“Happiness is found when you stop comparing yourself to other people.”

~Anonymous

**Thoughts & Thanks from Saralyn!**

What a productive 2015 we’ve had at AWARE! In addition to providing trauma-informed services for individual survivors of domestic and sexual violence, we continue to work comprehensively with families. We piloted a new program, Kids Club, Mom’s Empowerment, to provide new opportunities for healing for women, children, and families. Our supportive transitional housing facility is moving forward, and I am hopeful it will open within the next few months.

We also had a delightful Women of Distinction celebration, and enjoyed the wonderful inspirational words of Laraine Derr, Ernestine Hayes, Betty Kaplor, and Shari Paul. (see page 4).

And just last week, AWARE sponsored the CHOOSE RESPECT March. We were pleased to have the Yees Ku Oo Dancers open for us, for Governor Walker to keynote, and for Alaska legislators to carry the CHOOSE RESPECT banner down Main Street. Gene Tagaban moved the audience with a heartfelt plea to notice that “our sisters are hurt.” Andy Kline, representing Alaska Brewing Company, talked about how respect starts at home, and what wonderful things grow out of healthy, safe partnerships. Lauree Morton of the CDVSA closed our program by reminding us of the good work happening around our state. Ending violence against women takes ALL of us—AWARE, government, other non-profits, businesses, dancers and drummers, and individuals—and we are grateful for your participation in whatever way best fits for you.

I was unexpectedly called out of town and am grateful to the AWARE staff for bringing the March to fruition so beautifully, and for the uplifting spirit AWARE is, and brings. Our work is about listening, it is about safety, it is about meeting people where they are. Our work is about healing. It truly is a privilege to work with a wonderful staff providing meaningful services within our emergency safe shelter, and within our community. Thank you my sisters and fellow AWAREans.

**Women of Distinction Recap**

AWARE’s Nineteenth Annual Women of Distinction Dinner and Silent Auction was a magnificent success! It was a privilege to recognize this year’s honorees Laraine Derr, Ernestine Hayes, Betty Kaplor, and Shari Paul. Their unique contributions to our community and their words of wisdom and inspiration made the evening a wonderful celebration.

AWARE extends gratitude and appreciation to our Juneau community for your overwhelming support. This annual fundraising event was made possible by numerous people offering generous gifts of expertise, energy, and heart. Our thanks to Angelina Ahrens for her joyful hosting; to Tom Locher and Clay Good for graciously providing opening music; to Taylor Vidic for her wonderful rendition of “I Was Here,” by Diane Warren. We thank Amy Carroll for designing the printed program, Jeanette St. George for producing bid sheets and table names, Rie Munoz for her beautiful artwork and Scott & Donna Johnson for videotaping the evening. Continued on page 8.
**Dove Tales**

**IT’S TIME TO ACT**

**SAFER CAMPUSES, BRIGHTER FUTURES. PREVENT SEXUAL VIOLENCE**

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**Sexual Assault Awareness Month**

**The month of April is Sexual Assault Awareness Month. This year’s campaign theme is Safer Campuses, Brighter Futures—emphasizing college campus safety.**

**AWARE’s SAAM Calendar of Events**

**April 1, 3, 4: HUSH (Teen Dating Violence Awareness) and 360° North UAS Panel. Event starts at 7pm, panel starts at 8pm. Local artist Julia Garrity will be leading a Healing Arts project afterwards. Please call Esther at 586-4902 for more information.**

**April 3 & 4: “As You Like It” at TMHS Theater. Starts at 7pm on April 3 and 2pm and 7pm on April 4. Contact Dawn at 586-6623 for more information.**

**April 18: AWARE’s Self-Defense Class for Women. 10am-4pm at Mountainside Wellness Center downtown. Please call Swarupa at 586-6623 to register. Bring a sack lunch and wear comfortable clothing.**

**May 1: Saralyn Tabachnick receives FBI Director’s Community Leadership Award at FBI Headquarters in Washington, D.C.**

**May 16: Girls on the Run 5K. 10am at Sandy Beach. To become a volunteer, running buddy, or for questions, please contact Rachel Wintz at 586-4902.**

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**REBOUND!**

**REBOUND applications are now available at www.aware.org! This year’s REBOUND trip will take youth ages 15-18 on a 35 mile kayak trip from Juneau to Pack Creek, home to untouched old-growth rain forests, snow capped mountains, protected inlets, and unforgettable wildlife. Teens will have the opportunity to develop leadership skills and learn about healthy relationships, positive group dynamics, and creating change in their community. Applications are due on April 22nd – apply today!**

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**AWARE’s Advocacy Training Recap**

Over 18 new staff, volunteers, and community members participated in AWARE’s Advocacy Training this month. Participants increased their understanding of domestic violence and sexual assault, their knowledge of how to support survivors, and learned the many ways they can be part of the solution. Presenters included many AWARE staff, guest presenters Lance Twitchell, Ernestine Hayes, and Jeri Museth, and community partners from JPD, Bartlett Hospital, OCS, and the City and District Attorney’s office. Thank you to all who participated in supporting and promoting this valuable opportunity!

