**Thoughts & Thanks from Saralyn!**

It's the end of our fiscal year and a time for reflection. While it’s too soon to have the numbers of how many women and children used AWARE’s emergency safe shelter or accessed our multitude of services, it’s not too soon to recognize the wonderful work of the AWARE staff, the dedication and commitment we bring to our work and to the people we work with. The highlights:

**Quality Intervention Services:** Our major funder, the Council on Domestic Violence and Sexual Assault, conducted on-site evaluations of our victim services and batterer services, and their findings matched our perceptions- in a nutshell: staff work meaningfully with each other and with our community partners, with significant positive impact for victims and survivors.

**Filling the Gaps:** The State of Alaska has awarded us $1,000,000 for our future extended stay shelter, as we continue raising needed funds.

**Prevention and Public Awareness:** Carlos Boozer is joining AWARE on Wednesday, August 4th at a Choose Respect Summer Celebration and ‘Coaching Boys Into Men’ Coaches Training. All are invited. The barbecue celebration includes basketball, of course, and music, and begins at 5:30 at Dzantik’i Heeni Middle School and the training later that evening, 7:30pm to 9 pm at Thunder Mountain High School. Alaskan Men Choose Respect is a theme of the Alaska Network on Domestic Violence and Sexual Assault, and one Governor Parnell has embraced.

**www.awareak.org:** Please visit our website! Our newest addition: we’ve opened nominations for 2011 Women of Distinction. Call 586-6623 for hard copies.

**Thanks and Godspeed:** We’ve been blessed with wonderful Americorps and Jesuit Volunteers this year. They’re ending their terms this month, and we wish them well: Kristina Zuidema, Nicolle Gameiro and Marcelo Maiorano, thank you SO MUCH for the positive impact you’ve had on the children, women, and men we work with, and with the AWARE staff and volunteers.  

**Community Partners:** That would be you! As always, our deep gratitude. We couldn’t do it without you!

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**LeadOn! for Peace & Equality in Alaska**

Gene Tagaban dancing his raven dance, telling stories, reminding us we are all telling stories and to tell a good story. You are a story teller. Tell a good story.

Destiny Arts, from Oakland California dancing hip hop, singing soul-food good music, doing monologues about life, art, violence, love, and hope, teaching us the path of martial arts and personal safety. Everyone deserves to be safe in relationships.

Courtney Macavinta walking us through the respect basics - teaching us to respect ourselves, to bring respect into our communities and to spread respect around the world. We can change the world.

These were just a few of the awesome programs seen at last year’s youth leadership mini-summit LeadOn! Organized for teens by teens, this event is meant to provide Alaska’s youth the information, skills, and networking needed to be powerful agents of social change preventing interpersonal violence. After the mini summit teens provide powerful programs to their communities. Last year’s youth leaders organized a week-long kayak trip in Glacier Bay for other teens to learn about leadership, social change and explore the powers and wonders of the natural world!

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Are you a youth 13-18? Are you interested in becoming a leader in your community? Would you like to share ideas with other youth from across Alaska? If so, please contact Ati Nasiah at AWARE at 586-6623.
Sixteen year-old Meryl Chew is a community leader. She is a member of her hometown’s Tenekke fire fighting team, she is a first responder of the emergency medical team, and she trains fishermen and other boaters in safety issues. Over the last two Octobers Meryl attended the statewide LeadOn! A Summit for Teen Leadership for Peace and Equality in Alaska. (See an invitation to the October 2010 LeadOn! Summit on page 1).

LeadOn! is a weekend gathering of teens from across the state. They discuss, sing, play, paint and share their ideas with one another. They address the issues of youth leadership, teen dating, non-violence and community action skills. Returning home after her second Summit, Meryl continued to work with other young people in Southeast to create a vision of leadership empowerment for teens. Perfect for southeast, they chose to organize a kayak trip.

Way back in October 2009, Meryl began to meet with Ati Nasiah, AWARE’s Prevention Manager. Together they began a long process to bring her vision to reality. First they came up with their teen leadership curriculum. Then they engaged Wayne Howell of Glacier Bay National Park to strategize the kayak trip. Nate Heck from SAGA was brought on as a guide and outfitter. Swarupa Toth from AWARE offered guide assistance and documentation support. Then Meryl outreached to teens from different communities in Southeast. Wayne suggested looking at youth leadership and social change through the lens of John Muir’s Alaskan travels and teachings. Muir’s deep curiosity, courage and agility to move in the wilderness as well as the world of politics, influenced presidents and private citizens alike. Wayne collected stories, letters and photographs from Muir’s life. He mapped out a route for the team to trace Muir’s travels in the East Arm of Glacier Bay. It almost seemed as though John Muir would be another traveler on our trip.

