Dove Tales

Thoughts & Thanks from Saralyn!

I sometimes speak about the honor and privilege of being the E.D. of AWARE. I am so proud of the work of the AWARE staff and board of directors - the whole of AWARE is greater than the sum of our parts. Our immediate crisis and longer term services for domestic violence and sexual assault survivors, our prevention work in both programming and community organizing, our work with men who have abused power and control in their intimate partner relationships and men in the community who want to explore their male privilege, our relationships with community partners that enable us to best serve our program participants, are held by staff in a container of safety, acceptance, responsibility, thoughtfulness, and care (to name five). In December a new partner came to us: AWARE Junior! Two fifth graders experienced sexism in their class and in recognizing the injustice, wanted change. They came to an AWARE board meeting and officially are beginning an AWARE Junior club for young people who want to work for equity and justice. In January we became a gender inclusive emergency safe shelter, offering people who identify as male the same services we've been offering people who identify as female. Our prevention team continues to hold community conversations about the root causes of gender based violence, working to address the racism, sexism, and intersections of oppression that allow for violence. All this occurs while we planned for and honored AWARE’s 2018 Women of Distinction, June Degnan, Kolene James, Kueni Ma’ake, and Lauree Morton at an inspiring and fun filled celebration on March 3 (see below and page 5), sponsored a Safe Bars Train the Trainers (see page 3), and arranged to bring Olga Trujillo to town in June for a community training (see page 2) (to name three). If you have questions, comments, concerns, please feel free to contact me at 907-586-6623 or at saralynt@awareak.org. We couldn’t do it without you!

Executive Director
Saralyn Tabachnick

2018 Women of Distinction Thank Yous!

AWARE is extremely grateful for all supporters of our 22nd Annual Women of Distinction Dinner and Silent Auction! It was a privilege to recognize this year’s honorees: June Degnan, Kolene James, Dax Kilatch, Kueni Ma’ake, and Lauree Morton. Their inimitable contributions to our community and their words of wisdom and inspiration made the evening a wonderful celebration!

AWARE’s annual fundraising event was made possible by numerous people offering generous gifts of expertise, energy, and heart. Our thanks to Kris Sell for hosting as emcee; to Rob Cohen, Clay Good, and Ceann Murphy for graciously providing opening music, to Noatak Post for his moving playing of Pachelbel's Canon in D. We thank Amy Carroll for designing the printed program and Jeanette St. George for producing bid table names. Thank you to Scott & Donna Johnson for videotaping, to Rachel Gearhart for photographing, and to Rie Munoz Gallery for artwork.

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 Sponsors: Alaska USA Federal Credit Union and American Seafoods Company. We thank our precious gems - Diamonds: Sealaska, Wellspring, and Alaska Communications System - Rubies: IBEW 1547, Bartlett Regional Hospital, Amy Dressel, and Holly Handler. We offer a special thank you to K3 Public Radio and the Juneau Radio Center for their very generous in-kind contributions.

Thank you to our gracious auction donors! Both businesses and individuals are listed on our website at awareak.org, as are photos from the evening guaranteed to bring an instant smile to your face! Thank YOU for making our dinner a financial success and so much fun! Continued on page 5.
Volunteer Training Starts April 10!

You are invited to register for our 20-hour training to learn about domestic violence and sexual assault. Become a community volunteer. Support survivors and develop skills to empower people. Meet with others to end gender-based violence. All violence is preventable; come learn how to make our communities safer.

Please contact Owen Hutchinson at 586-6623 or at owenh@awareak.org to register or if you have more questions.

Training is a requirement for most volunteer duties and all new AWARE employees. Participants will receive an overview of AWARE’s intervention and prevention services. We will explore the necessity of community coordination and trauma informed services to end violence. Call or email now to reserve your space. There is a $25 registration fee, for those able to pay; no one will be turned away for lack of funds.

SAVE THE DATE!!

Thursday, June 14, 8:30 am to 3:30 pm.
AWARE presents Olga Trujillo for three-90 minute presentations.

