Thoughts & Thanks from Saralyn!

Executive Director
Saralyn Tabachnick

It’s been a busy summer at AWARE. We ended the fiscal year providing a record 10,580 nights of safe shelter for 160 women and 114 children; this is 2,000 plus nights over last year’s record 8,451. I am so proud of AWARE’s great advocacy and support staff who provided not only safe shelter, but also significant intervention services to support women and families in their challenges with violence and trauma, with mental health and substance abuse, with child protection, racism, and poverty. It was not possible for us to meet everyone’s needs all the times, and yet our efforts were both thoughtful and heartfelt, and the results were often meaningful and significant.

Women and families are now residing at Kaasei, our supportive transitional housing facility, and it’s a lot of learning for AWARE staff as we work to implement this very new program. It’s a dream come true, a home for women and families leaving our emergency safe shelter with an opportunity to build safety and stability before moving on into independent living.

It is equally important for AWARE staff to take care of ourselves, to be able to return to work with compassion and whole heartedness day after day. Thanks to the AWARE management and board who recognize the need for, and encourage the practice, of wellness for our staff.

I am grateful to feel gratitude. It’s true. I start thinking about AWARE’s outstanding staff, supportive and helpful to the people we serve and to one another, and I am filled with appreciation. I think about the courageous women who walk through our doors or phone our crisis line- it’s not easy to do; and I am grateful for them. I am thankful for the community, whose support for AWARE is rich in its depth and breadth; I’m not sure I can adequately convey how profound it is to know that you- individuals, agencies, and community partners share in our mission and our work, side by side with AWARE’s staff, volunteers, and board of directors. We welcome your feedback, your suggestions, and your ideas. We want to be the best we can, and we appreciate your part in helping make us so. Please don’t hesitate to email or phone me at saralynt@awareak.org or at 586-6623 as a partner in our work to prevent and end violence against women and children. We couldn’t do it without you!

Save the Date—2016 Women of Distinction Gala!

AWARE will honor four women on Saturday, March 5, 2016 at our 20th Annual Women of Distinction Dinner & Silent Auction. This gala event celebrates the accomplishments of Juneau women who have made a difference in our community.

We hope to see you there!

*All proceeds support AWARE’s work with victims and survivors of domestic violence and sexual assault.*
October is Domestic Violence Awareness Month ((DVAM))

DVAM Skating Event October 14th!

DVAM Awareness Skating Event will be held on Wednesday, October 14th from 6:30-8:00pm. Treadwell Arena is partnering with NOW (National Organization of Women) and AWARE and turning the ice purple! Proceeds from a towel drive will benefit AWARE. We hope you will put on your ice skates and join us for a fun time out on the ice! There will also be door prizes!

4th Annual Frugal Fashion Show!

The Women of the Moose, Juneau Chapter #439 will once again host the Frugal Fashion show with the Tea in Honor of Pat Beadle. This year’s event will be held on October 18th from 3:00 to 5:00 pm at the Juneau Moose Family Center. 100% of the net proceeds will come to benefit AWARE.

Tickets are $20.00 each or $30.00 for mother & daughter. Models will pay half price and must have an outfit that they paid $25.00 or less for. Women of the Moose has several categories with gift certificates for all the winners and a cash prize of $100.00 for the Best Overall. There will also be some great additional prizes and awards for the ticket holders themselves.

Anyone interested in modeling or helping should contact Shirley McCoy at 790-2705 or one of the Officers for Women of the Moose.

Looking for Ways to Volunteer?

Interested in volunteering? AWARE can use your help!

Childcare- Childcare volunteers provide structured activities for children under five as their mothers and older siblings attend support and education groups on Tuesdays and Wednesdays from 6:00-7:30 pm.

Cook Dinner - Volunteers bake, boil or chop ingredients for the meal that day! Dinner prep starts at 3:30 pm and dinner is served at 5:00 pm.

Administrative Support- Help with administrative projects including mailings, answering phones, and other clerical duties. You may also choose to help with special event set up.

Additional Opportunities- There are many other ways in which you can volunteer with AWARE. Get in touch with us and we can work with you to find a volunteer opportunity that’s right for you!

Contact AWARE to get started volunteering at vc@awareak.org, or call us at 586-6623.

