thinking and in our actions. This year, AWARE honors four women who load the scales with kindness and humanity: Norene Otnes, Patty Owen, Carol Pitts and Elaine Schroeder. Their extensions of caring in our community have a restorative impact on the daily life experience of our community members. We hope that you can join us to learn more about these four women at AWARE’s 2014 Women of Distinction. Our 18th annual plated dinner and silent auction will be held on Saturday, March 1 at Centennial Hall. Please join us in recognizing the outstanding contributions Norene, Patty, Carol and Elaine are making every day, as they share their inspiration with us on March 1.

AWARE is in a unique place in the world. On the one hand, we see tremendous inhumanity that those who abuse power and control inflict on vulnerable people, primarily women and children. The resulting trauma is life changing—enter AWARE and our intervention services to provide a semblance of safety, an atmosphere of compassion and understanding, an opportunity for the beginning stages of healing. How are we able to offer this? Enter the other hand, the kindness and humanity of our funders and donors, our staff and volunteers, our members and community. Your generosity and kindness make the difference. You provide the antidote to the gender violence our program participants have endured, as AWARE holds the fulcrum and works to maintain balance.

Every moment you participate makes a difference, whether you participate with AWARE directly or indirectly. Donations of time and money, offerings of support and encouragement, make the difference. This past quarter, you generated healing at AWARE when you renewed your AWARE membership, attended our First Friday Fifth grade poster contest for Domestic Violence Awareness Month, spent an hour or a day volunteering at AWARE, donated to AWARE through Pick.Click.Give, voted for our Board of Directors, attended our Annual Meeting, chose to donate to AWARE through United Way, showed up at our Girls on the Run 5K, sponsored a family for the Christmas holiday, attended our AWARE children’s holiday party, made a year end donation to AWARE, attended a Coaching Boys Into Men event, cooked a meal for our program participants or sewed a quilt or pillowcase or donated a gift. You support AWARE’s mission when you talk about violence against women, when you interrupt a “joke” or an overt act of violence, when you call 911 because you’re concerned for the safety of your neighbor, or yourself. Everyone deserves to feel and be safe. We can choose this for our community, every moment, when we choose this for ourselves, when we treat ourselves with kindness in our
Domestic Violence Awareness Month

“How Can You Be A Super Hero To End Domestic Violence!”
That was this last October’s 5th Grade Poster Contest theme. AWARE’s Educational Specialist, who goes into all of the schools and talks about personal safety, boundaries, healthy relationships and more, headed up the annual event, as part of Domestic Violence Awareness Month (DVAM). This year, the Juneau Arts & Humanities Council graciously donated their main hall space for First Friday. The winner from each school had their poster framed; all the posters were displayed for the community to see. Below are a few of the posters. Great job to everyone who participated!

Healthy Relationships Class for Women

The next 10-week session begins Tuesday, January 14, 2014. To register, please contact Mandi J at AWARE 586-6623.

GOTR Coaches Training

Our Girls on the Run program continues to empower and inspire 3rd-8th grade girls to be healthy, strong and confident, through its after school healthy lifestyle curriculum. During the Fall 2013 season 122 girls were served in Southeast Alaska. Thirty-three amazing volunteer coaches helped us make this a reality. Teams in Juneau, Ketchikan, Petersburg and Yakutat completed 5K events in December. If you are interested in getting involved with Girls on the Run please contact Julie Walker at 586-6623 or at juliew@awareak.org. The upcoming new coach training will be held on January 18th; pre-registration is required.
Farewell to Mark Calvert

Our dear Mark Calvert has been AWARE's Community Engagement Advocate for the past two years, and now he prepares to move on to the Alaska Association of School Boards. Mark has worked to ally boys and men in and into the violence prevention movement, championing Coaching Boys to Men in Juneau and around the state, blazing a trail of engaging men in educating the community about healthy relationships, respect for girls and women and respect for self. He can be seen with high school sports teams, walking a mile in her shoes, as an Alaska Man Choosing Respect, and campaigning with community partners to engage their participation in changing social norms.

Mark’s work with social media has been superb. His presence at AWARE has enabled us to move forward as an agency and as a community. Mark brings his hearty, heartfelt support to AWARE’s work as well as melodious, harmonious atmosphere of beautiful opera. With his talents as a trained professional opera singer, we have been delighted with any and every opportunity to engage Mark in song.

Mark’s attitude of openness, his eagerness to learn about oppression and violence against women, and to integrate that into his being, is a gift to all of us at AWARE and to all who work with Mark. We are grateful knowing he will share his wisdom with his very fortunate future colleagues. We wish Mark all the best!

Prevention Happenings in Juneau!

