

Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault

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Crisis Line
1-877-379-3798
www.brighthorizonsne.org

If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Emily at 402-379-2026 or at emily@brighthorizonsne.org

Ask Us About Becoming a Volunteer!



Bright Horizons



BRIGHT HORIZONS SERVICES

- 24 Hour Crisis Line
- Community Education
- Individual Advocacy
- Criminal Justice & Legal Advocacy
- Emergency Shelter
- Support Group

Call 402-379-3798 or 402-336-1774 or 24 Hour Crisis Line 1-877-379-3798
Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton counties.

UPCOMING EVENTS:

Diaper Drive, Clothesline Project, and Silent Witnesses— throughout the month of September (see page 1 for more details)

Women's Wellness Event— September 19th (see insert for more details)

Dueling Pianos— October 10th (see insert for more details)

Boyd-Holt CRT Meeting— October 29th at Holt County Court House Annex at Noon

Pierce-Knox CRT Meeting— November 5th; Time and Place TBA

Madison CRT Meeting— November 7th; Time and Place TBA

Adopt-A-Family Project— throughout the whole month of December (see insert for more details)

Resources for Survivors of Domestic Violence and Sexual Assault

BRIGHT HORIZONS

3rd Quarter 2013

Look What's Happening

By Jamie Drahota, Norfolk Advocate/Bookkeeper

Bright Horizons will be having many projects out in the community in the upcoming months. In September we will be having our annual diaper drive and our Silent Witness Project displayed. October is domestic violence awareness month, and we will have our clothesline project out.

The diaper drive will be during the whole month of September and will be collected at these places:

- Our Savior Lutheran Church in Norfolk
- St. John's Lutheran Church in Norfolk
- West Ridge Methodist Church in Norfolk
- United Methodist Church in Norfolk
- St. Peter's Church in Stanton
- Madison Public Library

Our Silent Witness Project will be at several different locations. The Silent Witness Project is life-sized plywood cutouts of a woman's shape. Each figure is painted bright red and bears a gold shield on the chest which provides information about the woman and circumstances of her death. Currently, there are 10 figures in the display representing those women from our seven county areas who were murdered by a domestic violence partner.

Places the Silent Witnesses will be:

- Pierce County Court House Aug 30th-Sept 6th
- Knox County Court House Sept 30-Oct 4th
- Antelope County Court House Sept 9th-13th
- St. Peter's Church in Stanton Sept 10th-17th
- Stanton County Court House Sept 23rd-27th
- West Ridge Methodist Church in Norfolk Sept 24th-30th
- Boyd County Court House Oct 1st-16th
- 1st United Methodist Church in Norfolk
- Holt County Court House Oct 16th-31st

The Clothesline Project will be hung on display during October. This project is a visual display that bears witness to the violence against women. During the public display, a clothesline is hung with shirts. Each shirt is decorated to represent a particular woman's experience, by the survivor herself or by someone who cares about her.

The clothesline project will be displayed the whole month of October at these places:

- Pierce Public Library
- Northeast Community College Student Center
- Norfolk Public Library
- Stanton Public Library
- Faith Regional Health Services
- Madison Public Library
- Tyson Foods
- Anytime Fitness in O'Neill Oct. 1st-10th
- Fitness First in O'Neill Oct. 11th-21st & in Atkinson Oct. 22-31st

Awareness Months and Events for 2013

By Emily Schulz, Norfolk Volunteer Coordinator

September

- ♦ Bullying Awareness Month
- ♦ Diaper Drive
- ♦ Clothesline Project
- ♦ Silent Witnesses
- ♦ Women's Wellness Event Sept 19th



October

- ♦ Domestic Violence Awareness Month
- ♦ Dueling Pianos October 10th

November— General Outreach

December

- ♦ Adopt-A-Family Project

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Board of Directors

- Ryan Parks, President
- Kelli Lowe, V.P.
- Michelle Schlecht, Secretary
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- Suzi Chipps
- Melanie Lueders
- Jenny Bender
- Abbie Widhalm
- Paula Pflueger,
- United Way Liaison



Recap of Events



National Night Out

By Cortney Arduser, Norfolk Criminal Justice Liaison

Tuesday, August 6th, Central Park began to attract crowds of people for National Night Out. Different vendors came together in hopes of strengthening neighborhood and police community partnerships. The fun filled night started at 5pm with lots of booths, games, and eager children. Emily Schulz, Volunteer Coordinator, and Cortney Arduser, Criminal Justice Liaison, set up the Bright Horizons' booth as people filed in throughout the park. The kids played our bean bag toss game and won a popsicle for a prize. The night was cut short however, due to an unexpected rain shower that chased everyone out of Central Park. Although we were not able to stay long. We had a great time interacting with the kids and seeing all the different vendors who participated!

