Thoughts and Thanks from Saralyn

It's been a very busy year at AWARE. In January, we partnered with the Alaska Mental Health Trust Authority and Wal-Mart to purchase the property adjacent to AWARE. As part of the Pre-Development Program at the Foraker Group, we're provided with direction and support in moving forward with our need for long term supported housing for women and families leaving residency at AWARE, as well as office space to support our growing prevention programs. The pre-development program is currently conducting a needs assessment to ensure it's feasible for us to move forward with new construction. We'll keep you informed of our process!

Since April, the number of women and children needing safe shelter at AWARE has been consistently high. We are grateful for the ability to provide intervention and education services for those living at AWARE, to work on safety, prevention, and accountability. The number of men participating in our Batterer Accountability Program is at an all time high, and our prevention programs are going strong. (see page 3).

Like you, AWARE has had an increase in cost of electricity, fuel oil, and health insurance. Thankfully we’ve received some financial support from Juneau Unplugged for our electric bills; the cost of doing business is simply more expensive for all of us.

We have had extra support come our way- for one, the Mary Kay Ash Charitable Foundation chose to grant AWARE monies to operate and shelter during this fiscal year ending June 30, and two, our partnership with Central Council of Tlingit and Haida Indian Tribes of Alaska came to fruition in our ability to have on staff an Alaska Native advocate, (a Tlingit and Haida employee) to work full time with residents and respond to crisis calls at AWARE.

It’s a large and full plate we’re served at AWARE, and thankfully we’ve got the utensils and appetite to look at it and respond to it effectively and efficiently. Thanks to the AWARE staff and board of directors, to all AWARE volunteers, and to you in the community who through your donations of time, money, goods or services, support and endorse AWARE’s mission: to provide safe shelter and supportive services for women and children who have been subject to domestic or sexual violence; and to effect the social, political and legal changes needed to eliminate oppression and violence against women and children.

IN THIS ISSUE:
Thoughts & Thanks 1
Staff Changes at AWARE 2
Prevention Programs 3,4
About Protective Orders 4
Violent Phrases 5
Volunteers, S.W.A.T. Team 6,7
Sexual Assault Awareness Month 7
Thank You’s 7

HELP WANTED! SUMMERS OFF!
AWARE seeks Education Specialist. This is a unique school year position involving kindergarten through college personal safety education for empowering Juneau’s youth. A commitment to children, education and social justice required. Please send your cover letter & resume to AWARE, PO Box 20809, Juneau, AK 99802, by 7/21. Position open until filled. For more information contact Ati Nasiah: atin@awareak.org, (907) 586-6623 EEO
SHAMMY FUCHS ◆ OFFICE ASSISTANT

I have been hired at AWARE to be the new Office Assistant. My name is Shammy Fuchs. I was raised here in Juneau and Sacramento, California but moved back to Juneau in 1991 and have been here since. Prior to my work at AWARE, I worked at Bright Beginnings as the Lead Pre-School teacher for 4 1/2 years, until April 2007 when the center had to close due to illness of the owner. I am here to help everyone and am ready for work! I have three beautiful children, two girls and one boy. I am looking forward to working with everyone here, very much.

CRISTINA REITZ ◆ DELTA PROGRAM SPECIALIST

I can’t believe the time has come to pack up my things and say goodbye. I feel at a loss for words to express what these past 10 months at AWARE have meant to me, so maybe I should just say, “Thank You.” It’s so nice to wake up in the morning knowing you’ll spend the next 8 hours with your friends, working toward peace & justice. I just want to say that working at AWARE has really challenged me to not only dream of change, but to look critically at my own attitudes and behaviors so that I can be the change I want to see in this world.

RACHEL BROWN ◆ CHILDREN’S SERVICES CLINICIAN

Hello, my name is Rachel Brown and I have the pleasure of introducing myself as the new Children’s Services Clinician at A.W.A.R.E. I received my masters in social work at the University of Denver in June of 2007. I am originally from Minnesota and have been working in the social justice and high-risk youth field for the past 10 years. I am a firm believer in working towards self-awareness, balance, and wellness for all people and am pleased to have the opportunity to be a part of such an important and wonderful organization. I look forward to meeting and working with all of you here in Juneau and the

VERONICA LAFLIN ◆ SHELTER ADVOCATE

I am pleased to announce that as of June 16th I will be a full-time AWARE Advocate. I have been hired by Tlingit & Haida and will be working cooperatively with AWARE.

Prior to her full-time status, Veronica had been working as AWARE’s primary Relief Advocate for 14 months.

