

FALL 2011

DOVE TALES



A PUBLICATION OF AWARE, INC. "AIDING WOMEN IN ABUSE & RAPE EMERGENCIES" SERVING THE COMMUNITIES OF ELFIN COVE, GUSTAVUS, HAINES, HOONAH, JUNEAU, KLUKWAN, PELICAN, SKAGWAY, TENAKEE SPRINGS & YAKUTAT

THOUGHTS & THANKS BY SARALYN!

"Let your light shine. Shine within you so that it can shine on someone else. Let your light shine."

~Oprah Winfrey

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You will notice the picture of me on this newsletter is not my usual photo, rather I am partnered poolside with Judge Susan Carbon, the Director of the Office on Violence Against Women (OVW) in the Department of Justice. OVW's mission is to provide national leadership to improve the Nation's response to crimes of domestic violence, sexual assault, stalking, and dating violence. The Office administers financial support and technical assistance to state, local, and tribal communities across the country and in U.S. territories that are creating programs, policies, and practices aimed at ending these crimes.

We are poolside at the home of Vice President and Dr. Biden, in recognition of the 17th Anniversary of the passage of the Violence Against Women Act (VAWA). My nephew's wife, Mara Leventhal, of Miami, FL, shared her invitation to the event with me, and I was honored to mix with the folks who were present, listen to Dr. and Vice President Biden, and gain a broader view of what the federal government is focusing on. Student leaders from local colleges were present, because violence against women on college campuses continues in large numbers; in fact, women between the ages of 16 and 24 are most at risk for

domestic violence, sexual assault, stalking, and dating violence.



AWARE E.D. Saralyn Tabachnick (L) with OVW Director Susan Carbon

Seventeen years after the passage of VAWA, joyful from my time spent in Washington, D.C., I returned to AWARE, where 14 women and 19 children (16 under the age of 4) were living because they were not safe in their own homes. I returned to AWARE, where staff was working tirelessly to meet the needs of all our residents, where milk and eggs were in great demand, where our playroom looked like a pre-school.

I remember when the Violence Against Women Act passed in Congress. It was September 1994- I had been working in the field for 13 years and at AWARE for seven, and it was then Senator Joe Biden who championed this issue and brought the first federal legislation addressing violence against women to

fruition. It was a tremendous milestone.

Thank you to the AWARE staff, front line advocates and second line advocates who work to ensure safety and well being for all AWARE residents; thank you to Vice President and Dr. Biden whose ongoing commitment to ending violence against women manifests in so many ways; thank you to Judge Carbon, who came to Alaska and visited the village of Selawik (and others) to better

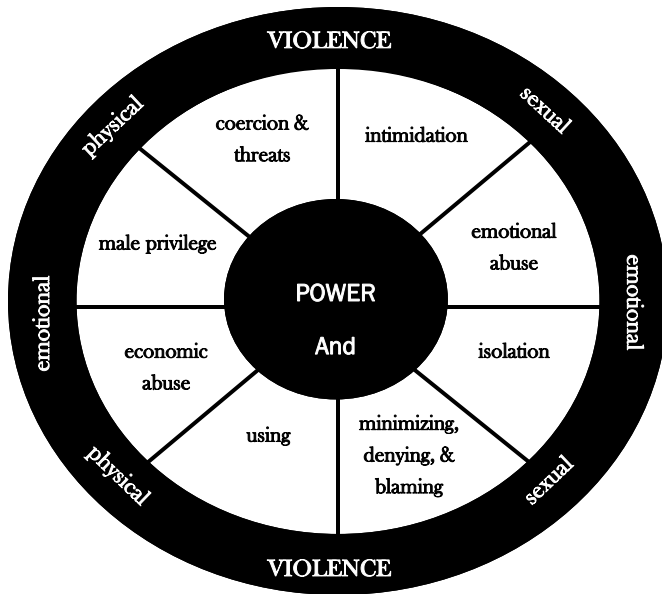
understand Alaska's unique challenges. From Miami to Juneau to Washington, DC to Selawik, we are each, in our own unique ways, doing our part to end violence against women. Whatever we can do, we must strive to do.