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**Volunteer Recycler Needed!**

AWARE is currently looking for a weekly recycler. This job includes loading and driving recyclable items from the shelter to the Recycle Center. Please call Alli at AWARE 586-6623 if this is the right job for you!
About 100 people, including students and legislators, participated in a rally Friday to end violence against women and girls.

Freda Westman is the program coordinator for the Alaska Council on Domestic Violence and Sexual Assault. She said the event, called One Billion Rising, is a global movement and allowed people to come together and stand up for survivors.

“Together we are so much stronger than if we are alone,” Westman said.

Community groups organized a march through downtown from Marine Park to Rockwell where people sang, danced and listened to speakers like Lt. Gov. Byron Mallott.

Chantel Eckland, 18, had the day off from school. She says One Billion Rising is an important way to educate people on the prevalence of violence toward females.

“It’s kind of like an uncomfortable topic to talk about for some people and I think, like, making it more public and getting more people involved will make a difference,” Eckland says.

This was the third year Juneau has participated in One Billion Rising.

—Written by KTOO’s Lisa Phu

Thank you to everyone who came out and participated in the Juneau Choose Respect March. Around 100 people showed up in the rain and marched from the Capitol Steps to Marine Park. A special thank you to the speakers—Governor Walker, AWARE’s Community Services Manager Britta Tonnessen, storyteller Gene Tagaban, Alaska Brewing Company’s Andy Kline, and the Council on Domestic Violence & Sexual Assault’s Executive Director Lauree Morton. To find photos, videos, and articles from the event, please visit:

http://www.ktoo.org/2015/03/26/walker-leads-choose-respect-rally-senators-cut-funding/


http://www.360north.org/gavel-archives/?event_id=2147483647_2015031440
Laraine Derr  
Organization Catalyst

Laraine has been involved with issues impacting women and children for over 50 years, from the first Montessori discussion in Fort Collins, CO in 1964 to her current service on the Alaska Mental Health Trust. Laraine grew up in rural Nebraska, moving from farm to farm as her folks rented land and farmed for a share of the crops. She attended one-room schoolhouses, and learned at a young age the underpinnings of contributing- to not lament adversity, but to help set it right. While her parents’ taught her community values, her faith, family, and friends helped her through the death of her young husband, and she felt she was paying a debt to the community. She says “once you become a giver to society, it gets in your blood. The tremendous lift one gets from seeing someone else do better is intoxicating; it makes you want to do it again!” Laraine believes that for our society to advance, it’s important we all work to take care of one another.

Laraine has had rich professional and volunteer lives. She has degrees in chemistry and math from Wayne State College, and an MBA in finance from UAJ, earned while working full-time, and Honorary Doctorate of Laws from the University of Alaska. Her professional work was geared toward research or finance, including serving as hospital and nursing home chief executive.

Volunteerism has always been a major focus of Laraine’s life, from growing up with parents in a family where helping others was the norm, to being a parent who taught her children the same. She has served in many volunteer capacities over the decades, a slice of which include: chairing the Alaska Board of American Cancer Society, the Sitka School Board, and The Whale Project; starting Daffodil Day here in Juneau, member of Constituting Convention for formation of the Alaska Synod of the Evangelical Lutheran Church in America, Finance Chair and Council Member of Resurrection Lutheran Church, and serving Fourth District Republicans, Big Brothers Big Sisters and Tongass Girl Scouts.

Laraine also loves to cook and sew, and as chef, has prepared fundraising meals for the SE AK Food Bank, Alaska Youth Choir, the Yacht Club, and others. For 19 years she designed, created, and sewed costumes for high school musicals; she sewed quilts for fundraisers, and has helped with countless weddings.

