It’s my honor to write my thoughts and thanks. This newsletter, my thanks are for the hundreds of individuals and groups who donated to AWARE this holiday season so that women and children who were not safe in their own homes might experience the love and light of the season. I am reminded of the words of the Jewish scholar and rabbi, Hillel, who posed these questions. “If I am not for myself, who will be for me?”

I think about these questions, and how they relate to the generosity of our community and the work of AWARE. To me, “If I am not for myself, who will be for me?” is the first step. It reminds us that we need to take care of ourselves, and part of that is to express ourselves. This is not about being selfish- this is about taking care and taking responsibility for our needs. In order to do this, we must acknowledge our needs, honor and accept them. This enables us to stand up for ourselves, or to notice when we choose to not stand up for ourselves, (and ideally, be willing to explore that).

The second question is the next step, “But if I am only for myself, who am I?” reminding us that it’s important to look out for and consider the needs of others, and to share ourselves with others. We are part of a greater whole. We need to find a healthy balance between taking care of ourselves, and taking care of others, so that we are neither neglecting nor glorifying one over the other. And it’s often that we accomplish both at the same time- I see this in the generosity AWARE received this holiday season- folks thoughtfully delivering and cooking foods and gifts for residents and families, or for the hard-working AWARE staff; the joy present in their giving was clearly a gift to them as well.

“At not now, when?” I find to be beautiful. Sometimes we hesitate because of our fears. Yet we can challenge ourselves to face our fears. At the same time, it’s easy to say, “I’ll do it tomorrow,” and of course, we never know what tomorrow will bring. When you have doubts or hesitations about doing meeting the needs of yourself or someone else, it can be helpful to think about the fulfillment you’ll receive in seizing the moment.

Hillel’s questions are poignant in our work with survivors of interpersonal violence. When AWARE staff and volunteers meet our own needs, we are much more able to meet the needs of the people we work with. And the more we model being present with ourselves and with the people using our services, the more they are encouraged to do the same, and it flows on and on and on. Debi Ballam, Susan Cox, Selina Everson and Diana Stevens exemplify these qualities. For their exceptional accomplishments and extensions of caring in our community, for their grace and dedication, they are being honored as AWARE’s 2011 Women of Distinction. Our 15th Annual Women of Distinction Dinner and Silent Auction will be held on Saturday, March 12 at Centennial Hall. We hope you can join us in celebrating the outstanding contributions Diana, Selina, Susan and Debi have made, and learn who their models are and how each of them has, in her own way, manifested the answers to Hillel’s aphorism.
Thank you SO MUCH to all who contributed, even in some small way, to make AWARE’s holiday a bright and hopeful one! Each one of you have helped make a difference in putting smiles on women’s and children’s faces.

AWARE’s Sponsor-A-Family Program connected families in need with generous and festive sponsors. Eighteen compassionate individuals and groups provided gifts and food baskets for 35 families. The sponsors included NOAA, The State Legislature, USDA, Forest Service, Juneau Ranger District and Admiralty National Monument, the Bureau of Vital Statistics, Reifenstein & Gende Family, NEA Alaska, Sheperd of the Valley Lutheran Church, UAS Student Government, Kristy Tibbles, and numerous anonymous sponsors.