Acknowledge what *you* do to end violence against women- be it your participation in Domestic Violence Awareness Month activities (see p. 2), your feedback on Juneau's Pathways to Prevention Plan (see p. 3), your financial support through a membership donation, Pick.Click.Give, and/or including the AWARE Action Fund of the Juneau Community Foundation in your will, volunteering your time, donating a cell phone or toiletries to AWARE, etc., *and tell others about it*. When you share it with others, you do even more. Thank you. We couldn't do it without you!

October is Domestic Violence Awareness Month

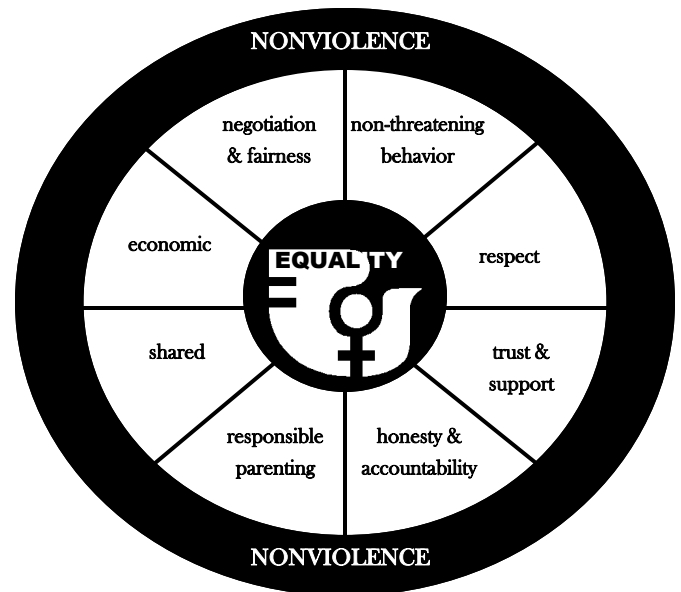
To learn more about the abuse of

POWER & CONTROL...



To learn more about

EQUALITY...



contact AWARE 586-6623 or visit our website at www.awareak.org

Wheel Developed by: Domestic Abuse Intervention Project. 202 East Superior Street, Duluth, MN 55802

2011 Calendar of Events

Purple Ribbon/Choose Respect Campaign

Please wear a purple ribbon and show your support for victims and survivors of domestic violence! Purple ribbons and Choose Respect cards are available at AWARE, local Juneau businesses, and at galleries during the First Friday Gallery Art Walk on **October 7th**.

5th Grade Poster Contest

AWARE is holding our annual 5th grade poster contest in recognition of Domestic Violence Awareness Month. Juneau 5th graders created posters around this year's theme, **What Choosing Respect Means to Me!** Posters will be on display at the **Nugget Mall** during the month of October.

"Telling Amy's Story" Video & Film Discussion

In partnership with the Downtown Nickelodeon and Heritage Coffee, AWARE will present the award-winning documentary, *Telling Amy's Story* on **October 19th at 6:30pm at Downtown Nickelodeon**. *Telling Amy's Story* follows the timeline of a domestic violence murder that occurred on November 8, 2001. The victim's parents and co-workers, law enforcement officers, and court personnel share their perspectives on what happened to Amy in the weeks, months, and years leading up to her death. While tragic, this film highlights how connected we all are as we confront domestic violence in our community. After the film, AWARE staff will host a discussion at the Franklin Street Heritage Cafe for community members to talk about their reactions to the film.

Walk a Mile in Her Shoes 5K Run or One Mile Walk

In honor of Domestic Violence Awareness Month, Juneau is hosting a Walk a Mile in her Shoes® event on **October 15th at 9am at Sandy Beach**. We invite you to run a 5K (in running shoes) or participate in the 1-mile march in high heels, as part of the international men's march to stop gender violence. Pre-registration is \$15 (\$20 on race day). Forms can be picked up at AWARE, JRC the Alaska Club, Foggy Mountain, Pavitt Health and Fitness, Alaskan Nugget Outfitters or online @ www.awareak.org. Contact AWARE for more information!