The Impact of Physical and Sexual Violence: A Personal Journey Revealed

Olga Trujillo watched as her father abused her mother for years. As she was drawn into his abuse of her mother she was also sexually abused by her father and brothers. Ms. Trujillo, now an attorney, advocate and author, underwent a journey to understand the impact the violence she witnessed and endured - from the child abuse to rapes she suffered as an adolescent and young adult – had on her life. In this presentation she reveals what she has learned so far and although tragic, her story of survival is inspiring and hopeful. She shows how each person can and does make a difference in the lives of others.

Exploring Trauma & Dissociation: What This Means for your work

Olga Trujillo is a survivor of child physical, sexual abuse and rape. These experiences created a range of mental health disorders that made her vulnerable to further victimization and unaware of the issues she had to maneuver on a daily basis. After undergoing an intense journey to understand the impact violence had on her life, she began to address the challenges she faced from Dissociative Identity Disorder (DID), Panic & Anxiety Disorders, Post Traumatic Stress Disorder and Depression. In this workshop, she will bring her lived experience of violence into the room to help participants explore how they may enhance their trauma-informed responses. Participants will assess how they address the issues of trauma and DID and examine whether they could improve their responses and how.

Dissociative Identity Disorder

Olga Trujillo was diagnosed with Dissociative Identity Disorder (formerly known as Multiple Personality Disorder) at the age of 31. Over the past 20 years she has undergone an intense journey to understand what Dissociative Identity Disorder (DID) is, how she developed it, the impact on her life, and she began to address the challenges she faced in healing. In 2011 Olga’s memoir, The Sum of My Parts: A Survivor’s Story of Dissociative Identity Disorder was released by New Harbinger Publications. In this workshop, she will bring her experience of DID to help participants expand their knowledge from an inside out perspective. Participants will explore what the healing process from DID can look like. We’ll examine trust building, psycho-social therapy, addressing other mental health disorders while healing from DID, and other related topics.

Details and registration will be on AWARE’s website- www.awareak.org- soon!
April is Sexual Assault Awareness Month

April is National Sexual Assault AWAREness Month (SAAM), over the past year. AWARE has enacted these themes through our sexual assault response program, with intervention and support for those victimized by sexual violence and prevention programming.

INTERVENTION

AWARE provides ongoing training for advocates who respond 24/7 to people who experience sexual violence. We offer immediate trauma-informed, confidential services that provide support through the first moments and continuing through the months that follow. It is difficult to know what to do in the moment if you or a friend has been harassed or assaulted. Trained AWARE advocates can help.

If you would like to know more about our specialized team of first responders, call 586-6623 and ask for Swarupa. To learn more about becoming a HEART member, sign up for this month’s Advocacy Training and email her at swarupat@awareak.org.

PREVENTION

The theme of this year’s SAAM is “Embrace your Voice”. There are many ways we can embrace our voice; we can embrace our voice as survivors and we can embrace our voice as aspiring allies. We can embrace our voice as youth and children learning to grow and be an individual and community member in this world. We can embrace our voice through consent and setting boundaries. Anytime we express our voice, it is with the inherent consciousness that within our voice there is power. We know this and we see this locally and nationally.

This year in AWARE’s Prevention Department, we are excited to lift up the community leaders who mentor us through the gift of their stories. We are also excited with the new programs we are offering to create empowering space for all voices to be heard.

Men & #MeToo: Another leader who is embracing his voice is Richard Cole, co-facilitator of Men At Work, a men’s accountability program. Richard continues to practice the art of embracing his voice as an aspiring ally to all women. To do so has taken courage and required listening and moving beyond defensiveness. See his article on the men’s role in the #meToo movement on page 4. You are invited to his facilitated talk at UAS on April 18 from 6:30-8:00. He will be leading a conversation on how men can be part of the #meToo movement and why we need to move past defensiveness when listening to survivor’s stories.