Thank you to those who have donated in other ways to AWARE during the 2010 holiday season: Spickler/Egan Financial Services, LLC., AVON, Gold Street Quilters, Governor Sean Parnell & Sandy & Grace Parnell, Airlift Northwest, Operating Engineers, Chapel by the Lake, Judy Cole, Samantha Adams, Nora Laughlin, Eleanor Koenig, the Juneau Arts & Humanities Council, Beta Sigma Phi, Goldbelt Hotel, Shirley Carlson, Carolyn Bouvier, GOTR of Harborview, Mary Pat Wyatt, Costco, Hannah Everett & Family, Marcia Miller, Jane Ann Twelker, JDHS National Honor Society, Mary Ashmore, Cub Scouts Pack #10, Martha’s Flowers, Auke Bay Coop Preschool, Marjorie Quisenberry, Ian & Shannen Fisk, Jim & Jayne Sullivan, Richard & Nora Dauenhauer, Dr. Nel Wagoner, John & Margaret Pugh, Leon & Cameron Vance, Don & Marion Gotschall, Jean Kline, Mark & Andrea Peterson, Susan & Jim Clark, Rene & David Walker, Effie Kimball, BJ Barnes, Elizabeth Bishop, Alice Taff, Elaine Hopson, Pavitt Health & Fitness, Inc., Juneau Bone & Joint Center, LLC., Myra Munson, Frank & Sally Rue, Chiska Derr, Max Salassi, Michael Shapiro, Carolyn Schmitz, Helena Fagan, PEO Chapter D, Valley Medical Care, Aruthu & Susan Arnold, Robert Van Slyke, Sharon Bell, Julie & Peter Neyhart, Rodger & Donna Pegues, Philip & Deborah Smith, Toni Jo Dalman, Paul & Karen Dillon, Alex & Peggy Wertheimer, Caren Robinson, Beth & Estol Bellflower, Driftwood Lodge Motel, Saralyn Tabachnick, Kathleen Jones, Marilyn Kiefer, Susan & Mark Hickey, Ric Iennolino, H.N & S.W. Grant, Jean Burnstead, David Haas & Mary Ellen Arvold, Laurel Stone, Diane Bigge, John Dunker & Amy Paige, Kari Monagle, Douglas Mertz, Madeleine Lefebvre, Peggy Brown, Toys for Tots, Patty Judson, Juneau Coast Guard Military & Family Assoc., Super Bear, Gross-Alaska, Pizzaria Roma, Treadwell Arena, Alice Kaker the Gingerbread Maker, AmeriCorp members, AWARE staff, family and friends, Juneau JV’s, JYS/Montana Creek, McDonald’s, and many anonymous donors.

Thank you one and all for sharing the spirit of the season and extending your thoughtfulness and generous hearts with those in need! Continued on page 7.
Women's Self-Defense Class!

AWARE and the Juneau Shotokan Karate Club will be offering a Self-Defense Class for women and teens age 16 and older on January 22, 2011 from 9am - 3pm hosted by the Zach Gordon Youth Center. Pre-register by calling Anne @ AWARE 586-6623. Cost is $10.00 per person. Registration forms can be picked up at the shelter or faxed to your location. We hope to see you there!

Pick.Click.Give. in January!

Starting January 01, 2011, when you go on-line to sign up for your Permanent Fund Dividend, you will see the option called, “The Gift of Giving.”

Please consider giving to AWARE.

PICK AWARE by choosing our name: AWARE Aiding Women in Abuse & Rape Emergencies (we’re the last A on the long list of A’s).

CLICK on AWARE Aiding Women in Abuse & Rape Emergencies.

GIVE by following the instructions to make a new donation, or an additional gift.

FEEL GOOD IMMEDIATELY knowing AWARE is an excellent steward of your gift and that you/we are helping people when they really need it.

“For it is in giving that we receive…” Whether helping a friend, donating goods, services or money, or giving someone a gift we know they will appreciate, the feeling that arises in the gift giver- this is the bonus gift. Try it- you’ll like it!

Thank you to those donors who gave to AWARE through 2010 PFD’s Pick.Click.Give. Campaign:

Marla Berg, Robin Kruman, Aleeza St. Clair, Dennis Fisher, Cassie Iutzi, Jesse Kiehl, Julie Schirner, Susan Wylie, Catherine Young, Lenora Walker, Thomas Judson, Monica Witter, Adrienne Wilkerson, Theresa Lauterbach, Denise Koch, Susan Pollard, Leslie & Hal Daugherty, Ronald Bressette, Caroline Van Hemert, Janice Jane Mabute, Jeanette St. George, Sherrie Simmonds, Ashley Johnston, Nancy Jones, Janice Hoch, Sally Schlichting, Joannie Lane, Margetet Omiak, Sophia & Raymond Suardoff, Kenneth Cooper, Tara Garrett, Dotty Nelson, Martha Young, Nikki Williams, Nadine Trucano, Kathryn Brown, Amanda Behrends, Annie Calkins, Cindy Green, Denise Grant, Benjamin Lyman, Michele Kane, Edward Williams, Elizabeth Schuerch, Evelyn Meyer, Heather Ollenburg, Deborah Macnab, Lauren Champagne, Marguerite Mayberry, Patricia Harris, Deborah Spencer, Zahara Ritchie-Canaday, Kenneth Leghorn, Tristan Knutson-Lombardo, Alyssa Shanks, Karen McIntyre, Jan Hale, Marci Driver, Stephanie English, Alison Gaines, Barbara Muller, Alexander Hildebrand, Debra Gerrish, Mary Loewen, Saralyn Tabachnick, Evan Hood, Heather Reynolds, Thomas Weise, Michelle Dewitt, Madeleine Lefebvre, Carol Jokerst, Jasmine Miller, Henry Frick, Thomas Thompson, Lauren Rice, John Gague, Christina Kowalcweski, Elizabeth Lebert, Richard Kiefer-Odonnell, Jaye Akey, Jorden Nigro, Kathryn Walters, Caren Robinson, Hope Meyer, Stefan Ashe, Melissa Griffiths, Stephanie Pacillo, Peter Christiansen, Carmen Katasse, Caroline Schultz, along with the many anonymous donors. Thank you again!
Each year during the holiday season, we are frequently asked if incidents of domestic violence actually increase at this time of the year. We have organized some information that may be helpful in finding this answer.

