**Thoughts & Thanks from Saralyn!**

The word tzedakah (Hebrew: צדקה comes from the Hebrew word tzedek, meaning righteousness or justice. It refers to the Jewish practice of giving money in order to help those less fortunate—using our financial resources to create a more just and righteous world. I was raised in this tradition, and recognize it in every gift given to AWARE. Your support of AWARE and of the families, women, and children we serve has a tremendous impact on our ability to provide services. Your generosity uplifts us, as an agency, as a staff, as program participants, as individuals, in ways you can only begin to imagine. In advance, please forgive me if I have neglected to include you here; I guarantee it was not intentional.

On Thanksgiving Day, Airlift Northwest provided a true Thanksgiving feast, and we/our program participants received donations and support from Shepherd of the Valley Church, and Carpet Source, Inc.


Others made specific monetary or in-kind holiday donations to guarantee a festive holiday season for AWARE program participants; Capital City Quilters, Eagle Wings Community Church, Dr. John Raster, Dr. Haight and Dr. Perez at Juneau Urgent Care, Dr. Susan Hunter-Joemans, Family Practice Physicians, Glacier Pediatrics, Glory Hole, Gold Street Quilters, Holy Trinity Episcopal Church, Jordan Creek Family Health Care, Juneau Bone and Joint, Juneau Holiday Village, Juneau Veterinary Hospital: Dr. New and Dr. Haggerty, Mendenhall Flying Lion’s Club, Rainforest Pediatrics: Dr. Joy Neyhart, Southeast Medical Clinic: Dr. Peimann and Dr. Standerwick, Southeast Veterinary Hospital, Suzanne Dutson, Tongass Veterinary Clinic: Dr. Sam Smith, Trove/Alaska T-Shirt Co., Valley Medical Care, AND Wellspring Clinic.

AWARE’s program participant holiday party at Jumbo Gym received the generosity of Pizzaria Rona, Bullwinkles, Sarah and the Reindeer Band, Jack Beedle, KIDS of Alaska toy donation through United Way, Anonymous, AWARE Volunteers: Hannah, Leilani, Kara, and the AWARE volunteers, staff and our families.

**Practices similar to tzedakah can be found in many other cultures and religions, such as zakat in the Muslim tradition or tithing in Christianity. Tzedakah is an obligation of every community member to give to those in need, and as a child, I learned that no matter how little I had, or my family had, we had more than others. This has stayed with me. Thank you for supporting AWARE and the families we serve this holiday season. Thank you for your gifts that are meaningful and significant to you, in support of AWARE’s mission 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. Thank you for helping us create a more just and righteous world. We couldn’t do it without you.**

**Executive Director**

* **Saralyn Tabachnick**

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In 2016, AWARE is inviting our community to bear witness with us. While many of us may believe that we do not know anyone who has experienced domestic violence or sexual assault, statistics should lead us to think otherwise.

In Juneau, out of 100 adult women: 47 have experienced intimate partner violence (IPV); 35 have experienced sexual violence; 55 have experienced IPV, sexual violence, or both. *

So, do we choose not to bear witness? Have we lost our ability to do so intentionally? Similar to the current epidemic of racism in our nation, in incidences of sexual assault and domestic violence we can choose to be mere observers, and in effect become participants to the violence, or we can choose to transform the line between observer/participant and become a peacebuilder.

What does it mean to bear witness? Bernie Glassman wrote, “When we bear witness, when we become the situation – homelessness, poverty, illness, violence, death – the right action arises by itself. We don’t have to worry about what we do. We don’t have to figure out solutions ahead of time. Peacemaking is the function of bearing witness. Once we listen with our entire body and mind, loving action arises.”

In a recent Juneau Choice and Accountability Program (JCAP) class – AWARE’s program for domestic violence offenders – the men learned about the man box, the idea that men are to fit in to a box of what it means to be a man and anything that deviates from strength, power, and control is less than manly. The men were moved by the educational film; inclusive, they identified with the box, which was inherently structurally violent towards women, and yet they were at a loss for what to do about it. One asked, “What am I supposed to do? Stop the basketball game and ask a man not to call me a ‘sissy’ and explain why?” Another said, “What can we do? That’s just the way it is.” One man, when asked to define non-violence said, “It’s passive.”

