

# Bright Horizons

Page |

4th Quarter 2010

## Inside This Issue:

|                               |   |
|-------------------------------|---|
| <i>BRAVO Tree of Hope</i>     | 2 |
| <i>Education Available</i>    | 2 |
| <i>October Photos</i>         | 3 |
| <i>Volunteering</i>           | 5 |
| <i>Women's Wellness Event</i> | 6 |
| <i>Donor Photo</i>            | 6 |
| <i>Thank You to Sponsors</i>  | 7 |
| <i>Upcoming Events</i>        | 8 |

## Adopt A Family Project

Christmas is a happy time filled with warmth and love. It is a time to celebrate snowmen, Christmas trees and children awaiting Santa's arrival. Christmas is also filled with hope and generosity. Our hearts want to reach out and share the blessings of Christmas. The satisfaction of helping a family in need, making their Christmas complete, is better than any present you will find under the tree.

Bright Horizons again is looking for sponsors to adopt a family for Christmas. The goal is to share some of our many blessings with those less fortunate. Singles, couples, families or groups volunteer to "adopt" one or more family members. This program is a great way to involve our children, friends and co-workers to celebrate the meaning of Christmas.

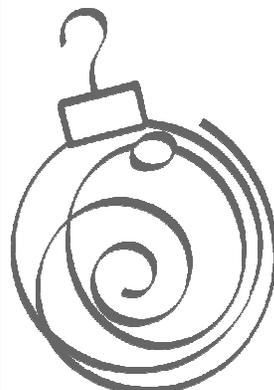
Participation simply involves signing up and letting us know how many individuals you would like to sponsor. You will be notified with the details of the individual or family you have been matched with. You will also receive a list indicating a desired toy, teenage item, clothing size, etc, for your consideration. . The gifts need to be delivered to the Bright Horizons business office by December 15<sup>th</sup>, so the gifts can be delivered to the families before Christmas. If you prefer not to be a sponsor; a contribution of hygiene items, gift cards to restaurants, grocery and department stores are always welcomed.

We sincerely thank all who have participated in the past, making the Adopt-a-Family Christmas program successful. Through your generosity, we have been able to help many deserving families. We recognize that each of us has been asked many times to contribute to many various causes. In considering whether or not to participate in this program, understand that the contribution, whether it be donating a store gift certificate, providing an individual gift, adopting a family or donating to our mission, would be greatly appreciated.

To sign up, or obtain additional information, please contact: In Norfolk, Gina at 379-2026 or at [bhgina@telebeep.com](mailto:bhgina@telebeep.com) and in O'Neill, Amanda at 336-1774 or at [bho.amanda@telebeep.com](mailto:bho.amanda@telebeep.com)

## Board Of Directors

Deb Milligan, President  
Kelli Lowe, V.P.  
Mary Gibson, Secretary  
Michelle Schlecht, Treasurer  
Roger Wiese  
Glen Waddle  
Steve Hecker  
Pastor Wayne Owens  
Rev. Jan Harris  
Brandon Maly  
Jayne Prince  
Paula Pflueger, United Way  
Liaison



*Happy Holidays from the staff  
at Bright Horizons!*

## BRAVO's Tree of Hope

BRAVO will be sponsoring the Tree Of Hope for the sixth year this Christmas at Shamrock Nursery in O'Neill. The tree is covered with wish tags from families who are suffering from domestic violence. This is a wonderful way to give those in need your help this Christmas.

All you have to do is pick a wish off the Tree of Hope, wrap, stick the wish tag on the package, and bring the item back to Shamrock Nursery or to Bright Horizons in O'Neill by December 15th. Thank you to Shamrock Nursery for sponsoring the tree again this year.

If you have questions, please contact Andrea at 336-1774 or [bho.andrea@telebeep.com](mailto:bho.andrea@telebeep.com) or Camille at 336-2406 or [camille@ncdhd.ne.gov](mailto:camille@ncdhd.ne.gov)

## October Highlights

During October, Domestic Violence Awareness Month, our offices held two candlelight vigils in O'Neill and Norfolk and hosted ten school presentations on teen dating violence and bullying by Miss Ohio 2010, Becky Minger. Becky is a survivor and shared her story with students in our area, emphasizing that there is help available to them and they can overcome it.