G.I.R.L.S. Camp

By Emily Schulz, Norfolk Volunteer/Outreach Coordinator

August 8th, 2013 proved to be another successful year at G.I.R.L.S. Camp! G.I.R.L.S. represents growth, independence, respect, leadership, and self-esteem. Nearly 20 girls in each session participated in exploring perceptions and beliefs about body image and self-esteem. The camp was held at Northeast Community College in the Life Long Learning Center. The day was divided into two sessions of different age groups of 8-12 year olds and 13-16 year olds. Cortney Arduser, Criminal Justice Liaison and Emily Schulz, Volunteer Coordinator from Bright Horizons in Norfolk and Julee Pfiel from The ZONE in Norfolk dedicated the camp to helping girls embrace their positive qualities through a variety of interactive videos and activities. The girls learned how important it is to appreciate, respect, and accept themselves as they are, regardless of shape, size, or color etc... The girls also enjoyed doing crafts, photo booth, and even some yoga! It was truly an inspiring day as the girls discovered what makes them BE-YOU-TIFUL! We hope that the girls took those very important messages to heart and look forward to next year's camp.

"Being yourself is the most beautiful thing you can be."



Poker Run

By Christ Abner, Norfolk Program Director

August 17th was a perfect day for a ride on a motorcycle and the Norfolk America's Guardians Motorcycle Club thought so too! Tony Anderson with America's Guardians organized a very successful Poker Run, in which all proceeds went to Bright Horizons. The club is made up of paramedics, firefighters, police officers, military veterans, and many others in the public safety field, but everyone was encourage to participate. Approximately 60 people participated in the Poker Run which started off in Hadar and rode through Plainview, Neligh, Albion, and back to Hadar. The Poker Run included many prizes and a free sandwich and beverage at the last stop, all on a beautiful day! We feel very fortunate to have been chosen to receive the proceeds and look forward to working with the America's Guardians Motorcycle Club in the future!



Last Quarter Supporters of Bright Horizons (Jul-Sept)

Pam Wieser	Mary Vogel	Pam Clausen	Immanuel Lutheran Church
Kaitlin Sullivan	Linda Chapman	Shirley Sunderman	Sacred Heart Church
Amber Ostronic	Gloria Knapp	Joanie Brown	St. Mary's Altar Society
Dollie McKeever	Leah Fineran	Joann Crotty	Christ Lutheran Ladies
Karla Beller	Brady Anderson	Dr Louis & Julie Roemhildt	St. Paul Lutheran Ladies
Mary Welker	Lola Brockman	Javal Ermels	Immanuel Lutheran Church Atkinson
Donna Rector	Mary Ritz	Kathy Mack	Vacation Bible School
Bill Werner	Susan Kassemier	Bev Harts	St. John's-Pilger
Kay Anderson	Dawn Smith	Margy E	St. John's Lutheran LWML
Cathy Gerber	Stacy Stoffel	Sheila Keiser	Holt County Animal Shelter
Nancy Holm	Lynn Milander	Linda Peters	Seek N' Find Thrift Shop
Evelyn Pelster	Jo Faust	Carol Jessen	Plainview VFW
Audrey Bloom	Carolyn Noelle	Dolores Hoffman	
Lori Ruskamp	Mindy Kluethe	Kathy Pongratz	
Cheryl Timm	Rachelle Borer	Ryan Parks	
Patricia Druke	Carol Olson	Sara Twibell	
Marcella Schiltmeyer	Joni Moore	Jill McCormic	
Lowell Uttecht	Carol Liekhus	Dusty Warner	
Phyllis Hall	Donna Ingoglie	Lisa Anderson	
Shirley Helphry	Marlene Kiser	Jean & Trish Peterson	
Dian Edwards	Jerry and Vione Cuddy	Anita Koenig	
Judy Stahlecker	Robyn Mason	Sharon Appelt	
Emily Poessnecker	Diane Tasler	Judy Frickel	
Roxanne O'Neill	Celia Van Fleet	Cheryl Rash	
Alison Olson	Norma Christiansen	Dana Putters	
Nikki Oltenbruns	Jean Steiger	Norfolk Catholic Church	
Nancy Dodendorf	Cara Hall	St. John's Green Garden	