From the National Resource Center on Domestic Violence: Technical Assistance Guidance, Nov. 2010.

In response to requests from the field for statistics on the prevalence of domestic violence during the holidays, the NRCDV has not been able to find any reliable, national study linking the holidays with an increase in domestic violence nor have we found any national data on the number of calls to shelters or to law enforcement over the holidays. However, information available from a 2005 study exploring the incidence and characteristics of intimate partner violence (IPV) in one rural mountain state—Idaho—provides data that are relevant in responding to this timely question. As the authors indicate, [A]lthough Idaho is not likely to be representative of larger and more urbanized states in terms of index crimes, there is little reason to believe that IPV characteristics in Idaho aren’t generalized to all states. Times of the day, the week, the month, the year, and the location of such crimes is probably fairly typical across states.

This study, titled Intimate Partner Violence Incidence and Characteristics: Idaho NIBRS 1995 to 2001 Data, analyzes seven years of National Incident-Based Reporting System (NIBRS) data to examine the incidence and characteristics of IPV in that state. Findings indicate that:

- A greater percentage of all crime occurs at night, on the weekends, during the summer, and in one’s home than at other times and places.
- Monthly incidence of reported IPV is more evident and more prevalent during the summer months, with July being the month with the highest number of reported IPV incidences.
- The closer proximity of the offender and the target during the summer months, as family members and inmates take vacation time, may set the stage for greater violence.
- The first day of each month and the weekends consistently included more incidents of IPV than any other day on the month or day of the week.
- Perpetrators and victims of this crime are more likely to see each other on the weekends and the offender is more likely to have an opportunity to abuse the victim.
- There is a strong relationship between particular holidays and the incidence of reports of IPV.
- On average, Valentine’s Day, Thanksgiving, and Christmas are dates with a total number of incidents slightly below the general trend of any ordinary non-holiday.
- New Year’s Eve, New Year’s Day, the day of the Super Bowl, Memorial Day, and Independence Day are dates with total domestic violence reports higher than the normal daily average.
- In particular, on average, New Year’s Day has 2.7 times more incidents of domestic violence, followed by July 4th and the day of the Super Bowl, respectively.
- The expectation is that the familial and relational sentiments as represented by Valentine’s Day, Thanksgiving, and Christmas are likely to mitigate the impulse to abuse that is evidently present on these other holidays. During two of these holidays, there is also more family around, which would provide more capable guardians and reduce the opportunity to abuse without witnesses.
- It is possible that the holidays where the most abuse occurs are those where alcohol is more likely to be consumed, thus heightening abuse inclinations. It is also possible that on holidays such as New Year’s Day and the Super Bowl, greater levels of testosterone are experiences among those who watch football and television.

These findings seem to be consistent with call records available from the National Domestic Violence Hotline (NDVH). An analysis of the calls received by the Hotline for the years 2004 through 2009 can be found in the blue “DID YOU KNOW??” box on the next page.

Domestic violence does not stop for the holidays. While families deal differently with holiday stress and while the holidays may bring aggravating factors to the equation, such as financial stress and alcohol consumption, battering is always an intentional behavior.

Continued on next page.
Domestic Violence and the Holidays Continued...

DID YOU KNOW??

