"Strength doesn’t come from what you can do. It comes from overcoming the things you once thought you couldn’t.”  
~Rikki Rogers

Thank you and Congratulations! We did it!

We welcomed in a new fiscal year while evaluating the prior year, and following is a top ten of what we know:

1. You can’t hire a painter (indoors) in Juneau on a moment’s notice, (although if it hadn’t been so sunny, we might have better luck).

2. The Rasmuson Foundation and State of Alaska are tremendous funding partners, addressing our (and domestic violence shelters all around the state) deferred maintenance needs in a HUGE way.

3. The opening of our supportive transitional housing, Kaasei, did not diminish the need for emergency services. During FY 16, we provided an all time high 10,593 nights of emergency safe shelter for women and children.

4. Coordinating the removal of carpet, installation of new flooring, new windows, and heat controls, with the delivery and assembly of new bunk-beds and mattresses, and the whereabouts of our residents, takes a village.

5. AWARE thrives on partnerships, state and city partners, community non-profit agencies, individuals, foundations, volunteer groups. We could not do it without you!

6. When the Benito and Frances Gaguine Foundation offered a $25,000 challenge match for every new dollar donated to AWARE, you stepped up! You donated throughout the campaign, and significantly at our Women of Distinction new member rally. We met the match!

7. When we organized our staff meetings around the theme of CHIME (Connectedness, Hope for the future, Identity, Meaning in life, and Empowerment) in order to highlight our service to others, and celebrate how we change, and are changed by, the work, we didn’t know how profound it would be. CHIME helps us reflect on the importance of small things; conversations that could get lost in the bustle of the day are recollected, honored, and shared to help us remember how truly significant our contributions are to this community.

8. Our new system for referring high-risk participants is more refined and precise. Our work with several providers in town in order to get a “team” of helpers together for particular participants who need more resources than we can provide has been fruitful and rewarding. These teams may meet only once, or may meet as often as each week, depending on the needs of the participant. Often we help the participant name a primary goal, such as getting into treatment, or getting her children out of foster care, or having an apartment of her own. To this end, we help assemble appropriate providers, ensure releases are signed, and put together a plan with specific roles for all members, including the participant.

9. Our decreased funding for both our personal safety education in the schools and the Juneau Choice and Accountability Program requires us to evaluate and accommodate how we provide these services and still maintain program integrity. While we are reducing services, we are not reducing the quality. This from evaluations from JCAP participants: “I am learning healthier methods of communication and expressing my own feelings.” “I’m becoming more aware of my actions and taking more accountability.” “I’m learning how to take a look at the bigger picture and how to communicate better in difficult situations.” Continued on page 4.
Can Volunteering Lower Your Risk for Heart Disease?

~Article taken from http://blog.movingworlds.org/can-volunteering-lower-your-risk-of-heart-disease/

Can volunteering lower your risk for heart disease? As it turns out

1. People who vacation regularly are less likely to develop heart disease than those that don’t, and
2. Volunteering is proven to provide health benefits

So we don’t think it’s ridiculous to think that if you volunteer your expertise while traveling internationally (i.e. Go Experteering) on a regular basis, you might be able to lower your risk of heart disease.

And while the health benefits of volunteering are still being debated, there is a growing body of evidence that suggests that beyond being good for the soul, it does increase happiness and lower stress. In fact, in the NCNO report titled The Health Benefits of Volunteering:

A strong relationship between volunteering and health [has been established]: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.:

And according to the HBR article by Tony Schwartz titled More Vacation is the Secret Sauce,

…the famed Framingham Heart Study followed 750 women with no previous heart disease over 20 years. Those who took the fewest vacations proved to be twice as likely to get a heart attack as those who took the most. A 2005 study of 15,000 women found that the risk of depression diminished dramatically as they took more vacation. A 2006 Ernst & Young study found that for each additional ten hours of vacation employees took, their performance reviews were 8 percent higher the following year.

As it turns out, you probably don’t need more rationale to go donate your expertise as you travel internationally, but in case you did, we hope you found this amusing. And if you’re interested in going Experteering, sign-up for our mailing list so we can connect you to amazing opportunities as soon as we launch: movingworlds.org.

Here are some other interesting stats about the benefits of volunteering, courtesy of VolunteerMatch:

- More than 68% of those who volunteered in the past year report that volunteering made them feel physically healthier.
- 29% of volunteers who suffer from a chronic condition say that volunteering has helped them manage their chronic illness.
- 89% of volunteers agree that volunteering improved their sense of well-being.
- 73% of volunteers feel that volunteering lowered their stress levels.
- 92% of volunteers agree that volunteeringenriches their sense of purpose in life.
- More than three-quarters of volunteers who participate in service activities through work report that they feel better about their employer because of the employer’s involvement in their volunteer activities.