The crest jewel of our adventure was the challenge to discover John Muir’s cabin. We used copies of photographs taken in 1874, local lore and teamwork to find this illusive, grown-over pile of bricks and stones that are now John Muir’s “cabin.” Stories abounded in Gustavus of locals searching for hours and never finding it. Perfect!

Finally it was the day before our launch. Kayaks were at the Glacier Bay dock, bear cans in the cache, and we gathered around an authentic carved out Tlingit boat to hear inspirational words from Historian Bill Brown. Bill slowly took his seat on a folding chair, placed his walking stick to the side as we sat before him. Slowly, with a soft voice, he drew us in to John Muir’s 19th century glacier covered terrain, hiking with a bear skin and a pound of flour for weeks at a time. And the shock of returning back to civilization in effort to preserve this and other wild land. We heard what great effort and sacrifice he made for his belief. We appreciated in a new way his success in accomplishing National Parks and Preserves. Continued on next page.
We drifted off to sleep filled with Muir’s poetry and anticipation of our early morning departure. The morning of June 6th, Meryl, her team of adult supporters and leadership teens loaded our kayaks into Glacier Bay National Park’s Bartlett Cove and launched our kayak trip deep into six sunny days in Glacier Bay’s East Arm. Students Kelly Nemeth and Kenny Marchbanks of Gustavus and Dylan Wiard of Juneau joined Meryl, Ati, Nate, Wayne and Swarupa.

Each day the sun shone on us, each day the team learned to navigate the waters of the Bay and the eddies and rip-tides of tendencies and emotions that come up when people step out of their comfort zone for days on end. The waters of the Bay mirrored the mountains. In the absence of iPods and DVDs, John Muir filled our thoughts. Every so often, Meryl gathered us in a circle or rafted up the kayaks to talk through another level of leadership values, digging deeper into ourselves about social change — all the while keeping the group moving together as one while listening to divergent ideas and directions.

Each team member contributed their own unique gifts: Kenny saved the day when he un-daubtently pulled ingredients for s’mores out of a bear can, found Hershey bars, graham crackers and wha…? Miniature marshmallows? How were we going to roast these? With tiny sticks? (not to mention our HUGE hunger!) Out came the pan, in went the marshmallows, and out poured THE MOST DELICIOUS s’mores any of us have ever had! Kenny went on to excel in omelet making and other outdoor culinary delights. His new goal is to open the Goo Shack specializing in pan melted s’mores and a sister restaurant called the Cold Bite.

Kelly Nemeth recorded 20 minutes of our trip each day. Once the footage is edited, we will be able to use it to invite other teens for a similar trip in the future. Dylan brought honesty and sweetness to our group work that inspired us to share more deeply. We came to care for one another, our similarities and our differences, as we traveled farther into the bay.

When the last day came to find John Muir’s “cabin”, we reviewed our clues, broke into two teams, one on the beach matching photos taken in 1874 from the cabin (which in 1874 was on the beach) and the other team plunging deep into the windless, mosquito-infested tangle of alder trees. We called out to each other; from the beach, “Keep going!” Suddenly Ati stopped in the thick woods and said, “I think we should go this way,” pointing laterally. Four feet away from her fingertip, though thick, twisted branches of alder trees, covered in green moss and thick leafy branches was a four foot pile of rocks that was John Muir’s “cabin”! It is no wonder it is so difficult to find! You could easily miss it if you were looking right at it! We called out to our team, howling like a pack of wolves. We were in disbelief! We found his cabin!! The group fell silent. One teen respectfully kissed the rock. It felt sacred, like an initiation; an empowerment to create social change, to go back to our communities and lead on! We ran back through the entanglement to the fresh breeze of the beach. Wow.

As we began our travel back to Bartlett Cove, on our fifth afternoon, the wind picked up and the rain and temperature fell. Our once buoyant spirits were beginning to falter. The teens were challenged to navigate the team through the tricky cuts into the Beardlees. The day wore on, the tension rose, which direction to take? Where are we and where should we end up? If we sleep now and wake up at 10 pm can we make it home tonight? How did my jacket get so wet?....Continued on Page 5.

