One of AWARE’s values is community. We see our work as serving individuals, families, and community. We also reap the benefits of being in a community that is often willing to meet us as we uphold one another with strength and healing. This manifests in many ways, and I’m excited to share them with you in a 10 count.

10. You all donated over $21,000 to AWARE through Pick.Click.Give in 2018. These unrestricted funds support our work and over the years, have become a regular part of our budget planning.

9. The 2018 holiday season brought boundless generosity: Airlift Northwest cooked a multi-course Thanksgiving dinner; over 30 groups and individuals sponsored families with resources to ensure they’d have a meaningful Christmas and holiday dinner; the Juneau Holiday Village again raised nearly $2,000 for AWARE (plus funds for 4 other groups). These are community volunteers, seeing a need and stepping in to the inclusion and benefit of all.

8. Girls on the Run and Boys Run I toowu’ klatseen are underway. These after school running programs build confidence and connection in children, to carry them through their lives. The programs positively impact volunteer coaches, and entire families who come together to cheer for their children running a season end 5K.

7. People call AWARE at 586-6623 with a variety of questions. Often the questions are specifically about domestic or sexual violence, and sometimes they’re more subtle. “I’m concerned about kids asking my daughter to sext.” “My granddaughter is in Juneau. She has two kids and no place to stay. Where can she go?” “My husband’s not violent but he can be so mean.” Whether the answer is within AWARE or not, we work with every caller and provide helpful information and referrals that make a difference. Our community has great resources, and we are always happy to help folks access the support they need.

6. The Juneau Violence Prevention Coalition has a new name. Partners identified the new Haa To’och Liche’esh — “We believe it is possible.” Gender based violence IS 100% preventable, and in addressing the power imbalances that allow it to continue, we, as a community, begin to unveil the structure we hope to replace. We believe it is possible. Haa To’och Liche’esh.

5. A few years ago AWARE solicited proposals for a totem pole at Kaasei (higher voice) our supportive transitional housing facility. Master Carver Wayne Price was granted the contract, and as it nears completion, we are working with CBJ Parks and Rec, CCHITA President Richard Peterson, and Corvus Designs to develop a plaza at Twin Lakes to hold and honor the totem pole and screens. Continued on page 3.

COMING SOON! AWARE’s 2019 Women of Distinction Gala is on Saturday, March 9th. Please join us as we celebrate the accomplishments of Francine Eddy Jones, Susan Macaulay, Jorden Nigro, and Janine Reep. More information can be found on page 5.
Prevention Updates

COALITION UPDATE:
Since 2003, AWARE, Inc., in partnership with community leaders and volunteers, has overseen a collaborative process through the Juneau Violence Prevention Coalition (JVPC). JVPC members have facilitated a needs and resources assessment, created a strategic violence prevention plan, identified best practice programs, and have implemented and evaluated these important community programs such as Girls on the Run, Boys Run I Toowú Klatseen, and Sources of Strength. We formed our coalition in direct response to the knowledge that violence is 100% preventable, and a need to co-create solutions to address violence prevention initiatives across Juneau. Over the years four goals that have guided our work; 1) Engaging men and boys as leaders to prevent violence, 2) Working with youth as change agents and leaders (and the organizations and schools that serve them), 3) Empowering girls and women to know and experience healthy relationships, and 4), Addressing equity and inclusion which are the root causes of violence. While our efforts have resulted in significant and meaningful changes across Juneau and Alaska, we are excited about our review of our work in an effort to increase our effectiveness.

We have begun a meaningful process of decolonizing our coalition practices, programs and efforts and are launching the Haa tôoch lichéesh Coalition as the next stage of our project. Haa tôoch lichéesh is Tlingit and translates to “we believe it is possible!” The Coalition is being guided by Della Cheney, Elder, weaver, and wisdom keeper and is co-chaired by Kolene E James, DaxKlatch, University of Alaska Southeast, Native and Rural Student Center Coordinator and Ati Nasiah, Violence Prevention Director at AWARE, Inc.

The Haa tôoch lichéesh Coalition responds to important social justice issues that arise within our community and plans for prevention efforts that work to transform individual, institutional and systemic inequities. We are co-creating a community that is safe, equitable and inclusive. We know that we are not alone. Many tribal and community organizations and individual allies work tirelessly to forward racial and gender equity. To create an opportunity to do this work in deeper collaboration, building upon our histories, our current programs and co-creating shared strategies that increase our effectiveness as a connected and resilient community we are launching the Haa tôoch lichéesh Coalition and are inviting you to join us. We gather quarterly—please contact AWARE at 586-4902 to learn more or join the coalition.