Lead On! For Peace and Equality Mini-summit
*79 teens attended the Alaska Network on Domestic Violence & Sexual Assault’s LeadOn! For Peace and Equality Mini-summit in November
*27 communities, across the state of Alaska, were represented at LeadOn!
*3 youth represented Juneau at the mini-summit

*1 digital story will be created by Juneau youth in 2014. The video will empower teens to speak up about healthy relationships, healthy sexuality, and nonviolence.

Alaskan Communities in Action Prevention Summit
*19 communities were represented at the Summit, which was sponsored by the Council on Domestic Violence & Sexual Assault

*11 teens from Juneau and Sitka shared their leadership experiences during a panel and workshop
*5 youth leadership programs presented at the 2 1/2 day summit: Sources of Strength, Teen Council, REBOUND, Sitka Youth Leadership Committee, and LeadOn!

Thank you Shoefly and Airlift Northwest!

This year, Shoefly chose AWARE for the Downtown Business Bureau’s Charity Tree Walk. Together we decorated the tree, and AWARE will be one of twelve organizations in the running! The tree with the most votes (from people stopping by to vote) will win $500 cash. The other charities are then pooled together and a second winner is randomly chosen from a hat.

Thanks Shoefly for your support for AWARE during the holiday season. It means a lot to us.

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Thanks also to Airlift Northwest for generously donating your time and energy in making Thanksgiving dinner special for the women and children residing safely at AWARE.
Healthy Relationship Quiz

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Answer yes or no to the following questions to find out. Make sure to check the boxes to record your responses. At the end, you’ll find out how to score your answers.

**The Person I’m With**

1. Is very supportive of things that I do.  □ Yes □ No
2. Encourages me to try new things.  □ Yes □ No
3. Likes to listen when I have something on my mind.  □ Yes □ No
4. Understands that I have my own life too.  □ Yes □ No
5. Is not liked very well by my friends.  □ Yes □ No
6. Says I’m too involved in different activities.  □ Yes □ No
7. Texts me or calls me all the time.  □ Yes □ No
8. Thinks I spend too much time trying to look nice.  □ Yes □ No
9. Gets extremely jealous or possessive.  □ Yes □ No
10. Accuses me of flirting or cheating.  □ Yes □ No
11. Constantly checks up on me or makes me check in.  □ Yes □ No
12. Controls what I wear or how I look.  □ Yes □ No
13. Tries to control what I do and who I see.  □ Yes □ No
14. Tries to keep me from seeing or talking to my family and friends.  □ Yes □ No
15. Has big mood swings, getting angry and yelling at me one minute but being sweet and apologetic the next.  □ Yes □ No
16. Makes me feel nervous or like I’m “walking on eggshells.”  □ Yes □ No
17. Puts me down, calls me names or criticizes me.  □ Yes □ No
18. Makes me feel like I can’t do anything right or blames me for problems.  □ Yes □ No
19. Makes me feel like no one else would want me.  □ Yes □ No
20. Threatens to hurt me, my friends or family.  □ Yes □ No
21. Threatens to hurt him or herself because of me.  □ Yes □ No
22. Threatens to destroy my things.  □ Yes □ No
23. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.  □ Yes □ No
24. Breaks or throws things to intimidate me.  □ Yes □ No
25. Yells, screams or humiliates me in front of other people.  □ Yes □ No
26. Pressures or forces me into having sex or going farther than I want to.  □ Yes □ No

**Scoring**

Give yourself one point for every no you answered to numbers 1-4, one point for every yes response to numbers 5-8 and five points for every yes to numbers 9 and above.

Now that you’re finished and have your score, the next step is to find out what it means. Simply take your total score and see which of the categories below apply to you.
Score: 0 Points
You got a score of zero? Don’t worry -- it’s a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it’s possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them by visiting lovesrespec.org.

Score: 1-2 Points
If you scored one or two points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn’t necessarily mean they are warning signs. It’s still a good idea to keep an eye out and make sure there isn’t an unhealthy pattern developing.

The best thing to do is to talk to your partner and let them know what you like and don’t like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It’s also good to be informed so you can recognize the different types of abuse.

Score: 3-4 Points
If you scored three or four points, it sounds like you may be seeing some warning signs of an abusive relationship. Don’t ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won’t find abusive behaviors.

Score: 5 or More Points
If you scored five or more points, you are definitely seeing warning signs and may be in an abusive relationship. Remember the most important thing is your safety -- consider making a safety plan.

You don’t have to deal with this alone. We can help. Chat with a trained peer advocate to learn about your different options at lovesrespect.org.

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**AWARE Groups & Classes**

**WOMEN’S EDUCATION GROUP**
Tuesdays from 6-7:30pm. Rotating topics include: domestic violence, sexual assault, chemical dependency, family dynamics and self-care. Childcare is available if you call in advance.