Safe Bars Southeast: Safe Bars Southeast will be working with front-of-house bar staff to help them embrace their voice as bystanders when they see someone in (potential) harm. The two-hour Safe Bars training is a bystander intervention program aimed at reducing incidences of sexual harassment and discrimination, and preventing sexual assault. These trainings are offered to alcohol-serving businesses. At the end of the training, bar staff will be more able to identify possible incidences of harassment and discrimination and feel more comfortable intervening.

Safe Bars cannot and does not guarantee that trained establishments will be violence free or that every patron will feel or be safe in their establishment. We perceive Safe Bars as a starting point to help our community work together. Safe Bars trained establishments CAN say, “We are trained to have your back.” Total prevention of sexual assaults will require a societal shift to address predatory behavior norms and patriarchal beliefs.

If you have a favorite bar or establishment, ask their management if they plan to opt in to the program. Safe Bars Southeast is a voluntary program. Establishments that complete the training will be added to a national database and will receive a sign for their window that states they’ve been trained. AWARE and the itinerant nurses of the Juneau Public Health Center will work in partnership to bring this program to shared rural communities.

We would like to extend our gratitude to these initial agencies and volunteers who are taking leadership in our community to empower more community members to acknowledge the problem and to hopefully empower them with tools to step in and speak up. If you would like to learn more about Safe Bars Southeast or schedule a training, contact Britta at AWARE’s prevention office 586-4902 or email the team at safebarsseast@gmail.com.

UAS: In February, they hosted the Vagina Monologues with all proceeds benefitting AWARE. UAS has implemented two bystander intervention programs, Green Dot and Kognito, a training program for staff, faculty, and students to identify mental health, and suicide brought to campus by the Juneau Suicide Prevention Coalition. For SAAM they will be organizing a clothesline project and hosting the #meToo talk with Richard Cole.

Juneau – A community of ART: When AWARE sat down to think about all the ways that we can embrace our voice we thought a lot about all of the amazing artists in our town who face all the reasons why people don’t embrace their voice – shame, fear, real danger, stigma, vulnerability – and do it anyways. Our list includes James Hoagland and his drag queen library hour, Christine Carpenter and her healing journaling-to-art exhibit last year at Alaska Robotics, the slam poets of Woosh Kinaadeiyí, the Persisters, the people at Mudrooms, the JACC hosting conversations on cultural appropriation, and so many more.

YOUR VOICE HAS POWER!

Believe survivors.
End victim blaming.
Ask for consent.
Respect boundaries.

Ways you can start to embrace your voice:

Practice consent – all the time, even when it’s not related to sex.
Learn more about sexual violence. Attend AWARE’s Advocacy training in April. Attend community conversations.
Pay attention to the sources where you get your information.
Get engaged in a bystander intervention program.
Practice listening to the voices of survivors.
Respect boundaries – your own and others.
Choose the best words in every moment. Our words shape the world around us.
Men’s Role in the #MeToo Movement

Me too … I’ve benefited from the privileges provided from being a male in our society.

Me too … I’ve used controlling behaviors in my relationships.

Me too … I’ve used pressure tactics in my romantic relationships to get my physical wants fulfilled.

Me too … I’ve remained silent as I’ve witnessed men and boys behave in a manner that is belittling or degrading to women and girls.

Me too… I’ve used “humor” that minimizes women.

It is absolutely important that men be involved in the Me Too Movement. It is important that we hear and support the voices of women and girls. It is important that we be allies.

Be an Ally

Allyship means we recognize that the women in our lives don’t need men to be “heroes” or “saviors.” They need us to be honest and accountable for the roles we’ve played, and for the ways in which we have benefited, from the oppression of women. Allyship means that we recognize that women are our own heroes and saviors, and support them in that work. That we are supportive of women in their efforts toward equity, understanding and leadership. Allyship means that we listen to hear and understand, not to provide answers or solutions. It means that we come to an awareness of some uncomfortable truths about what men teach and are taught in our society. It’s about celebrating women’s voices, not interjecting our own.

