Connection with ourselves keeps us healthy and challenged. Connections with our community do the same, and when we’re coming from an open hearted place of connection with ourselves, we bring a world of possibilities. These past months, AWARE was able to experience such connection, such community, and we are ever grateful. We share this gratitude with others who shared experiences with us.

The Women’s March in January brought about 1,000 people to the Capitol Steps, gathering to honor and recognize the needs and rights of women as a class and as a group. Some said this was the largest gathering of people ever in Juneau for a social justice cause, coming together for women’s health, safety, and rights.

We ended January celebrating 40 years of AWARE services with a sponsored dance party which brought us old and new friends, dancing the night away. The generosity of Alaskan Brewery, B’s Bakery & Bistro, Chef Stef, Coppa, EVENT! Alaska, Marms & Meeks, Rainforest Pediatric Care, Rockwell, and Susu and the Prophets complemented the warmth and joy of the event beautifully. We had FUN!

Our Women of Distinction Gala in March honored the awesome foursome of Andrea Cesar, Sioux Douglas, Kris Sell, and Rena Sims. The recognition of each of these women, the power of each one of them to positively impact lives and communities, continues to inspire me. With nearly 400 people attending, it was a festive and inspiring evening of friendship.

And most recently, many joined AWARE and the Glory Hole’s April 15 Take Back The Night gathering at the Court Plaza to honor all survivors of sexual assault, with particular focus on the homeless who are more vulnerable to assault. JPD was there in support as we recognized survivors with white sage and candles, speakers and drummers, roses and a march to the Glory Hole, where hot chocolate and cookies awaited us. Thank you for joining us for a beautiful gathering of support. Photos on page 2.

At AWARE we recognize both pain and beauty, and must be able and willing to hold both, to create an atmosphere where seemingly contradictory feelings are given permission to exist, and must exist in order for healing to truly occur. This is a challenge, and a connection that must be made, with ourselves and with our community. Thanks to you for joining us in creating a community where we move to create this as a norm and to prevent the violence that is 100% preventable. We couldn’t do it without you.

AWARE Executive Director Saralyn Tabachnick

“AWARE’s 21st Annual Women of Distinction Dinner and Silent Auction was a magnificent success! It was a privilege to recognize this year’s honorees Andrea Cesar, Sioux Douglas, Kris Sell, and Rena Sims. 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 Elizabeth Pisel-Davis for heartfelt hosting as emcee; to Tom Locher for live auction, and to Rie Munoz Gallery for artwork. Continued on page 6.”
Dove Tales

**Women’s March Recap**

On Saturday January 21st, 5 million women around the world came together to march in solidarity with each other and to broadcast the message that violence against women and attacks on our rights would not be tolerated. In Juneau, over 1,000 people stood strong on the doorstep of the capital, in frigid windy weather, to listen to an amazing array of speakers. This event was so empowering and so life affirming. 700 people marched down to the JACC where over 20 women’s groups were ready to give information about how to help the cause. AWARE received over 50 volunteer applications, and some real powerhouse volunteers have started with us since. All in all, this event was a rousing success on a global level, and also in Juneau. Working with so many women, men, and organizations to bring the gathering to fruition was truly an honor.

*photo by Michael Penn, Juneau Empire.

**Take Back the Night Photos**

**AWARE turns 40!**

As AWARE turns 40 years old, we give thanks to the innumerable individuals and partners who have made it possible. AWARE held a birthday party in January where we danced the night away. Thanks and more thanks to Joy Neyhart (age 50), Susu and the Prophets, Joan at EventAlaska, Marmz and Meeks for graphic design, B’s Bistro and Bakery, Chef Stef, Coppa for Nas-Tea woman ice cream (she somehow returns as needed), Alaskan Brewery, and Rockwell! These folks came together to provide a fabulous night of good food and fun! Thanks to them, and to all our supporters working to make a community where women’s safety and rights are undeniable.
Save the Date: GOTR & Boys Run 5K!

Girls on the Run, Boys Run / toowú klatseen, and our Heart & Sole program for middle school girls use running to teach life lessons to youth, including how to identify values, work as a team, and give back to the community. I toowú klatseen, which means “strengthen your spirit”, teaches good communication and healthy masculinity. These programs increase kids’ self-confidence, and bolster many other protective factors that help stop violence before it starts, such as healthy relationships and conflict resolution. All three of these programs teach kids that when they set a goal and work toward it, they can achieve their dreams! Thank you to our amazing volunteer coaches for another incredible season!

AWARE is excited to announce our upcoming 5k, bringing together over 100 kids across Juneau from our Girls on the Run, Heart & Sole, and Boys Run / toowú klatseen teams for this celebratory fun run. We look forward to the sight of girls and boys running together and cheering each other on! The 5k will take place at 10am on May 6th at Sandy Beach, and feature a color run and luau theme. Please come and support the incredible effort and success of all the amazing young women and men as they complete this run, the culmination of all three programs. If you would like to volunteer at the 5k, please contact our 5k volunteer lead Tracy at tracygottschlich@gmail.com.