What other reasons do you have for volunteering? If you’d like to volunteer locally at AWARE, please contact Becca at 586-6623.

AWARE’s 40-hour Advocacy Training

Are you interested in volunteering or becoming a relief advocate at AWARE? Or do you just want to become more knowledgeable about domestic violence in your community? Come to our 40-hour training starting Thursday, September 15th. It’s an empowering experience to: increase your understanding of domestic violence/sexual assault, increase your knowledge of how to support survivors, and learn the many ways you can be a part of the solution! Please call Becca at 586-6623 with questions and to sign up!

AWARE is looking for motivated, caring individuals to donate their time to help the women and children we serve. We appreciate help with preparing meals, childcare, and administrative support. Not only is volunteering an integral part of our lives it can also have health benefits for you!
Interested in Mentoring 3rd-5th Grade Boys & Girls?

Join AWARE’s violence prevention programming by coaching a team of elementary school students! Our Boys Run: I toowú klatseen and Girls on the Run programs use running to teach life lessons to youth, including how to identify values, work as a team, and give back to the community! These programs increase kids’ self-esteem and confidence, as well as many other protective factors that help to stop violence before it starts. Our Boys Run: I toowú klatseen program has a structure similar to our longstanding Girls on the Run program and weaves Alaska Native values throughout a 10-week curriculum to teach healthy masculinity. Both Boys Run and Girls on the Run end in a fun, celebratory 5k event that teaches participants that when they set a goal and work toward it, they can achieve anything! Volunteering with these programs is one of the most rewarding experiences you’ll have. We need coaches who are positive role models for 3rd-5th graders, with a passion for empowering children to be their special, unique selves! Volunteer coaches need not be runners! Coaches facilitate a set curriculum with 1.5 hour-long lessons 1-2 times per week for 10-12 weeks, after school. There is a coach training for new coaches on August 27th/28th.

Interested in getting involved? Contact Rachel Wintz at 586-4902 or at rachelw@awareak.org.

LeadON! Recap

Six Juneau teens attended the LeadON! Conference in November and remained active participants throughout the school year and course of their project. The teens included: Deana Hobbs/TMHS Senior, Analicia Castandeda-Felipe/TMHS Senior, Justin Sleppy/TMHS Junior, Rylee Landen/JDHS Senior, Tasha Elizarde/JDHS Junior, and Rose Seamount/JDHS Sophomore. Two of the Lead On teens wrote a resolution calling for a more comprehensive cyberbullying school policy. Deana Hobbs brought this resolution to the Alaska Association of Student Governments (AASG) conference in Kodiak, AK in April 2016, where she presented it in front of several hundred high school students representing student governments from all across Alaska. Part of the teens’ project was to promote knowledge about school policy amongst their peers, as well as to facilitate discussions with teens about current school policies. They gave presentations at both the JDHS and YDHS Sources of Strength meetings, reaching a total of about 30 peer leaders. They also facilitated a workshop at the Be the Change youth conference in May 2016, which was attended by 150 teens from all three Juneau High Schools. Another key audience for this year’s Lead On project is the Juneau School District Board of Education. Lead On teens introduced themselves and their project at a school board meeting in March 2016, and have compiled their project into a formal packet to be delivered to the current school board members, as well as other community partners.

Looking for a job, or thinking about a career change? AWARE may have a job for you! Please visit awareak.org/how-to-help/jobs/ for details about our open positions.

Nominate a 2017 Women of Distinction today! Deadline is Sept. 23, 2016. Please visit our website www.awareak.org to download an application or call Mandi Canady at AWARE 586-6623.
10. Each aspect of our prevention work plays a unique and important role in ending gender based violence. Whether it’s overseeing and coordinating the Juneau Violence Prevention Coalition, Girls on the Run of Greater Alaska, working with our community, agencies, and youth on equity issues, or mentoring teen leaders, our presence and expertise advance the conversation and commitment.

Whether your contribution is small or large, whether by money, deed, or thought, whether one time or ongoing, whether volunteer or paid, your contribution is a meaningful part of the whole. The whole needs you, and wouldn’t be the same without you.

THANK YOU from AWARE, and from me, Saralyn.

Thoughts & Thanks Continued From Page 1!

AWARE Farewells & Welcomes

Farewell to Ben!

