Whole-heartedness, one of AWARE’s core values, refers to the ability and necessity to hold a range of feelings, including contradictory, at the same time. It may manifest concretely in supporting a woman who is grieving the loss of a relationship of a dream, and at the same time supporting her joy at living a life without fear and abuse, while also acknowledging her fear of making it on her own.

I feel overwhelmed by the abundant appreciation I feel for all that is working well, for all that is moving forward, for all that is healing, uplifting, and affirming. Our transitional housing facility is under construction, and we expect occupancy later this spring. It’s a simple sentence, and yet it’s a process and project that has taken many people many years with many insights with great heart, that reach far beyond this moment.

I feel elated with our 2015 Women of Distinction—Laraine Derr, Ernestine Hayes, Betty Kaplor, and Shari Paul. Thank you for your selfless good works that support so many in our community! (Please see pg. 4 for more information).

While I celebrate all these successes with tremendous joy in my heart, I also hold a deep sadness. On December 13, Patti Bland, former AWARE board co-chair, passed away. Patti was a nationally recognized trainer of working with multi-abuse trauma survivors, with a ten year focus in Alaska as Director of the Training Project at the Alaska Network on Domestic Violence & Sexual Assault. Her brilliance flashed a quantum leap improving the work of advocates and trainers all over the United States and Canada, as we came to understand the intersections of substance abuse, domestic violence and sexual assault, and how to meet the complex needs of survivors. Patti created deep and lasting connections, shined clarity, entertained and mentored, all while teaching us to value each person’s individual experience. Patti generously shared the bounty of her wisdom and love. Her passing is a tremendous loss to many who love her deeply. I am proud to call her friend. There may be advocates as good as Patti; I’m not sure there are any better. Patti’s thoughtfulness and sensitivities to AWARE and thousands will continue to inspire us as we move in the world with Patti Bland in our hearts and minds.
Engaging Men & Boys

The pilot launch of Boys Run — i toowú klatseen finished its first season at Mendenhall River Community School with a 5K fun run.

Boys Run instills healthy relationship and lifestyle skills through running and cultural lessons, empowering boys to create a community of nonviolence and respect. Elementary-aged boys learn to use healthy communication to resolve conflict, resist peer pressure, and challenge bullying.

A new season of Coaching Boys into Men (CBIM) will take place in Juneau at both JDHS and TMHS this winter! Off the court, both schools’ basketball teams will take part in dialogues to advance community of respect and non-violence.

The third training for COMPASS: A Guide for Men took place in Anchorage in December. COMPASS is a resource for mentors working with young men ages 12-18. COMPASS assists mentors by providing discussions and activities that support young men as they explore and identify their own values, goals, and unique identities. The tool is designed to be easily worked into day-to-day activities which are already bringing men and boys together, like team sports, camping, hiking, fishing, and hunting. Ultimately, this guide aims to promote meaningful conversations among mentors and youth that encourage healthy identities, build positive relationships, and support safe and violence-free communities.

For more information about these programs, call 586-6623 or email Melissa Johnson at melissaj@awareak.org.

Community Engagement Coordinator

AWARE is currently looking for a Community Engagement Coordinator. This position implements and evaluates our strategic violence prevention plan with focus on programs that impact men and boys in the prevention of violence in Juneau, including Boys Run, I Toowú Klatseen, Coaching Boys into Men, COMPASS, and Alaska Men Choose Respect. This position also implements effective prevention strategies, and under direction of AWARE’s Prevention Director, work with Juneau’s Violence Prevention Coalition to implement and evaluate programs for men and boys.

This position is 40 hrs/week; $16.50/hr. + benefits. Send resume/cover letter to AWARE, Inc., PO Box 20809, Juneau, AK 99802 by January 22, 2015. Fax (907) 586-2479. For more information call Melissa Johnson at (907) 586-6623 or e-mail to melissaj@awareak.org. EEO.

Teen Prevention Efforts

Six Juneau teens attended the Alaska Network on Domestic Violence & Sexual Assault’s Lead On! for Peace and Equality mini-summit in Anchorage: Justin Sleppy, Iris Pilcher, Rylee Landen, Analicia Castaneda-Felipe, Deanna Hobbs, and Rose Seamount. The 2 ½ day conference was filled with exciting, engaging activities, including several presentations by these incredible Juneau teens: in one presentation they shared a video on healthy relationships, healthy sexuality, and nonviolence and in one workshop the Great Northwest’s Juneau Teen Council presented on healthy sexuality.

Sources of Strength teens have also been busy this fall! The program, which highlights protective factors and peer-to-adult relationships to impact school climates, is being implemented in all three Juneau high schools. Peer Leaders and Adult Advisors participated in trainings in October—the first ones co-facilitated by local trainers, several of whom are members of Juneau’s Violence Prevention Coalition.

