It’s been a busy time at AWARE, inside and out. Inside, each of us is on our personal journeys, and it is with great awareness and support that AWARE staff pays attention to ourselves and move forward with the support and understanding of our co-workers. Inside our emergency safe shelter, during the year ending June 30, 2014, we provided 8,451 nights of safety for 240 women and children, more nights of safe shelter in a fiscal year than ever before. I am grateful for our 24/7 shelter staff, responding to crisis and needs, and to our entire staff; we all pitch in as needed. We support one another much as we support the people using our services. We all need help at various times, and it’s important to know it’s there for us- it’s part of the human journey.

Outside, in July we broke ground for our new building- Supportive Transitional Housing for women and families leaving our emergency safe shelter. It’s an opportunity to build safety and stability before moving on to independent living. We’re hoping for a grand opening later this year, stay tuned!

Also outside, we’re hearing more about domestic violence in the national media. Awareness is on the rise. This is a first step toward change- it’s in our thoughts, maybe in our hearts as well. The next step is education- to understand what domestic violence is, the complexities, and the lived experience of women victimized by a partner abusing power and control to get her to do what he wants her to do, to think how he wants her to think. I refer you to: ‘Why Didn’t You Just Leave?’ Six Domestic Violence Survivors Explain Why It’s Never That Simple http://www.huffingtonpost.com/2014/09/12/why-didnt-you-just-leave_n_5805134.html

There are many venues for education: See October On-line DV-SA class on page 3. There are numerous on-line resources, and AWARE is a local source. Our community training occurs twice each year, one right now, and one in the spring. Let us know if you’re interested, or if you’d like to schedule training for your group.

And now you’ve got awareness and education, inside yourselves- what’s the next step? Action- manifesting externally. You get to choose what that looks like. What does action mean to you? Does it mean intervening? If so, what might that look like? Does it mean primary prevention? Volunteering? Speaking to your friends or neighbors, your family or faith community? Does it mean creating artwork, or making a donation? AWARE is here to support you in finding your outside expression of caring for and about women and children who experience abuse. It is 100% preventable, and it could happen to any of us. Thank you for your participation, in whatever way it manifests, to uplift our community to a safer atmosphere where Juneau’s families, children, and youth experience healthier living. We couldn’t do it without you!
Domestic Violence Awareness Month

Thanks to our community partners: Kristin Mabry, MUDROOMS, Women of the Moose, Juneau Shotokan, Alaska NOW, and Treadwell Arena.

5th grade poster contest
First Friday, October 3rd

To: Juneau
From: the Minds and Hearts of 5th graders

Please join us in celebrating the 5th graders in our community at First Friday at the JAHC. October is Domestic Violence Awareness Month (DVAM) and each child’s participation and thoughtfulness have been conveyed into their art while creating posters to bring awareness to ending domestic violence. The theme: INGREDIENTS FOR SAFE HOME. The completed posters from students at each of the elementary schools will be on display on October 3, from 4:30 pm to 7:00 pm at the Juneau Arts and Culture Center, 350 Whittier Street.

Sincerely, Dawn Kolden
Education Specialist

NYR Skin/Body Care Fundraiser
Sunday, September 28th

You know eating organic food is important, so come learn about organic choices in skin and body care and why using organic is so critical for EVERYONE.

After you play with these wonderful products, you will have a chance to put together a skincare plan for Fall and Winter. Buy for yourself, special occasions, holiday gifts, and please choose to donate products to women in need at AWARE. All profits from this event will be donated to AWARE in the form of NYR Organic products and each order is an entry to the grand prize drawing.

This event is free and open to the public. RSVP is requested but should not prohibit you from attending. Please RSVP to mountainsidewellness.com or email Kristin Mabry at Kristin@MountainsideWellness.com.

DVAM evdolved from the Day of Unity, which was first held in October of 1981. It was formed to connect advocates across the U.S. who were working to end violence against women and children. From there, it became an entire week devoted to activities at a local, state and national level. Today, three themes remain the focus—and In 1989, DVAM became a National monthly observance. The three common themes are: connecting those who work to end violence, celebrating those who have survived, and mourning those who have lost their lives due to domestic violence. Thanks for observing Domestic Violence Awareness Month 2014 with AWARE.

~www.nrcdv.org/dvam/DVAM-history

MUDROOMS Storytelling Events
Oct. 14, Nov. 12, Dec. 9, Jan. 14

Starting at 6:30pm at Northern Lights United Church. Each MUDROOMS features 7-min. personal stories from seven people on a monthly theme. 100% profits ($7 fee) donated to AWARE. October’s theme is “Small World.”