Women's Self-Defense Class

AWARE and Juneau Shotokan Karate Club will be offering a self-defense class for women & teens age 16 and older, on **Oct. 15th from 9am-3pm at the Zach Gordon Youth Center**. Pre-register by calling Mandi @ AWARE. Cost is \$10 per person; scholarships are available!

White Ribbon Campaign (WRC)

The Southeast Alaska Board of Realtors is working to build strong communities and is championing Juneau's White Ribbon Campaign. The campaign works to raise awareness, funds and WRC pledges to create a community with zero tolerance for violence. To take the pledge online, "*I pledge to not commit, condone, or remain silent about violence against women and girls,*" choose your favorite realtor and visit their website or visit wrcpledge.juneamedia.com. The Southeast Alaska Board of Realtors are competing amongst their affiliate organizations to see who can raise the most pledges and funds to end violence in Southeast Alaska.

WHITE RIBBON CAMPAIGN (WRC)

In honor of Domestic Violence Awareness Month, AWARE and the Southeast Alaska Board of Realtors are launching the Juneau White Ribbon Campaign (WRC) because we want to manifest how Alaska Men Choose Respect.

WRC is the largest national campaign of men working to end intimate partner violence and to promote respect. The main goal of WRC is to end violence against women and girls in all its forms.

It is accomplished in the following ways:

-Challenging everyone to speak out, and think about their own beliefs, language and actions

-Educating young people, especially young men and boys, on the issue through educational resources,

-Raising public awareness of the issue

-Working in partnership with women's organizations, the corporate sector, the media and other partners to create a future with no violence against women

-Taking the WRC pledge!

We invite you to join our community efforts to help promote the Juneau WRC. We encourage every Juneau resident to take the pledge this October, *"I pledge to never commit, condone, or remain silent about violence against women and*

girls." Take the pledge at wrcpledge.juneaumedia.com

To celebrate the campaign, AWARE and the Southeast Alaska Board of Realtors are hosting a Walk a Mile in her Shoes® event at 9am on Saturday, October 15 (see page 2). We invite you to participate in a 5K (in running shoes) or in the 1 mile march in high heels, as part of the international men's march to stop gender violence. High heels will be decorated by women staying at AWARE who have experienced domestic violence or sexual assault. Imagine what it would be like to walk a mile in her shoes. ..

"I pledge to never commit, condone, or remain silent about violence against women and girls."



PATHWAYS TO PREVENT VIOLENCE

Juneau works to provide pathways to prevent intimate partner/sexual violence through a strategic primary prevention plan. Violence Prevention Coalition members plan for and work on prevention projects based on our communities needs. We work to provide meaningful programs for youth in our community and to create social change. Coalition members are comprised of community agencies and members committed to creating wellness programs in Juneau and preventing violence.

VISION: *Community members of all ages are involved in healthy relationships, promoting protective factors and reducing the risk factors of intimate partner violence & sexual assault.*

Pathway 1: Men and boys will take a leadership role in creating an environment of mutual respect between men and women.

Pathway 2: Youth will become leaders in the community promoting respectful relationships.

Pathway 3: Girls will have the skills to recognize and have healthy relationships.

Pathway 4: Policies and Systems will adopt practices conducive to promoting healthy relationships and Intimate Partner/Sexual Violence prevention programs.

We are inviting you to review the draft plan and share any feedback you may have. Your voice, ideas and partnerships can help further direct the implementation of this plan. To learn more about Juneau's Pathways to Prevent Violence, visit our website at www.awareak.org.



Juneau's Violence Prevention Coalition is made up of professional community partners and interested volunteers that are committed to preventing violence in Juneau.

The coalition meets the last Tuesday of the month 2pm-3:30 p.m. at AWARE. Contact Ati at 586-6623 for more information!

