For the past several years, AWARE has received a letter from Chapel by the Lake. As a donor to AWARE, the Board of Deacons diligently considers where their funds are going and asks for information about our current programs, past successes, and future goals. Every year when I write a response, I am humbled and impressed by the works in progress and the accomplishments of AWARE, and the community support that makes our work possible.

Last year at this time, we were working towards our Certificate of Occupancy for Kaasei, our supportive transitional housing facility with 12 apartment units. Almost a year later, we’ve reached full capacity, and learned a lot along the way—about managing rental units, about coordinating community resources, and about how our sprinkler system works.

We have transformed the way we offer groups for women, no longer offering inconsistently attended drop in groups, and now offering time limited topic specific groups with greater participation—Healthy Relationships Class for Women, Seeking Safety groups for women who experience both domestic violence and substance abuse, and two different groups for women parenting—Kids Club/ Mom’s Empowerment, and Love and Logic. As I write this, we’ve confirmed the addition of weekly Dinner & Drumming Group at AWARE, thanks to Norene Otnes for her forthcoming donation of a large frame drum that is played communally, and for her group facilitation. (October 1, for Domestic Violence Awareness Month—see schedule of events on page 2.)

Earlier this month, I received word that AWARE has been awarded our first direct federal grant from the Office of Violence Against Women, Department of Justice. In partnership with the Alaska Legal Services Corporation, we will have a dedicated legal advocate to work with survivors on civil legal issues, and an attorney based at AWARE to support women in civil court proceedings. We are thrilled to be able to offer these services in the near future, and to grow the partnership we currently enjoy with Alaska Legal Services.

As our community advocacy training comes to an end, I want to acknowledge the tremendous energy and enthusiasm of our new staff and volunteers who are participating in the training. It’s a wonderful gift to those of us working at AWARE to have such a large and engaged group. AWARE needs you, and our community needs you. Thank you!

And there’s more. There’s the Juneau Violence Prevention Coalition and our prevention and men’s programming successes, our foundational emergency safe shelter, our community partners who share goals of safety and stability for program participants. And there’s you—you who care about the work we do, the services we provide to trauma survivors, our neighbors in Juneau and Northern Southeast Alaska, you who offer your heart, mind, time, and money to ensure people are getting the essential services they need. Thank you reader and thank you Chapel by the Lake.

Please pause for just a moment and allow yourself to actually receive my gratitude, and AWARE’s deep appreciation. Thank you.

We couldn’t do it without you!

Save the Date—2017 Women of Distinction Gala!

AWARE will honor four women on Saturday, March 4, 2017 at our 21st 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!
October is Domestic Violence Awareness Month!

Purple Hair for AWARE (month of October)

* Go purple! Show your support and break the silence by coloring your hair purple this October!
* Challenge a friend!
* Email a photo of yourself with purple hair to info@awareak.org. We’ll put it up on our Facebook page.
* Our friends at the Alaska Academy of Advanced Cosmetology are offering two streaks of purple for $15, or purple hair extensions for $20 each. Please call 789-9283; walk-ins welcome.

Self-Defense Class for Women & Teens (ages 14 and older)

Saturday, Oct. 15th, 10am-4pm at Zach Gordon Youth Center. Learn self-defense! Increase your confidence and safety.

Frugal Fashion Show

The Women of the Moose, Juneau Chapter #439 will once again host the Frugal Fashion Show. This year’s event will be held on Sunday, October 293 from 3-5pm at the Juneau Moose Family Center. 100% of net proceeds will benefit AWARE. Tickets are $20 each or $30 for a mother-daughter duo.

Purple Ice Skate

In partnership with AWARE & Alaska NOW, Treadwell Arena is going PURPLE! October 26th from 6:30pm-7:30pm. This disco skate is free to all ages, thanks to our sponsors Steven Pfister & Hans Chester (Naakil.aan). Accepting new bath towel donations for AWARE. Drumming and singing will also be a part of the evening.

Drum Dedication to AWARE

We have been gifted, by Norene Otnes, a large drum that women can sit around, and drum on. There was a blessing ceremony in September and coming up, on October 1, we are having an official dedication of the drum at Kaasei at 4pm.