“...we called out to our team, howling like a pack of wolves. We were in disbelief! We found his cabin!! The group fell silent. One teen respectfully kissed the rock. It felt sacred, like an initiation; an empowerment to create social change, to go back to our communities and lead on!”
A girl, her face painted as a kitty, cheered “I learned how important friendship is AND I learned that I love to run!”

A black wolf reflected that she enjoyed the conversation she had while walking the fun run.

A circle of girls air-surfed, waving their arms and balancing on an imaginary wild wave while shouting “waaaaaaay cool!” to the glowing girl in the center. This is a celebration of self-esteem! It is the culmination of the Girls on the Run Spring Season – the 5 K Fun Run!

Girls on the Run is so much FUN!

Thank you to the 45 Juneau girls participating in Girls on the Run of Southeast Alaska’s after school program. We appreciate your family members cheering you on. Coach Kathleen Maynard conjured up the festive atmosphere as an exceptional race coordinator, while Paul DeSloover brought appropriate gravitas to the event by carefully measuring out the distance and securing the safety of the route. Look for our next Girls on the Run season in your elementary school starting September 7th.

Thank you Kate Glover who recruited a cadre of running buddies, registration officials, snack decorators, face painters, hair strippers, and tattoo-sticking volunteers – you are so appreciated. Jeff Brown really blew it as the balloon artist (in a great way! – you’re the best!). We thank Heritage Coffee for deliciously supporting our event, and Costco for their contribution. Thank you to Juneau’s Bone and Joint Center and Pavitt Health and Fitness for your contribution to our 5K Fun Run. Thank you to Oliver’s Trophy’s for helping with the beautiful runners’ medals. Our national sponsors, New Balance, Secret, Goody’s – thanks! You all made our May 22nd 5K Fun Run fantastic!

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AWARE is the affiliate of Girls on the Run of Southeast Alaska, which is an afterschool program. It is 12 weeks long, meets for an hour twice a week for twenty four lessons a season and it always ends with an amazing 5K. The mission of Girls on the Run is to educate and prepare girls for a lifetime of self-respect and healthy living—and AWARE knows that where healthy living is present, violence and safety concerns decrease.

Eight to twelve year old girls learn 3 major blocks of skills; working with themselves, working as a team, and serving their community—and all programs work their way up to a community project and 5K run. AWARE provides administrative service, curriculum, coaches, coach training and vetting, program supplies, snacks, and if needed, running shoes for participants. Girls on the Run is one of the programs of DELTA, AWARE’s violence prevention branch. We know that violence can and must be prevented and believe that providing girls opportunities through developing skills in making healthy life choices, increasing self-esteem and community support networks and connecting healthy adult women to girls lives, we are addressing one major aspect needed to reach our goal of preventing violence.

Look for our next Girls on the Run season in your elementary school starting September 7th! If you would like to lead your own Girls on the Run team (see Page 5), contact Ati Nasiah or Swarupa Toth at AWARE.

Nominate a 2011 Woman of Distinction!

Forms are available on AWARE’s website www.awareak.org or can be picked up at AWARE. Please call 586-6623 for more information!
Volunteer and Advocacy September Training

AWARE’s Enhanced Advocacy and Volunteer Training September 2010

AWARE’s Advocacy Training offers new content for Advocates, Volunteers, professionals and community members wanting to learn about domestic violence, sexual assault, child abuse and neglect and the work of AWARE.

Three new elements are:
“First Impressions, Exposure to Violence and a Child’s Developing Brain” featuring Dr. Linda Chamberlain. This is a 25 minute enlightening DVD presentation. Dr. Chamberlain, an Alaskan epidemiologist, speaks nationally and has been hosted by AWARE for presentations in Juneau.

Segments from Olga Trujillo’s “A Survivor’s Story” – A critically acclaimed first-hand account of the impact of violence in her own life. Attorney and nationally renowned consultant, Olga Trujillo is dedicated to assisting advocates, educators and criminal justice professionals in strengthening their response to violence against women and children. Her ability to articulate the life-long trajectory from abuse to healing—is riveting & inspiring.

AWARE is proud to present an overview of our Prevention programs. Girls on the Run, Coaching Boys into Men, partnering with the ANDVSA’s Alaska Men Choose Respect Campaign, and other powerful and exciting programs are just some of AWARE’s Prevention Programs offered.