Donate Cans

Bright Horizons recently set up an account with Norfolk Transmission at 1001 S. 13th St in Norfolk. You can bring in your aluminum cans to Norfolk Transmission for recycling and indicate that you would like the proceeds to go to Bright Horizons. This is a very easy way to donate to our cause and to get those trash bags full of cans out of your garage! Win-Win!!!



Bright Horizons Shelter Wish List



Items Needed Right Now

- Cleaning supplies
- Vacuum/Mops
- Laundry & Dish Soap/ Fabric Softener
- Trash Bags of all sizes
- Light Bulbs~ 40-60 watt
- Paper Products
- (Paper towels & toilet paper etc.)
- Baby Care Items/Formula

Items Needed in General

- Ice Melt
- Zip-Loc Bags ~ all sizes
- Hair Brushes and Combs
- Tupperware to Store Leftover Food
- Flashlights
- Totes for storage
- Hand Soap
- Paint supplies
- Handheld Vacuum Cleaner for Steps
- Women's Personal Care Items
- Body Wash/Shampoo/Lotion
- Clorox wipes
- Air freshener spray
- Groceries for our shelter clients

Homelessness in Relation to Domestic Violence Victims

By Lacy Kimes, Shelter Manager

In August I had the privilege to attend the 2nd Annual VA/HUD Homeless Symposium for Nebraska and Western Iowa in Kearney, NE. For two days, I was able to participate in multiple break-out sessions that focused on homelessness in our communities. Discussions focused on how we, as service providers, can help those clients that are affected by this rising trend.

I was also asked to present on how homelessness is related to those that are domestic violence victims and the barriers that a victim can have by living in a rural community. To my surprise, there was a high level of interest in this topic, and the session was filled with questions. I also had the privilege of teaming with Francis Holton, Domestic Violence Program Director for Catholic Charities in Omaha, who presented on the barriers in an urban community.

The national statistics show an alarming number of women that are homeless are due to being a domestic violence victim; up to 57% of homeless women reported that domestic violence was the immediate cause of their homelessness. An even more astonishing number is 1,740 people could not be provided emergency shelter and 1,422 could not be provided transitional shelter on a given day. The number of victims that Bright Horizons sheltered is also on the rise. In 2011 3,606 beds were provided and 4,057 beds in 2012. But while the number continues to increase, so do the barriers that victims have to face when trying to survive in a rural community.

Some of those barriers, particularly for our community, are lack of public transportation, such as a bus system, 6-12 month waiting list for low-income housing, and no social support system. Victims sometimes have to face the reality of not being able to live independently and turn to their abuser for support. But there are those victims that are able to leave the violence entirely, therefore, facing homelessness. When a victim enters our shelter at Bright Horizons, the most common obstacles that she faces are finding employment and a safe and affordable place to live. Economic and financial abuse is becoming a more common form of abuse that our agency is seeing among victims. The abuser may sabotage the victim's economic stability, such as her credit, which can result in difficulties finding a rental property.

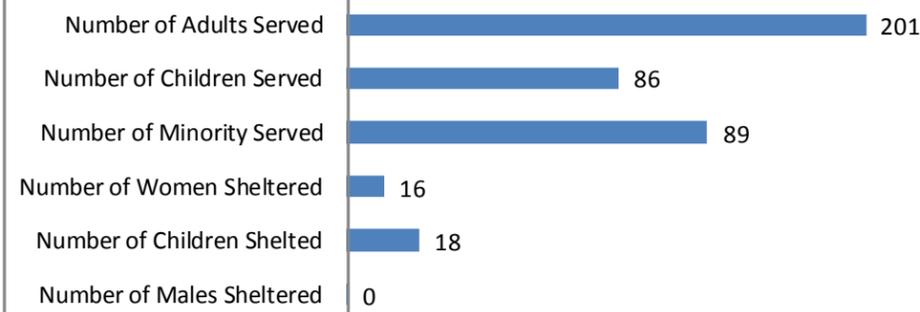
Low-income housing waiting lists are at an all-time high and victims are not seeing an end in sight. With long waiting lists comes a longer stay in shelters, therefore, forcing to turn other victims away that need the safety. With rural communities comes a lack of privacy. Abusers will sometimes do whatever it takes to turn the only support that she may have against her. This can include starting rumors/lies or anything that's needed to ruin her reputation. This can be very difficult for a victim to overcome in a rural community.