Interactive App Provides Help for Domestic Violence Victims

Yeardley Love. You may not remember her name, but you’ve likely heard her story—and countless others just like it. Love, a 22-year-old lacrosse player at the University of Virginia, meets a guy, George Huguely. After they’ve dated for a few years, Huguely becomes aggressive, jealous, and violent. Love ends the relationship, assuming the worst is over. But on May 3, 2010, Huguely, drunk and angry, breaks into her apartment where she lies sleeping. Not long before midnight, he beats her to death in her own bed.

According to the National Coalition Against Domestic Violence, nearly 1 in 3 women have been victims of relationship violence. "The reality is most women don’t reach out because they’re not aware of services available, and there are a lot of stereotypes about "being a victim," says Nancy Glass, a School of Nursing professor, associate dean for research, and associate director of the Johns Hopkins Center for Global Health.

Continued on next page...
Interactive App Continued...

Glass has dedicated her career to studying the complex decisions and risks faced by female survivors of violence. Now, she's helping women and their friends in communities and campuses across the country determine whether their relationships are unsafe. Based on research by Glass and her team, the myPlan smartphone app helps women assess the danger of their relationships, set priorities for safety (having resources, their child's well-being, privacy), consider a tailored plan of action, and find resources nationally and locally to guide them step by step to safety.

myPlan began as a web-based tool in 2003 but has evolved into an app available on iTunes and Android through an original partnership with the One Love Foundation, a nonprofit that honors Love's life and fights to end relationships violence across campus communities. It's an interactive tool that asks users a series of questions about their priorities (the safety of their children, financial resources, education) and the severity of their partner's behavior (whether the partner owns a weapon, has threatened to kill you, is jealous of your friends and family), and provides immediate feedback on what to do next (move out, get a restraining order). It's anonymous, private, and vaguely named—a safety measure to protect against abusive partners who monitor phone activity. The app is password-protected with an emergency exit button, so users can leave the app if their partner is nearby.

There's also access to support services, including an automatic live chat link to a 24-hour confidential hotline and campus, state, and local resources for education and advocacy. (Glass emphasizes that the app should not be used in an emergency; users should always call 911 for immediate help.) Plus, the app has a component to determine whether your friend's relationship is unhealthy. "Friends are very important, especially within the 18 to 24 age range," says Glass. "They're often the first people a victim will go to rather than a parent or teacher. But they often don't know what to say or how to respond. They sometimes minimize the situation." Love's friends, for example, had no idea how dangerous Huguely was. They knew he was verbally abusive and aggressive, but since Love and Huguely had broken up, they thought any danger had passed. After answering a series of questions, users are provided scripts for talking to their friends about their abusive relationships, plus tips on how to help.

To date, the app has had more than 13,000 downloads on iOS and Android. Since the app's launch in 2014, the National Institutes of Health (a funding supporter, in addition to the Office on Women's Health) found that after just one use, women reported less conflict in making a decision for safety, and they found it easier to set priorities. One app user said, "I thought a lot about what my life [has been like] dealing with emotional and physical violence. I am aware of what I can do now. ... Healing from trauma is a long road. It's painful, but I appreciate the work you are doing."

"Women are often told, 'He can't be that bad,' or, 'He's a good father,'" Glass says. "They think, 'OK, there must be something wrong with me, then.' myPlan reinforces that what they're experiencing is real—and there's someone who can help them." So far, the app has been adapted and launched in communities and campuses in the United States, Canada, New Zealand, and Australia. Glass has plans to expand the app's reach—in primary care settings and health care clinics where women report domestic abuse; globally in Hong Kong and the U.K.; and in low-resource countries like Somalia and Kenya. "The tool is not about leaving or staying—it's important to understand that when women leave an abusive relationship, it can be the most dangerous time," Glass says. "Safety is the ultimate outcome. The app emphasizes how to take action as safely as possible."


HOW TO USE myPlan APP:

Step 1: Download the App from your App Store or Google Play.

Step 2: Help Yourself or Help a Friend.

Step 3: Answer the Danger Assessment Questions.

Step 4: Assess and weigh your preferences and situations with the Planning Tool.

Step 5: Find Available Resources.