It is not unexpected when Jesuit Volunteers leave but that does not necessarily make it easy to see them go! Ben Horton has been serving AWARE as the Juneau Choice and Accountability Program (JCAP) Specialist for the past year. “Build-it Ben” is an engineer by study yet he chose to serve this community and explore Alaska for a year. Ben models AWARE’s core values: whole-heartedness, integrity, and ending men’s violence against women. Ben immediately bonded with the men in our program chatting about sports, fishing, and life before class sessions. He absorbed domestic violence and sexual assault theories and practices at AWARE’s 40 hour advocacy training, did his own research, and applied his virtues and spiritual values to his work. Ben became known as a strong, eloquent male leader in the work to end violence against women movement here in Juneau speaking at several community engagements at UAS and in the high schools. Ben’s attention to detail, drive to problem solve, and goal of efficiency enabled him to provide highly reliable administrative care to our team and to develop an impressive excel database that more efficiently and accurately keeps JCAP records; including a manual to explain the procedures to future JCAP staff. Ben was a humble, natural co-facilitator with the female-facilitators. He spent time carefully observing the female leadership and becoming comfortable with the topics. Eventually Ben became a very reliable, supportive, and thoughtful leader in dialogue with men convicted of battering regarding their actions, intentions, beliefs, feelings, and the effects of violence on themselves, their partners, their children, and their communities. Ben will be greatly missed but AWARE is excited to see him off to the community changed, questioning, and ready to speak on behalf of ending men’s violence against women.

Farewell Meryl!

I refuse to be sad about Meryl Chew’s last day at AWARE on August 5th...even though I would be justified in my sadness. She’s good at so many things! As our first Kaasei Advocate, she has shaped the way we provide supportive transitional services. She is a fantastic legal advocate, and women who work with her are grateful for her support. She always shows up. She has an impressive work ethic. She makes a delicious chicken nugget. She gives her whole heart, and her heart is very special, so we have been really lucky.

Meryl could only leave us, I’m sure, for something special. That special thing is returning to her home, working with her dad, supporting her family, and reconnecting with the place she grew from and loves. If she was doing anything less beautiful, I just might be sad. But I do admire taking risks to do good things, and have always trusted Meryl to make smart decisions for herself and the people in her care.

I also have the feeling we’ll see her again at AWARE, which helps my magnanimity. So for now, my friend Meryl, we’ll say Goodbye Not Goodbye, and cross our fingers that we’ll see you next summer. Love and love, Mandy
Sarah Ginter started her year of AmeriCorps service at AWARE in October 2015 and when we first began working together it was, well honestly, a little overwhelming...I was returning from a year off and Sarah was tasked with the BIG job of moving policy work forward with teens in Juneau, Alaska. This type of work was something we had never done before at AWARE, Inc. so as you might guess we were a little unsure how to proceed. I had the special role of witnessing Sarah's journey and watching her gifts and skills unfold in her position at AWARE. First, Sarah got rocked by the power of AWARE's advocacy training and then she did the deep work of incorporating what she learned into her personal and professional life. Next she began networking with professional partners, building meaningful relationships and comprehending the way we work together to prevent violence in Juneau. Then, Sarah became a mentor to a number of teen leaders. She guided them with a sense of purpose, dedication, and compassion and they, like me, like our professional partners, found an amazing new ally. Sarah led with vulnerability, strength and honesty and supported teens in finding their passion and voices to impact school policies. Under Sarah's guidance teens reviewed current policies and identified their focus area, they wrote and presented an important resolution at the Alaska Association of School Governments spring conference in Kodiak to over 300 teens where the resolution passed unanimously. Teen leaders facilitated a number of peer-led workshops inviting more teens to express their desires, concerns and ideas helping to guide teen leaders in identifying policy recommendations to the school board. It's been an awesomely successful year thanks to Sarah's contributions. Now she's off to travel and explore the world before settling into Graduate school. I am deeply grateful for her service and excited for her next adventure. Thank you for your service Sarah, you will be missed!

And she's off! As are our hats, to Chris Bauman, AWARE's Business Director for nearly four years!

Chris has a tremendous breadth of skills and abilities from financial management to human resources to facility maintenance to victim advocacy and more! She has seen us to and through clean annual financial audits year after year. The consolation for us is that Chris worked at AWARE in the 1990s, so we hold out hope she could return again! We wish her the best of luck in her new adventures in Oregon, and thank her for her commitment to AWARE and to the movement to end violence against women and children. Thank you and love.