Laraine’s accomplishments go on. It is clear she takes great pleasure and delights in being of service and helping others achieve their goals. She is a rare individual who contributes in many diverse and equally meaningful ways. Laraine has received awards, locally, state-wide, and nationally, and her volunteer service continues. She has two children, Evonne Dwyer who lives in Ohio, and Calvin Noonan, a newlywed in Arizona. She is now retired, which gives her even more time to volunteer, currently serving on the boards of the Juneau Community Foundation, University of Alaska Foundation, and the Alaska Mental Health Trust.

Ernestine Hayes  
Alaska Writer

Ernestine Hayes was born to the Wolf House, Tingit Kaagwaantaan, and raised in the Juneau Indian Village. At the time, Alaska was a territory. As a teenager, she moved with her mother to California. Twenty-five years later, when Ernestine turned 40, she came back home to Alaska after a two year journey.

At the age of 55, Ernestine graduated magna cum laude from the University of Alaska Southeast, and in 2003, she received her Master of Fine Arts in Creative Writing and Literary Arts from the University of Alaska Anchorage. In her book Blonde Indian, an Alaska Native Memoir, Hayes weaves reminiscences of her life, stories from her grandmother, Tingit history, nature writing, and fiction into a testament of the twentieth-century Alaska Native experience and a love song to the land. The memoir won the 2007 American Book Award and the Honoring Alaska Indigenous Literature (HAIL) Award and was a finalist for the PEN Nonfiction Award and the Kiriyama Prize. The Anchorage Press calls it “[o]ne of the most important books to come out of Alaska.” Her shorter work has appeared in Studies in American Indian Literature, Alaska Quarterly Review, Tipton Poetry Review, Huffington Post, and other venues. She is the author of Aanka Xootzi ka Aasgutu Xootzi Shkalneegi (The Story of the Town Bear and the Forest Bear), the first original children’s book published entirely in Tingit. Her third book, Images of America: Juneau, decolonizes a portion of Alaska history. In 2013, her poem “The Spoken Forest” was permanently installed as a “Poem in Place” at Totem Bight in Ketchikan.

Ernestine is a member of the Alaska Native Sisterhood, Tingit and Haida Indian Tribes, Sealaska Corporation, and the Board of Directors of Alaska Humanities Forum. She speaks at public events whenever invited. She also offers weekly creative writing workshops for women at Lemon Creek Correctional Center.
Betty Kaplor  
**Director of Helping Hands/Dietician**

Betty has been involved with caring for those in need for many years. She grew up in a large family and at a very young age started cooking. After her mother passed away when she was 16, Betty took over the care of her family.

Betty moved to Alaska with her family in 1983. From her arrival, she recognized women and children were going to bed hungry, and she also saw that food was being wasted. Betty went right to work on finding a solution, speaking with local store owners about the food that went unused, and gaining their support for her vision of providing food for the hungry. Shortly afterward, Helping Hands, which continues to this day - opening its doors on Tuesdays and Fridays - came to fruition. In addition to providing food, Helping Hands provides women and children with clothing, necessities, and Thanksgiving and Christmas baskets and gifts to make sure their holiday meals are complete.

Betty currently works at Wildflower Court. Regardless of her full-time job, she continues to be the face of Helping Hands 7 days/week. Whether she’s out gathering food from stores, fundraising, delivering or organizing food and toy drives, Betty is out there doing her best to help those in need. She does this rain or shine, night or day, and whenever she has a free moment.

Helping Hands is not Betty’s only venue of caring for others. She is involved in Relay for Life and is a member of both Women of the Moose and Juneau Douglas Fraternal Order of the Eagles #4200. She was also involved with the 4-H Club when she lived in North Dakota. In 2009 she received United Way’s Volunteer of the Year Award for her efforts in feeding Juneau’s hungry.

Betty is married to Dwane Kaplor and they have two children, Karen Fortwengler and Kenny Kaplor. She also has three grandchildren, Katie, Kyle and Maria. Betty loves square dancing, baking/cooking, and taking care of people in need. From her early days as a big sister, Betty has been cooking and caring for those in need, serving her community tirelessly; when she sees a need, she can’t not do something to help meet it. She says “This is my life and I will die doing it.”

Betty didn’t know she’d been nominated for the Woman of Distinction Award, and was shocked to find she’d been selected. After the shock wore off, she said she felt overwhelmed, and at the same time, truly honored.

Shari Paul  
**Mom and Community Volunteer**

Tikkun O’lam – Hebrew for healing or repairing the world - has played a central role in Shari’s life. Growing up in Evanston, Illinois, her parents instilled the values of helping others. She began licking stamps on contribution envelopes for her parents and by high school was helping to provide meals to the elderly. Shari has always made volunteering part of her life without concern about being in the spotlight.