More information can be found at: www.joinonelove.org/my_plan_app
I should first say how excited I am to be a part of the AWARE team, not only to learn from the staff and programs but hopefully to also contribute in a significant way! My name is Morgan Stonecipher and I recently graduated with a B.A. in International Relations at the University of Redlands in Southern California. I spent my formative years growing up overseas, mostly in Eastern Europe, and moved back to the states when I was 15. I love the outdoors, the arts, travel, and change. I am passionate about understanding the historical injustices and cultural implications which create the inequities we see today, as I believe it is impossible to create sustainable change without truly understanding.

I am incredibly thankful for this opportunity here at AWARE, and am ecstatic for all that AWARE and Alaska has in store for me!

Morgan Stonecipher, Youth Engagement Specialist

With joy and gratitude I re-introduce myself to you all. Starting in mid-August I returned to AWARE after two years away. My new position, as the Men and Boys Programming Manager, allows me the opportunity to once again manage the Juneau Choice and Accountability Program (JCAP), as well as new opportunities to work with prevention programs, such as the Boys Run: It toowu klatseen and Coaching Boys into Men. I am so excited to be a part of the Prevention team.

I was born and raised in Juneau, and only briefly left to attend University in British Columbia, Canada. My time away from Juneau and later AWARE served to clarify for me that my home is Juneau and my passion is the work of ending violence against women and children.

MSW Intern, Corlé LaForce

I was born and raised in Juneau and am grateful to give back to the community I love by interning at AWARE. I received my undergraduate degree in contemplative psychology with an emphasis in somatic psychology at Naropa University, attended the Somatic Experiencing Trauma Institute and am currently a candidate for a masters in counseling psychology at Sofia University. In addition to interning at AWARE, I works as a massage therapist, craniosacral therapist and doula. I am the proud mother of a soon-to-be 10 year old girl, and enjoy spending time outside. I am looking forward to learning from all of the people will encounter at AWARE.

Save the Date—AWARE’s Children’s Halloween Party!

Where: AWARE

When: Thursday, October 27, 2016 from 6:00-7:30pm.

Come for fun, games, treats, prizes, fortune-telling, and more!
Hi Everyone! Its a great pleasure to introduce myself as the new coordinator for Sources of Strength at Thunder Mountain High School and UAS. My name is Chelsea McKenzie and I am originally from the Big Island of Hawaii. After graduating college in upstate New York with a degree in Anthropology, I set off to Nepal and India to work for a small NGO that aims to stop child trafficking on the border, and to teach high school English classes at a small private school. It was there that I discovered my passion for teaching and working with youth and empowerment. Since then, I have been working seasonally in Alaska managing one of the zipline companies here in Juneau, and seasonally in India as an assistant marine biologist on a seahorse farm. Although I have enjoyed both of these jobs and the seasonal lifestyle, my passion and desire to work with youth again has only gotten stronger since I left Nepal. This is what led me to Sources of Strength and AWARE. I am so excited for the opportunity to work with youth and the community again in such a meaningful way. I feel privileged to begin this journey with two incredible organizations and look forward to working with and getting to know all of you as well!

GOTR Local Coordinator, Natalie Watson

Hi all, I’m Natalie and excited to start working as the Girls on the Run local coordinator and the Boys Run: I toowú klatseen coordinator. Having grown up in Juneau, I’ve just returned after more than 20 years gallivanting about the U.S. I got my bachelors and masters degrees in fine art, and have continued to pursue art in my spare time. I’ve worked in a genetics lab at Harvard, for a startup nonprofit focused on shared transportation in Chicago, and for an environmental nonprofit in Evanston, promoting livable cities and healthy transportation. I’m happy to leave the big city and return to the fresh air and peaceful environment of Juneau, and eager to help empower young people to pursue their dreams.

MSW Intern, Maressa Jensen

Hi, I’m Maressa Jensen. Raised in the mountains of northern California, I came to Juneau for a summer job on a whale watching boat 15 years ago and decided to make Juneau home. Since then, I’ve received a Bachelor’s degree in Social Science from UAS (concentrations in Sociology, Psychology and Anthropology), hiked hundreds of miles on our beautiful trails, worked in social services and child care, had two Alaska-born kids, and grown deep roots in this amazing community. Currently I’m an MSW student through Boston University’s online program, and am very excited to be interning at AWARE this school year.