One of the first programs Haa tôoch lichéesh Coalition is offering the community is an eight-week series entitled "Building a Movement for Social Change". We believe it is possible to create a connected and equitable community. We believe it is possible to heal. We believe it is possible to change what no longer serves us. We believe it is possible for those with white/male privilege to do explore what that means and move into strengthened allyship. We believe it is possible to end violence.

FRIDAY CLASS SERIES:
Haa tôoch lichéesh Coalition (formerly known as the Juneau Violence Prevention Coalition) invited Juneau organizations and community members to join for an 8-week class series dedicated to creating a movement for social change. The dialogue series started on February 1st and runs through March 22nd gathering every Friday for lunch and whole hearted conversations. The goal of the series is to explore how we can work towards equity and promote healing and social change across our community. The class has had a great response from the community with 35-55 individuals attending each class.

Over the course of the 8 weeks, we explore our own values and beliefs, and increase awareness regarding some of our unconscious biases. We explore healing practices to address the collective traumas our communities and families have faced, and develop skills and knowledge for increasing allyship, co-creation and social change. Class topics include: systemic racism and sexism, exploring white/male fragility and shame, promoting healing and resilience, becoming a good neighbor, and moving from ally to accomplice. Over the 8 weeks we will do some of the hard work of healing and accountability, and find what connects us as empowered and active leaders of the Juneau community. The class series is co-hosted by over 10 community members bringing in different knowledge, wisdom and experience and is grounded in a tools and framework from the First Alaskans Institute. For more information, contact our prevention team at 586-4902.

“"If I cannot do great things, I can do small things in a great way.””
~Martin Luther King, Jr.
Promoting Social Change through Prevention

AWARE is part of a local team of Safe Bars Southeast trainers. Safe Bars is a national program that trains local communities to work with alcohol-serving establishments to train primarily front of house staff on sexual harassment identification and bystander intervention. Alcohol is not the cause of sexual harassment or assault however it is found to be a factor in over 50% of the cases of sexual assault, and that's not including date rape drugs. Alcohol-serving establishments can play a unique role by learning to identify harassment and potentially dangerous situations. This program can strengthen the bottom line if customers feel more safe and comfortable in an establishment. Safe Bars trainers work with each team (establishment) to ground themselves in the experiences they've already had around harassment, celebrates what they are already doing, and aims to develop and strengthen their identification and intervention skills. The skills they learn are ones we all can learn to be better neighbors and citizens to change social norms around the use of alcohol in our community.

Current Safe Bars Southeast establishments in Juneau are Amalga Distillery, Devil's Club Brewery, and the Hangar on the Wharf. The Safe Bars training team is hoping to train more businesses before the start of tourism season and we need your help, support, and encouragement!

Please make a call now, or when you next stop in to dine or have an adult beverage, let your favorite establishments know that this program exists and that it's important to you.

To set up a training or to learn more, call Britta Tonnessen, AWARE's Community Services Manager, at SafeBarsSouteast@gmail.com or at 907-586-4902. (The two-hour training costs $100.* This fee covers the costs of training materials, future products for bars, the certificate for each establishment, and awareness campaign materials).

Thoughts & Thanks (continued from page 1)

4. The weavers. Under the leadership of Lily Hope, The Giving Strength Robe is manifesting. 60 artists are contributing original 5x5 inch Ravenstail and Chilkat weavings, which will be assembled later in 2019 and permanently housed and used by AWARE residents. For more information, please visit www.juneauempire.com/news/alaska-native-weaving-project-honors-survivors-of-violence.

3. We're in the midst of an 8 week series of looking at power, privilege, and oppression. Maybe you think about these issues without an avenue to share/listen/express. It's not too late to join like minded people on Fridays from noon to 1:30 at the VTRC. Lunch is served, and you will leave inspired.

2. Every year we ask community members to nominate women who have made positive and tremendous impacts, and every year you come through. AWARE's board of directors chose 4 of the nominees to honor at our 23rd Annual Women of Distinction Gala. This year, on March 9, we are thrilled to be celebrating Francine Eddy Jones, Susan Macaulay, Jordan Nigro, and Janine Reep. Thank you Juneau, and thank you Francine, Susan, Jordan, and Janine.

1. Our Women of Distinction fundraiser this year holds some new aspects, from your role in helping keep people safer to a speaker sharing the Power of the Human Experience. K3 Public Radio, the Juneau Radio Center, Rie Munoz, and Our program is brought together by our behind the scenes volunteer board of directors, program and table gurus Amy Carrol and Jeanette St. George, emcee Kris Sell, musicians Tom Locher and Clay Good, singer Lela Stevenson, live auctioneer Jesse Kiehl, and of course, our honorees. It's our community – you, people donating goods and services to the Silent Auction (contact us at 586-6623), purchasing tickets, tables, and ads, recognizing the extraordinary work of our honorees and the critical work of AWARE.