Frugal Fashion Show Fundraiser
Sunday, October 19th

The Women of the Moose puts on this annual fundraiser with proceeds for AWARE.

UAS Self-defense Class for Women
Saturday, October 18th

AWARE, University of Southeast Alaska and Juneau Shotokan are offering a Self Defense Class for Women for UAS students, staff and faculty. Karate Master and Woman of Distinction, Diana Stevens along with AWARE Advocates will train women of UAS self defense techniques and awareness about dating violence, stalking and domestic violence. It will be held Oct. 18th from 10 am - 4 pm in the Dance Studio of UAS Recreation Center. Registration is at the UAS Recreation Center for UAS woman students and faculty only. The cost is $5 and scholarships are available.

DVAM Awareness Skating Event
Wednesday, October 22nd

From 6:30pm-8:00pm on Oct. 22, Treadwell Arena will be partnering with NOW (National Organization of Women) for DVAM and making the ice purple! Proceeds from a towel drive will benefit AWARE. We hope you will put on your skates and join us for a fun time on the ice!
To honor Domestic Violence Awareness Month, the Alaska Network on Domestic Violence and Sexual Assault (ANDVSA) and University of Alaska Southeast (UAS) are offering an online course opening Oct. 1-Nov. 5, 2014. It’s a self-paced course on “Understanding Domestic Violence and Sexual Assault”. This is an excellent way to become more aware of this issue in our state.

**Registration:** Register by October 1, 2014 (https://aceweb.uas.alaska.edu/wconnect/ace/home.htm). This course is open to the public.

**Dates:** The class will open on Wednesday, Oct. 1, and run through Wednesday, Nov. 5, 2014. Students work through the course at their own pace, with journal entries, quizzes, external links, and a final, and must finish by Nov. 5. It takes an average of 40 hours to complete the course.

**Costs:** Cost for the class is $75/person.

**Contact Person:** Ariel Herman can be reached at aherman@andvsa.org or by calling (907) 297-2861.

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**AWARE’s HEART is Open—Next Training is Oct. 4th**

AWARE’s HEART (Hospital Emergency Advocate Response Team – a bit clunky, but beautiful acronym) is a team of trained advocates who respond 24/7 to Bartlett Regional Emergency Room domestic violence and sexual assault victims. The call is initiated from the Emergency Dept. to offer advocacy in the moment.

A HEART offers compassionate and CONFIDENTIAL listening and is trained in trauma informed services. A HEART offers available resources and safety planning.

HEART members understand the emotional upheaval of interpersonal violence and can assist a victim of domestic and/or sexual violence in making her/his own choices for what happens next, connecting a victim with the services of AWARE to support the hard work ahead of her own personal healing process.

HEART Advocates participate in Advocacy Training and a HEART Workshop along with monthly trainings and debriefings. Team members sign up for on-call shifts of seven days, from 4 pm – 8 am on weekdays and around the clock on weekends. (AWARE staff members are available for a call during office hours).

Currently AWARE has a team of four primary responders and three trainees. Each HEART Advocate is scheduled for one week every month to six weeks. HEART Advocates are paid for being on call, and for responding. If you have an interest in serving as a member of AWARE’s HEART, please contact Swarupa at 586-6623 or at swarupat@awareak.org.

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**COMPASS—A Map for Male Mentors**

COMPASS: A Guide for Men, is a resource for male mentors who work with Alaskan boys ages 12-18. COMPASS is now recruiting for applicants from Juneau for a December training in Anchorage. COMPASS assists mentors with discussions and activities that support boys as they explore and identify their own values, goals, and unique identities. These strategies are designed to be easily incorporated into the day-to-day interactions that already exist between mentors and youth in team sports, camping, hiking, fishing, hunting, etc. Ultimately, the guide promotes meaningful conversations between men and male youth that promote healthy identities, build positive relationships, and strengthen safe and violence-free communities. The tool itself is the result of years of work and discussions by a group of individuals from all across the state of Alaska.

The statewide training will take place in Anchorage on December 2nd-4th. Successful applicants travelling from Juneau will receive an all expenses paid trip. Applications are due Oct. 1 and are available online at www.andvsa.org/home-page/compass-training. For more information about the program, contact Richard at 586-6623, or email him at richardr@awareak.org.
SAVE the Date for the GOTR Fall Season 5K

The Fall 2014 Girls on the Run 5k Fun Run will be Saturday, December 13th!