THE QUESTION OF TIME

During the past few months, we have sheltered more young children at one time than I have seen in 6 years at AWARE. As I reflect on what this means, I think about how difficult it is to raise children with few resources, no home, fear of physical, sexual or emotional attacks, and the uncertainty of poverty. These things are often pointed out by people in positions like mine when we ask for volunteers, or contributions, or needed items. Today I want to talk about it for what it is, not what we need. If I could emphasize one aspect of

women's struggle living in shelter, it would be time. There is a misconception that moms who are not working have free time. I am often amazed by the amount of work women in shelter do each day, without the ability to rely on a partner if they are tired, or sick, or need to get something important done. We often talk about providing some childcare so moms can take a half-hour and drink coffee in peace, or have a shower, or go on a walk. But in the bustle of busy shelter life, these luxuries are the first to go. That they are considered

luxuries in the first place is telling. If I could give women in shelter a gift, it would be more time. Time for relaxing and thinking, and to take care of herself. It is so important for healing, and so important for growing as a person and a mother. My hope is to continue to improve our services so that time is given its due, and moms have the opportunity to rest as they rebuild their families' lives.

-Mandy O'Neal Cole, Direct Services Manager



"I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming obstacles."

-Christopher Reeve

GIRLS ON THE RUN FALL 2011

They're OFF and running! And learning and playing! Our Fall 2011 Girls on the Run (GOTR) season launched September 8th in the Juneau elementary schools of Auke Bay, Harborview and Gastineau as well as in Haines and Ketchikan schools. And a BIG welcome Gustavus and Skagway to their first-ever Girls on the Run season!

The mission of GOTR is simple and beautiful: "We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running." I have never met a Girls on the Run Coach who did NOT think that THEY got more out the season than their exuberant girls.



The GOTR vision *is a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.*

GOTR is an innovative program for 8-12 year old girls that uniquely combines training for a 5K run with life skills lessons that emphasize healthy habits and an active lifestyle.

GOTR also honors its core values:

1. Recognize our power and responsibility to be intentional in our decision-making
2. Embrace our differences and find strength in our connectedness

3. Express joy, optimism and gratitude through our words, thoughts and actions
4. Nurture our physical, emotional and spiritual health
5. Lead with an open heart and assume positive intent
6. Stand up for ourselves and others.

If something in the GOTR mission, vision, or values speaks to you and you are a woman interested in mentoring young girls, consider volunteering for our Spring 2012 season. Contact Swarupa or Keri at AWARE 586-6623 for more details.



FUN THINGS TO DO WITH YOUR KIDS!

Happy Fall Time Juneau and Southeast Alaska community members. This is a special time of the year here for all of us- the days get shorter and shorter and the autumnal rains become more and more consistent. It can either be a great time to hunker down in your homes and begin the process of human hibernation or a time to be more creative with how you spend time with your family, especially if you have children. Our children's program here at AWARE is constantly working to come up with fun and weather-appropriate activities for this time of year for our own Creative Play children's groups. This is the first suggestion I have for those of you interested in a unique weeknight activity that is both structured and safe due to its supervision and facilitation by our phenomenal Children's Program team, as well as being tons of fun!

The following is a list of things you can do to help keep structure and fun in your home. This list recognizes that there are time and money constraints that exist for all of us and that with simple tools, creativity and family bonding can occur:

- Bake cookies from scratch.
- Brainstorm potential homemade/store-bought Halloween costumes.
- Find leaves and use tracing papers and colored pencils to create fall-time art. Another option is laying leaves and crayon shavings between two pieces of wax paper and having an adult use an iron on a low setting

to melt the wax. It creates a stain-glass-like piece of art for the windows.

-Make a rain gauge out of a plastic or glass bottle that has half-inch marks up the side (make the creation of the rain gauge part of the fun!) and have a weekly chart of rain amounts to share with those of us who don't keep track!