The Advocacy Training is scheduled for September 9 – 20; Monday, Thursday and Friday evenings from 5:30 pm – 8:30 pm and Saturdays and Sundays from 9am – 4 pm. For more information contact Swarupa at 586-6623 or at swarupat@awareak.org.

Girls on the Run Coaches Training!!

Picture it. Girls are laughing and huffing at the end of their season’s 5K. They huddle around their beaming coach, writing with a Sharpie pen on her t-shirt about how she rocks, how they will miss her. After all, they just spent twelve weeks together.... two to three hours a week, talking in a circle together, running and playing, learning games together, solving problems and achieving new goals together. The coach’s eyes are watery, seeing the victorious, some even surprised faces; the accomplishment of these girl’s shine out of their eyes, out of their very beings. Their family and friends congratulate them. And yet repeatedly the coaches declare that they got more from the girls than the girls did from them.

You could be this coach....

AWARE is interviewing women to be coaches, assistant coaches, back up coaches and other volunteers for our Autumn 2010 Girls on the Run season. The season starts September 7th and culminates in a 5K Fun Run on December 4th, 2010.

Coaches Training will be held August 14th and 15th at AWARE’s Conference Room. To volunteer as a coach, this training is mandatory. Experience Girls on the Run fun style of learning about the history of Girls on the Run, the core values, how to play the curriculum, being safe, and how it works.

For more information contact Ati or Swarupa (by Aug. 1st) at, atin@awareak.org or swarupat@awareak.org.

Isostatic Rebound Cont. from Page 3...

Meryl and Kelly drew us stealthily through the right cut. Once on the other side, Meryl realized we needed some cheering up. Meryl asked Ati to “sing one of those songs she sings.” Kelly offered up a great paddling song she learned from a play she was in. She remembered the sound of the Native song: (phonetically) Tah Wakka HE! Tah Wakka HE, Tah Wakka HE! and we began to sing together, and synchronized our paddlesstrokes to the sound. Tah Wakka HE! echoed through the wind and the trees filling the bay and our hearts! An hour later we were laughing and racing each other, more energized and joyful than before, drinking in the beauty of the Bay even in stormy weather.

We woke up, on the last of our trip, again to the wind and rain. Continued on Page 6.
Isostatic Rebound Cont. from Page 5...

Before us, was a difficult paddle through the cut at high tide to return to Bartlett Cove. We opened a can of refried beans, dipped in leftover slices of wet pepperjack cheese. We were enjoying the last of our soaked food in the blowing rain behind a huge boulder, when Wayne came up with the magic of this day. He challenged us yet again... "If we make it through the cut and get into to Bartlett Cove by 2 pm, there will be two Double Pepperoni Pizzas waiting for you at the Lodge".

If singing motivated us the day before, the promise of double pepperoni pizzas put this team on an unwavering trajectory through rain, whitecaps, tides and wind. We, needless to say, made it back in with time to spare, which lead us to name ourselves the Double Pepperoni team. We learned that leadership can be inspired! It has to have an element of FUN! And it sure doesn't hurt if it covered in pepperoni!

Wayne Howell for his passion for youth leadership, for role modeling leadership in organizing travel logistics for the team and by soliciting funds contributed to make this trip happen. We named him Meme Daddy (google it!). Thank you Glacier Bay National Park and ANDVSA (Ati and Meryl applied for mini-grants), and thanks especially to each member of the Double Pepperoni team for living your beliefs! LeadOn!

Our deep and loving thanks to Meme Daddy (google it!)

Trauma and Development

A young boy 8 months old lies and cries in his crib as he hears mom yelling and crying while dad pushes mom against the wall. This scenario happens often, though sometimes things are thrown across the room. Once the mom was holding the little 8 month old child as dad was yelling and pushing mom out of the way. Mom tells the social worker that dad has never hurt the child and he is too young to be impacted by this. Mom does say, however, that sometimes the baby wakes up with a piercing cry. Holding him doesn’t seem to soothe him. She says “I can’t leave his sight for a second without him crying.”