When: Festivities begin at 10am

Where: Dimond Park Field House

*To help with the 5k, volunteer, or become a running buddy, please contact Heidi at 586-6623*

2014 HOLIDAY SPONSOR-A-FAMILY

AWARE will begin our Sponsor-a-Family program on December 1st. If you would like to sponsor a family for the holidays (with clothing, toys, food baskets, etc.), please contact Mandi Johnson at AWARE 586-6623 to sign-up!

“Never get tired of doing little things for others. Sometimes, those little things occupy the biggest part of their hearts.”
— Unknown

Save the Date—2015 Women of Distinction Dinner & Silent Auction

AWARE will honor four women on Saturday, March 7, 2015 at our 19th Annual Women of Distinction Dinner & Silent Auction. This gala event celebrates the accomplishments of Juneau women who have made a difference in our community. We hope to see you there!

*All proceeds support AWARE’s work with victims and survivors of domestic violence and sexual assault.*

Relief Advocate Position Available

AWARE is currently hiring Relief Advocates. Relief Advocates are responsible for maintaining the safety and security of AWARE’s residential facility, as well as answering the crisis line and working one-on-one with women and children who are experiencing domestic violence and sexual assault. Relief workers may work a regular, weekly shift or be on-call to cover staff absence and vacations. If you are interested in working with women and children, want a part-time schedule, and can be flexible about your hours, relief advocacy at AWARE could be a perfect fit! $12.00/hr DOE. EEO.

Farewell to Meghan!

not gone, just a bit less
minus a soft smile
a tear
a tiny t-shirt.
cleaning the dirty things
softening the hard things and
(thankfully)
brightening the lovely things.
Have You Had the Talk?

It's more important than ever to talk with your college-bound teen about the risks of sexual assault. With national attention focused on sexual assault on college campuses, everyone from administrators to Congress and the White House have been talking about tangible ways to address the problem.

By talking about it now, you can better equip your child to navigate social situations on campus, and intervene if necessary to keep their friends safe. Here are some tips on how to approach the conversation with your teen:

Start the conversation

Use the high-profile news coverage of college sexual assault to start a dialogue. A case making local news in your community or Congress’ recent legislative action could be a good starting point.

→ Ask what they think about the case and how it could relate to their experience on campus.

Talk about real risks, not the myths

Arm your college-bound kid with information about the reality of sexual assaults. For instance, many people are surprised to learn the majority of these kinds of crimes are committed by someone the victim knows, like a classmate or friend — not by a stranger hiding on campus.

→ Reinforce the fact that a sexual assault is never the fault of the victim.

Offer your vote of confidence

Encourage them to trust their instincts. Just because they are in a new place does not mean they are a new person. If a situation feels uncomfortable or dangerous, encourage your teen to find a way to get out.

→ It’s better to lie and make up an excuse for why they need to leave, rather than stay and be uncomfortable.

Intervene

College is a great opportunity to establish new friendships. Remind your child that while it’s important to fit in and make friends, it’s just as important to keep an eye on things. If they see someone doing something that’s not right or dangerous, they can subtly step in to help a friend in need, such as by redirecting a conversation or suggesting their friend join them outside.

→ Remind them of previous times they stood up for themselves or others.

Get Consent

Talk to your college-bound student about obtaining permission before engaging in sexual activity. Not only is rape a criminal offense, but it can also result in serious harm to the victim for years to come.

→ Encourage them to think twice before having sex with someone who can’t verbally consent. Having sex with someone unable to give consent is a crime of sexual assault.

Identify campus resources and support systems

Ask your child if he or she knows where to go on campus if in need of help. For instance, do they know where to go for medical care, for academic support, or where to report a crime? Encourage them to build relationships with peers and administrators in support roles, such as the dorm resident advisor or a trusted professor.

→ Make sure your child knows about key resources on campus, such as Student Affairs or the Health & Wellness Center, as well as their locations. Local law enforcement (911) and rape crisis centers (like AWARE) are also resources.

Establish an open line of communication

Whether your child commutes to school from your house or lives thousands of miles away, remind him or her that you are there during the transition. Let them know that if something happens, they can tell you, no matter what the circumstances.

→ Remind your teen that you’re an ally.

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If you or someone you know is struggling with on-campus sexual violence, you are not alone. Help is available 24/7 by calling AWARE at 1-800-478-1090 or by visiting our website at www.awareak.org.

~Article taken from RAINN’s website: www.rainn.org/news-room/have-you-had-the-talk

“You must be the change you wish to see in the world.”