- Nationwide, The National Domestic Violence Hotline (NDVH) experiences a drop in call volume during the Thanksgiving holiday. Call volume decreases during the week of Thanksgiving by about 15%. Call volume on the day of Thanksgiving generally drops by 45%-60%.

- Call volume is still (generally) fairly slow the week after the Thanksgiving holiday, when compared to the average call volume.

- NDVH nationwide call volume during the Holiday season (December 15-January 01) drops by about 5% to 25%. Call volume on the actual Holidays themselves (Christmas Eve and Day, New Years Eve and Day) drops dramatically. The average drop in call volume on each Holiday is around 50%.

- Once the Holiday season is over, there is an average 5% increase in call volume over the next 2 weeks.

“AWARE’s Advocacy Training Starts January 13th!”

“AWARE”s Advocacy and Volunteer Training January 2011

“AWARE”s Advocacy Training offers 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 elements include:

“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 January 13-24; Monday and Thursday evenings from 5:30 pm – 8:30 pm and Saturdays and Sundays from 9am – 4 pm. For more information visit our website www.awareak.org or contact Swarupa at 586-6623.

“Have a heart that never hardens, a temper than never tires, a touch than never hurts.”

~Charles Dickens

Dove Tales

“Have a heart that never hardens, a temper than never tires, a touch than never hurts.”

~Charles Dickens
Girls on the Run Coaches Training January 2011!

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 Spring 2011 Girls on the Run season. The season starts the week of February 14th and culminates in a 5K Fun Run on May 21st, 2011!

Coaches Training will be held January 29th at the Shrine of St. Therese. 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.

To see a photos from the Fall 2010 GOTR 5K fun run, visit: www.youtube.com/watch?feature=player_detailpage&v=y-H4fTN5eHA

For more information contact Ati or Swarupa at, atin@awareak.org or swarupat@awareak.org.

From Our Legal Advocate...

I received a page to take the call on line 3. A woman was sobbing as I picked up the phone. When she began to speak I recognized the voice. The woman apologized for calling me in such a state. The call centered on her recent custody order issued by the Courts. The Court had ordered her young child to spend a considerable amount of time with her abusive partner. She had been working for over a year to resolve this situation and get a custody order in place that would protect both her and the child.

Custody can be a long, frustrating experience trying to get a reasonable court order when dealing with an unreasonable partner and a court system that doesn’t recognize the Power and Control tactics that abusers take into the courtroom. Women often need and appreciate AWARE’s unwavering support along the way. Taking this call is one way we are able to support women during this process. As the woman explained what was upsetting her I felt the pain start in my heart. A deep empathetic pain, impossible to stop when hearing such a story. I realized further into the conversation the tight feeling I now felt in my stomach – a result of the frustration I feel at not being able to change a very difficult situation. But I continued to listen, soothe and try to think of the words that might comfort the woman. Allowing her to vent the pain and be heard soon helped her to gather strength. We were able to laugh at some point in the conversation. She thanked me for listening and hung up the phone. I got up from my chair, walked out of my office and began the deep breathing that I often need after a call – breathing and expelling the tension and stress that comes from listening to this kind of pain. Deep breaths..... let them out slowly.....walk around a bit.....share some light conversation with a co-worker.....relax.

~Anne Bennett, Legal Advocate

When the world says, “Give up,” Hope whispers, "Try it one more time."

~Author Unknown

Save the Date! The Spring 2011 GOTR session starts the week of February 14th!

AWARE Partners with Local Consignment Shops!

AWARE, Alaska Dames & Gents, and The Closet are now working together to help women in need. Women’s clothing can now be donated to AWARE’s account at either of these two stores. When a woman comes to the shelter in need of clothing, she receives a gift certificate in a pre-determined amount and is able to choose an outfit or two that fits her needs. For more information contact AWARE at 586-6623.
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.

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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>New Pillows</td>
<td>Copy Paper</td>
<td>Your time as a volunteer</td>
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<tr>
<td>Fans</td>
<td>Flashlights</td>
<td>Twin sheets</td>
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<td>Laundry Detergent</td>
<td>Bus Tokens</td>
<td>Art supplies</td>
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<tr>
<td>Toilet Paper</td>
<td>Kitchen utensils</td>
<td>Towels</td>
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<tr>
<td>Tissues</td>
<td>3-5 quart saucepans</td>
<td>Pens, paper clips, rubber bands</td>
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<tr>
<td>Diapers and wipes</td>
<td>Movie, swim, skate rink, &amp; bowling passes</td>
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A New Face at AWARE...Kami Moore!