The common scenario above shows one of the many impacts that trauma can have on children’s brains. The brain develops from the bottom-up and from the inside-outward. The lower part of the region controls most simple functions such as breathing, heart rate, and blood pressure, while the top areas control more complex functions such as thinking and regulating emotions. At birth, the brain is undeveloped and not all areas of the brain are fully functional yet. Dr. Bruce Perry explains in his research that during childhood the brain matures and a whole set of brain-related capabilities develop in a sequential fashion: crawling before walking; babbling before talking. As the brain develops and modifies itself in response to experience, neurons and synapses change. Dr. Perry refers to “use dependant” development as important in understanding the impact of neglect and trauma on children, because this area changes depending on what is happening in their environment. The brain is most receptive to environmental input in early childhood.

Sequential development is when different regions are organizing; an example may be a child will need visual input while the visual system is organizing in order to develop normally. These times are called critical or sensitive periods. Research shows that the brains of children who have experienced abuse or trauma during early childhood are in a state of fear-related response. The brain gives messages to the system to adapt to changes in emotional, behavioral and cognitive functioning to be able to survive. Chronic exposure can result in the maladaptive persistence of a fear state causing hyper vigilance, increased muscle tone, anxiety, and behavioral impulsivity. All of these are adaptive—a flight or fight response, during a threatening event. As this exposure becomes chronic, the response no longer stops when danger has passed. This maladaptive behavior often manifests itself physically, causing problems with attention, sleep, impulse issues, and mood problems.

However, there is still hope because as Dr. Bruce Perry explains, the brain is capable of changing in response to experiences, especially repetitive and patterned experiences. Research has shown that our brain is flexible and when given the correct stimulation it can make new pathways (synapses). Therapeutic interventions that restore a sense of safety and control are very important for the traumatized child. Dr. Perry provides tools for caregivers to use when working with children exposed to trauma.

Continued on Page 10.
A Note from the Children’s Program (Meghan, Kristina, & Nicolle):

Summer’s here and the Children’s Program has been reaping the benefits of all the beautiful Juneau weather! In addition to our Wednesday Creative Play groups, we have been going on Thursday outings around town. In just one trip to the glacier we saw a bear, porcupine, beavers, ducklings, and the glacier calving! As advocates, we have seen a release in the children each time we go out, as they are free to run and play and just be kids. We are looking forward to the rest of the summer’s outings, including trips to Glacier Gardens, DIPAC, and hiking trails.

Moms’ Group Thursdays 10am to 11am

Mom’s Group is provided to moms living in the Shelter. Our Therapist and Children’s Advocate meet with the moms’ weekly and provide information to them regarding discipline, self-care, nutrition for children, the impact of trauma on children, and many other topics relating to their child. Recently we had the Community Dietician from SEARCH, Genevieve Armstrong, talk about nutrition where she shared some great recipes and healthy snack ideas for children. Nutrition is important for a physical and emotional development, as well as for healthy brain development. We have included two recipes on Page 11 (Tabbouleh and Chocolate Chip Chickpea Cookies) that are high in fiber and increase vegetable intake in your child(ren)’s diet; may you enjoy them with your family!

Healthy Relationships Class for Women

The next Healthy Relationship Class Series for women will start July 27, 2010 and go through September 28, 2010. Classes will be held weekly for 10 weeks at Bartlett Regional Hospital, in the Admin. Building, room 203B. Goals for this class are to: explore and examine the elements of a healthy relationship; develop techniques for boundary setting, assertiveness, realistic goal setting, and decision making; increase understanding of abuse, abusive family dynamics, dysfunctional family patterns, feelings, with an emphasis on anger, fear, and anxiety, guilt and grief; and to receive support and encouragement while growing in self-knowledge and self-esteem, and in changing negative lifelong patterns. Please call Ellen at AWARE 586-6623 with questions and/or to register! To participate, enroll before August 3, 2010!
*Two New Faces at AWARE*

**Meet Jackie Wagner...**

Hello my name is Jackie and I am new to AWARE. I am originally from Michigan; I moved to Juneau three years ago to serve as an Americorps VISTA. I served at the National Council on Alcoholism and Drug Dependence for that last three years. At NCADD I worked in Tobacco and Alcohol prevention as well as running retreats for at risk youth at JDHS. I have enjoyed my service and am happy to be continuing to give back to the community I live in. I am also a student at UAS majoring in Political Science. I have been a volunteer for as long as I can remember and I continue to volunteer for the Juneau Visitors and Convention Bureau. AWARE has been really welcoming and I look forward to being part of the team.