Shari’s career path has focused on improving the lives of families. She worked with a battered women’s program in college and wrote her college thesis on the need for strengthening referral services for women and children in Beloit, Wisconsin. Her college graduation present was joining friends on an adventure to Alaska in 1984 and 30 years later she is still here having adventures.

Being at the right place at the right time, Shari connected with Alaska politics and was fortunate to work as a legislative aide to Niilo Koponen, a progressive Alaska Democrat from Fairbanks for 5 years. During this time, she focused on socially important legislation such as reproductive rights, midwifery, alternatives to incarceration and strengthening worker safety laws. Under the Knowles administration, Shari was the staff to the Governor’s Children’s Cabinet and the Alaska Children’s Trust Fund, whose mission is to eliminate child abuse and neglect in Alaska. Shari was instrumental in bringing to fruition the Children’s Trust license plate and Heirloom Birth Certificate program, which continues to raise funds for the Children’s Trust.

Shari worked with Casey Family Programs, to bring the Powerful Families parenting curriculum to social service and tribal entities statewide. She has also been involved with programs focusing on restorative justice for youth and the Alaska Performance Scholarship program.

Locally, for many years, Shari has organized the schedule and training for all youth working at the Alaska Public Market, providing many youth with their first job opportunity. Shari played an active role in the early years of the Juneau Pro-Choice Coalition and recently completed her term as a statewide board member of the Girl Scouts of Alaska but remains active on the local level. She has always played a strong role with the Juneau Jewish community and continues to volunteer on smaller community projects when time allows.

Shari’s commitment to the community is at the top of her to do list, along with maintaining strong friendships and always being there for her family. Shari hopes the values of Tikkun O’lam will be passed on to her two awesome daughters as her parents passed the values on to her.
In addition to being the Personal Safety Education Coordinator at AWARE, I have spent the last 9 years as an advocate of Youth Theatre in Juneau. I am currently directing a production of Shakespeare’s *As You Like* at the middle school level. At the same time, I am teaching lessons on gender stereotyping to middle and high school students in Juneau and several Southeast Alaska communities. At the intersection of these experiences, I find myself pondering motivations when casting gendered roles.

It is the norm in theatre for girls to play boy roles, often due to a lack of boys auditioning for plays in general. The reverse, boys playing girl roles, is far less common. Sarah Hemming wrote an article in the Financial Times Ltd last September, The cross-gender casting of great Shakespearean characters, exploring the experience of women playing iconic male Shakespearean roles. In many cases, the gender reversal allowed women to work in a new context, which made the performance powerful and empowering. Given how intense this experience can be for women playing men’s’ roles, I would like to examine my hesitation in casting boys in girls’ roles.

Teaching about gender stereotyping while also directing theatre has given me the opportunity to think deeply about whether boys WANT to play girl roles. According to the Building Healthy Relationships curriculum developed by Pittsburgh Action Against Rape, the most common way boys sexually harass other boys is by calling them gay, equating their behaviors with the feminine. How might we react to a boy playing a girl role? Still, I see young boys wanting to explore their caring, nurturing side through the opportunity to play a female role, if only for the day.

~Dawn Kolden

Last spring, a group of Juneau teens created a short film promoting healthy relationships, healthy sexuality, and nonviolence. Participants in the Alaska Network on Domestic Violence & Sexual Assault’s Lead On! For Peace and Equality mini-summit, these teens led interviews, starred in the film, edited footage, and finalized the production. More than 850 people have watched their video on youtube and countless others have viewed it in youth leadership groups, classrooms, and offices around the state of Alaska.

The reaction to the film and the teens’ incredible contributions to it has been overwhelmingly positive. We are particularly delighted to celebrate the Spirit of Youth Service to Peers award for their work on this remarkable project.

Wanting to recognize the remarkable talents and passions of local teens, members of JVPC nominated six of the teens for the Spirit of Youth award. Analicia Castaneda-Felipe, Koryn Powers, Deanna Hobbs, Justin Sleppy, Addison Jones and Calvin Zuelow were selected from 150 statewide nominations by the Spirit of Youth Teen Advisory Council.

Four of the teens and two members of Juneau’s Violence Prevention Coalition flew up to Anchorage on March 28th to attend the Spirit of Youth award ceremony. The teens also received a $500 grant to further their work to end violence in this community. As a coalition, we are honored by the passion and commitment of youth leaders to promote respect, equality, and nonviolence as agents of change in their schools and the community. We are proud of these teens and we are thankful to Spirit of Youth for the opportunity to recognize the profound contributions of youth in Juneau.