In the O'Neill area, several churches hosted the Silent Witness Display. This is made up of 8 life-sized cut-out figures representing women from northeast Nebraska who were murdered at the hands of their husband or boyfriend. "We hosted the display the first Sunday of October to raise awareness to our congregation of the impact of domestic violence in our area. The impact the cut-outs had was amazing and it definitely helped people realize that no one is exempt and that domestic violence is very real! Thank you Bright Horizons for allowing us to host the cut-outs. Our people are still talking about it," said Pastor Mike Durre, O'Neill Assembly of God.



In Norfolk, the staff did twice weekly presentations on different aspects of domestic violence



to the ladies at the Well Link home. They also provided a law enforcement appreciation dinner, with generous donations of home cooked soup, sandwiches, and pies from ladies in the community. Overall, October was a successful month with many outreach activities in the communities we serve.

*Ms. Ohio with Bright Horizons staff members after O'Neill's vigil.*

### Education Available

**Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and 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.**

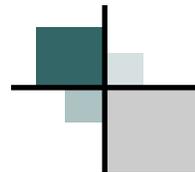


**Top left: Ms Ohio with 94 Rock Staff**  
**Top right: Ms Ohio speaking at O'Neill Candlelight Vigil**  
**Middle left: Sacred Heart 4th graders in Norfolk with Ms Ohio**  
**Middle right: Ms Ohio with the Bullying Prevention Group members in O'Neill**  
**Bottom: Ms Ohio with members of BRAVO in O'Neill**





# Make a Difference: VOLUNTEER!



*By Audrea Hoffmann, Norfolk Volunteer Coordinator*

Would you like to get to know more people and become more involved in your community? Do you want to be a part of a great team or explore a new career? Do you want to positively impact someone's life or expand your own life skills? You can accomplish all of these things and more by volunteering at Bright Horizons! You have a unique opportunity to become trained as a Volunteer Advocate for our agency. The following are just a few of the volunteer jobs we offer:

|                      |                     |                      |                         |
|----------------------|---------------------|----------------------|-------------------------|
| Crisis Line Advocate | Translator          | Office Assistant     | Support Group Assistant |
| Outreach Assistant   | Transportation Aide | Donations Organizer  | Housekeeping Assistant  |
| Shelter Advocate     | Child Care          | Kids Group Assistant |                         |

Crisis Line Volunteers are available 24 hours a day, 7 days a week to respond to victims in need. Our staff provides back-up assistance to all volunteers. By using our agency cell phone or your own personal cell phone, you have the flexibility to continue your day to day activities. You can also work more directly with the community and our staff by becoming an office, outreach, or shelter assistant. Along with helping others, you can obtain valuable job skills, make new friends, and have more to include on your resume or application by volunteering for Bright Horizons.

The amount of time you wish to volunteer and your specialization is up to you! You can choose to give one day/evening a week or even one week a month, whatever time commitment best fits your schedule. To ensure everyone's safety and quality services, all volunteers have background checks and we provide extensive training.

## Volunteer Spotlight

*By Audrea Hoffman, Volunteer Coordinator in Norfolk*

"There is nothing stronger than the heart of a volunteer" ~ Lt. Col. James H. Doolittle

This quote can describe many volunteers, but it especially rings true for our volunteers at Bright Horizons. They have so much passion and heart for what they do for us that it is easy to see this is more than just a place for them to volunteer.

The volunteers from Northstar have such big hearts and high spirits when they come to Bright Horizons, and that is why they are in the Volunteer Spotlight this quarter!

Dawn, Tiffany, and Ann come every Wednesday morning with smiling faces and open arms! After giving out hugs and telling us about their week, the girls eagerly start on their task at hand. No matter what their job is that day, they always fill the office with laughter, cheerful conversation, and singing. They have even made light of sorting through donations and folding clothes by nicknaming the donation room "The Dungeon!"

When asked what they enjoy about volunteering for Bright Horizons, Ann and Tiffany both answered with big smiles. They like helping other families, and they enjoy seeing the staff when they come to volunteer. The girls from Northstar work very hard and do a spectacular job when they are here. We are so grateful to have such cheerful, hard working, and amazing volunteers like Dawn, Tiffany, and Ann!



# Stewards of Children Training Available

*By Gina Clyde, Norfolk Program Director and Audrea Hoffman, Norfolk Volunteer Coordinator*

Did you know that 1 in 4 girls and 1 in 6 boys will be sexually abused by the time they are 18 years old? Did you know that 95% of these children KNEW their abuser? That means that only about 5% of child molesters are strangers to their victims! That means the likely hood that your child or a child you know, may come in contact with a child molester every month, every week, maybe even every day!