MEGHAN DESLOOVER ◆ CHILDREN’S ADVOCATE

I am pleased to announce that I am now AWARE’s old administrative assistant, and new Children’s Advocate. Life is good. I am looking forward to this new position and the challenges and rewards it brings. I have found an excellent mentor in the form of Hannah Ives, our current Children’s Advocate and Americorps Volunteer. I am anticipating that together Hannah and I will take many small hands and lead them to many great places!
AWARE’S NEWEST PREVENTION STRATEGY
Girls on the Run, Girls on Track:  

AWARE Inc, has worked collaboratively with SEARCH, steps to a Healthier Southeast Alaska, DELTA, Dzantik’i Heeni Middle School, and the National Council on Alcoholism and Drug Dependency in the planning stages of our newest prevention program.  AWARE has been accepted by “Girls on the Run International ” (GOTR) as an affiliate council and will implement two programs in September 2008.  GOTR was founded in 1996 by Molly Baker, MSW and four-time Hawaii Ironman Triathlete with councils in over 160 communities.  It is a 24-lesson curriculum based on extensive educational research and “on the track” testing academic evaluations showing “statistically significant” improvement in girls attitudes about body image, eating attitudes, and self-esteem.

Ati Nasiah, AWARE’s Rural & Community Outreach Manager, will fulfill the role of Council Director.  She and Coaches Tristan Berkey and Jennifer Watson recently returned from Charlotte, NC, where they received training from the national organization.  The training was informative, powerful and empowering.  The program’s mission is to “educate and prepare girls for a lifetime of self-respect and healthy living”. Combining interactive evidence-based curriculum and running, the program addresses all aspects of girls’ development- their physical, emotional, mental, spiritual, and social well-being.  The 24 lesson curriculum provides girls with tools to make positive decisions and to avoid risky behaviors. The program runs 12 weeks each semester at Dzantiki Heeni Middle School and Mendenhall River Elementary School in Juneau.  With your help at the end of the program, each runner receives a free pair of running shoes and completes a 5k race.  Girls on the Run promotes a life-long love of running with the hopes that participants will “run” away from the program with healthy decision-making skills and the desire to keep on running!  What does this have to do with you, you might ask?  “Adopt-a-Runner” is a fundraising campaign to link adult support to adolescent youth— to buy a pair of running shoes in support of 8-14 year old girls please call Ati Nasiah.  This is one great way to support healthy lifestyle choices for today’s girls and tomorrow’s women!

For more information about “Adopt-a-Runner” please call Ati Nasiah, Rural/ Community Outreach Manager at AWARE 586-6623 or e-mail atin@awareak.org.

T. R. A. I. N.

TEENS RESISTING ABUSE AND INITIATING NONVIOLENCE HELD OUR SECOND TRAIN GRADUATION ON APRIL 29TH 2008.  THIS YEAR’S PROGRAM WAS A COMBINATION OF JDHS, Yakoosge, Choice, and Lighthouse (JYS) TEENS MEETING ON MONDAYS 5-7:30 AT AWARE TO DISCUSS IMPORTANT ISSUES THAT AFFECT THE LIVES OF TEENS IN JUNEAU.  THE GRADUATION WAS AN OPPORTUNITY FOR AWARE STAFF, TRAIN TEENS, FAMILY AND FRIENDS TO COME TOGETHER AND CELE-

CONGRATULATIONS TO THE BRAVERY AND DEDICATION OF THESE STUDENTS IN THEIR COMMITMENTS TOWARDS NON-

TRAVELED INTO RURAL COMMUNITIES IN SOUTH-EAST ALASKA TO PROVIDE K-12 EDUCATION.  MARIE SPEEGLE, MORGAN ERISMANN, AND SHELBY TERSTEEG WERE OUTSTANDING IN THEIR ABILITY TO PROVIDE COMPREHENSIVE EDUCATION TO A WIDE AGE RANGE AND DEEPLY INSPIRE THEIR PEERS!  THESE LADIES ARE LEADERS IN THE PREVENTION MOVEMENT AND IT HAS BEEN AN HONOR TO WORK AND LEARN FROM THEM.  MARIE SPEEGLE, WHO HAS WORKED WITH TRAIN FROM ITS INCEP-
Lean On: Empowering Youth Creating Peace- Youth are invited to help create or attend a teen leadership and prevention mini-summit taking place this September in Girdwood Alaska where teens and professional community collaborators will come together to create, share, and learn about state wide prevention strategies in hopes of supporting strong, passionate and effective leaders. National trainers and amazing teens will be there. Don’t miss this opportunity!!! For registration forms, scholarship information or to get involved please contact Ati Nasiah 586-6623