Interested in getting involved? Please contact Natalie at 586-4902 or at nataliew@awareak.org.

Men Stopping Violence Training

Join Juneau’s Violence Prevention Coalition!

Men Stopping Violence is a 3-day training exploring how healthy masculinity and accountability-based healing can help Alaskans build and maintain safe communities.

June 19 & 20—Men at Work: Building Safe Communities

June 20&21—Men at Work: Intervention

8:00am-4:30pm at Westmark Baranof

*Cost: $350 per session or $500 for both.
*Register by May 19th and receive a $50 discount.
*Hotel & Alaska Airlines travel discounts available.
*For scholarship info, email msvsscholarships@gmail.com.

This training will be facilitated by national trainers
Lee Girodano (Director at Men Stopping Violence, pictured left) and Langston Walker (Director of Prevention at Georgia Network to End Sexual Assault).

Who should attend?
- Social Services Agents
- City & State Representatives
- Men’s Group Facilitators
- State & Community Policy Makers
- Tribal Leaders
- Law Enforcement Professionals
- Teachers & Coaches
- DV/SA Advocates
- Community Members
- Men interested in becoming leaders in preventing violence

More information and registration at www.awareak.org
Meet AWARE’s New Staff...

Casey DenAdel—Shelter Advocate

Hello all let me introduce myself. My name is Casey DenAdel, I am one of the new midnight advocates here at AWARE. I am originally from Petersburg Alaska, a small fishing town of around 3200 people. After high school I met my now husband and moved to Juneau and started our family. 22 years later, we have 4 beautiful children, a girl and 3 boys that keep us busy. We enjoy the outdoors, being out on the water fishing and taking our 2 dogs- Shado our 4 year old pit & Otto our 13 year old Shepard mix- hiking on trails. I have been lucky enough to volunteer some of my time and be involved with the amazing woman at Haven House here in Juneau. It is a sober living home for woman coming out of prison and needing support and resources starting over. As a person in long term recovery myself I’ve been able to mentor some of the ladies and share some of my experience, strength and hope. I’m excited about this opportunity to work with some really incredible people and am looking forward to getting to know all of you.

Olga Askoak—Administrative Assistant

My name is Olga and I am the new Administrative Assistant here at AWARE. I am from Russian Mission, Alaska and have been in Juneau for 4 years. I have two sons and a younger daughter. I enjoy going on walks and hikes with my daughter, as well as visiting the beach, reading, and playing with our guinea pig. I also enjoy berry picking and working on/ preparing deer and fish that my sons bring back from hunting trips.

I am looking forward to learning, growing, and working at AWARE.

Estela Holst—Shelter Office Manager

Hello. My name is Estela Holst. I was born in Paraguay, lived in Latin America and Eastern Europe, and have always been motivated to help people of all ages, especially those facing difficult situations, like poverty, broken families or illness. I am happy to be part of this amazing team at AWARE and committed to helping improve the lives of the participants.

At AWARE, I will be helping with the data system, working in collaboration with Advocates to make sure all services are properly recorded. This information will help AWARE understand better the needs of participants and communicate to our supporters about the important help provided. Over time, this will help improve the services to vulnerable women and children of our community.

My educational background includes an Elementary Teaching Certificate, an undergraduate degree in Social Work and a Master’s Degree in Human Recourses Administration. I was employed as a Social Worker in a hospital in Paraguay and in a community development nonprofit organization in El Salvador.

Most importantly I am a wife and mom, who moved to Juneau nine years ago and loves this town that I now call home. You may see me around town volunteering in the schools, clubs and churches. When I am not at work I love to spend time with my kids, biking, hiking, baking, or doing projects at home. I also love to paint and travel.

Kaleigh Hohenthaner—Shelter Advocate

Salutations my name is Kaleigh Hohenthaner I am currently working as one the midnight advocates. I am very grateful for the opportunity to work through AWARE to give back to the community I grew up with. My parents helped instill in me a passion for community labor through their own efforts through foster care and child services. I consider myself a passionate and motivated individual who has varying interest and hobbies. I grew up in this town and spent a lot of my time harvesting and enjoying the outdoors. Nature is very important to me and has influenced many aspects of my life, including my art. I look forward to getting to get to know everyone further and to use my abilities and skills to make an impact in the community.
Hello everyone! My name is Tressa Millam, and in November I started working at AWARE as a Children’s Advocate. The eldest of seven kids, I feel like I have been working with children all my life. However, it wasn’t until college that I realized my true passion for working with trauma impacted children. Since that point in time I have worked with many children with a variety of traumatic experiences, and have discovered that not only am I pretty good at helping children learn various healthy coping skills, but that this work keeps me fulfilled and happy. I was first drawn to Alaska’s beauty as a young child and decided to move up in college when I became interested in and passionate about childhood trauma. I moved to Juneau nearly 8 years ago, and have loved every minute of living here. You will often see me out and about in town acting goofy with at least one or two kids, usually on a trail or at the beach enjoying all the wonderful outdoor opportunities Juneau has to offer.

Farewell to Cara Peters!