Christina is an Alaska girl, born and raised. After high school she went to California to attend Vanguard University of Southern California and fell in love with the warm weather and palm trees, but recently returned to Juneau to be closer to her family. In addition to working with the women at AWARE, she's a certified Life Coach and works with women to accomplish goals, increase confidence and improve relationships. She loves to write & recently had her article “4 Men to Avoid Dating for a Healthy Relationship” published by the Huffington Post & chosen as the editors pick for South Africa’s All4Women.com online magazine. In her free time she is teaching herself Spanish, loves DIY projects and has recently discovered what she calls “the fascinating world of essential oils.” She can often be found experimenting with different combinations and learning about other natural beauty products.

AWARE is always improving. This quarter's improvements involved some renovations to our shelter space. AWARE would like to give a HUGE thank you to The Salvation Army for the use of their facility last month. We are fortunate to have a caring community of partners that we can count on for support. We appreciate your generosity & kindness!
10 Great Things That Happen When You Set Boundaries

You can’t be all things — or do all things — for all people. A life without limits means rarely saying “no” and considering everyone else’s feelings before your own. Not only are these people-pleasing habits wholly exhausting, they put you on the direct road to burnout, a major health hazard in its own right. They disregard how much work or effort you can handle on a regular basis.

That’s where boundaries come into play, according to researcher and public speaker Brené Brown. In a video posted on the subject last month that’s continuing to go viral online, Brown explains how establishing your own personal fences can do wonders for your wellbeing. “I’d rather be loving and generous but very straightforward with what’s okay and what’s not okay,” she said. In other words, boundaries aren’t a way to keep people out. They make life as enjoyable as possible for you and for your loved ones as a result. Below are a few great things that happen when you learn to set your own limits:

1. **You’re more self-aware.** Self awareness is the art of recognizing your needs and feelings as your own, and not tied to any person or your environment. Creating your own limitations is an inherently self-aware act — and that can be incredibly beneficial for your own welfare.

To set a boundary is to recognize the need for a healthy separation between your thoughts and feelings and the thoughts and feelings of others. Boundaries aren’t barriers or walls.

2. **You become a better friend & partner.** Boundaries make it possible to allow yourself to recharge. And when you’re not totally tapped out, you have more energy to devote to the ones you love. You’re also more respectful of their own needs as a result, Buck explained.

If you don’t set the limit, then others will set it for you or just ignore that you have limits,” Buck said. Research has shown that people with less effective limits or boundaries are more likely to violate the boundaries of others, as well.

3. **You take better care of yourself.** Boundaries help you prioritize your own well-being — plain and simple. It is not selfish to take care of yourself and your needs while also considering the needs of others. It makes you more effective and less burned out from helping if you set some limits.

4. **You’re less stressed.** Constantly allowing the needs of others to dictate your behavior is exhausting because everyone has problems or stress of varying degrees. Without a boundary, we absorb the stress around us and our own psychological resources get drained. In other words, without establishing your own limits, you open yourself up to the risk of taking on everyone’s problems in addition to your own. Or worse, you ignore your own happenings entirely. If you have a reasonable boundary, you don’t take on additional stress.

5. **You’re a better communicator.** In order to really establish limits, you have to state what you can or cannot tolerate, Buck said. That means being clear and concise. Expressing your own needs will also allow you to be more transparent. All of these characteristics are elements of good communication.

Communicate rather than anticipate or expect that other people will respect or understand your limits. Setting a boundary doesn’t require a long, convoluted justification.

6. **You start trusting people more.** People worry that they will hurt or upset people by setting limits or boundaries. For many, love and approval are tied to pleasing others, and setting limits means you are taking a risk that you will not be loved or accepted. But by engaging in this type of behavior, you’re actually acting out of a place of control or fear. Expressing your limitations to others means you’re trusting them to handle those emotions you’re conveying. And more trust means better relationships.

7. **You’re less angry.** When you don’t have set boundaries, Brown says that gives other people the power over your own life — and that can lead to anger. We let people get away with things that are not okay. Then we just become more resentful and hateful. Be assertive without being aggressive, aggression dilutes the message. Assertiveness means you are reasonable and direct without forcing it.

8. **You learn how to say “no.”** “No” may be a small word but it’s certainly powerful. The most basic way of establishing a boundary is declining anything you don’t have the capacity to handle.

9. **You end up doing things you actually want to.** Imagine your life without unnecessary obligations all because you started exercising your right to say “no.” Limits free you up for more opportunity to do the work and activities that you actually desire to do.

Boundaries open up the possibility for many life-changing benefits. They help you respond more effectively to demands on your time and energy.