-Plant some seeds and grow something indoors. Local businesses that specialize in gardens and growing plants and flowers can help you find the appropriate seeds for our area and its unique growing requirements.

-Turn the T.V. and/or games off as often as possible and share a family meal (cooking is a great family activity!), read a book, make a fort, or find other ways to just spend time together and be present... enjoying each other's company.

However, if your family prefers to get out and explore during this time of year, there are other great resources in our community for being adventurous and involved out there. Here are some ideas:

-AWARE's Children's Program has two groups a week from 6-7:30 p.m. Tuesday evenings are education groups, covering topics about safety, communication, and self-esteem. These groups are experiential and interactive with a well-established curriculum and excellent facilitators. Wednesday nights are creative play groups, where we have special activities and fun

field trips (ie: berry picking, visiting the fire station, touring Glacier Gardens).

-The new pool, with the lazy river, a high dive, and several areas to play!

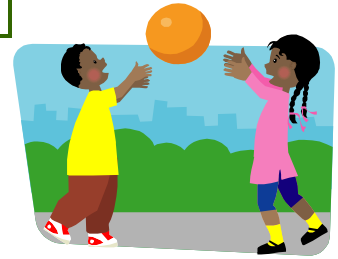
-The Goldtown Nickelodeon has a Saturday children's movie series, showing great films for kids. Their seats are fun and there are even couches in the back to lounge on while you watch. And don't forget- popcorn is always a yummy treat!

-The Marie Drake Planetarium has great astronomy shows and other interesting programs related to the sky.

-And, one of my favorite community resources is the KTOO.ORG and JACC websites that provide an extensive community calendar of events. It is comprehensive and easy to read and will give you and your children tons of potential ideas for how to spend a wonderful couple of hours or even a full day of fall fun together!

AWARE thanks you for continuing to support our mission and goals here at the shelter and out in the community. We are honored to provide the opportunity to be creative and provide a safe and enjoyable space for families and children that are committed to being healthy and respectful human beings. If you would like other ideas and resources for your children or if you would like additional support in creating fun and safe spaces for you or your family, please do not hesitate to contact AWARE.

-Rachel Brown, Children's Counselor



"At the height of laughter, the universe is flung into a kaleidoscope of new possibilities."

~Jean Houston



NEW & RETURNING FACES OF AWARE...

IRENE ESPARZA: SHELTER ADVOCATE

Hi!! My name is Irene and I am the new JVC woman's and children's advocate. My home is in El Paso, Texas and when I return in one year I will have my mom, my daughter and my grandson waiting for me. I also have a son in

California. Now that I have retired and re-tired from teaching (after 35 years) I am looking forward to working with women and children in a totally different capacity. As I meet each person I will be working with I am reminded

of how important each of us is in meeting and exceeding the needs of those we serve. I am where I need to be and I am happy. Thank you all for your warm welcome.



MICHAEL MENNIS: JBAP ADVOCATE

Hi! My name is Michael Mennis and I am one of the new Jesuit Volunteers and will be a JBAP Co-Facilitator and Legal Advocate. I am excited and thrilled to be embarking on my second year of service as a Jesuit Volunteer here with AWARE. I served last year in Oakland, California where I worked for a non-

profit domestic violence crisis intervention and law center called the Family Violence Law Center. At FVLC, I worked as an advocate helping women and children with protection orders as well as referrals for resources they needed. I am also a recent graduate of Loyola University Maryland in Baltimore where

I received my B.A. in Psychology with minors in History and Philosophy. I look forward to the challenges that working with the batterers intervention program & advocating for women and children in the legal system will bring!



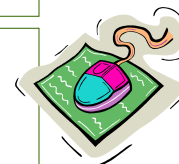
SAYING FAREWELL...