“We cannot do EVERYTHING at once, but we CAN do SOMETHING at once.”
~Calvin Coolidge
Our Girls on the Run are running again! This season, we have teams in Juneau, Yakutat, Homer, Cordova, Wrangell, and Fairbanks! This includes 89 girls on 10 teams across the state! Scholarships to cover the program registration fee are given to anyone who requests one, no questions asked! For the 37 girls here in Juneau, AWARE gave $1,450 in scholarships to cover the program registration fee. We’re able to do this because of the generous contributions of local businesses, individual donations, and fundraising by our SoleMates! SoleMates are male and female athletes who pursue individual running, walking, or biking goals, such as running a marathon or participating in a triathlon to raise money for local Girls on the Run programs. This year, SoleMates have competed in the Spring Tide Scramble, the Klondike, the Equinox Marathon, and will compete in the Hasty Half Marathon in Juneau, as well! Through fundraising while training for their events, SoleMates have raised over $5,000 for Girls on the Run so far this year!

SoleMates can be seasoned runners or totally new to training! This means you can be a SoleMate, too! Please visit www.gotrgreateralaska.org/get-involved/solemates to learn more and to register as a SoleMate!

We’d like to thank our corporate sponsors of Girls on the Run: Valley Medical Care; Wells Fargo; Glacier Pediatrics; Juneau Bone and Joint Center; Rainforest Pediatrics; Jan Caulfield Consulting, LLC; MRV Architects, PC; and Glacier Pediatrics!

**Upcoming dates:**
- **December 5th:** Girls on the Run 5k event (If you’re interested in volunteering, please call 586-6623.
- **December 12th:** Jingle Jog for Girls on the Run – a fundraiser 5k!

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**Boys Run I toowú klatseen is off to a GREAT START!**

I toowú klatseen is a Tlingit phrase meaning, strengthen your spirit. That is exactly what we are seeking to do with young boys at Gastineau Elementary School. Through collaboration with Sitkans Against Family Violence (SAVF) and various cultural advisors, we have created a social/emotional curriculum, that incorporates Southeast Alaska Native Values and physical activity. Our goal is to influence the foundation of the participant’s socially learned behaviors and to help encourage positive interactions between themselves and their peers. According to the social learning theory, the effects of this type of mentorship can be far reaching and cause shifts on a societal level.

The Gastineau students are very excited to be a part of our after school program, led by an amazing team of coaches involved in various walks of life. Our coaches work as an elementary school counselor, a corrections officer who is also a parent from the school, an environmental scientist who works as a lobbyist, and a substance abuse counselor who helps people experiencing and recovering from addiction through indigenous practices such as sweat lodges, drum circles, and traditional art. The coaches bring a wonderful fund of knowledge and level of mentorship to this team!

Gastineau Elementary is very welcoming to both of our running programs. For years Girls on the Run has been hosted in the hallway and the boys have wondered when they would get the chance to run in the halls of the school. Now they have their chance. It was wonderful seeing their smiles as they made their first laps from one end of the school to the other. The gymnasium is also available and weather permitting there are trails outside behind the school for the team to train on and build their endurance.

If you find that you are interested in donating time and energy this season, please contact me about helping with the celebratory 5k to be held on December 5th at the Wells Fargo Field House at Dimond Park. We will need to volunteers to help with decorations and organization; we will also be looking for people to cheer the boys along and to be running buddies! If you are interested in helping, becoming a coach, or if you are interested in hosting Boys Run I toowú klatseen at your school, please contact the Prevention Team at AWARE, Inc., at 907-586-4902.

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Girls on the Run (GOTR) Starts It’s Fall Season!
In the past week, at least two articles were published nationally regarding the homicides of women at the hands of men, also known as femicide, with guns as the prime murder weapon. *Femicide* is a hate crime against women, largely committed by partners and ex partners (W.H.O.). Perhaps not coincidentally, Alaska — the state with the most cases of reported sexual assaults in the nation (3x the national average), number four for domestic violence, and that is six times the national average for child sexual assaults* — is now statistically number two for women who are murdered by men (Jeltsen).

Recent research by the Violence Policy Center found that:

- if an abuser has access to a gun the victim is eight times more likely to be murdered;
- 94% of women murdered in 2013 were murdered by someone they knew;
- and in Alaska, 2.29 per 100,000 women is killed each year by gun violence (double the national average).