It is with great appreciation that I acknowledge the departure of Children’s Counselor, Cara Peters, from the AWARE family. For the past six years Cara has worked with great passion and skill to provide counseling for children and their protective caregivers. Her genuine presence and tireless support of families in need will be greatly missed. She has connected with many children, teenagers, and parents and caregivers as they navigate challenges and seek supportive services. Cara provided counseling at AWARE, as well as at the Teen Health Center at Thunder Mountain High School. It was clear from Cara’s interactions with children and families that she was a skilled counselor and deeply dedicated to the work and the people she served.

Cara facilitated trainings for new staff with expertise and wisdom. She was always willing to lend an ear or a shoulder to a staff member with questions, and to offer her insights and perspectives, always helpful. Cara is an irreplaceable children’s counselor and the AWARE family wishes her well. Luckily for us, she will continue to live in Juneau with her beloved felines and community of friends. Please don’t forget to visit, Cara. Thank you for all you have given and been at AWARE. We wish you all the best on your next adventure!

Checking In or Checking Up?

Where’s u? Who’s u with? y haven’t u txt’d me back?!

Do those texts sound familiar? When you’re in a relationship with someone, it’s natural to want to spend as much time with them as possible. Checking in with your partner — whether it’s to see how their day went, or to confirm that date for Friday night — can be one way to let them know you’re thinking of them. But checking in becomes checking up if it’s driven by insecurity or jealousy. Attempting to control a person by checking up on them is unhealthy behavior that can quickly become abusive. How can you be sure that your partner is checking in and not checking up? Start by asking yourself these questions:

Do we trust each other? Trust is an important part of any healthy relationship. If your partner texts you multiple times in a short span because they’re freaking out about where you are or who you’re with, they’re checking up, not checking in. If you feel like your partner doesn’t trust you — or you can’t trust them — talk to them honestly about why you feel that way. If you can’t trust each other or communicate openly together, then it might be best to reconsider whether the relationship is worth continuing.

Have we created healthy boundaries and are they being respected? In a healthy relationship, both partners respect each other’s boundaries, including digital privacy. Logging into a partner’s accounts to read their personal messages or reading incoming texts on their phone without their permission is checking up, not checking in. It’s a good idea to set boundaries that are acceptable to both of you. You should be able to talk honestly about what you’re both comfortable with, including how often you communicate with each other. These boundaries might shift and change as the relationship progresses, and that’s okay as long as you both agree and feel good about them.

Happy and healthy relationships are built on open, honest and respectful communication, both online and off. If your partner harasses you via text, steals or pressures you to give them your passwords, or gets angry when you don’t respond to them immediately, you could be experiencing digital abuse.

*Taken from www.loveisrespect.org/content/checking-or-checking/
AWARE also thanks 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 Platinum Corporate Sponsor: First Bank, to our Silver Corporate Sponsor: Alaska USA Federal Credit Union. We thank our precious gems- Diamonds: Diane DiGiulio, Juneau Community Foundation, Sealaska, and Wellspring, Emeralds: AEL&P, American Seafood Co., and Goldbelt, Inc., Rubies: Faulkner Banfield PC, IBEW 1547, Jensen Yorba Lott, True North Federal Credit Union, and Willie’s Marine. We offer a special thank you to K3 Public Radio, the Juneau Radio Center, and Alaska Grafix for their very generous in-kind contributions.

Thank you to our gracious auction donors! Both businesses and individuals are listed on our website www.awareak.org – thank you for making our dinner a financial success and so much fun!

We also thank the hundreds of people who attended the dinner, our new members and those who made a financial contribution or purchased an advertisement in the Women of Distinction program book. It is a wonderful opportunity to honor women who have made a difference while supporting work to end violence in our community. The proceeds from the Women of Distinction event further AWARE’s work with those impacted by domestic and sexual violence, and in our community-wide prevention efforts.

Thanks to AWARE’s dedicated Board of Directors; Co-chairs Mary Aparezuk Schlosser and Kerri Willoughby, Secretary Mar-

AWARE’s ability to work with survivors of domestic 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 all! We couldn’t do it without you!
**Shelter Wish List**

AWARE is in constant need of certain items listed below. Your donations help us cut our operating costs and are tax deductable to the extent allowed by law. We appreciate your generosity.

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

AWARE also has accounts at Alaska Dames & Mommy-&-Me consignment stores. When you drop off clothing and put them under AWARE's account, we are able to give women and children vouchers to pick out items that they need.

Thank you so much for thinking of us, you are the greatest!

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Ways to Support AWARE...

Visit our website:

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/

You can help AWARE earn donations:

**Just by shopping with your Fred Meyer Rewards Card!**

Fred Meyer is donating $2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here’s how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to AWARE at www.fredmeyer.com/communityrewards. You can search for us by name or by our non-profit number (NPO# 89131).
- Then, every time you shop and use your Rewards Card, you are helping AWARE earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.

Visit our website:
Return Service Requested

Dove Cottage
A Place of Peace
Shaa-ka Ut-Yax-Noow

www.awareak.org

Please include the AWARE Action Fund of the Juneau Community Foundation in your will!

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

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