Youth Engagement Subcommittee members have begun their interviews with high school administrators and program implementers in an effort to better understand the landscape of programming and policies around respect, equality, nonviolence, and teen ability to make a difference. We are very excited about this project, which seeks to collaborate with Juneau School District faculty and staff to better address needs and to recommend useful, collaborative, and supported solutions.
SART Training-Share & Strengthen your HEART

The AWARE HEART (Hospital Emergency Advocate Response Team) is a team of trained advocates who respond to domestic violence and sexual assault victims when called from Bartlett Regional Hospital Emergency Room. A HEART offers compassionate and CONFIDENTIAL listening and is trained in trauma informed services. A HEART offers available resources and safety planning.

HEART members understand the emotional upheaval of interpersonal violence and can assist a victim of domestic and/or sexual violence in making her/his own choices for staying safe, medical follow up, working with the justice system, and connecting with AWARE’s services to support the hard work ahead of her own personal healing process.

How do we do it?
HEART Advocates participate in Advocacy Training followed by a HEART Workshop, and two-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. (AWARE staff members are available on-call during office hours.)

Currently AWARE has a team of four primary responders and three trainees. Each HEART advocate is scheduled for one week every four to six weeks. HEART Advocates are paid for being on call, and for responding. If you have an interest in serving as a member of AWARE’s HEART, please contact Swarupa at 586-6623 or at swarupat@awareak.org.

AWARE’s 40-Hour Advocacy Training

Join AWARE staff as we present our 40-hour Advocacy Training. This training brings an empowering experience to: understanding issues of domestic violence and sexual assault, recognizing and supporting women and children who have been subjected to domestic or sexual violence, and learning about prevention programs.

Part 1 is a 25-hour series of presentations and interactive discussions exploring the basic history and foundation of domestic violence, adult sexual abuse and child sexual abuse. The training introduces the role of advocacy and accountability in addressing intimacy violence in our culture. A panel of agency representatives discuss how they work together to address this violence in all aspects of our community. Part 1 culminates in overview of all of AWARE’s services highlighting the tools and strategies for Prevention.

Part 2 is a 15-hour intensive and interactive study of how these programs actually work. We provide hands on with Advocacy training by practicing to create safety plans, write protective orders, conduct lethality assessments and walk through emergency response procedures.

Training starts on Monday, March 9th and is held at AWARE. To register please call Alli at 586-6623 or email her at allih@awareak.org.
Congratulations to:

Laraine Derr, Organization Catalyst  
Ernestine Hayes, Alaska Writer  
Betty Kaplor, Director of Helping Hands/Dietician  
Shari Paul, Mom & Community Volunteer

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The selfless endeavors of these women benefit our community daily. Please join us in honoring them at AWARE’s 19th annual Women of Distinction Gala on March 7, 2015 at Centennial Hall. Doors open at 5:30pm. Dinner is served at 7pm. Funds raised from the dinner and silent auction support services provided to women and children in Juneau and the rural communities we serve.

*If you are interested in donating for the Silent Auction, please contact Mandi J. at AWARE.

*Ticket prices are $70 per seat or $800 for a reserved table of 10. Tickets can be purchased at AWARE 586-6623, online through the Juneau Arts & Humanities website www.jahc.org/coming-soon, or at Hearthside Books or Rainy Day Books. For more information, please visit our website www.awareak.org or email us at wod@awareak.org.
Lindsey Hennekam—Social Norms Camp. Coord.

My name is Lindsey Hennekam and I was born and raised in Juneau, Alaska. After graduating from JDHS, I attended Boise State University where I got my B.A. in communication. I continued my studies in the Netherlands, earning my M.A. in communication at Tilburg University. I enjoy traveling, reading, walking my dog Peanut, and spending time with my wonderful husband, family, and friends. I am looking forward to working with AWARE on a new campaign to help end domestic violence and sexual assault in Juneau and across Alaska.

Rachel Wintz—GOTR Coordinator

Rachel was born and raised in Palmer, Alaska. She enjoys music and dance—playing clarinet in symphonic and jazz bands for over 10 years, and dancing salsa whenever she can. She’s an avid traveler and has been to Costa Rica, Guatemala, Canada, Peru, Colombia, and The Bahamas so far. She graduated from the University of Alaska Anchorage with a degree in Sociology and specializations in Spanish and Civic Engagement. You’re bound to see her biking along the road, hiking the trails around town, or skiing the slopes at Eaglecrest, so make sure to say hi! She is always ready for adventure and is excited to see what Juneau has in store for her!

Melissa Johnson—Interim Prevention Director

Let me start off by expressing my deep gratitude and excitement about joining AWARE by stepping in as Interim Prevention Director! I originally hail from sunny southern California, but escaped to colder climates to attend Whitworth University in Spokane, WA, where I majored in Peace Studies and minored in Community Engagement. From there, I found my way to the beautiful Shenandoah Valley of Virginia and received my Master’s in Conflict Transformation, with a concentration in Psychosocial Trauma, from the Center for Justice and Peacebuilding at Eastern Mennonite University. I most recently finished a four-month-long consultancy with the United Nations in Tonga, where I worked on violence prevention with high-school youth and spent my weekends enjoying the warm waters of the South Pacific. My favorite hobbies include hiking, yoga, scuba diving, baking, reading, and playing cribbage. I’m so looking forward to learning and growing with you all!