**WOMEN’S SUPPORT GROUP**
Wednesdays from 6-7:30pm. Women are encouraged to come, share supportive space and process on their own terms. This group also helps women connect with each other, process experiences and explore skills to design healthy living patterns. Childcare is available if you call in advance.

**CHILDREN’S LIFE SKILLS**
Tuesdays from 6-7:30pm. Group includes fun discussions, games, and activities centered around personal safety themes. Contact Meghan or Yosh to sign up.

**CHILDREN’S CREATIVE PLAY**
Wednesdays from 6-7:30pm. Includes fun outings, movies, music and games. Contact Meghan or Yosh to sign up.

**MOM’S GROUP**
Thursdays from 12-1pm. This group discusses effects of violence on children, positive parenting techniques and more! Childcare is available by calling ahead.

**LEGAL CLINIC**
On the last Tuesday of each month, AWARE’s Legal Advocate provides a free legal clinic, with Alaska Legal Services, for women in the community going through divorce and custody issues.

**HEALTHY RELATIONSHIPS CLASS for WOMEN**
This is a 10-week course (starting January 14) designed for women who want to improve their communication skills, learn how to set boundaries, and increase their self-awareness. Registration is required by calling 586-6623.
Congratulations to:

Norene Otnes, I am a Strong-Spirited Woman
Patricia Owen, Health & Safety Advocate
Carol Pitts, Community Resource Coordinator
Elaine Schroeder, Psychotherapist & Peace Activist

*****

The selfless endeavors of these women benefit our community daily. Please join us in honoring them at AWARE’s 18th annual Women of Distinction Gala on March 1, 2014 at Centennial Hall. Doors open at 5:30pm, dinner is served at 7pm. 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 J. at AWARE.

*Ticket prices are $70 per seat or $800 for a reserved table of 10. Tickets go on sale in January and can be purchased by calling AWARE at 586-6623. For more information, please visit our website www.awareak.org or email us at WOD@awareak.org.
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
- Art Supplies
- Bus tokens
- Toilet paper
- Kitchen utensils
- 3 – 5 quart saucepans
- Office Supplies
- Stamps-for residents to mail letters
- Movie, swim, skate rink, & climbing passes
- Flashlights
- Towels
- Twin Sheets & Blankets
- Trash bags
- Copy Paper
- Tri-fold paper towels
- New garbage cans
- Full-sized toiletries
- Diapers & Wipes
- Vases for flowers
- Forks, silverware
- Your time as a volunteer
- Clipboards
- Paper cups (hot and cold)
- Cleaning supplies
- New sweat suits, underwear

Thanks for Making Christmas Special This Year for so many People!

Thanks to our Sponsor-a-Family sponsors for helping to make this year’s Christmas special for 45 families; more families than we’ve ever had sign up and be sponsored. We couldn’t have done it without you! A BIG heartfelt thanks to:

Sara Miller, Katie Palof, and Liz Smith; Elizabeth and Lorraine Martin; Juneau Universal Unitarian Foundation; Shepherd of the Valley; NOAA; State of Alaska Department of Education; Allison Hanzawa and Richard Radford; Verity Blackenship and friends; The Hill-Folk; NEA Alaska; Mark Calvert and Sara Schaefer, CBJ Finance; Shoefly; Erin Hester; Val Williams; Electra Gardinier, Taelyn Coffee and Tracey Miller; Kim and Martin Shafer; National Weather Service; Ruth Gecoski; The Lindh and McCutchen Families, Alison Brehmer; Shattuck and Grummett Insurance; The Crondahl Family; Holly Cerne’s Dinner Party Angels; Aldersgate United Methodist Church, DZ Student Government (Ms. Collin’s class), Art and Susan Arnold, and Anonymous!

Also, we would like to give a special thanks to Gold Street Quilters for making beautiful, colorful quilts for women in shelter, as well as Girls on the Run participants for putting together nicely decorated boxes of goodies, and to Jen Walker for putting together stockings for women and children so they have something for them on Christmas morning.

Thank you again and happy holidays to all!

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

—Anne Frank

Pick.Click.Give in 2014

When you register online for your PFD in January 2014, 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.
Beginning in 2014, AWARE would like to conserve resources & email our newsletter to you. Please send your email address to mandij@awareak.org. Thanks very much!

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-Yax-Noow
www.awareak.org

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Chris Bauman
Direct Services Manager
Mandy O’Neal-Cole
Prevention Manager
Ati Nasiah
Rural & Comm. Outreach Coordinators
Leona Santiago
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Community Engagement Advocate
Mark Calvert
GOTR Advocate
Julie Walker
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