Senior Citizens Support Services, the National Association of Retired Federal Employees, and the board of directors of Fireweed Place. Being a “home grown” Juneauite, Marie has a wealth of historical involvement, including volunteering at the Alaska State Museum and the Juneau-Douglas City Museum. Most recently she has been involved with The Empty Chair Project, a memorial building project for Japanese families who were forced from their homes in Juneau and moved to concentration camps in the lower 48. A long-time member of the Alaska Historical Society, Marie was inducted into the Alaska Women’s Hall of Fame on March 6, 2015.

Marie believes that volunteering is integral to staying involved in the community and that many organizations couldn’t survive without their volunteers. Her mother taught her to “pay attention to what is going on and speak up!” Whether it is speaking up for children, women’s rights, or for senior issues, it’s clear that Marie has taken her mother’s advice to heart. 90 years, 2 kids, 2 grandkids and 4 great grandkids later, Marie is still making a difference for the Juneau community.

Justine’s involvement with women’s and children’s issues began in the 1970’s, when she volunteered at Planned Parenthood during a college internship. She went on to receive both Bachelor of Science in Nursing from Duke University and a Masters of Nursing Science at the University of Washington. After completing graduate school, Justine saw a need that fit her studies perfectly. She created a cardiopulmonary rehabilitation program at Bartlett Regional Hospital, which led to a focus on women and heart disease; she also started community outreach programs in Juneau and five rural communities, offering blood pressure and cholesterol screenings. The programs bridged acute care with the community, raised awareness, and provided education in a non-threatening environment.

After the birth of her first daughter, Justine started KidSafe, a national childhood injury prevention program, (and the Vaccinate Juneau Kids Coalition, providing free vaccines in non-traditional settings). In 2002, Justine moved into Public Health Nursing, working with children and families and providing child physicals, reproductive health education, and prescriptions. She brought the national Reach Out and Read program to Public Health in Juneau, and also volunteered on the Fetal Alcohol Spectrum Disorders team, a dedicated group of advocates who have seen hundreds of children and adults affected by FAS. Then in 2005, Justine transitioned back to heart disease and stroke prevention with the State, and developed a stroke campaign with an Alaska theme featuring Alaska Native women. Before retiring, Justine was an assistant professor in the UAA Associate of Applied Science in Nursing program in Juneau providing clinical and didactic education for many students who now work in Juneau as registered nurses.

Justine was diagnosed with colorectal cancer Stage 3 in March 2014, and that hasn’t slowed her or affected her amazingly positive and upbeat attitude. “I do not wish this diagnosis on anyone but it is humbling to be on the “other end” and it provided me the experience to meet people so compassionate, caring, and intelligent that I would not have otherwise met. It all happens for a reason. If I had not retired this summer, I would not have had the opportunity to volunteer with AWARE’s Girls on the Run program and again become a student of growth and positive self-esteem.” When she isn’t in service to others, Justine can be found in her garden, finding just one more way to make the world a more beautiful place. You can also find her spending time with her husband, Brad Thompson and daughters Erin Hardin and Lauren Beason.
Missouri Smyth: Alaska Youth Choir, Artistic Director, and JSD Music Teacher

Missouri, a lifetime musician, and now music teacher at Floyd Dryden Middle School (FDMS), has spent the majority of her life using her music to improve the lives of people around her. At the age of 12, she started as her church organist, in her home country of New Zealand. Missouri’s father, an indigenous person of Western Samoa, had immigrated to New Zealand in order to provide a better life and education for his children. Missouri’s house was always infused with music and Samoan culture. Music became a bridge for Missouri to the more European Culture of New Zealand.

Missouri thrived under the strict instruction of her childhood piano teacher, and piano became her life, and she says that “music has been the anchor and source of joy in my life as I have shared my passion with both young and old in New Zealand, Hawaii, throughout the US, Canada, Europe; and in the community in Juneau.”

After attending college in Hawaii, Missouri moved with her husband, Louie, to Juneau where they raised their son, Q. Missouri quickly took up her musical work here in Juneau and for the last 18 years has been the artistic director and accompanist of the Alaska Youth Choir (AYC). She leads regular youth choir rehearsals, seasonal concerts, and annual AYC trips around the country and the world.

Missouri also has volunteered countless hours with Juneau Lyric Opera, Juneau Symphony, Juneau Douglas High School musicals, FDMS musicals, and countless other organizations in town, always contributing her amazing gift of music. Missouri is also a member of the National American Choral Director’s Association, American String Teacher’s Association, Chorus America, and the Juneau Folk Festival.

In her spare time, Missouri likes to keep active, read, and travel. One of Missouri’s friends said, “I cannot think of a woman in the Juneau community more deserving of the “Woman of Distinction” award. A natural teacher with a deep service ethic, who gives selflessly.

Kristi West: Youth & Young Adult Supporter

Kristi was raised by an incredibly hardworking and loving single mother of four children. She and her siblings always had their basic needs met, but didn’t always have a lot of supervision. Fortunately for Kristi, she learned at a young age that she had an aptitude and joy for sports, and met many coaches and mentors who’ve had positive impacts on her life. These influential people taught her at an early age that a caring, communicating adult can positively impact a child’s direction.

Thus, she started a 37-year commitment of being such an adult. Kristi started coaching children’s sports just two years after graduating from high school in 1976, and knew that she wanted to work with kids. She was hired not long after as the Youth Sports Director for Parks and Rec and worked her way up to the Recreation Manager position. In 2000, she was asked by then Parks and Recreation Director, Kim Kiefer, to fill in as Manager at Zach Gordon Youth Center. After only two days, Kristi knew she had found her dream job.