**...and Emma-Lily Schmitz**

Greetings,

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 attended UAS for my freshman year. I presently attend Trinity Western University in Langley, British Columbia where I am a Psychology major. I’m on schedule to graduate in the Spring. I plan to continue my education and advocacy, obtaining a Masters in Social Work.

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.

My father is Richard F. Schmitz of Queens, New York. Sometimes it has been challenging to grow up under the shadow of a famous sports writer, explorer, professional driver, dog trainer, antique collector, author and humorist. Also an influence on my life is Jack the Dog, a famous Labrador retriever/Mastiff/wild wolf hybrid.

**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
- Copy Paper
- Your time as a volunteer
- Fans
- Flashlights
- Twin sheets
- Laundry Detergent
- Bus Tokens
- Art supplies
- Toilet Paper
- Kitchen utensils
- Towels
- Tissues
- 3-5 quart saucepans
- Pens, paper clips, rubber bands
- Diapers and wipes
- Movie, swim, skate rink, & bowling passes

~Anne Frank

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

“Dove Tales”
Thank You Campus Crusaders for Christ!

Eleven strong, bright and generous young women scrubbed and steam-cleaned AWARE’s resident rooms, communal kitchen, and vehicles on Friday, June 25th. Residents, staff and other volunteers are grateful to the uplifting spirit brought by Stephanie Woebbecke and her team; Emily Kingsley, Kelly DeLaster, Abigail Hitchcock, Hope Peterson, Shelby Morin, Samantha Swartzwelder, Jacqueline Nicolet, April Wheeler, Ashley Norskod and Kelsie Lange.

A Brilliant Moment at AWARE

A day after the Campus Crusaders arrived at AWARE, Kim Shafer emptied and cleaned the recycling room, Deb Bitney delivered excess materials from the basement to the Canvas to be used for a project, and our staff took a half-day to deep clean our basement and garage. Every room and the vehicles of AWARE were freshly cleaned and loved, all at the same time (pizza was involved) – a brilliant moment. Thank you volunteers and staff!

Saying Farewell...

During this past year, I have been fortunate to work with three volunteers, Marcelo Maiorano, Kristina Zuidema, and Nicolle Gamerio. Each has brought their own gift to AWARE, to the women and children we work with, and to the staff as a whole.

Marcelo’s work with JBAP this year was both a joy and a relief for me. Our vision when hiring a Jesuit Volunteer to work with offenders was to provide a strong and consistent male voice in the program, and he has fulfilled that role. I appreciate his calm, his sense of humor, and his ability to listen. The men we work with appreciate his candor, his non-judgmental attitude, and his way of respectfully challenging their behavior. This year was in some way a trial run, to see if we could put a volunteer in that role and make it work for everyone involved. I am happy to say that it was a great success.

Kristina works in a different but equally challenging position- she is the full time Children’s Advocate at our shelter. The image I have of Kristina in my mind is gentle and safe, carrying one baby and leading another by the hand. She is kind in situations that would make many of us cry. She is firm in situations that leave others bewildered. She has a quality that children recognize instantly as safe, and they feel comfortable with her.

Nicolle, affectionately known as Coco, is simply fabulous. She is so many things to all of us- a great worker, a caring helper, and good friend. For me, she is support and strength and fun. I feel a great connection with her, and have heard the women express the same idea. My son thinks she “belongs to us”. I think so too.

As we prepare for their departure, I would like to recognize their hard work, and thank them for their time and caring. I truly hope to see them back in Juneau soon.

-Mandy O’Neal-Cole

“Unselfish and noble actions are the most radiant pages in the biography of souls.”

~David Thomas
Juneau is excited to have our own Carlos Boozer joining us in our statewide campaign: Alaska Men Choose Respect! During this August 2010 Basketball camp and Carlos Boozer’s visit to Juneau he will be partnering with DELTA, AWARE’s prevention program for some very exciting events; an Alaska Men Choose Respect Summer Celebration: Basketball, BBQ, Music, and a Keynote address for the entire community celebrating Juneau in taking a stand for zero tolerance for violence and highlighting some pathways for prevention, followed by a training for Juneau coaches interested taking a leadership role in preventing violence through implementing Coaching Boys into Men within local sports teams. Carlos Boozer will also be implementing the Coaching Boys into Men tools into the basketball camp setting. For coaches wanting to learn more about this resource check out: http://www.coaches-corner.org/ or call AWARE to find out more about the Alaska Men Choose Respect Summer Celebration, the Coaching Boys into Men Coaches Training, or Carlos Boozer Basketball Camp! Thank you to the Alaska Network on Domestic Violence and Sexual Assault and the Council on Domestic Violence and Sexual Assault for your support for these events.