The Stewards of Children training strives to educate adults to prevent, recognize, and react responsibly to child sexual abuse and motivates them to courageous action. It incorporates the "7 Steps to Protecting Our Children", which is a core educational tool for sexual abuse prevention.

The training covers the principles of choice, consciousness and personal power to promote an understanding of the nature and impact of child sexual abuse and provides a context for empowered action.

The 3 hour training is appropriate not only to systems that serve children daily, but also to individuals and businesses who want to respond to the epidemic nature of the problem. Cost is just \$15 per participant, which covers training costs and interactive workbook.

For more information or to book your training, please call Gina or Audrea at 402-379-2026 today.

## "Our Children"

I ran into a stranger as he passed by.

"Oh, excuse me please" was my reply.

He said, "Please excuse me too;  
wasn't even watching for you."

We were very polite, this stranger and I.  
We went on our way and we said good-bye.

But at home a different story is told,  
how we treat our loved ones, young and old.  
Later that day, cooking the evening meal,  
my daughter stood beside me very still.  
When I turned, I nearly knocked her down.  
"Move out of the way," I said with a frown.  
She walked away, her little heart broken.  
I didn't realize how harshly I'd spoken.

While I lay awake in bed,  
God's still small voice came to me and said,  
"While dealing with a stranger,  
common courtesy you use,  
but the children you love, you seem to abuse.

Look on the kitchen floor,  
you'll find some flowers there by the door.  
Those are the flowers she brought for you.  
She picked them herself, pink, yellow and blue.  
She stood quietly not to spoil the surprise,  
And you never saw the tears in her eyes."

By this time,  
I felt very small and now my tears began to fall.  
I quietly went and knelt by her bed;  
"Wake up, little girl, wake up," I said.  
"Are these the flowers you picked for me?"  
She smiled, "I found 'em, out by the tree.  
I picked 'em because they're pretty like you.  
I knew you'd like 'em, especially the blue."  
I said, "Daughter, I'm sorry for the way I acted today;  
I shouldn't have yelled at you that way."

She said, "Oh, Mom, that's okay.  
I love you anyway."  
I said, "Daughter, I love you too,  
and I do like the flowers, especially the blue."

**\*\*If you would like to receive the newsletter by email, please email Gina at [bhgina@telebeep.com](mailto:bhgina@telebeep.com)\*\***

## Women's Wellness Event

Bright Horizons and The Ponca Tribe of Nebraska held their 3<sup>rd</sup> Annual Women's Wellness Event on September 16<sup>th</sup> at the KC Hall in O'Neill. We had over 100 people in attendance, making this year the best year yet!

Melissa Dearmont was the keynote speaker for the evening talking about raising families by the "Code of the West." Laced with everyday tools and fresh approaches to the life that anyone can benefit from, she presented tools that will decrease conflict in everyday life, increase productivity, and enhance morale. She did a wonderful job and we received great feedback about her!

Patti Swanson, who owns Tia Zia, catered the event with great food for everyone to enjoy. She's been in business for over 20 years and always amazes us with her delicious food! Becky Mundorf with WunderRosa Winery hosted a wine tasting booth with four different flavors of wine to sample. WunderRosa Winery opened its doors in April of 2009. They are continuing Clare's dream, providing a fun place to drink wine and be with your friends. The winery is situated on 14 acres with 2.5 acres of grapes in Roca Nebraska. We would like to thank both of them for coming and sharing their wonderful food and wine with us!

We would also like to thank the following vendors for making the event as successful as it was and look forward to seeing them and everyone else next year!

- |                              |                                     |                    |
|------------------------------|-------------------------------------|--------------------|
| Northeast Community College  | Premier Designs Jewelry             | Pure Romance       |
| Massages by Colleen Thompson | Kerstin's Purse Parties             | Eden Design Studio |
| Avon                         | Cookie Lee Jewelry                  | Homemade Jewelry   |
| Curves                       | Watkins                             | by Deb Bauer       |
| Beauty by Jeunique           | Pampered Chef                       | Homemade Gourmet   |
| Gold Canyon Candles          | Dana's Photography                  | Greeting Cards     |
| Weddings to Go               | West Holt Medical Services          |                    |
| Scentsy                      | North Central District Health Dept. |                    |
| Miche Handbags               | Irish Spirits                       |                    |
| Beauti Control               | Nebraska Troops                     |                    |
| The Nail Studio              | Mary Kay                            |                    |
| Tastefully Simple            | Signature Homestyles                |                    |



West Holt Medical Services in Atkinson recently held a paper goods and toiletry drive for Bright Horizons. Pictured from left to right: Patricia Hytrek, Chris Batenhorst, Linda Olson from Bright Horizons, Misty Carey, Valorie Hostert, Ceceila Schrunck, Jan Hysell, and Teresa Kohle

Thank you!