Our judgments towards non-violence, erroneous beliefs of power, the benefits from maintaining the status quo, our lack of hope, or our struggle to know love and love one another, may all color the injustices we (choose to) witness, in particular, those related to gender-based violence.

When we bear witness to violence with love, compassion, and values of equality and whole-heartedness we can build peace and transform the violence that occurs in our community daily. In 2016 AWARE invites you to join in our activities and to bear witness with intention, hope, and whole-heartedness.

Please stay engaged and join us for what currently highlights our calendar:

AWARE’s participation at the Perseverance Theatre’s showings of Our Voices Will Be Heard; AWARE’s 40-hr volunteer/community training (begins Feb. 1st); Volunteer opportunities with AWARE programs; Women of Distinction Gala (March 5th); and there is lots more. Please look at our FB page, and our website for updates: www.awareak.org.

Our Voices Will Be Heard Synopses

Our Voices Will Be Heard is a powerful mother-daughter journey, written by Vera Starbard, that reveals how generations face the choice of continuing to perpetuate—or disrupt—family violence. Through the lens of fiction, and the palette of Alaska Native Storytelling, the playwright tells the true story of her mother’s strength against impossible pressure. Our Voices Will Be Heard weaves together legend and truth in a fierce call for healing and forgiveness.

AWARE will have an advocate at the play most nights, as well as a table with resources, if any audience member needs to debrief after the play.

For more info, please visit: www.ourvoiceswillbeheard.org or visit www.ptalaska.org/

New GOTR Curriculum for Middle School!

Girls on the Run of Greater Alaska, presented by AWARE, is proud to announce our organization’s new program for middle school girls: Heart & Sole! The Heart & Sole curriculum was developed by Girls on the Run International to meet the unique needs of middle school girls. Rich with themes girls can relate to, the curriculum addresses the whole girl—body, brain, heart, spirit and social connection—and builds life skills that will help girls as they move through adolescence and beyond. Heart & Sole is accessible to all girls regardless of athletic ability or fitness level and considers the range of ages and varied experiences of middle schoolers.

Heart & Sole is a 10-week program with a small team size of 8-15 girls so that girls have an opportunity to build strong connections with one another and their coaches. The program teaches life skills such as boundary setting, making connections & friendships, self-care, decision making, and more! At the end of each session, the girls use a journal to record their lap goals and progress and to self-reflect on the topics discussed that day. The journal gives girls time to delve deeper into the themes and topics of interest to them.

Physical activity remains a core element of this new Girls on the Run program and includes strength and conditioning appropriate for this age group. The season culminates with the Girls on the Run 5k, which is the celebratory event that underscores the confidence, competence, connection, character and caring they’ve been developing in the program and gives them a tangible sense of goal setting and achievement!

We would love for your girl to be part of Heart & Sole! Register your girl for Heart & Sole online by February 22 at www.gotrgreatalaska.org. If you’re interested in coaching a Heart & Sole team for 1.5 hours 1-2 times per week after school, please sign up on our website. The coach training is Saturday, February 20th. Contact Rachel Wintz with questions at rachelw@awareak.org or (907)586-4902.

Save the Date!

One Billion Rising will take place at the State of Alaska Building (8th floor atrium) on Tuesday, February 16th. We will meet at the Capitol Steps for a brief speech and then march to the 8th floor. There will be speeches, music, dancing, and more. Please wear pink or red! We hope to see you there. For more information about One Billion Rising, please visit www.onebillionrising.org.

Pick.Click.Give 2016

Please think of AWARE when you sign up for you PFD this year. Last year you helped AWARE raise over $25,000, funds which were used for helping women and children fleeing sexual and domestic violence in Juneau and the nine Northern Southeast communities we serve. We couldn’t have done it without YOU!
In Memoriam of Quilt-maker Claudia!