SAVE the Date!
Alaska Men Choose Respect Summer Celebration August 4th 5:30pm at Dzantik’i Heeni Middle School Play Area
Coaching Boys into Men Coaches Training August 4th 7:30 pm. Call AWARE at 586-6623 to register!

Trauma and Development Continued...

Don’t be afraid to talk about the traumatic event. You may not have the answers but listening, not avoiding the topic or over-reacting to the information, and comforting the child, will create healing to begin.

Provide a consistent, predictable pattern for the day. If you need to change the day, let the child know ahead of time. Predictability gives them a sense of safety.

Be nurturing, comforting and affectionate, but be sure that this is in an appropriate “context.” With children who are traumatized by physical or sexual abuse, intimacy is often associated with confusion, pain, fear and abandonment. Good rule to remember: provide comfort when he/she seeks it. Do not tell a child to “give me a kiss or hug;” abused children often take these commands seriously and associate intimacy/physical comfort with power.

Discuss your expectations for behavior and your “style of discipline” with the child. Make sure the child knows the rules and expectations. Make sure they are clear and simple.

Talk with the child. Give the child age appropriate information. The more the child knows about who, what, where, and how the adult world works, the easier it is for them to make sense of it. Unpredictability and the unknown are two things that makes traumatized children more anxious, fearful, and creates maladaptive behaviors (anxiety, sleep problems, and aggressive behaviors). Honesty and openness helps to create trust.

Watch closely for signs of re-enactment. You may want to watch their play or drawings, avoidance activities; these can be normal things we may see even years after the incident. Being aware of it can help you understand that they have had some reminder of the event. Try to be available to listen and for comfort.

Protect the child. If you continue to see certain symptoms followed by a certain event or exposure to a movie or activity, try to change or limit activities that cause an increase in symptoms.

Give the child “choices” and some sense of control. If a child is given some choice or some element of control in an activity or an interaction with an adult, they will feel safe, comfortable and be able to feel, think, and act in a more “mature” fashion.

If you have questions, ask for help. Knowledge is power; the more informed you are, the better you understand your child and the more confident you can be to provide support, nurturance, and guidance they need.

By Pam Baker-Williams; info provided by Bruce Perry, M.D., PhD.
Nutrition Facts

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Chocolate Chip Chickpea Cookies

Number of Servings: 24 (63.18 g per serving)

<table>
<thead>
<tr>
<th>Amount Measure</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.00 cup</td>
<td>Sugar, brown</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Butter, unsalted</td>
</tr>
<tr>
<td>2.00 tsp</td>
<td>Egg Whites, raw, lr</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Applesauce, unsweet, crd, wat C</td>
</tr>
<tr>
<td>2.00 tsp</td>
<td>Flavor, vanilla extract</td>
</tr>
<tr>
<td>15.00 oz</td>
<td>Peas, chickpeas, crd</td>
</tr>
<tr>
<td>2.00 cup</td>
<td>Baking Chips, chocolate, semi sweet, lr</td>
</tr>
<tr>
<td>2.00 cup</td>
<td>Flour, whole wheat, hard white, stone ground</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Oats, rolled, old fashioned</td>
</tr>
<tr>
<td>1.00 tsp</td>
<td>Baking Soda</td>
</tr>
</tbody>
</table>

Notes:
1. Preheat oven to 350F. Line 2 baking trays with non stick parchment.
2. In a large mixing bowl or the bowl of an electric mixer, beat the sugar and margarine with a wooden spoon or on medium speed until smooth. Beat in the egg whites, applesauce and vanilla, then the chickpeas and chocolate chips. Add the flour, oats, baking soda and mix on low speed until a thick dough forms.
3. Drop the dough by the tablespoonsful onto the baking sheet, spacing the cookies about 1 inch apart. Flatten slightly with a fork. Bake for 11-13 minutes, do not overbake. Leave on cookie sheet to cool and then transfer onto wire rack until completely cool. Do try one in the process of cooling as the gooey chocolate is wonderful in the cookie.
4. Store in airtight container for up to 3 days or freeze for a treat on a later date!

These are really delicious!!
Please include the AWARE Action Fund of the Juneau Community Foundation in your will!

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