Dove Tales

Thoughts & Thanks from Saralyn!

My father, Norman Tabachnick, died recently at the age of 89. The blessing of his long life was more than I could ever have imagined. When I was growing up with my brothers and sisters (2 of each), my father was strict. He and my mother were raising children in the 1950s, 60s, 70s, and my father was man of his generation; he was the breadwinner, he didn’t easily express emotions, he defined what was right and what was wrong. There were rules, and we and all our friends knew it.

At the same time, he was kind, and an active father for his time. His work in real estate meant that he worked days and evenings, yet every night, he came home for dinner with the family before going back to the office. On Friday nights after dinner, he took his 5 kids to Carnegie Library where we could roam and choose new books to read. He was also the rare parent who was always available to pick us up and our friends up at whatever hour whenever we needed a ride.

It was with mixed emotions that people challenged by father; he was the Norm and he set the Norm. He defined right and wrong, and while he might tell someone they were wrong, I could see he also appreciated the challenge, that someone else’s values meant as much to them as his did to him.

Over the years, my father softened. I first noticed it ever so slightly when he was in his mid 70’s. Perhaps it was the passage of time and his own aging process, perhaps it was his own health issues and vulnerability. Whatever the cause, I welcomed the change. Over time, my father softened more and more. His younger brother died, his son died, his wife died. He softened more. The father I grew up was unrecognizable as my elder father. I was the Norm and he changed the Norm.

My dad’s reflection on what guided his life and his behavior, his sense of responsibility to and for his family, was both insightful and wrenching. I was pained by how he and how men were and are socialized to be the boss of the family and have an answer for everything. I was pained at what this cost him, and what it cost our family. Yet I was grateful for his recognition of the role he played, for our conversation, for my work at AWARE to change social norms that dictate behavior for the binary male and female.

In my father’s continuing softening and transformation since my mother died, he expressed his love and appreciation for me during every single phone conversation (nearly daily), and he was able to receive it as well. He’d track my and AWARE’s activities and ask for updates. I visited him several times a year, and I learned to plan a trip in advance so that he’d have that to look forward to, and when I left in October I could say, “See you at the end of January.” Of course, I won’t see him at the end of January, not in the same way. Yet I live my life with honor to my brother, my mother, my father, and other relatives who have passed, working to create a place where we can safely experience love and freedom for each of us to be our unique selves. My father did it; he changed the Norm.

AWARE’s Christmas Elves Program starts Monday, November 27. Please contact Mandi Canady at mandij@awareak.org or at 586-6623 to sign up or to become a sponsor for a family in need.
AWARE’s Executive Director, Saralyn, celebrated 30 years at AWARE!

Last September, AWARE's Executive Director, Saralyn Tabachnick, celebrated her 30th work-a-versary! What an accomplishment!! We celebrated HER by throwing a SURPRISE PARTY in her honor! And yes, she was very surprised!! Thanks for all of your years of helping women and children in Juneau, Saralyn!

Domestic Violence Awareness Month Recap!

AWARE is grateful to community partners who hosted or co-sponsored events in October, Domestic Violence AWAREness Month. The Women of Moose Chapter 429 held their Annual Frugal Fashion Show, this year raising $2000 for AWARE. Thanks to Shirley McCoy, Janet Lassiter, and all the Women of the Moose for bringing this delightful afternoon to fruition!

AWARE partnered with Scarlette from Salon Tease, who came to AWARE during October and dyed a purple streak in women's hair, donating all proceeds to AWARE. Thank you Scarlette for such a fun time!

Lastly, Treadwell Arena and Alaska NOW partnered with AWARE for an afternoon of our annual Purple Skate, this year sponsored by Second Wind Sports, enabling a free skate for all! Thank you all for this celebration recognition, and donation of towels for AWARE.

These events manifest the role that all of us play in supporting survivors of domestic and sexual violence. We are deeply appreciative of the clever ideas our friends bring into action to raise awareness, friends, and funds. We couldn't do it without you!
Promoting Social Change through Prevention

For over 13 years AWARE and the Juneau Violence Prevention Coalition (JVPC) have been working to prevent violence and promote social change. With numerous individual change agents and organizations across our community, we have created and oversee Juneau’s Pathways to Prevent Violence—our communities strategic plan to prevent intimate partner violence, teen dating violence and sexual assault. Our Plan has four pathways (or goals) to prevent violence, each with measureable outcomes and a vision for change. Pathway 1: Men are leaders in ending violence against women and girls. Pathway 2: Youth are change agents in preventing violence and promoting healthy relationships. Pathway 3: Women and Girls are empowered and experience healthy relationships, and Pathway 4: Our community is addressing the root causes of violence (patriarchy and colonialism.)

While AWARE has made strategic inroads in shifting gender equitable social norms, it has become increasingly clear that we cannot address violence prevention effectively without specific consideration to race and the intersecting identities and oppressions that disadvantage and harm people.