Hey there! My name is Kami Moore and I am the new Education Specialist here at AWARE. I am originally from Oakland, Oregon. I came to Juneau in March of 2009 shortly after graduating from Oregon State University with a B.S in Public Health and a B.S in Education. Like many college graduates I had no idea what I was going to do once I finished and finding a job proved harder than originally thought. So what did I do? I decided to pack my bags and try something completely new and move to The Last Frontier. I came to Juneau as the Prevention VISTA at ANDVSA where I had the opportunity to work on numerous statewide prevention projects including some here at AWARE where I immediately fell in love with the people and what they do for the Juneau community. So of course when the Education Specialist position became available I jumped at the opportunity and here I am!

A BIG Holiday Thanks Continued...

A big thank you also goes out to all those who helped make AWARE’s Children's Holiday Party a success!

*****

Once upon a holiday party that AWARE did provide,
Were games, crafts & toys, of all shapes and size,
The kids, they ran in a hullabaloo,
Crafting candy-cane reindeer using hot glue,
Never did you ever see such a sight,

Unless, of course, you were there that night.
Some of you were, as a matter of fact!
You were Face Painter's, Ticket Taker’s,
and a Santa who wasn’t (too) fat.
You decorated, cleaned, showed the kids a GREAT time,
To you, Volunteers, we say “THANK YOU” with this little rhyme.
Without your help, we simply couldn’t have done it,
If we had a trophy, you surely would have won it!

Once upon a holiday party that AWARE did provide,
Happy children left, with smiles in their eyes.
Congratulations Debi, Diana, Selina, and Susan!

The accomplishments of these Women of Distinction benefit our community on a daily basis. Join us in honoring them on March 12, 2011 at Centennial Hall. Funds raised from the dinner and silent auction support services provided to women and children in Juneau and the rural communities we serve.

*Ticket prices are $60 per seat or $700 for a reserved table of 10. Tickets go on sale in January and can be purchased by calling AWARE at 586-6623.
The best way to find yourself, is to lose yourself in the service of others.

~Ghandi

Last month AWARE honored all our volunteers at the annual Volunteer Appreciation Dinner. It was an evening of good food, good company and many many thanks to those volunteers who have helped with gardening, cooking, Girls on the Run, cleaning, recycling, childcare, and so much more!

Thank you!

AND...the 2010 Volunteer of the Year went to Shirley Carlson (top left), our volunteer master gardener! Thanks Shirley for making the outside of AWARE look bright, colorful, and inviting to all who step foot here!

United Way Day of Caring!!

Wells Fargo came to AWARE for the annual United Way Day of Caring. Thanks to each volunteer who helped clean AWARE for the staff and residents! Floors sparkled, drawers were organized, and the basement was clean! Thank you!

SAVE PAPER! Email Mandi at mandij@awareak.org to receive this newsletter in living color!

Girls on the Run Fall Season Ends with 5K Run!

"What helped you the most to finish your 5K the most?" a Girls on the Run Coach asked her team of 8-12 year old girls.

"having my Grandma run a lap with me and then cheer me on every time I came around the track!" one girl exclaimed. All the girls chimed in on how wonderful it was to have a mom, auntie, or dad support them at season's culminating 5K Fun Run. One girl said, "My mom didn't come....., but this guy was my Running Buddy and he helped me finish by staying with me and telling me jokes."

It really does take a village and we want to thank the sheroic efforts of our volunteer coaching staff, the fabulous and dedicated liason work with all of the School Counselors and the dozens of volunteers who created such a festive and supportive atmosphere at the 5K (Jennifer Watson - you and your team did it again!)

Our Spring Season begins the week of February 14th in all Elementary Schools in Juneau. Registration will open the week of Jan. 17th and close at noon on February 4th. See your School Counselor to Register your girl (cost is $100 and there are scholarships available). Call Swarupa at AWARE 586-6623 to volunteer to coach, be a Running Buddy or support in a myriad of other ways.

"If you can imagine it, you can create it. If you dream it, you can become it."

~William Arthur Ward

"I feel the capacity to care is the thing which gives life its deepest significance."

~Pablo Casalas
Please include the AWARE Action Fund of the Juneau Community Foundation in your will!

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