“The youth at the youth center are beautiful and amazing.” Kristi says. “I had the extraordinary opportunity to work with young people, many of whom dealt with trauma every day, and yet they showed so much capacity for compassion towards others.” Kristi lost her son, Nels, in 2013 and says that the youth at the “Zach” were instrumental in helping her through this difficult time. “They truly understood and showed empathy. Teens would just sit with me, knowing sometimes that still company is just what it takes to heal.”

Though Kristi has recently retired, she looks forward to more opportunities to work in the field of social justice. She believes that it takes all kinds of people to meet the needs of our community. “It will take all of us to open our hearts and minds and give time to empower our children to reach their potential...to summarize it takes us all, working together, all of the time.”

Kristi is has served as a member of The Zach Gordon Alumni Fund and Teen Age Club Board, Artic Winter Games, Team Alaska Contingency, Compassionate Friends, Juneau Soccer Club, Capital City Soccer League, Juneau Teen Health Center Advisory Board, JSD Athletics & Activities Committee, The Sk8 Board and the Juneau Suicide Prevention Coalition. She enjoys spending time in nature, and sharing all of life’s experiences with friends and immediate family, including husband, Kurt, son Jesse, and daughter Sara and her husband Brandon. She especially enjoys spending as much time as possible with her grandchildren, Tatum and Wyatt.
**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.

- Tampons
- Travel size toothpaste
- Art Supplies
- Diapers & Wipes
- Bus tokens
- Toilet paper
- Trash bags
- Forks, silverware
- Kitchen utensils
- Copy Paper
- Your time as a volunteer
- Tri-fold paper towels
- New car seats
- Office Supplies
- Old (or new) cell phones
- Paper cups (hot and cold)
- Forever stamps
- Cleaning supplies
- Movie, swim, skate rink, & climbing passes
- New sweat suits/underwear

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**Farewell to Dawn Kolden!**

It is with deep admiration and appreciation that I write this farewell to Dawn Kolden, AWARE’s Education Specialist Coordinator. Dawn has been a part of the AWARE family for four years and has filled a unique and important position in our organization. With her skills in theater, education, and advocacy, Dawn went in to all of the elementary, middle school, and high schools in Juneau, presenting curriculum dealing with topics of personal body safety, boundaries, healthy relationships, and more. She traveled to some of the rural communities we serve to deliver these important lessons as well.

Dawn was able to work with autonomy, providing this education away from our building, and was always a valuable and appreciated presence in community schools. She is a vivacious, compassionate, passionate educator who was able to weave her theatrical skills and creativity into her role. This made the sensitive and necessary information she delivered palatable and approachable for her audience. According to teachers and counselors in the school, Dawn also commanded the attention and respect of her students, running a tight and respectful classroom that students thrive in.

We will miss Dawn and her nurturing ways – always caring for the AWARE plants and making sure the energy in the building felt clean and clear. We will miss her humor and love for jokes and pranks. We will miss her ability to provide necessary prevention and education in the schools that helped children and teenagers know their rights and responsibilities when it comes to healthy boundaries, personal body safety, and healthy relationships with themselves and those around them.

Thank you, Dawn. Best of luck on your future journey.

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**Welcome New Staff...**

**Jonah Fisher: Admin. Assistant**

My name is Jonah Fisher. I’m working in the prevention office as the Administrative Assistant. I’m 18 years old and am just finishing my senior year in high school. I’ve lived in Juneau my whole life, but have been fortunate enough to spend time all around the U.S. as well as some time overseas in Europe. I’ve had a lot of random hobbies from video editing, Rubik’s cubes, and traveling for soccer with my club teams. I’m excited to get to know everyone at AWARE, and am enjoying the work I’ve done so far.
WOD Thank Yous Continued from Page 1...

AWARE would also like to thank the Women of Distinction Corporate Sponsors and Precious Gems. Their generous financial support helps make this event all that it is. Special thanks to our Silver Corporate Sponsors contributing $1,000 First National Bank Alaska, Alaska USA Federal Credit Union, and American Seafoods Company; Gold Corporate Sponsor contributing $2,500—HECLA Charitable Foundation. We thank our precious gems—Diamonds: Wellspring Integrative Medical Center, Nell Wagoner, M.D., and Anonymous; Rubys: Central Council Tlingit Haida Indian Tribes of Alaska, True North Federal Credit Union, Elgee Rehfeld Mertz, LLC, Kay & Carl Jensen, Susan Baxter, IBEW 1547, and Laraine Derr. We offer a special thank you to KTOO Public Radio and KINY Juneau Radio Center for their generous in-kind contributions.

Thank you to our gracious auction donors—both businesses and individuals—for making our dinner a financial success and loads of fun!

We also thank Representatives Dennis Egan, Sam Kito, and Geran Tarr, for presenting legislative citations to our honorees. Thanks to the hundreds of people who attended the dinner, our 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 survivors 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—Mary Aparezuk and Michele Masuda, Secretary—Martha Moore, Treasurer—Norton Gregory, and Phil Campbell, Jeff Irwin, Bryce Johnson, Jessica Srader, and Kerri Willoughby, the staff at AWARE, and Mandi Canady, Event Coordinator, 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 community of respect for ourselves and others, where we can all live in peace and freedom. Thank you for your continued support.
AWARE Staff

**Executive Director**—Saralyn Tabachnick

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<td>Swarupa Toth</td>
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**Board of Directors**

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