Alli Hourigan—Volunteer Coordinator

I initially moved to Juneau to serve as a Jesuit Volunteer at the Young Parent Healthy Teen Center and Zach Gordon Youth Center in 2012. After returning to my home in Wisconsin to live with my family for a couple years, I’m so happy to be back in Juneau and working as Volunteer Coordinator and Relief Advocate at AWARE. I enjoy spending time in the mountains, running in the rain, and rock climbing. As the darkness surrounds us this winter, I’m grateful to have a warm and bright place to work everyday.

Meryl Chew—Shelter Advocate II

Hi! My name is Meryl and I’m the new Shelter Advocate II here at the wonderful AWARE. I have been a relief advocate since last January, and am excited to now have a full time position! I grew up in Tenakee Springs, spent a few years going to college in California, and now I am back in beautiful Juneau. I first got involved with AWARE as a kid, and went to the first two LeadON! Conferences, as well as the first Rebound kayak trip. It was there I started relationships with Ati and Swarupa, whose wonderful hearts helped guide me back here! I’m so grateful to AWARE for taking me on!
A Big Holiday Thank You!

Thanks to our Sponsor-a-Family sponsors for helping to make this year’s Christmas special for 45 families. We couldn’t have done it without you! A BIG heartfelt thanks goes out to:


AWARE would also like to give a special thanks to Airlift Northwest for donating a scrumptious Thanksgiving meal for residents in shelter, Gold Street Quilters for making beautiful, colorful quilts for women in shelter, as well as the children and actors from The Christmas Doll play. We also thank those who helped make our children’s holiday party a success: Bullwinkles, Pizzaria Roma, Department of Health & Social Services, Isabel Lee, Lisa and the Girl Scouts, the Great Alaskan Toy Drive, Costco, Tanielle Waggoner, ACS, Scott and Donna Johnson, AmeriCorps members, and AWARE staff for spreading the holiday cheer to women and children who need a little light.

Additionally, we would like to thank Aubrey Engen and friends who donated $500 worth of shelter wish list items. Once the items were brought into the shelter, little Aubrey said “you’re being covered in donations.” The Women of the Moose also had their annual Frugal Fashion Show in November. They raised $500 for AWARE, along with a number of cute, pink hippopotamus stuffed animals. Thank you Jodi & Aria for being the AWARE ambassadors to the event.

Lastly, we would like to give a BIG Thank You to MUDROOMS and those who attended this past quarter. We raised over $5,000 and it was a great success. We got to listen to funny and heartwarming stories and entertaining music too!

Thank you again to everyone who has helped uplift the spirits at AWARE over the holidays, and beyond. We really couldn’t do it without each and every one of your support. Have a safe, healthy and happy 2015!

Farewell to Richard and Leona...

AWARE extends a big Thank you to Richard Radford for his service as Community Engagement Advocate over the past year. Richard brought many gifts to AWARE; a commitment to incorporating Alaska Native Language and Culture into our prevention programs, a deep awareness of oppression and privilege and a spirit of service to the larger team and community. We will miss Richard and are excited to wish him the best in his new position as Communications Specialist II with the Legislative Audit.

We are also sad to say goodbye to Leona Santiago. We wish her the very best in her new endeavors as Executive Assistant for the Attorneys at SEARHC. Leona offered her service as the Rural and Cultural Coordinator for AWARE for three years, bringing music, drumming, stories and cultural history to us. She exemplified to AWARE’s nine rural communities the empowerment to victims for which AWARE stands. Leona brought her wisdom as an elder of the Tlingit Tribe and the depth of her history both as one who has selflessly served this area of Alaska in so many ways over the years and also by sharing her historical knowledge and experience. We will miss Leona’s kindness and genuine concern for the well being of all in our communities! Best of luck Leona!
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
- Art Supplies
- Bus tokens
- Toilet paper
- Kitchen utensils
- 3 – 5 quart saucepans
- Office Supplies
- Stamps for residents to mail letters
- Movie, swim, skate rink, & climbing passes
- Flashlights
- Towels
- Twin Sheets & Blankets
- Trash bags
- Copy Paper
- Tri-fold paper towels
- New garbage cans
- Full-sized toiletries
- Diapers & Wipes
- Vases for flowers
- Forks, silverware
- Your time as a volunteer
- Clipboards
- Paper cups (hot and cold)
- Cleaning supplies
- New sweat suits, underwear

Ways to Support AWARE...

Every time you shop at AmazonSmile, 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!

smile.amazon.com/

You can help AWARE earn donations just by shopping with your Fred Meyer Rewards Card!

Fred Meyer is donating $2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here’s how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to AWARE at www.fredmeyer.com/communityrewards. You can search for us by name or by our non-profit number (NPO # 89131).
- Then, every time you shop and use your Rewards Card, you are helping AWARE earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.

Visit our website:
www.awareak.org
AWARE would like to conserve resources & email our newsletter to you. Please send your email address to mandij@awareak.org. Thanks very much!