The argument is being made that State and Federal policies do not adequately address these alarming statistics, in particular, when the relationship is not deemed a legal “domestic” relationship (read more about the “boyfriend loophole” from the link below) and when the crime is not linked to a felony crime such as a rape or robbery. Men who are not felons, and have been confirmed legally as perpetrators of domestic violence, can still purchase guns in 35 states. Additionally, statistics show that the lethality of a domestic violence case increases days after a protection order is served, yet the authorities are not required to confiscate weapons immediately; while some weapons of men who commit violence are never removed from the perpetrator’s custody.

October is Domestic Violence Awareness Month. If you want to be more aware about domestic violence, please call AWARE, check out the two articles listed below, and seek out further resources. Violence is one of the world’s top public health concerns and most victims of violence around the world are women. Get in the know!


Social Emotional Development in Children

What is social emotional development?
Social-emotional development enables children to begin to understand who they are, what they are feeling, and what they can expect from other people in their lives. It is how healthy and thriving children are nurtured and it comes from having a healthy attachment with caregivers, parents, and/or care providers. Healthy social-emotional development includes the ability to form and sustain positive relationships as well as experience, manage, and express emotions. It allows children to explore and engage with the environment around them.

Why is it important?
Social emotional development contributes to a child’s self-confidence and empathy building and their ability to develop meaningful and long lasting friendships and partnerships. It provides a space for a child to feel comfort, safety, confidence, and encouragement. When we help children communicate their emotions and deal with challenges they are better able to establish trusting relationships, experience compassion and empathy, and create a sense of right and wrong. So many important life skills such as cognition, gross and fine motor skills, and language development are all affected by how a child feels about themselves and how they are able to express ideas and emotions.

How do we develop it?
Experiences shape our brain! What children experience now will shape how their brain develops and grows. Strong positive relationships with care givers, role models, and other influential adults is a primary step in creating a healthy social-emotional self. Healthy relationships are the most important experience a child can have.

What role can we take as parents/caregivers? What roles can we take as supportive people/teachers/role models helpers?
Help make brain connections for children-teach them, support their free play, provide encouragement and let them know you believe in them. Try to provide consistency and predictable routines so they feel like their physical and emotional needs are met. Build their self-esteem by praising their attempts (not just their successes). Help children feel safe and loved.
~Rachel Brown and RAINN.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 | Tampons | Travel size toothpaste |
| Art Supplies | Towels | Diapers & Wipes |
| Bus tokens | Twin Sheets & Blankets | Toilet paper |
| Trash bags | Forks, silverware | Kitchen utensils |
| Copy Paper | Your time as a volunteer | 3 – 5 quart saucepans |
| Tri-fold paper towels | New car seats (infant/child) | Office Supplies |
| Old (or new) cell phones | Paper cups (hot and cold) | Stamps for residents to mail letters |
| Cleaning supplies | Movie, swim, skate rink, & climbing passes | |
| New sweat suits/underwear | | Flashlights |

Save the Date—AWARE’s Children’s Halloween Party!
Put on your costume and join us for AWARE’s annual Children’s Halloween Party!

Where: AWARE
When: Wednesday, October 28, 2015 from 6:00-8:00pm.
There will be games, treats, prizes, face painting, fortune-telling, and more!
Meet AWARE’s New Staff

JCAP Jesuit Volunteer Ben Horten...

Hi, all! My name is Ben Horten and I am the new Jesuit Volunteer working at AWARE as the JCAP Advocate, where it is my job to help with all things JCAP—from maintaining records on class participants to ultimately facilitating class and testifying in court after I have finished my training period. Although I was born in Berkeley, I spent the majority of my childhood growing up in Portland, OR. I graduated in May 2015 with a degree in Mechanical Engineering from Loyola Marymount University in Los Angeles, during which time the school’s Jesuit values built a passion for social justice on top of the foundation my parents had laid for me. In my free time, I like to keep my hands/body busy whether I am fixing bikes, cooking, baking bread, or going hiking/mountain biking. I’m looking forward to an exciting year in Juneau at AWARE and JCAP!