AWARE sends a big thank you to the family of Claudia Mae Kelley Jensen, who passed away in May 2015. Claudia was a survivor, who raised her younger siblings and fled from her abusive parents at 15 years old. As a young woman she also suffered tremendous tragedy, loss and trauma. Her passion, aside from being an amazing mom and grandma, was quilting and creating them in all sorts of colors, patterns and sizes. Her family donated nine of her quilts to AWARE for women and children in need—to bring them warmth, comfort and cheer in dark days. Claudia’s greatest wish was that her quilts would end up with a person who needed them most—a warm, functional, handmade expression of love and humanity, and that wish is fulfilled. If AWARE existed in the 1950’s, we certainly would have offered Claudia a safe place; now we thank her and her family for sharing her story and her beautiful quilts with us.
Clockwise from left: Missouri Smyth, Marie Darlin, Kristi West, and Justine Muench

Congratulations to:

Marine Darlin, Community Volunteer
Justine Muench, Catalyst
Missouri Smyth, Alaska Youth Choir, Artistic Director, & JSD Music Teacher
Kristi West, Youth & Young Adult Supporter

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The selfless endeavors of these women benefit our community daily.

Please join us in honoring them at AWARE’s 20th annual Women of Distinction Gala on March 5, 2016 at Centennial Hall. Doors open at 5:30pm. Dinner is served at 7pm. Funds raised from the dinner and silent auction support services provided to women and children in Juneau and the rural communities we serve.
Meet AWARE’s New Staff

Prevention VISTA Sarah Ginter
Sarah Ginter was born and raised here in Juneau. She has been having all sorts of adventures since graduating JDHS in 2006, but can’t seem to shake the inevitable pull of, and her deep love for her hometown. She graduated from The Evergreen State College in 2011, with a liberal arts degree in Linguistics. Since then she has enjoyed experiencing a variety of occupations such as working with adults with developmental disabilities at The Canvas art studio, learning about the art of coffee making at The Rookery, interpreting the natural and cultural surroundings for tourists as a Naturalist Guide for Gastineau Guiding, and most recently spending a magical summer as a Wilderness Kayak Guide in Gustavus, Alaska. Throughout her studies and work, Sarah has developed a passion for public health and wellness, with a special interest in women’s health issues. In her year as the Violence Prevention Advocate, Sarah hopes to both learn as much as she can, and to further the beautiful and important violence prevention programs that AWARE implements and supports in the community.

Volunteer Coordinator Becca Gaguine
It’s a pleasure to be able to introduce myself to all of you. My name is Rebecca Gaguine, and in October I started working at AWARE as the volunteer coordinator. I’m a born and raised Juneau girl, who left for a while to go to school and then got the call of home, I couldn’t stay away. After receiving my BA in Theater with a minor in Women’s studies in 2010, I came home to make my own way in the restaurant business. I have volunteered with Girls Scouts of Alaska for many years, but after the birth of my daughter, decided I wanted to have more time getting to watch her grow up and experience all the joys that come with a spirited and feisty toddler. Working at AWARE offers the perfect balance of getting to spend time with my family and still feel like I’m making a community wide impact. I’m currently working on the upcoming Spring Advocacy Training and am very excited to help train community members about domestic violence and sexual assault and how to do their part to end that violence.
If you are interested in volunteering or interested in coming to the training, please call me at 586-6623 or email me at beccag@awareak.org.

Children’s Advocate Naomi Weddle
Hi, I’m Naomi born and raised in sunny Southern California. I moved from the San Francisco Bay Area to Juneau late last summer when the days were long and warm and started working for AWARE as a Childrens Advocate in October. During the day if I can’t be found at AWARE, I might be found substituting for teachers in the school district. I’m a perpetual free spirit moonlighting as a writer and photographer. I love sunshine, black coffee, and the English countryside.