Anne Bennett, Legal Advocate (pictured middle), has always been professional, compassionate, deeply caring and uncannily effective in an area of AWARE's mission that consistently strives for greater understanding and nuance. In a world of probable cause and beyond a reasonable doubt, Ann has shepherded women, children and men who are victims of domestic violence, sexual assault, stalking and dating violence through their very personal experience, charged with a kaleidoscope of emotions, flashbacks and trauma into a series of reports, safety plans, filings and court appearances. Through this process, again and again, for nearly 5 years Ann partnered with hundreds of participants to have hope, to regain footing in their lives, taking back some amount of control, even healing into a life of greater autonomy and empowerment through their legal process. The staff joins the many people Ann has served tirelessly in wishing her the very very best. We will truly miss your laughter, your passion and your never ending, and so very reasonable support (oh and those little chocolate things you always pull out of your desk "in case of emergency"). May you enjoy the next adventure of your life riding on the wings of our fondness and gratitude. We all wish you the very best!



PICK.CLICK.GIVE IN 2012

When you register online for your PFD in January 2012, you are given the chance to Pick.Click.Give and participate in the PFD Charitable Contributions program. Please remember AWARE when this time comes. For more information visit www.pickclickgive.org.



KERI DIXON: PREVENTION ADVOCATE

Hi! My name is Keri Dixon, and I will be the Prevention Advocate here at AWARE. I am serving this year through the AmeriCorps State program. I am originally from Belleville, Arkansas, but I

have spent the last year traveling around the Pacific Region of the United States with the AmeriCorps NCCC program. I graduated from the University of Central Arkansas in May 2010 with a

B.S. in Nursing. I am very excited to work with the amazing people at AWARE, and spend time enjoying Alaska!



LILY SCHMITZ: JBAP ADVOCATE

It is a pleasure to have an opportunity to introduce myself. I was born and raised in Juneau. I graduated from Juneau-Douglas High School and Trinity Western University in Langley, British Columbia where I am majored in Psychology. I eventually plan to continue my education and advocacy, obtaining a Masters in Social Work. But

for now, I am the new Juneau Batterer's Accountability Program (JBAP) Advocate. I am learning a lot and it is much different from the relief advocate that I was at AWARE in the past.

Working at AWARE has been a great opportunity for me. Each day is a challenge, and I have come to greatly value

the support and knowledge of the AWARE staff. Becoming a shelter advocate has allowed me an opportunity to learn from very knowledgeable women how best to serve AWARE clients. It has encouraged me, and I am excited to see how my experience at AWARE will prepare me for the future.

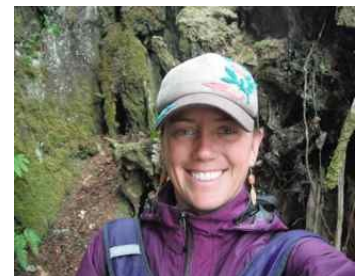


RACHEL BROWN: CHILDREN'S COUNSELOR

Hello, my name is Rachel Brown and I am thrilled to share my return as Children's Counselor at AWARE I started here in June of 2008 and spent two years absolutely enjoying the opportunity to work with children and their non-offending caregivers providing play therapy services here at the shelter for both residents and community members as well as working at the Teen Health Center at JDHS and Yakoose providing counseling

for teenagers. Last fall, after lots of saving and planning, I took a leave of absence from AWARE to travel internationally. It was an incredible experience that helped me recognize what a beautiful place the world is and also how fortunate I am to have such a high quality of life. Traveling also reinvigorated my passion and devotion to providing support and professional education and therapeutic services as a Master's level social worker

to those whom feel they would benefit. AWARE offers incredibly valuable and comprehensive services for this community and beyond. I feel honored to be a part of the A.W.A.R.E. family. I will be working alongside Cara Peters, children's counselor, and the rest of our staff to meet the needs of children and families here in Southeast Alaska and I look forward to hearing from all of you. Happy fall!



CHRISTINE LOWERY: CHILDREN'S ADVOCATE

Hello everyone! My name is Christine Lowery, and I am so excited to begin my year at AWARE as a children's advocate! I am a recent graduate of Simmons College, where I studied

psychology and studio art, and where I played on the field hockey team. After graduation, I decided to join AmeriCorps to experience a change of pace, and ended up choosing to serve in

Juneau! So far, I have loved every minute of being in Alaska, and I can't wait to experience everything there is to experience here in the next year.