Without equity, without an adjustment to the power dynamic, without a recognition of privilege, then we are not true allies. As a man, I am aware I carry privilege. I recognize that throughout my life most positions of power in my world have been filled by other men (particularly other white, Christian, “straight” men). This has been true in law enforcement, the courts, media, corporate ownership and government. While I can recognize that there has been progress and change in our society over time, it is incumbent on me to also recognize that we have miles to go in order to achieve any kind of real equity. I also recognize that as a person with privilege, it is important that I be involved in the work and that I be supportive of women’s voices (and of others that have had their voices limited, whether it be due to: race, gender-identity/expression, sexual orientation, or religion).

I am privileged to work with the women at AWARE in their efforts to support and give voice to women and children. In my work with AWARE, using the materials and curriculum of Men Stopping Violence, I have learned that men use pressure tactics, controlling behaviors, and violence because:

It works.

They can.

They’ve learned to.

In my efforts I have made missteps and said things that I came to realize were thoughtless or insensitive. I have spoken from my experience of privilege.

The work of men in this movement is to be accountable. The work of men in this movement is to recognize. The work of men in this movement is to support, and when needed, to get out of the way.

The work of men in this movement is to listen. Listen to their voices. They are our mothers, daughters, aunts, sisters, partners, wives and friends. It is their movement. Be an ally.

Listen to their voices. They are our mothers, daughters, aunts, sisters, partners, wives and friends.

~Richard Cole, Men at Work Co-Facilitator at AWARE.

Implementing AWARE, Jr.

Talia Schlosser and Evelyn Richards, both 10 years old, believe girls and women deserve equity. It was not long ago when women got the right to vote and even more recently, through title nine, the right to participate in all education and related activities. They believe that if people continue to stand up to discrimination, women can be appreciated and recognized in our community and hopefully the world. As part of AWARE, Jr., they would like to be part of that change. An incident where they experienced sexism at their school sparked the idea for the start of this club. There are a lot of people in our world who do not realize what a large role women play in our lives. They think everyone should be treated equally and hope that AWARE, Jr. will lead to a better world where other people realize the value of women’s contributions.

They will be fundraising as much as possible through community events. Fundraisers will include clothes, food, toy drives and other donations. Another fundraiser for AWARE will be to design t-shirts and all the profits will be donated to AWARE. Every person that chooses to join this club will have the opportunity to participate in their social justice conversations.”

At a recent AWARE board meeting, the board unanimously sanctioned the commencement of AWARE, Jr.

If someone you know might be interested in joining this group, please email AWARE at info@awareak.org.
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 and Martha Moore, Secretary Libby Bakalar, Treasurer Michele Masuda, and members Amy Dressel, Katie Erickson, Robin Gilchrist, Norton Gregory, Diana Paul, and Elizabeth Pisel-Davis. The board joins me in extending deep appreciation and gratitude to our event coordinator Mandi Canady 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 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 all live in peace and freedom. Thank you all! We couldn’t do it without you!
Meet AWARE’s New Staff...

Owen Hutchinson: Communication & Volunteer Coordinator

I am a writer and educator with a background in alternative teaching strategies and building community relationships. With over a decade of experience working with kids, families, and schools to optimize student performance, I am excited about this new challenge as Communications and Volunteer Coordinator for AWARE. Since January I’ve been working in shelter as a Relief Advocate. I enjoyed every second of my time in that position. I am grateful to Kimberly and Alice for teaching and supporting me, and for all the Manager’s on-call who graciously fielded my questions on weekends.

In my free time I hike in the alpine. I do this to hone my listening skills and it’s where I like to hunt. Camping, boating and harvesting are the ways I recreate. I love to cook with friends, I know the meal is complete once a lively debate is underway. If you are reading this and have thought about volunteering but are not sure where to begin, please email me at owenh@awareak.org and let’s talk. Our spring volunteer training starts April 10th. It’s an amazing opportunity to deepen your understanding of DV/SA in Alaska and form bonds with other people interested in ending violence.