Business Director, Danielle Lindoff

I am very excited to be here and to jump into my new role as the Business Director for AWARE. I am originally from Ketchikan, but have lived in Juneau for over 17 years and consider it my home. I come to AWARE with rounded financial and program administration experience including State, Tribal and nonprofit employment. Most recently I administered the financial aid programs for over 300 municipalities, tribes and non-profit organizations in Alaska. My role was to provide advanced technical assistance, ensure statutory and regulatory compliance and provide accurate financial calculations for around $100million in state and federal funding. I have also worked for a local tribe as operations and gaming manager, and for a local nonprofit agency supporting elders and people with disabilities and previously worked with the State of Alaska in the fields of human resources and retirement and benefits.
Terrence Wheat, Maintenance Dude

Terrence is AWARE’s new maintenance guy! He helps replace light bulbs, fix leaky sinks, paint lines for car spaces in the parking lot, hangs pictures, and so much more. He even does these things at Kaasei, AWARE’s Transitional Housing, and at our Prevention/JCAP offices downtown. Terrence also works at Wildflower Court.

Alice Smoker, Shelter Advocate

Hi! I’m Alice, the new shelter advocate at AWARE. I am very pleased to be joining the team here! In recent past lives I’ve studied environmental science and fisheries, dabbled in teaching and catering, and stomped around in the woods with countless tourists, babbling about lichens. Also a life-long Juneauite, I share the sentiments voiced by many other new faces listed here—I’m excited to give back to the community I love and to learn about the important issues surrounding the problems of domestic violence and how we can all contribute to ending them for good. I look forward to working alongside shelter residents and serving the women and children of Southeast Alaska in this important role.

Save the Dates:

GOTR Jingle Jog & 5K and Boys Run 5K!

GOTR Jingle Jog Fundraiser: Join us Saturday December 10th for the Girls on the Run Jingle Jog 5K fun run! Come out and show your holiday spirit AND your support for this amazing program—inspiring 3rd-8th grade girls to be joyful, healthy, and confident! Registration by donation. All proceeds benefit Girls on the Run of Greater Alaska programs in Juneau. For more information contact Rachel Wintz- rachelw@awareak.org or 586-4902.

Girls on the Run & Boys Run 5K Fun Run: The Girls on the Run and Boys Run: I toowú klatseen 5K fun runs are on Saturday, December 5th. These 5K events are a celebration of the hard work the 3rd-5th grade girls and boys put in throughout the 10-week season. We need volunteers to help us make these events a success! If you’re interested in helping with setting up the event: painting faces, doing crafts with kids, taking photos at a photo booth, or running with a girl or boy during the 5K, contact Natlie Watson for more information- nataliew@awareak.org or 586-4902.

New Faces at AWARE Cont..

JCAP Jesuit Volunteer, Brian Thurow!

My name is Brian Thurow and I am so grateful for the opportunity to serve at AWARE and learn from so many brilliant people! I’ve been here for three weeks and my perspective on the world and my place in it has already widened immensely.

I am originally from Chicago, Illinois but moved east to attend Boston College where I studied English and Film Studies. After graduation I moved to Washington DC to work for ABC News, but it wasn’t long before I decided to join the Jesuit Volunteer Corps Northwest. I was assigned to Hays, Montana, a town on the Fort Belknap Native American Reservation, where I served as a first grade teacher. My second year with JVC NW has brought me to Juneau and AWARE, and I couldn’t be more excited to be here. I am eager to learn all that I can about preventing domestic violence and promoting healthy masculinity through my position as the JCAP Specialist.

Alice Smoker, Shelter Advocate

Hi! I’m Alice, the new shelter advocate at AWARE. I am very pleased to be joining the team here! In recent past lives I’ve studied environmental science and fisheries, dabbled in teaching and catering, and stomped around in the woods with countless tourists, babbling about lichens. Also a life-long Juneauite, I share the sentiments voiced by many other new faces listed here—I’m excited to give back to the community I love and to learn about the important issues surrounding the problems of domestic violence and how we can all contribute to ending them for good. I look forward to working alongside shelter residents and serving the women and children of Southeast Alaska in this important role.

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Children’s Program Thank Yous...

I would like to thank the wonderful community of Juneau for their support in our Children’s program. During the summer months we plan extra special outings for the kids. On occasion moms and kids get to come on adventures with us together. This year we had a wonderfully generous community and would like to give them extraordinary thanks.