Thank you. We couldn’t do it without you!

“\nThe meaning of life is to find your gift.\\nThe purpose of life is to give it away.”

~Pablo Picasso
Survivors often experience anger due to the abusive things they’ve been put through, and self-care can be helpful for anyone—survivor or not—whose anger is getting the best of them. If you’re concerned that you’ve let your angry feelings lead you to choose abusive behaviors, check out this other post first. Remember that there’s no excuse for abuse—not anger, or mental health concerns, or addiction, or even past abuse.

Our feelings can get the better of us sometimes—maybe we’re so happy we shout in a space that we’re supposed to be quiet in, or we’re so sad we end up crying in front of someone that we barely know. Anger is the one emotion that is most commonly blamed for bad behavior, for making us act “out of control” or doing things we say we wouldn’t have if we weren’t so overcome with emotion… So, how can we wrangle our rage so that we are in control? To start, it helps to remember that feelings shouldn’t be judged and can’t be controlled. We’re only in control of what we do with those feelings—our words and actions. The first step to taking care of yourself when you’re angry is being able to recognize when anger is building up inside, before it overwhelms you. If you are someone who feels angry regularly, it’s a good idea to take some time alone when you’re not angry to think about the recent situation that made you mad. Think about what happened or what was said that started the spiral of making you feel bad. Think about how you physically felt in that moment and as your frustration grew. Think about what you did with your anger—how you pretended it didn’t exist, or perhaps you lashed out, or maybe you maturely dealt with it. Journaling about your feelings may help you start to notice if there is a pattern to your anger.

Now that you can see the big picture of your anger, you may be able to be more aware of those feelings next time they start simmering into something potentially unhealthy, like obsession or rage. You can even write yourself a letter about the possible consequences of your anger that you keep with you as a reminder to not let your feelings get the best of you. The idea behind this is that next time you feel these emotions, you can take healthy action before you “see red” or harm others or yourself with your fury.

Research has repeatedly shown that “letting off steam” doesn’t actually help reduce anger. In fact, it has been shown to increase aggression. So what is the solution? While the more well-known options like counting to 10, walking away from the situation, playing with your pet, or visualizing your favorite natural setting are all wonderful, here are some of our advocates’ favorite self-care activities to do when feeling irritated, upset, or downright hostile.

Raise your pulse: Running, swimming, yoga, bowling, tennis, etc. can help physically channel your energy into movement. Movement/exercise releases calming and positive chemicals in your body, which ultimately helps you mitigate those upset feelings.

Get gaming: Any kind of game and follow rules can get the best of you. The idea is that “letting off steam” doesn’t actually help reduce anger.

Get creative: Crafting, drawing, painting, writing poetry or short stories, building something, and cooking are all healthy ways to channel your anger. Plus, you end up with a unique creation on the other side!

Let the music move you: Music can have huge effects on our brains. Listening to metal when you’re angry is likely to just going to keep you enraged. Instead, try listening to music that makes you feel happy and calm, or something you can dance to. Maybe even write your own music!

Get clean: Hygiene can be easily forgotten when dealing with overwhelming emotions, but getting back to basics can help us feel more human again. Try splashing some cold water on your face or take a hot shower to relax.

Just breathe: Taking slow, deep breaths signals to your brain that you’re in a safe space, which can help lower your blood pressure and slow your heart rate. Check out these meditations on anger for a guided breathing experience.

Get help: Everyone could use a good therapist! A professional therapist can dive into the details of your anger with you and even share de-escalation tactics to work on.

Sleep it off: Feeling mad/hurt is a normal human emotion, but being angry can really take a lot out of you—especially if you’re not getting enough sleep regularly. Try taking a nap next time you just need a break from people who are frustrating you.

Regardless of the self-care strategy that you choose—be that, making a melt-your-face-off hot salsa, meditating on how beautiful the sky is, or becoming the reigning champion of air hockey—the next time your anger starts to feel uncontrollable, know that you took good care of yourself in the face of a big emotion. Remember, you are in control of your words, actions, and behaviors.
Congratulations to AWARE’s 2019 Women of Distinction:

Francine Eddy Jones
Susan Macaulay
Jorden Nigro
Janine Reep

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The selfless endeavors of these women benefit our community daily.

Please join us in honoring them at AWARE’s 23rd annual Women of Distinction Gala on March 9, 2019 at Centennial Hall. Doors open at 5:30pm.