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
Bus tokens	Twin Sheets & Blankets	laundry detergent
Toilet paper	New sweat suits, socks, underwear (all sizes)	
Kitchen utensils	Copy Paper	Your time as a volunteer
3 - 5 quart saucepans	Movie, swim, skate rink, & climbing wall passes	
Office Supplies (pens, post-it notes, paper clips, etc.)	Stamps-for residents to mail letters	



Children's Program Wish List

Our Children's Program staff would very much appreciate donations of new or nearly new art supplies and toys. 'Expressive Arts' are a wonderful way for children to begin healing from trauma; to tell their stories through play, art, and drama; and to learn about being safe.

Hand puppets, animals—especially fierce (alligators, porcupines), people (grown-ups, children, families), magic figures (tooth fairy, princess/prince, warriors), multi-cultural puppets, wooden building blocks, poster paints, spill-proof paint cups with lids, water-color painting pads, finger-paint paints and paper, oil pastel crayons, artist smock (paint-proof) for pre-school and grammar-aged children, large & medium sized paint brush sets, 2-ply yarn, doll house sized figures (men/women, helper figures), Alaska Native/multicultural dolls (medium-large), wooden 'Pound a Peg' set, tea party set, dress up costumes, magic wands/swords, fun children's slippers, play doctor kit, cozy/fuzzy nap rug.

THANK YOU South East Alaska Sailing!

I saw a ship a sailing, a sailing on the sea,
and oh it was so full of happy smiles and glee,
the kids were from AWARE,
the sailors from the SEAS (South East Alaska Sailing),
it was so nice and thoughtful
to have this special opportunity!

Thank you to the captains & crew of the South East Alaska Sailing (SEAS) for providing our kids with an unforgettable excursion on the high seas!



CLOTHES DONATIONS TO AWARE

AWARE, Alaska Dames, The Closet, and Mommy-N-Me are now working together to help women and children in need.

Women's clothing can now



be donated to AWARE's account at either Alaska Dames and/or The Closet and children's clothes can be dropped off at Mommy-N-Me. When women and children come to the shelter in need of

clothing they will receive a gift certificate in a pre-determined amount and are then able to chose an outfit or two that fits their needs.

For more information please contact AWARE at 586-6623.



SPONSOR-A-FAMILY

AWARE will begin our Sponsor-a-Family program in December. If you would like to sponsor a family for the holidays (with clothing, toys, food baskets, and more), please contact Mandi at AWARE 586-6623 with more information and/or to sign-up!



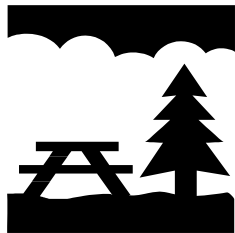
AWARE ATTENDS GOVERNOR'S PICNIC

AWARE joined Governor Parnell, First Lady Sandy Parnell and hundreds of Juneauites on August 18th for the Governor's Annual Picnic. Partnering with the Governor's initiative to "end the epidemic

domestic violence and sexual assault in Alaska". AWARE passed out "I CHOOSE RESPECT"

bracelets also with the Governor's website:

www.chooserespect.alaska.gov



printed on them. The website outlines the Governor's initiative and has resources and suggestions for how to get involved. AWARE staff passed out cards describing specific ways to practice

Choosing Respect in real time:

Take time to listen and create a connection.

Release your control of others.

Be respectful and remain calm. Be mindful of personal space. Be reas-

show empathy. Engage in dialogue. Speak your truth with courage and clarity. Pay attention to your tone and body language. Understand and communicate what you need most. Honor your need for privacy. Consider safety at all times. Allow yourself to be human. Be kind to others and yourself.

For more information about AWARE and the Choose Respect Campaign contact AWARE 586-6623.