About PROTECTIVE ORDERS

Domestic violence protective orders are available to protect a household member from another household member. A household member is broadly defined as any of the following relationships:

- Adults or minors who currently or formerly were married, dated, or have engaged in a [consensual] sexual relationship;
- Adults or minors who currently or formerly lived together;
- Adults or minors related by blood or adoption, current or former marriage, who have a child in common;
- Children, grandchild, great-grandchild, great-great-grandchild;
- Parent, grandparent, great-grandparent, great-great-grandparent;
- Sibling;
- Nephew, niece, grand nephew, grand niece;
- Uncle, aunt, great uncle, great aunt;
- First cousin or
- Minor children of persons described above

Alaska also has sexual assault protective orders and stalking protective orders. These orders are open to parties who are non-household members. Examples of relationships that could be a non-household member are co-workers, classmates or neighbors.

Domestic violence, sexual assault and stalking protective orders all come in three varieties. There are emergency protective orders, ex-parte protective orders and long term protective orders. This means that there are nine different protective orders in Alaska.

All emergency orders are valid for 72 hours. All ex-parte orders are valid for 20 days. Domestic violence long term orders are valid for one year, whereas sexual assault long term orders and stalking long term orders are valid for six months.

*Taken from ANDVSA’s The Legal Advocate, June 2008
Violent Phrases That Are Used In Everyday Speech

language_choice

Violent Language

Powerful Words

Language, or word choice, has a tremendous impact on what we think of ourselves and each other. Think back to a time in your childhood when someone called you a name, or said something derogatory about you. You can probably remember the exact words they used to humiliate or degrade you. Words are extremely powerful. Survivors of domestic and sexual violence experience the impact of negative words every time someone questions their actions or doubts their experiences. People often underestimate the importance of choosing appropriate language to discuss the issues of domestic and sexual violence.

adapted from www.co.linn.or.us/victims/Violent_Language.pdf
"For it is in giving that we receive.

St. Francis of Assisi

"I met with the girls last night," emails Jr. Girl Scout Troop Leader Gail Ford, "and ALL of them were saying how much fun it was to work on this project!!"

"The girls" are Jr. Girl Scout Troop #14 and their idea of "fun" was to pull everything out of the AWARE shelter kitchen, deep clean every inch and then completely renovate it.

Rachel Doogan, Adriana Botelho, Ali Hiley, Ruby Steedle, Kathryn Vandor, Sarah Chikley, Megan Neillster, Klara Ford and Emma Good comprised the Jr. Girl Scout Troop #14, Judy Neillster, Lydia Skare, Anne Kinheloe, Amy Hiley, Craig Good and Gail Ford bolstered the troop in their efforts to earn the coveted Bronze Award. The Jr. Girl Scouts Bronze Award is the symbol of skill in leadership, organization, community involvement and commitment. They needed a big challenge to finish their efforts to earn it.

To the great, good fortune of AWARE their eager gaze fell onto our overworked shelter kitchen (with the "overworked" baked into the stove). It was deemed a worthy project: the transformation of a tired, well-used kitchen into a sparkling, energy efficient culinary dream.

The troop visited the industrial kitchen to assess the needs and create a proposal. They looked into their cookie fund, purchased the necessary, and lined out a healthy measure of elbow grease. On May 4th the nine 13 and 14 year-old girls plunged into their day-long process.

They hauled everything out of the kitchen to deep clean every inch, then reorganized the layout of kitchenware for ease of use. They hung a rack over the stove and hooked on new pans. Out went the big, old microwave. In came a new energy efficient microwave. Round light bulbs became new squiggley ones. The small coffee maker for a few became a new, bigger coffee maker for everyone. They completed the set of kitchenware and appliances and tossed in added hominess with kitchen paintings and a throw rug for in front of the sink. It took longer than planned but they stuck with it and finished. Dirty and exhausted, leaving the sparkling kitchen behind, they packed up and drove away to enjoy some well-earned pizza.

For days after, the staff, residents and volunteers who wandered near it stopped and gazed in amazement at the shiny new kitchen and was that the same stove that was here before? (It is.) The buzz around AWARE was how great and tenacious the Jr. Girl Scouts are and how touched we were.

Gail continued in her email, "They are SO proud of what they accomplished and I am SO proud of THEM!"