10. **You become a more understanding person.** A study found that the most compassionate people were absolutely the most boundaryed.

And it makes sense: When you’re compassionate toward yourself about what you can tolerate, you’re better able to express that to other people who have their own boundaries they want to follow. A more fulfilling life, a warm personality and better relationships all because you set up healthy limits for yourself? Doesn’t sound like a bad deal.
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>
<td>Tampons</td>
<td>Travel size toothpaste</td>
<td>Art Supplies</td>
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<tr>
<td>Bus tokens</td>
<td>Toilet paper</td>
<td>Trash bags</td>
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<td>Forks, silverware</td>
<td>Kitchen utensils</td>
<td>Copy Paper</td>
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<tr>
<td>Your time as a volunteer</td>
<td>Tri-fold paper towels</td>
<td>New car seats</td>
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<tr>
<td>Office Supplies</td>
<td>Shampoo</td>
<td>Paper cups (hot and cold)</td>
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<td>Forever stamps</td>
<td>Cleaning supplies</td>
<td>New sweat suits/underwear</td>
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<tr>
<td>Movie, swim, skate rink, climbing passes</td>
<td></td>
<td>Diapers (size 4, 5, 6) &amp; Wipes</td>
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*Note: AWARE is only taking items currently on our wish list. We are grateful for your support, and we do not have the capacity to accept donations other than those on our wish list. If you have clothing to donate, AWARE has accounts at Mommy-&-Me and Alaska Dames Consignment Shops. Simply drop off the items under AWARE’s account and when women/children come in need of clothing, they will receive vouchers to pick out an outfit or two of their choice. Thank you for thinking of AWARE. Below are two others ways you can donate.

Lovalaska
Pick. Click. Give.

Did you know that you can still Pick.Click.Give some of your PFD to AWARE!! Simply visit the PFD homepage (http://pfd.alaska.gov/) and click on the green Pick.Click.Give button to the right. Scroll down the list of non-profits and choose Aiding Women in Abuse & Rape Emergencies, Inc. Thank you for your support!

amazon smile
You shop. Amazon gives.

Every time you shop at AmazonSmile (smile.amazon.com) Amazon will donate money to AWARE. Simply follow the instructions at the link below. It's simple and easy. Thanks for thinking of AWARE as your charity of choice!

You can help AWARE earn donations just by shopping with your Fred Meyer Rewards Card! Sign up for the Community Rewards Programs by linking your Fred Meyer Rewards Card to AWARE (www.fredmeyer.com/communityrewards, NPO# 89131). You’ll still earn your own rewards points and rebates too. Every time you shop and use your rewards card, you’re helping AWARE earn a donation.

Visit our website:
www.awareak.org

Training Opportunity to Become an AWARE HEART

If you are feeling called to serve others, consider the unique work of AWARE’s HEART (Hospital Emergency Advocacy Response Team). HEART is a team of trained advocates who respond 24/7 to Bartlett Regional Emergency Room in support of those who have been victimized by sexual assault and/or domestic violence. A HEART offers compassionate and CONFIDENTIAL listening and is trained in trauma-informed services. These specialized advocates offer resources and safety planning. To prepare, we participate in AWARE’s 40-hour Advocacy Training (starts Sept. 15) followed by a HEART Workshop (Oct. 2). Additionally HEART meets for 2-hour monthly trainings and debriefings. Team members sign up for on-call shifts of seven days, from 4 pm – 8 am on weekdays and around the clock on weekends HEART members are paid a daily rate when on-call, and an hourly rate when responding to a call. (Weekday calls are covered by AWARE advocates). Joining the AWARE HEART is a commitment to maintaining resiliency; emotionally, physically, spiritually and in all aspects of life. It is an opportunity to serve; to connect your strength with another to support healing and justice. For more information, please contact Swarupa at 586-6623 or email her at swarupat@awareak.org.
AWARE would like to conserve resources & email our newsletter to you. Please send your email address to mandij@awareak.org.

AWARE Staff
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Deputy Director
Mandy O’Neal Cole

Business Director
Chris Bauman

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

Lead Advocate
Kimberly Sumner

Shelter Advocate II
Meryl Chew

Shelter Advocates
Christina Love

Brenna Musser

Carrie Guthrie

Christina Patterson

Children’s Advocates
Lela Stevenson

Jodi Weber

Community Engagement Coordinator
Your Name Here

GOTR Coordinator
Rachel Wintz

Jesuit Volunteer (JCAP Specialist)
Ben Horten

Prevention AmeriCorp
Sarah Ginter

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