My hope in attending this symposium and sharing this information is that more awareness will be raised so others can see that homelessness and domestic violence is a real problem in our community. Too many times eyes are turned when this topic is discussed and many state that "this isn't a problem in my town". Remember, when we ignore it, we condone it

**"Remember,
when we ignore it,
we condone it."**

Third Quarter Client Services for 2013

July through September



NOTE:

These numbers are unduplicated. This means if we worked with a victim 6 times in one month, we only count him/her ONE time for that month.

Not listed in this chart are the following:

- 1) Crisis Line Calls = 352
- 2) Shelter nights provided = 1297

Annual Rummage Sale Held

By Lacy Kimes, Norfolk Shelter Manager

St. John's Lutheran Church in Norfolk recently held their annual rummage sale to benefit Bright Horizons. This year was no different in the amount of time and dedication put into the sale than in past years. Church and community members came together to donate numerous items, all of which were gratefully received. Organizers of the sale then spent several hours organizing and pricing the items to create an outstanding sale that shoppers now look forward to every year. Who wouldn't want to shop at a sale that is air conditioned and boasts pride beyond belief? The 3rd annual sale saw huge participation and success once again; \$1,446.05 was raised on July 19, 2013!

The money raised is used to continue our work of helping victims of domestic violence and sexual assault. This year Bright Horizons has seen an increase in the number of victims seeking shelter and needing financial assistance for housing and utility deposits. As an agency that operates completely on grants and donations, the ability to meet these needs can be difficult. A fund raising event, such as the St. John's Rummage Sale, allows Bright Horizons to help victims who may be leaving an unsafe situation and start over. For a victim to financially live independently, with or without children, is very expensive. And if the resources are not there for her/him to do so, the victim may be forced to stay with the abuser.

So, why does St. John's Lutheran Church continue to hold the rummage sale for Bright Horizons? "Our Mission at St. John's Lutheran Church is: Loving God, Loving People, Reaching Out. I believe that says it all and raising funds for Bright Horizons is a wonderful way to fulfill our mission. We feel it's an organization that a lot of people aren't familiar with and how great the need for it is here in our community. Having a garage sale is our way of getting the information out there and raising funds to support it," states Lori Olson, member of St. John's Lutheran Church.

Thank you to all the members of St. John's Lutheran Church who worked to make this annual event a success once again. It is support from the community, such as this, that allows Bright Horizons to continue serving victims for years to come. St. John's Lutheran Church is a prime example of community members helping community members, and Bright Horizons is forever grateful for their continued support.

CHILI DIP RECIPE

From the Bright Horizons Cook Book



Ingredients:

- 1 (8 OZ.) pkg. cream cheese (softened)
- 1 can chili
- 1/2 cup cheddar cheese
- 2 Tbsp chopped cilantro

Directions:

Spread cream cheese on bottom of pan. Place chili and cheese. Microwave on high for 45 seconds or until cheese is melted. Sprinkle with cilantro.

BRAVO Program Sharing Day

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

On July 24th BRAVO (Bullying Recognition and Anti Violence Organization) was honored to present for the Nebraska Domestic Violence Sexual Assault Coalition training for advocates across the state of Nebraska. Working with Schools: A Program Sharing & Training Day was held in Grand Island at the Public Library. Preventionists from across the state gathered to hear about the stellar prevention programs taking place in Nebraska. Two committed BRAVO members Nic Castaneda and Maranda Winter along with their adult sponsor, Amanda Wallace from Bright Horizons in O'Neill, gave an hour long presentation on the work that BRAVO is doing in their community and across the state. They gave information about presentations given to local schools, Adopt-A-Family and BRAVO's newest project SFTS (Stand for the Silent) Photo project and much more. The members were blasted with questions from attendants wanting to know more from a youth perspective about teen dating violence. The training was a great success! BRAVO will be doing great things in the 2013/2014 school year. To track their events find them on Facebook O'Neill Bravo. If you or someone you know needs advice or would like more information on bullying, teen dating violence or stalking please contact Bright Horizons.