DIPAC. The kids had wonderful time learning about salmon, and in their words touching the slimy things in the touch tank.

Glacier Gardens. What a beautiful experience. When we got to the top the kids were saying things like wow, ooooh, and ahhh. They were so excited and wanted to pick all of the gorgeous flowers to bring back to their moms. We then had to go find a field so we could do just that.

Alaska Zipline Adventures. Zip lining is such a treat for these kids and you made it such a wonderful experience! A quote from a child months later; “I think flying would be a lot like zip lining.”

Dolphin Tours. Both moms and kids got to enjoy this spectacular event. Many of the participants were more than overjoyed and had mentioned living here for so long but never had they been on a whale watching tour.

Alaska Department of Fish and Game. The kids love to go fishing! Many times I was asked, “when is it time for us to go fishing?”

Cycle Alaska. Biking is such a healthy activity. Thank you so much for your donation. We had many adventures in the sunshine.

Goldbelt. This year during our tram ride the conductor was singing songs. One of our kids was so inspired that they stood up and sang as well. It was a beautiful moment.

We would also like to acknowledge the continuing support of CBJ Aquatics and The Rock Dump. They help us out throughout the year. We so appreciate all of you and all that you share with AWARE.

With all our Hearts,
AWARE Children’s Program Advocates, Jodi Weber & Lela Stevenson

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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.

- Tampons
- Toilet paper
- Copy Paper
- Office Supplies
- Cleaning Supplies
- New Pillows
- Travel size toothpaste
- Trash bags
- Your time as a volunteer
- Shampoo
- New sweat suits/underwear
- Diapers (size 4, 5, 6) & Wipes
- Art Supplies
- Forks, spoons
- Tri-fold paper towels
- New car seats
- Paper cups (hot and cold)
- Movie, swim, skate rink, climbing passes
- New razors
- Bus tokens
- Kitchen utensils
- Forever stamps

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2016 AWARE Christmas Elves Program

AWARE will begin our Christmas Elves Program on November 28th. If you would like to provide for a family for the holidays (with gifts, food baskets, and more), please contact Mandi Canady at AWARE 586-6623 or email her at mandij@awareak.org.
AWARE would like to conserve resources & email our newsletter to you. Please send your email address to info@awareak.org. Thanks very much!

Return Service Requested

AWARE, Inc.
P.O. Box 20809
Juneau, AK 99802

Dove Cottage
A Place of Peace
Shaa-ka Ut-Yatx-Noow
www.awareak.org

AWARE Staff
Executive Director—Saralyn Tabachnick
Deputy Director
Mandy O’Neal Cole
Business Director
Danielle Lindoff
Prevention & Outreach Director
Ati Nasiah
Community Services Manager
Britta Tonnessen
Children’s Program Manager
Rachel Brown
Legal & SART Manager
Swarupa Toth
Children’s Counselor
Cara Peters
Administrative Coordinator
Mandi Canady
Volunteer Coordinator
Rebecca Gaguine
Advocacy Services Coordinator
Kimberly Sumner
Community Resource Coordinator
Christina Love
Shelter Advocates
Brenna Musser
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Michele Masuda, Co-Chair
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Bryce Johnson
Angela Kameroft-Steeves
Jessica Srader
Kerri Willoughby

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

AWARE would like to conserve resources & email our newsletter to you. Please send your email address to info@awareak.org. Thanks very much!

Volunteer Coordinator
Mandi Canady
Advocacy Services Coordinator
Rebecca Gaguine
Community Resource Coordinator
Kimberly Sumner
Shelter Advocates
Brenna Musser

Children’s Advocates
Lela Stevenson

Sources of Strength Coord.
Chelsea McKenzie
Men & Boys Programming Coord.
Lily Larsen
GOTR Statewide Coordinator
Rachel Wintz
GOTR Local Coordinator
Natalie Watson
JCAP Specialist (JV)
Brian Thurow
Violence Prev. Outreach Spec. (AmeriCorp)
Morgan Stonecipher
Evaluation Specialist (AmeriCorp)
Your Name Here
MSW Intern
Maressa Jensen
LMT Intern
Corlé LaForce