AWARE and the JVPC’s next critical steps toward implementing comprehensive, effective primary prevention programming include a) focusing on the sustainability of our current programs, b) better connecting the programming across our pathways to ensure ALL activities are reinforcing key messages and are connected to one another, and c) placing new dedicated resources to infuse all programing with the intersectional lens of gender and racial equity. We are in the last few months of a 5 year strategic plan and are taking this new perspective as we map out how our work will transform and elevate our initiatives. We are in the process of developing our 2018-2020 strategic plan and would love to welcome you to the table to share your vision, shape our direction and stand alongside us in a dedicated effort to transform patriarchy and decolonize our community. Our coalition meets Oct 24th 9-12pm at the Douglas Library for our Fall time celebration and strategic planning meeting. Please join us or contact me directly to if you have thoughts, ideas or vision for partnership.

Thank you!

~Ali Nasiah, Prevention and Outreach Director, atin@awareak.org, 907-586-4902
**New Faces at AWARE...**

**Sources of Strength Coordinator,**

**Mary Roylston**

My name is Mary Roylston and I am the new Sources of Strength Coordinator. I am from Greenville, South Carolina and I have been in Juneau for about seven months. I am one of six children, three girls and three boys, and I enjoy knitting, sewing, and anything glitter related. I am looking forward to helping our students become change makers in their community!

**Kevin Borah,**

**JCAP Specialist (Jesuit Volunteer)**

My name is Kevin Borah and I am proud to be the newest Jesuit Volunteer to join the AWARE team as the Men & Boys Programming Specialist! I have already learned so much during my first two months in Juneau and look forward to deepening my understanding of AWARE’s mission and how it fits into the larger feminist movement.

I grew up outside of Chicago, Illinois and left briefly to attend Boston College where I studied Applied Psychology & Human Development and Economics. For the past three years before moving to Alaska, I was living in Chicago and working at a small bank as a credit analyst. I feel incredibly blessed for the intentional change in lifestyle—living in this great state and doing fulfilling work with AWARE.

**Cady Kuzmich,**

**Youth Advocate Specialist (AmeriCorp)**

Cady Kuzmich moved to Juneau from upstate New York to work with AWARE. After graduating from the State University of New York at Oneonta with degrees in political science and English in 2015, Cady worked as a reporter for the Daily Gazette in Schenectady, New York. Before moving to Alaska she hiked the 2,189 mile Appalachian trail from Georgia to Maine.

**Rose Khamis, Shelter Cook**

I am so proud to be part of AWARE’s team. I moved to Juneau a few months ago, in June 2017, where I was so welcomed. I have a lot of gratitude and respect for AWARE, for what they’re doing, for women and children.

I am originally from South Sudan, the youngest nation in the world. I moved to the United States, eighteen years ago, because of wars and instability in my country.

I volunteered for Congo Justice Organization and Human Trafficking in the state of Nevada. It is similar to what AWARE does. My previous jobs in the U.S. were United States Post Office, Paragdime, Andrews International for security and surveillance, and Sulectron.

Hopefully I can bring my African spices into the mix.
Children’s Counselor, Nancy Seamount

Nancy Seamount has joined the AWARE team as our new Children’s Counselor. Nancy brings decades of experience counseling and teaching health education to children. She has worked in grades K-12 as a prevention specialist, elementary and high school school counselor and health teacher. Most recently she spent two years with Community in Schools developing and implementing small group curriculum to help teens address trauma.

Nancy enjoys sharing that she was on the board that built the current AWARE shelter and is delighted to have come full circle. “There are many aspects of Juneau I am proud of having lived here over 40 years. Watching AWARE’s cutting edge women’s and children’s services sustained and continually strengthened is right up there with the spectacular wilderness and the vitality and diversity of the people. It is a great honor to become a member of a working team I have respected so deeply over decades.”

Vanessa George, Legal Advocate

Vanessa George, Legal Advocate: My name is Lagemas “Vanessa” George and I’m happy to be joining AWARE as the new Legal Advocate. I’ve lived in Juneau for 15 years come December, and I moved her from Angoon. I am Alaska Native (Tlingit) and am the mother of one. One of my passions in life is helping those in need which is why I am excited to be joining the AWARE team! I have both heard of and benefited from the work you all do here so I look forward to meeting and working with all of you to help our clients.

Community Restoration Coordinator, Jessie Morgan

My name is Jessie Morgan and I’m new to the AWARE team as Community Restoration Coordinator. I look forward to building connections in the community and serving the mission of AWARE with energy and passion for social justice. I spent most of my life in Haines, Alaska and the Haines Borough Public Library where I most recently spent 3.5 years as Education/Cultural Coordinator, working with strong mentors and community support to establish meaningful and innovative programs for Native and non-Native community members. My education brought me to Juneau where I’m slowly working on Bachelor’s of Liberal Arts with an emphasis on Alaska Native Studies towards an MLIS. With friends and family and numerous resources and opportunities, I’m feeling lucky to have the opportunity to focus my skills to help people & the community.

Farewell, Christina Love!