"The world is hugged by the faithful arms of volunteers."

~Everett Mámor

THANK YOU VOLUNTEERS!!

Look for the date of our Annual Meeting and Volunteer Appreciation Potluck in early December!

Volunteer now, no offering too small! Call Swarupa at AWARE 586-6623 to sign up. Ongoing volunteer opportunities at AWARE:

-Provide childcare during women's groups*

-Cook dinner for women and children in shelter

-Provide deep cleaning of AWARE's facility and/or provide yard upkeep

-Answer AWARE's hotline and provide advocacy with women 2 hrs/wk.

-Respond to calls for

support/advocacy for women during sexual assault exams

On many Saturdays volunteers gather to clean the facilities, provide regular maintenance dusting and vacuuming the floors on the Administration side of the building, the Conference Room and the bathrooms, and recycling items.

SWAT Team Sessions - To become a strategic and vital member of our **SWAT TEAM** (Shelter Wear and Tear) you must be an advanced volunteer looking for a challenge. This is the Mt. McKinley of AWARE volunteerism. This

exclusive, highly trained** team of volunteers swiftly and effectively deep cleans and sanitizes all aspects of the shelter leaving it shining and fresh. Teams wash the walls and furniture, steam clean the carpets, defrost the refrigerators and freezers (we have a few!) and the industrial stove. Playrooms are de-toyed, and sanitized (along with the toys!) then re-toyed, AWARE vehicles are detailed, the wild foliage is trimmed along with other outdoor work. If you enjoy extreme sports this volunteerism is for you!

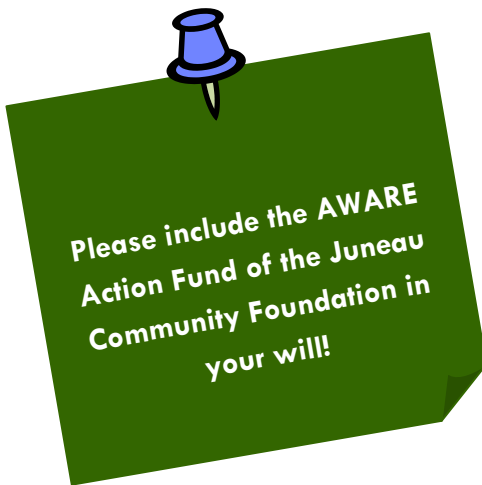
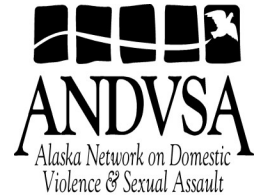
*Tuesday and Wednesday evenings from 5:45 pm - 8 pm.



AWARE, Inc.
P.O. Box 20809
Juneau, AK 99802

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Return Service Requested



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Michele Masuda, Co-Chair
Cheryl Eldemar, Treasurer
Tisha Gieser, Secretary
Robin Gilcrist
Maren Haavig
Jeffrey Irwin
Cathy Johnson
Martha Moore
Barbara Murray
Jessica Srader

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Executive Director—Saralyn Tabachnick

Business Manager	Rachael Helf
Direct Services Manager	Mandy O'Neal-Cole
Program Manager	Ellen Andrews
Prevention Manager	Ati Nasiah
Rural & Comm. Outreach Coord.	Andrea Browning
Children's Counselors	Cara Peters
	Rachel Brown
Education Specialist	Kami Moore
Legal Advocate	Thank you Anne Bennett :-)
Shelter Advocacy Coordinator	Roxanne Thomas
Shelter Advocates	Brenna Musser
	Jackie Wagner
Tlingit & Haida Advocate	Shannon Bible (Hawkins)
Volunteer Coordinator & Poet Laureate	Swarupa Toth
Administrative Assistant	Mandi Johnson
Lead Children's Advocate	Meghan DeSloover
Jesuit Volunteers	Irene Esparza
	Michael Mennis
AmeriCorps Volunteers	Christine Lowery
	Keri Dixon
JBAP Advocate	Lily Schmitz