Farewell & Thank You Esther & Julie

Prevention Says Goodbye to Esther!

It is with great sadness that AWARE says goodbye to Esther Smith, AWARE’s AmeriCorps VISTA Prevention Advocate. During her time at AWARE, Esther served in Prevention’s youth engagement efforts, carrying forward and supporting programs like Lead On! for Peace and Equality, Sources of Strength, Juneau Teen Council, and AWARE’s collaboration with local high schools. Esther also served AWARE as a dedicated member of our HEART team. Esther’s passion for preventing violence amongst Juneau’s teens is inspiring. She has deep care for the youth she works with, for the community partners she collaborates with, and for her colleagues. We are grateful for the love and compassion Esther has shown within the walls of AWARE and beyond. Your joy, wisdom, and creative spirit will be dearly missed. Bon voyage, Esther!

Girls on the Run Says Farewell to Julie!

Girls on the Run (GOTR) Coordinator, Julie Walker, resigned from her position in August after three years of coordinating the program. During her time at AWARE, Julie helped support and grow Girls on the Run within Southeast Alaska, laying the foundation for the program to expand statewide this past year. Julie brought incredible energy and passion to GOTR; there is no doubt that girls across Alaska have benefited from her dedication to this program. Julie’s brilliant mind, deep care, and grace will be assets wherever she goes. We are thankful for Julie’s friendship, authenticity, and love. Thank you, Julie. You are missed!

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2015 HOLIDAY SPONSOR-A-FAMILY

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

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

REBOUND is a week-long kayak trip for youth that is supported by AWARE and Sitkans Against Family Violence as a primary prevention program. The trip promotes healthy relationships, self-growth, and self-confidence; this is achieved through empowerment and encouragement from the adult leaders and all of the other teens who want you to do your best and try your hardest.

REBOUND impacted me by showing me that some obstacles may seem big and scary, but with the right motivation and support team, you are able to overcome almost any obstacle. I have learned that I am capable of pushing myself further than I thought and that I am able to be comfortable in drastically different environments after I become comfortable with the people I am around. I have learned that leadership is a skill that anyone can possess and the importance of it in everyday life, like cooking, cleaning up, or following a map’s directions.

A challenge I faced was pushing myself to continue to kayak, when my arms were aching and my legs needed to stretch out. I soon learned that the best way to overcome this challenge was to give myself some motivation, and think to myself “we are almost there, just one more boulder, just one more island, just one more push!”

A highlight of our REBOUND trip was seeing how all of us came together and connected as a group. We felt comfortable enough to ask for what we need, give help, suggest tips, discuss problems, share feelings, and laugh. The last night we spent camping was an amazing night, because we had our biggest discussion, which revolved around leadership, and you could see everyone come together and feel safe enough to share things that they may not have on day one.

The REBOUND trip opened my eyes to more than just leadership skills, but also to the environment and nature that surrounds us. I realized that we have to appreciate what we have, like a roof to keep you dry, a shower to clean you off, a microwave to heat up pizza pockets in minutes... It hit me that we should be grateful for having the rain here in Alaska, because there are places elsewhere that are in a drought, and praying for the water that we often wish was gone. I will take away this knowledge and spread more appreciation for the community we live in.

Because our REBOUND group was all girls, I am taking away a lot of gender empowerment. A group of girls, mostly teenagers, were able to sea kayak in Alaskan waters for a week, make their own food, set up their own tents, leave no trace, live out of two little bags, and physically push themselves with success. I am so proud of all of us for having a positive spirit the whole time and getting through. I will take this experience and I will use it to show the world that women are just as capable as men, in a lot of ways. There is still an equality argument going on in our country and I want to use our group’s achievements as a trophy of what women can do with some support and opportunity!

I hope to take away problem solving skills that I gained, on how to successfully communicate, even when you’ve been in the wilderness with someone for days and feel like you have no more patience. I learned that you have to always stay calm and grounded to get your point across, and I think that idea will help me with the advocacy work that I already do for our community.

– Deanna Hobbs, REBOUND participant 2015

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“It is only in adventure that some people succeed in knowing themselves.”

~Andre Gide
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

Dove Cottage
A Place of Peace
www.awareak.org

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Jessica Srader
Patricia Watt
Kerri Willoughby

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

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