WARE staff said goodbye (but not really) to our dear Christina Love, Community Resources Coordinator, in September. Christina was an outstanding case manager, a teacher and a leader at AWARE. She will be sorely missed by staff and our participants. Luckily, she won’t be far away, having taken a job at the Alaska Network on Domestic Violence and Sexual Assault. There is no stopping her, and we are glad to share her light with the rest of the state. When she is governor of Alaska, we will proudly say that the fierce Christina Love got her start at AWARE. We are grateful for the time and knowledge she imparted, and look forward to new projects and partnerships down the road.
Volunteers Wanted!!

Girls on the Run and Boys Run 5k
Save the date for the Girls on the Run and Boys Run I toowu klatseen 5k fun run at 10:00 AM on Saturday, December 2nd! The 5k is a celebration of the hard work these amazing 3rd-5th grade girls and boys put in throughout the 10-week season. We need volunteers to help us make these events a success! If you're interested in helping at the 5k by setting up, helping during the celebration time by painting faces, doing crafts with kids, taking photos, or running with a child for the 5k, please contact Natalie Watson at nataliew@awareak.org or 586-4902.

Girls on the Run Jingle Jog Fundraiser
Join us Saturday December 16th for the Girls on the Run Jingle Jog 5k fun run! Come out and show your holiday spirit AND your support for this amazing program—inspiring 3rd-8th grade girls to be joyful, healthy, and confident! Registration by donation. All proceeds benefit Girls on the Run of Greater Alaska programs in Juneau. Please contact Natalie Watson at nataliew@awareak.org or 586-4902 for more information.

Looking for a gift for a friend or family member this holiday season?

AWARE has lightweight hoodies for sale! Members can purchase a hoodie (we have them in men's and women's sizes) for $40--in honor of AWARE’s 40th birthday! They can also be purchased by non-members for $50. Stop by AWARE, or order online at: awareak.org/how-to-help/aware-gear/ (Artwork by Marm's & Meek)

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.

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<tr>
<td>Tampons</td>
<td>Travel size toothpaste</td>
<td>Deodorant</td>
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<tr>
<td>Toilet paper</td>
<td>Trash bags</td>
<td>Forks, spoons</td>
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<tr>
<td>Copy Paper</td>
<td>Your time as a volunteer</td>
<td>Tri-fold paper towels</td>
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<tr>
<td>Shampoo</td>
<td>Conditioner</td>
<td>Paper cups (hot and cold)</td>
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<tr>
<td>Cleaning supplies</td>
<td>New sweat suits/underwear</td>
<td>Nail clippers/tweezers</td>
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<td>New razors</td>
<td>Socks</td>
<td>New Pillows</td>
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<td>Movie/skate/swim passes</td>
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AWARE also has accounts at Alaska Dames & Mommy-&-Me consignment stores. When you drop off clothing and put them under AWARE’s account, (after they have gone through everything and accepted what they can), 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!
Left to right: Kolene James, Kueni Ma’ake, June Degnan, and Lauree Morton

Congratulations to AWARE’s 2018 Women of Distinction:

June Degnan
Kolene James
Kueni Ma’ake
Lauree Morton

*****

The selfless endeavors of these women benefit our community daily.

Please join us in honoring them at AWARE’s 22nd annual Women of Distinction Gala on March 3, 2018 at Centennial Hall. Doors open at 5:30pm.

Funds raised from the dinner and silent auction support services provided to women and children in Juneau and the rural communities we serve.

*If you are interested in donating for the Silent Auction, please contact Mandi C. at AWARE.

*Ticket goes on sale in January. Tickets are $70 per seat or $800 for a reserved table of 10.

For more information, please visit our website www.awareak.org or email us at wod@awareak.org.

Program starts at 7pm.
AWARE, Inc.
P.O. Box 20809
Juneau, AK  99802

Return Service Requested

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

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

www.awareak.org

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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AWARE Staff

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Deputy Director
Mandy O’Neal Cole
Business Director
Danielle Lindoff
Prevention & Outreach Director
Ati Nasiah
Community Services Manager
Britt Tonnessen
Children’s Program Manager
Rachel Brown
Legal & SART Manager
Swarupa Toth
Children’s Counselor
Nancy Seamount
Administrative Coordinator
Mandi Canady
Volunteer Coordinator
Rebecca Gaguine
Legal Advocate
Vanessa George
Advocacy Services Coordinator
Kimberly Sumner
Shelter Advocates
Brenna Musser
Alice Smoker
Kaleigh Hohenthaler
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Children’s Advocates

Sources of Strength Coordinator
Mary Roylston
Community Restoration Coordinator
Jessie Morgan
Men & Boys Programming Manager
Lily Larsen
GOTR Statewide Coordinator
Jalina Gutierrez
GOTR Local Coordinator
Natalie Watson
JCAP Specialist (JV/AmeriCorp)
Kevin Borah
Youth Engagement Specialist (AmeriCorp)
Morgan Stonecipher
Youth Advocate Specialist (AmeriCorp)
Cady Kuzmich