~Mahatma Gandhi

Let’s Talk Together
Lela Stevenson—Children’s Advocate

First off let me say how excited, ecstatic, grateful, and overjoyed I am to be the new Children’s Advocate here at AWARE. This is my third year in Juneau, and I absolutely love it. I am a single mother of a darling little boy who is the light of my life. I’ve worked in social services since undergraduate school, and especially have enjoyed working with children and families which fits perfectly with my position here at AWARE. I am currently attending graduate school working towards my master’s degree in marriage, couples, and family therapy. My favorite things to do are to make gemstone wire wrapped and beaded jewelry, sell lil skirts, and explore this amazing city and state with my family. I look forward to learning and growing in this position with such an excellent team of people!

Ben Wills—Juneau Choice & Accountability Program

Hi wonderful AWARE people! My name is Ben Wills and I’m the new Jesuit Volunteer (JV) JCAP advocate, where I answer phone calls, write emails, and will soon, with a little bit of training under my belt, be co-facilitating group classes for domestic violence offenders. I grew up in the beautiful burbs of Portland, OR, before escaping to Vassar College in New York, where I majored in cognitive science and minored in Hispanic studies/Spanish. I love hiking and mountain biking when it’s nice out, and reading, playing piano, and trying to teach myself guitar when it’s not. Thanks for the warm welcome and I’m excited to be joining the amazing team at AWARE!

Kim Berberich—Shelter/Legal Advocate

Hello! My name is Kim Berberich and I am the new Jesuit Volunteer Shelter and Legal Advocate at AWARE. I hail from the suburbs of Chicago, IL (Downers Grove, to be specific), studied Sociology and Theology at Creighton University in Omaha, NE, and recently came from a JV year in Spokane, WA at a transitional shelter for women who have children. I am excited to jump into a fresh experience in more of an advocacy position here at AWARE, and already have been reaping the hospitality of the Juneau locals. I enjoy commuting via bicycle, knitting warm scarves, and exploring Mother Nature--it seems like those are fairly common interests in Juneau!

Jodi Weber—AmeriCorp Children’s Advocate

Hi, my name is Jodi Weber and I was born and raised on the west side of Washington. I have a large family and enjoy the love and craziness that comes from them. I first attended Centralia Community College where I received my AA. I then continued on to Central Washington University in Ellensburg, WA where I received my Bachelors in Psychology. This past year I have been serving as an AmeriCorps member in Walla Walla, WA. It was such an amazing and rewarding experience. I can’t wait to see what this year at AWARE will bring. I am so excited to be here.

Heidi Clements—Temporary Girls on the Run Advocate

My name is Heidi Clements, and I am so excited to be stepping in as the Temporary Advocate for the Girls on the Run program. I am originally from Michigan, where I received a degree in Psychology with a focus on Family Studies. I came to Alaska “just for a season” in 2011 to serve as an AmeriCorps member with SAGA. Although my position had me traveling all over the state from Prince of Wales to the Yukon River, there was just something about Juneau that made me want to come back and stay. I am grateful that I can call Juneau home, and even more so to be a part of this dedicated staff at AWARE. I look forward to learning all that I can from staff, our GOTR partners, the volunteers who make this program possible, and of course, those 3rd-8th grade girls who make it all worthwhile!
Shelter Wish List

AWARE is in continual 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.

- Laundry detergent
- New pillows
- Trash bags
- New garbage cans
- Bus tokens
- Toilet paper
- Kitchen utensils
- Your time as a volunteer
- Movie, swim, skate rink & climbing wall passes
- Flashlights
- Towels
- Forks, silverware
- Paper cups (hot/cold)
- Diapers & Wipes
- Office Supplies
- Copy Paper
- Stamps for residents to mail letters
- New twin sheets (white)
- New cleaning supplies
- Tri-fold paper towels
- Swiffer wet jet liquid/pads
- New blankets
- 3-5 quart saucepans
- New sweat suits, socks, underwear

*Note: AWARE is only able to accept items currently on our wish list. We are grateful for your support, and we do not have the capacity to accept donations other than those listed. If you have clothing to donate, AWARE has accounts at Mommy-&-Me and Alaska Dames Consignment Shops. Simply drop off the items under AWARE’s account and when women/children come in need of clothing, they will receive vouchers to pick out an outfit or two of their choice. Thank you for contributing to AWARE. Below are two others ways you can donate.

Other Ways to Support AWARE...

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!

Visit our website: www.awareak.org

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.
AWARE, Inc.
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AmeriCorps Volunteer
- Jodi Weber
VISTA Volunteer
- Esther Smith

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 very much!