Funds raised from the dinner and silent auction support services provided to victims and survivors in Juneau and the rural communities we serve.

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

*Ticket are on sale now. Tickets are $75 per seat or $850 for a reserved table of 10.
For more information, please visit our event site at giving.awareak.org/2019wod or email us at wod@awareak.org. Program begins at 7pm.
David Abad, Prevention Coordinator &
JCAP Facilitator

My name is David and I was hired as Prevention Coordinator in January 2019. But, as many may already know, my journey with AWARE began with Advocacy Training in the Fall of 2017 which I am extremely grateful for in that it focused my passions and showed me how to pursue them through meaningful work in the community I grew up in. After the training, I enrolled into the JCAP program as a volunteer and that experience helped me reflect on all my behaviors and attitudes that society had taught me and to address my understanding of accountability to myself and others, or lack thereof. It was through this process that I realized how much growth and learning I still had to do. Now, as both a JCAP Facilitator (for 7 months) and Prevention Coordinator, I have the wonderful opportunity to learn and develop hindsight in these two different, yet interconnected, worlds that AWARE has to offer. In my new role, I get to work directly with men’s and youth programs and I am so appreciative of the potential to make positive changes on behalf of this organization and to also acknowledge the responsibility of creating a safe and healthy community for all. I also sit on the Board for Renewable Juneau and the Filipino Community, Inc. and these roles, too, add to my understanding of issues that affect this community and furthering my work towards social and environmental justice. Overall, I am excited for what’s to come!

Michelle Ridle, Kitchen Specialist

My name is Michelle Ridle and I feel so blessed to be joining the AWARE team as the Kitchen Specialist. I’m a mom to two little minions, aka sour patch kids, Krew (almost 10) and Harbor Rae (almost 5), and have a significant other named Joe. They keep me on my toes but also keep me full of love. I wasn’t born and raised in Juneau like most, but I call it home. After many years of moving around as a “military brat”, mostly in the Pacific Northwest, I decided to make Juneau my forever home right after graduating High School in Port Angeles, WA. The majority of my career has been in restaurant/hospitality management in Juneau. I’ve been fortunate to be a part, from the ground up, of several new restaurants and businesses that have opened in Juneau over the years, and have worked with a lot of amazing people along the way. I decided it was time for a change but couldn’t really decide what it was that I wanted to do. I’m a firm believer that everything happens for a reason and that’s why this amazing opportunity was presented to me when it was. I want to thank Mandi and the whole AWARE Team for welcoming me into their work family and having faith in me and my abilities. I’m full of ideas and excited to create new things that will help, but I am also excited to learn from everyone involved!

Ben Horten,
JCAP Administrative Coordinator

My name is Ben Horten and I am very grateful to be back with AWARE after a two year absence. I was here originally with Jesuit Volunteer Corps/Americorps as a facilitator and admin assistant for the Juneau Choice and Accountability Program (JCAP), and now I am back part-time doing admin work for JCAP and in the program as a participant in order to become an approved Men at Work facilitator. I have already really enjoyed my couple of months back at AWARE and I am uplifted by re-engaging in this necessary work with so many wonderful people!
Farewell to Kim Sumner!

Kim Sumner, an advocate at AWARE for over seven years, said goodbye to the shelter in January 2019. Kim is joining the team of community navigators at St. Vincent de Paul, where she will work with people experiencing homelessness. AWARE is so happy for her, but we will miss her humor, her resilience, her willingness to help, and of course her singular style—vintage dresses, fierce tattoos, and a kind smile. We love you, Kimberly Ann.

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
- Travel size toothpaste
- Copy Paper
- Deodorant
- Shampoo
- Conditioner
- New pillows
- New sweat suits/underwear
- Socks
- Bus tokens
- New razors
- Toilet paper
- Trash bags
- Forks, spoons
- Kitchen utensils
- Conditioner
- Your time as a volunteer
- Tri-fold paper towels
- Batteries
- New sweat suits/underwear
- Nail clippers/tweezers
- Manila envelopes
- Nail clippers/tweezers
- Kitchen utensils
- Movie/skate/swim passes

AWARE also has accounts at Alaska Dames & Mommy-&-Me consignment stores. When you drop off clothing and put them under AWARE’s account, (after they have sorted everything and accepted what they can), we are able to give women and children vouchers to pick out items that they need.

Thank you so much for thinking of us; you are the greatest!

Thank you for remembering AWARE and your favorite non-profits when you apply for your PFD this year. Your support has tremendous impact in our community!
AWARE would like to conserve resources & email our newsletter to you. Please send your email address to mandij@awareak.org. Thanks very much!

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