## Last Quarter Supporters of Bright Horizons

|                    |                      |                                      |
|--------------------|----------------------|--------------------------------------|
| Colleen Thiele     | Carol Diedrichsen    | Deb & Roy Milligan                   |
| Sue Simons         | Bonita Horejsi       | Ryan & Tiffany Reifert               |
| George Janousek    | Phil & Maggie Steele | Brad & Kristie Love                  |
| Meredith McConnell | Linda Hammond        | Scott & Suzan Zaruba                 |
| Mary Alice Miller  | Sara Bivens          | Kathy Uecker                         |
| Ann Krotter        | Vicky Maimquist      | Jane Wessel                          |
| Jessica Eby        | Dr. Roemhildt        | Amy Caskey                           |
| Nancy Arp          | Dian Drew            | Vi Lepply                            |
| Kim Estes          | Dave Steffen         | Charlene Bernat                      |
| Joyce Byerly       | Virgil Froehlich     | Sheila Kampa                         |
| Jan Gish           | Vicky Wolf           | Janice Christensen                   |
| Jennie Bead        | Carol Dubsy          | Sally Reisser                        |
| Arlene Fox         | Nancy Scott          | Jamie Adams                          |
| Lewis Peirson      | Phyllis Altstadt     | Rebecca Inness                       |
| Roxeann O'Neill    | Taryn Bellar         | Phyllis Hall                         |
| Sandra Jarman      | Alan Warneke         | St. Mary's Church Quilters-Leigh     |
| Norma Peters       | Linda Waltke         | Immanuel Zion Lutheran Church-Albion |
| Judy Wallinger     | Dawn Borgin          | Cheryl Strickler-NFWC President      |
| Sandy Wendt        | Maggie Steele        | Alpha Deta Kappa                     |
| Karen Porkorny     | Cindy Vatanasombd    | Catos—Norfolk                        |
| Diana Cuddy        | Amy Sisson           | United Methodist Church-Pilger       |
| Pat McLain         | Steve & Beth Borgman | UMW Evening Circle-Plainview         |
| LaVonne Lewis      | Carol Keating        | Judy's Sew and Vac—O'Neill           |
| Marilyn Morrison   | Karen Casselman      | NE Community Foundation              |
| Sharon Ellermeier  | Pat Seaman           | St Mary's Altar Society              |
| Michelle Bearinger | Pat Neben            | West Holt Medical Clinic             |
| Amber Stracke      | Pat Widner           | Inman Community Church               |
| Rosemary Johnson   | Michelle Thomsen     | Patch Work Pals                      |
| Shirley Garwood    | Shelly Sands         |                                      |



## Bright Horizons Wish List

Paper products  
 Cleaning supplies & laundry soap  
 Vacuum Cleaner  
 Pots, Pans, Dishes  
 Used Children's Clothing



New Underwear & Socks for Women & Children  
 Pajamas for Women & Children  
 Microwaves  
 Bath and kitchen towels & rugs

**BRIGHT HORIZONS  
RESOURCES FOR SURVIVORS OF DOMESTIC  
VIOLENCE AND SEXUAL ASSAULT**

Norfolk Office  
305 N. 4th St.  
P.O. Box 1904  
Norfolk, NE 68702  
(402)379-2026

O'Neill Office  
318 E. Douglas St.  
O'Neill, NE 68763  
(402)336-1774

Crisis Line  
1-877-379-3798



If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Gina at 402-379-2026 or at [bhgina@telebeep.com](mailto:bhgina@telebeep.com)

**Ask Us About Becoming  
a Volunteer!**

## **Bright Horizons Services**

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

**Call 379-3798 or 336-1774 or 24 Hr Crisis Line 1-877-379-3798**

**Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton Counties.**

### **Upcoming Events:**

November 12 & 13—Festival of Trees display at  
Northeast Community College

**Don't forget to sign up to get the newsletter by email!  
Email [bhgina@telebeep.com](mailto:bhgina@telebeep.com)**