Here’s the link to the youtube video:

www.youtube.com/watch?v=rfRRNPPraQ
Meet AWARE’s New Staff…

Cecelia Westman—Community Engagement Coordinator

Peace, my name is Cecelia Westman and I am very excited to be joining the Prevention Team at AWARE. I am the new Community Engagement Coordinator. I was born and raised here in Juneau, but left not long after graduating from high school. I have lived in various parts of the country including the interior of Alaska, Oregon, Michigan and most recently New Mexico. While in New Mexico I completed various studies starting in the field of Massage Therapy and then moving into academics and graduating from the University Of New Mexico with a double degree in Cultural Anthropology and Africana Studies. I decided to come back to Alaska with the goal in mind of giving back to my community and making it a healthier place for people to call home. Through my position I am in charge of the mentorship and implementation of various male engagement programs. This is an exciting field for our team because we are able to address the root causes of violence and to stop it before it starts. I look forward to furthering this work by engaging more community members in the amazing work that we are doing here at AWARE.

(B Cecelia is seen here with her son, Talib).

Britta Tonnessen—Community Services Manager

It is an honor to be AWARE’s new Community Services Manager. I am a “red dirt girl” who moved up from Colorado with my pup, Satchmo, in February for this position at AWARE! Travelling to Chile, S.A. for my junior year abroad opened me up to one of the greatest shifts in my life - learning to recognize structures of violence and focusing on human rights and international social justice. Upon returning to the US after a year exploring and getting to know South America, I applied for the Peace Corps and I have been in the field of international development (and adventure guiding) ever since. As a Youth Development Peace Corps Volunteer I authored a domestic violence prevention manual oriented to Honduran youth in rural communities. It was in Peace Corps where I really started to understand the realities of gender-based violence and its consequences in local and global economies, public health, and so much more.

It feels right to be settling down and to do so here in Juneau, AK. I have a M.A. in International Policy Studies Human Security and Development with foci in conflict transformation, peacebuilding, and public administration from the Middlebury Institute of International Studies at Monterey, CA. I earned my undergraduate degrees in Media Studies, International Spanish for the Professions, and Business Administration from the University of Colorado at Boulder. I am so excited to defend and promote women’s human rights and health. Outside of work you will find me seeking sunshine either trail running, skiing, mountain biking, hiking, or curling up at home with reading materials, Rosetta stone, or a journal.

Healthy Relationships Class for Women

The next 10-week session begins Tuesday, April 14, 2015.
To register, please contact Mandi J at AWARE 586-6623.
AWARE would also like to publicly thank our 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 $1000 First National Bank Alaska, American Seafoods Company, Women Caring for Women, and Goldbelt, Inc. We thank our precious gems—Diamonds: Alaska Housing Finance Corporation, Sealaska Corporation, and Wellspring; Emeralds: Alaska Communications System; Rubies: True North Federal Credit Union, Bartlett Foundation, Alpha Diversified, LLC., IBEW Local 1547, and Mayta Spitz. 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 ensuring our pre-dinner activities and intermission were exciting bid times for our guests.

We also thank Representative Sam Kito for presenting awards 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 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 Cheryl Eldemar and Michele Masuda, Secretary Martha Moore, Treasurer Maren Haavig, and members Phil Campbell, Jeff Irwin, Mary Aparezuk Schlosser, Jessica Srader, Kerri Willoughby, Pat Watt, the staff at AWARE, and Mandi Johnson, 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 support. I hope to see you at the Choose Respect March and Rally at noon, on Thursday, March 26th at the Capitol Steps, where we bring the inspiration of our Women of Distinction honorees words into action!
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
Vases for flowers Toilet paper Twin Sheets & Blankets
Forks, silverware Kitchen utensils Trash bags
Your time as a volunteer  3 – 5 quart saucepans
Tri-fold paper towels  Clipboards Office Supplies
New garbage cans Paper cups (hot and cold)

Ways to Support AWARE...

Visit our website: www.awareak.org

Every time you shop at AmazonSmile, Amazon will donate money to AWARE. Simply follow the instructions at the link below. It's simple and easy. Thanks for thinking of AWARE as your charity of choice!

smile.amazon.com/

Visit our website:

www.awareak.org
Return Service Requested

AWARE would like to conserve resources & email our newsletter to you. Please send your email address to mandij@awareak.org. Thanks very much!

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