Leah Bennett: Prevention Manager

Hi all, my name is Leah Bennett. I am the newest member of the AWARE Prevention team and am so happy to be here! I grew up in Nebraska and spent the last 10 years in Denver, Colorado. I moved to Alaska about 3 months ago after visiting here a couple times and falling in love with the community and scenery Southeast AK has to offer. I have worked and volunteered in the nonprofit sector since I was 12 years old, serving disenfranchised populations in varying capacities in Nebraska and Colorado. When I’m not working I enjoy doing yoga, drawing, painting, reading, writing, and spending time in nature. I’ve been so inspired already by the powerful AWARE team and am looking forward to learning from everyone while serving this amazing community.

Maggie Watson: Temp. Administrative Coordinator

Hey there, my name is Maggie Watson and I am thrilled to be joining the amazing team at AWARE as part time Administrative Coordinator. I moved to Juneau from Florida in December with my fabulous feline companion Charles Dickens and we are both loving our new life in beautiful Alaska. I am excited for the opportunity to soak up the wealth of knowledge and experience around me and in turn be of service to our community. I look forward to getting to know everyone and I am happy to be here.

Ellen Andrews: Trauma-Informed Counselor

Ellen Naughter Andrews is back at AWARE! I am thrilled to be working with amazing, resourceful and talented AWARE staff on a daily basis after a nearly six-year absence. In 2012, I resigned as Program Manager so that I could stay home with my young children. During that time, I started a graduate program with Boston University. In May 2018, I will earn my Master’s in Social Work. I’m grateful to share my new skills with AWARE participants as the Women’s Counselor. Specifically, I will offer trauma-informed, therapeutic services for participants utilizing AWARE legal services.

When I am not working one of my favorite activities is playing with my family. We love to ski, fish, hike, explore and work in our garden. Additionally, I love ashtanga yoga, running, traveling and creating any kind of art.
Lily Larsen: Advocacy Services & JCAP Manager

My name is Emma-Lily Larsen and I am so excited to announce that this winter I started my new position as the AWARE Advocacy Services & JCAP Manager. I am continuing to supervise JCAP and the Men At Work Facilitators, while taking on new responsibility of managing direct advocacy services. I am so excited for the opportunity to return to my roots; to work in shelter, where it all started for me about eight years ago.

Farewell to Rebecca Gaguine!

With gratitude we say farewell to Rebecca Gaguine, who has left AWARE after two and a half years serving as our Volunteer Coordinator. She will be greatly missed. We know she will excel in going back to school in acquiring her Masters Degree in Teaching. Thanks Becca for your help recruiting new volunteers, your help with our child nutrition program, your cheerful laugh, and sharing your love for baking—and delicious cupcakes, with us! Thanks for coordinating many memorable events-Volunteer Trainings, Annual Meetings and Volunteer Appreciations. Good luck in your endeavors. You will be missed!

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

SAVE the DATE!

Girls on the Run & Boys Run I toowu klatseen

Please join us for the end-of-season 5k fun run!

When: Saturday, May 12th! @ 10am!

Where: Next to Riverbend Elementary School
(the course will be on the beautiful Brotherhood Bridge trail)

Help show the kids and their families how much we value their effort and commitment by signing up to be a volunteer.

Please contact Natalie at nataliew@awareak.org or at 586-4902.
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AWARE, Inc.
P.O. Box 20809
Juneau, AK 99802

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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Children’s Program Manager
SART Manager
Shelter Office Manager
Trauma-Informed Counselor
Children’s Counselor
Administrative Coordinator
Temporary Administrative Coordinator
Administrative Assistant
Volunteer Coordinator
Legal Advocate
Advocacy Services & JCAP Manager
Lead Advocate
Shelter Advocates
Lead Children’s Advocate
Children’s Advocate
Sources of Strength Coordinator
Community Restoration Coordinator
GOTR Statewide Coordinator
GOTR Local Coordinator
Shelter Cook
Maintenance
JCAP Specialist (JV/AmeriCorp)
Youth Engagement Specialist (AmeriCorp)
Youth Advocate Specialist (AmeriCorp)

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

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

Looking to make a monetary donation? Please visit giving.awareak.org/donate. It’s easy at 1, 2, 3...

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