"Congratulations to Jr. Girl Scout Troop #14 for achieving your Bronze Award and thank you for AWARE's fresh new kitchen. We offer our heartfelt gratitude to the Troop Leaders and parents, who invisibly and unconditionally supported the Jr. Girl Scouts. To have "fun working on this project" reminds us all that offering to another taps the source of joy (and fun!) within our own self and that is true empowerment! ☺

The girls sat still just long enough for us to get a group photo.

Troop #14 spreads on the elbow grease.
Inspired by joy and efficiency of Troop #14, the SWAT Team has been conceived. The SWAT Team is an exclusive, highly motivated, well-tooled pool of volunteers (like the Jr. Girl Scouts). Their mission will be to tackle big projects on an “as needed” basis. To get in, deep clean, get out and go for pizza (BYOP).

The need for a SWAT Team arose when one of the Jr. Girl Scouts became concerned that their Bronze Award-winning kitchen renovation wouldn’t last. She imagined that the condition may not be kept up. The Troop Leader suggested the Troop could come back next year and do the project again (motherhood training).

We are pleased to announce that the kitchen renovation will be maintained! As will the residents rooms, the playground, the vehicles, and all aspects of our beloved AWARE facility. Projects include painting, gardening and the ever-popular basement and storage area re-organizing. Call Kathryn at 586-6623 to apply. The SWAT Team: It’s not your usual volunteer work. (Rubber gloves will be provided.)

April is sexual assault awareness month and child abuse prevention month. AWARE teamed up with CASAs for Children (Court Appointed Special Advocates), Juneau Public Health, & the Southeast Roadrunners Club to host “Take Back the Light,” which was held on Saturday, April 19th. This multi-activity event began with a 5k run held in conjunction with a demonstration march. After the run/walk, participants rallied at the Arts & Culture Center to watch a performance by the dance group Woosh Ji Een, and to honor community members Jewel Walker and Christy Conrad, who have done great work for abused and neglected children. The event concluded with an invitation to light a candle for survivors of sexual assault, while community members shared how abuse has affected their lives and spoke out against violence.

Thank you Bruce Hahnlen and Capitol City Fire and Rescue

On behalf of all of us who reside, work and visit the AWARE facility I want to offer our deep and heartfelt gratitude to Bruce Hahnlen and to Capitol City Fire and Rescue for teaming up to save our facility from severe fire damage on Wednesday, June 18th. If it weren’t for the quick response and decisive action that Mr. Hahnlen took, the front of AWARE and maybe more could have been destroyed by rampant fire, leaving a more dangerous job for the Fire Department to tackle.

At around 7:30 am the front entrance wall of AWARE caught fire from a flaming cigarette dispenser shortly after it had been used. By luck, a staff member had forgotten an item in her car, went out to the AWARE parking lot, saw the flames, ran into the shelter to call the Fire Department and to alert the residents and staff to evacuate the building immediately. In the meantime, grace and good luck continued to favor AWARE as Mr. Hahnlen was driving by the shelter on his way to work. He noticed the flames, pulled over, grabbed a fire extinguisher and worked to douse the flames. He put out most of the fire as the Fire Department arrived. Because of his quick efforts the fire remained small, the children, women and staff remained calm and safe and damage to the building was minimal. The Fire Department then used their expertise to check for hotspots and ensure that the fire was extinguished.

It was Mr. Hahnlen’s alertness to see the fire and his quick, knowledgeable response that made a huge difference in the potential impact of the fire. We are grateful to the teamwork of a good samaritan and the courageous members of Capitol City Fire and Rescue. It reminds us at AWARE what a generous community Juneau is and what a big difference you make.

Thank you Campus Crusaders!

The Campus Crusaders for Christ dropped by Friday, June 20th and offered a day of service to AWARE. Eleven young women spread out through AWARE, gardening, washing the vehicles, cleaning the driveway, setting up an new office, masterfully making hats and giving unicorn rides with the children, baking cookies and preparing a pot roast and potatoes for the residents dinner.

It made for a delightful afternoon for the children and the residents and staff were relieved of tasks that allowed them to… move on to other tasks! Thank you Campus Crusaders are: Ann Hershberger, Christina Frierichs, Christina Dodson, Jarah Glein, Tina Sheldon, Abby Ashenden, Karen Sharp, Lini Wilkinson, Amelia Vanesse, Elizabeth Pederson, Janet Haffener.
AWARE’s mission is to provide safe shelter and supportive services for women and children who have been subjected to domestic or sexual violence; and to effect the social, political and legal changes needed to eliminate oppression and violence against women and children.