Volunteer Spotlight

~ O'Neill

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

Bright Horizons O'Neill would like to spotlight Liz Epic Wallace. Liz is a 2013 graduate of O'Neill High School and a long time BRAVO member. For the entire summer Liz volunteered her time to help out in the O'Neill office. She always had a pleasant hard working attitude. During the time that Liz volunteered our offices implemented a new database. Liz quickly picked up on this new system and gleefully entered new and past data into our new system. This was a huge weight off our shoulders and allowed us to focus our efforts in other areas. Since volunteering at Bright Horizons Liz made the decision to change her major at NECC from physical therapy to data entry. We miss you Liz. Good luck to you in the future, you will be great!



“Never get tired of doing little things for others. Sometimes it’s those little things that occupy the biggest part of their hearts.”

Be A Volunteer!

By Emily Schulz, Norfolk Volunteer/Outreach Coordinator

The summer after graduating high school flies by way too fast for most soon-to-be college students. Once that first day of college comes around, so does the realization that you are about to embark on the journey to your future career. College is very demanding, so the idea of unpaid work isn't the first thought in most student's minds. There's always that one excuse, "I don't have time for that." However, the reason you are going to school is to get the job you've always wanted, but what most people don't know is what exactly employers are looking for. According to the World Volunteer Web, volunteering can greatly increase your chances of landing a job. Here are a few facts to think about:

- 73% of employers would hire a candidate with volunteering experience over one without
- 94% of employers believe that volunteering can add to skills
- 94% of employees who volunteered learned new skills that benefited them either by getting their first job, improving their salary, or being promoted

August 18th Emily Schulz, the Volunteer Coordinator at Bright Horizons in Norfolk set up a booth at the Northeast Community College Expo in the Activities Complex, in hopes of catching the eyes of incoming freshman college students. The Expo's purpose was to familiarize new students with the businesses in the area, which was a great opportunity for Bright Horizons to be introduced! Over 500 students walked through the Activities Complex to see what it was all about. We offered information about our services and volunteer opportunities and door prizes for winning our bean bag toss game! Overall, the turnout was better than expected and we look forward to hearing back from students that were interested in volunteering with Bright Horizons.

Bullying Awareness Month

By Emily Schulz, Norfolk Volunteer Coordinator

September is Bullying Awareness month! Although bullying can happen anytime through out the year, there is something we can all do... Stand up and speak out to stop bullying! According to stopbullying.gov, there are three main types of bullying: verbal, social, and physical. These include unwanted aggressive behaviors such as making threats, spreading rumors, excluding or isolating someone, and verbally or physically attacking someone. There is also a new type of bullying on the rise that is classified as cyber bullying. Bullying can happen almost anywhere, even online or via cell phone. Most reported bullying incidences happen during school. Unreported bullying, however, happens outside of school like during travel time, play grounds, or during after-school activities etc.

So what can we do to stop bullying?

Stopbullying.gov provides a list of tips and suggestions when intervening bullying:

Do:	Don't:
<ul style="list-style-type: none"> • Intervene immediately; it's ok to get another adult involved • Separate the bully and victim • Make sure everyone is safe • Stay calm and be reassuring to the bully and victim, even the bystanders • Talk to the victim and bully separately • Model respectful behavior 	<ul style="list-style-type: none"> • Ignore it or be a bystander • Try to immediately sort out the facts • Force anyone to say what happened • Question anyone right away • Talk to the victim and bully together • Make anyone apologize right away



“The Big Picture”

(From the Sears campaign: Team Up To Stop Bullying)

STATS ON BULLYING

- This year, over **13 million** American kids will be bullied at school, online, on the bus, at home, through their cell phones and on the streets of their towns, making it the most common form of violence young people face in this country.
- 77%** of students are bullied mentally, verbally or physically.
- 3 million** students are absent each month because they feel unsafe at school.
- every **7 minutes** a child is bullied on the playground.
- 280,000** students are physically attacked in secondary school each month.
- 1 in 4** teachers see nothing wrong with bullying and will only intervene 4% of the time.
- nearly **42%** of kids have been bullied online and almost 1 in 4 have had it happen more than once.

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call (402)379-2026 or (402)336-1774.