MSW Intern Kathryn Bullock
Hi, I’m Kathryn. I was born and raised in different communities throughout Southeast Alaska. I am the oldest of 13 kids and love all the adventures the Alaskan outdoors offer. I am currently working on my Masters in Social Work degree through the University of Southern California. I just recently moved back to Juneau and will be interning at AWARE for the next several months. I am looking forward to being here and working with everyone.
Adieu to Aria...

It is with deep sadness and joyful anticipation for the future that the Juneau Choice and Accountability Program (JCAP) of AWARE says adieu to JCAP Coordinator II Aria Chipley. Aria served JCAP for 19 months fulfilling the administrative requirements that come with monitoring the compliance of participants in our state-accredited batterer intervention program (BiP); in addition to lesson planning and lead-facilitation of up to four classes per week, including one at the Lemon Creek Correctional Center (LCCC). Aria was dedicated to compassionately holding men accountable for their actions and choices and treating everyone with dignity. When Aria wasn’t digging in to all tasks JCAP she served AWARE as a HEART (Hospital Emergency Advocacy Response Team) member and as a shelter advocate on many occasions when help was needed. Aria’s experience in the legal system, in particular her experience with sex offenders at LCCC as an intern in undergrad, brought a wealth of knowledge and networking to strengthen the coordinated community response component of the program. Her brilliant sense of humor and impeccable memory are missed and we wish her the best in her future endeavors and adventures.

Farewell to Melissa!

Melissa came to us in late December 2014, to act as prevention director during the year that Ati Nasiah was away on family leave and leave of absence after the birth of her son. Melissa oversaw a year long prevention activities, planning and implementing with community partners, and a social norms campaign directed at high school students. When I first met Melissa, I felt, “she’s got this!” and she did. She was both a teacher and a student, and I’m grateful to have benefited from her year at AWARE. Melissa is now off to work with the Girl Scouts in Southern SE Alaska. It is a lucky group of folks who are her new colleagues and scouts. Thankfully, Melissa will continue on as one of AWARE’s HEART members; she remains an AWAREan and a strong advocate for ending violence against women and children.

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
- Diapers & Wipes
- Trash bags
- Copy Paper
- New car seats (infant/child)
- Paper cups (hot and cold)
- Movie, swim, skate rink, & climbing passes

- Travel size toothpaste
- Bus tokens
- Forks, silverware
- Your time as a volunteer
- Office Supplies
- Forever stamps

- Art Supplies
- Toilet paper
- Kitchen utensils
- Tri-fold paper towels
- Old (or new) cell phones
- Cleaning supplies
- New sweat suits/underwear

While AWARE lots of times takes donations of sheets, towels, pillows, and blankets, we are overflowing with these items from the holidays. We appreciate everyone’s generosity. In the future if you have any of these items that you would like to donated to AWARE, please call and we can let you know what we are in need of. Many thanks!
AWARE would like to conserve resources & email our newsletter to you. Please send your email address to mandij@awareak.org. Thanks very much!

Return Service Requested

AWARE Staff
Executive Director—Saralyn Tabachnick

Deputy Director
Business Director
Prevention Director
Community Services Manager
Children’s Program Manager
Legal & SART Manager
Children’s Counselor
Administrative Coordinator
Volunteer Coordinator
Personal Safety Education Coordinator
Lead Advocate
Shelter Advocate II

Shelter Advocates
Children’s Advocates

Community Engagement Coordinator
GOTR Coordinator
Jesuit Volunteer (JCAP Advocate)
VISTA Volunteer
MSW Intern

Mandy O’Neal Cole
Chris Bauman
Ali Nasiah
Britta Tonnessen
Rachel Brown
Swarupa Toth
Cara Peters
Mandi Canady
Rebecca Gaguine
Dawn Kolden
Kimberly Lucas
Meryl Chew
Christina Lové
Brenna Musser
Carrie Guthrie
Lela Stevenson
Jodi Weber
Naomi Weddie
Cecelia Westman
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Please include the AWARE Action Fund of the Juneau Community Foundation in your will!