

BRIGHT HORIZONS

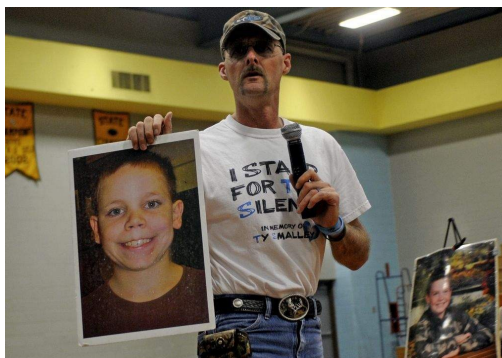
3rd Quarter 2012

National Speaker Coming to Local Schools

By Sammy, O'Neill Criminal Justice Liaison

Bullying may appear to be a minor issue in our nations school systems, but the fact is bullying often has serious repercussions. Bullying leads to depression, poor appetite, and in some cases, suicide. According to 2011 statistics on the Youth Suicide Prevention Program's website, more than one in every ten high school students reported having attempted suicide. One in four considered suicide. These statistics are high enough without the consideration that there are even more students who do not report the attempts and/or thoughts of suicide.

A living example of the fatal consequences of bullying is Kirk Smalley, the father of a bullying victim. Smalley's 11 year old son felt so hopeless that he eventually resorted to suicide. Smalley has dedicated his life to speaking out against bullying. He travels across the nation speaking to students regarding this topic and his young son's tragic story. Smalley will be visiting the O'Neill area September 10th-13th to share his son's story in several schools. Check out the *Events* page on our website for more details about his presentations and the screening of "Bully". Our website is www.brighthorizonsne.org.



Bright Horizons strives each year to spread awareness on bullying. Our O'Neill office has two youth groups specifically dedicated to the elimination of bullying: BPG (Bullying Prevention Group, 7th-9th graders) and BRAVO (Bullying Recognition & Anti-Violence Organization, 10th-12th graders). The students in these groups work together to speak out against bullying in their schools by providing trainings and skits to their fellow students. Members of these groups receive trainings so they will know how to react if they ever become a victim and/or if they witness bullying.

If you are interested in supporting the elimination of bullying or would like to support these groups, please contact a Bright Horizons staff member at (402) 336-1774.

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Volunteer Spotlight

~ Norfolk

By Audrea Tate, Norfolk Volunteer/Outreach Coordinator

When I think about our volunteers and who will be the next in the spotlight, I am always amazed and extremely grateful for all of the wonderful and kind hearted volunteers that Bright Horizons has been blessed with. But Dawn has astounded us at how much she has done in the short amount of time she has been working with us!

Dawn Smith signed up in January of this year as a crisis line volunteer in Norfolk. Even though she was a bit nervous in the beginning (as we all were when we started), Dawn has done an excellent job working with clients and emergency situations. Crisis calls can be intense and sometimes emotional, but because of Dawn's great personality, she can truly help clients even at such a hard time. Dawn is self-less, kind hearted and is a genuinely good person all around. This shows in her work as she is helping clients. She still stays light hearted and good natured through tough situations. She even accepts and will usually laugh at our raw sense of humor (which those of you in a similar field understand that it comes with the territory)!

Even these points alone would make Dawn an exceptional volunteer, but she has done so much more for us. When we have events or projects that we need help with, Dawn is always eager to sign up for extra volunteer jobs. She even will recruit co-workers or friends to help out with big projects – like folding the newsletter! Dawn even shocked us all when she applied for and received a grant on our behalf! What is so great about this is that she knew Bright Horizons was in need of funds, and she took it upon herself to do the work to get the grant (which is not an easy task by the way)!

As everyone knows, volunteers don't get paid; but the work that Dawn has done, most people would ONLY do if they were paid for it. This goes to show what kind of person she is. And I speak for everyone at Bright Horizons when I say that Dawn is a very special person, and we are so glad she is a part of our team! I can't put into words how thankful we are for you Dawn!



The way you see people is the way you treat them and the way you treat them is what they become.

~Goethe



~O'Neill

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

The staff at the O'Neill Bright Horizons office would like to commend Erica VanMeter for being a fantastic volunteer. Ms. VanMeter sought services with Bright Horizons several years ago. It has been a journey for Erica to rebuild her and her son's life. Today, she is a volunteer we can rely on in any situation. Erica takes a full week on our crisis line nearly every month, watches our office, provides transportation, sells raffle tickets, hands out flyers and is a constant source of support for our clients. There is no task that Erica is not willing to help with. She was even a survivor speaker for us at a training we held a few years ago. Since 2007, Erica has selflessly donated 3,308 hours of her time to our agency. THANK YOU Erica keep up the outstanding work. It is very much appreciated!

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!!!

Coming Up! Fifth Annual Women's Wellness Event

By Amanda Wallace, O'Neill Volunteer/Outreach Coordinator

Bright Horizons and the Ponca Tribe of Nebraska are teaming up once again on behalf of the Women's Advisory board to host the 5th annual "Women's Wellness Event". Ladies, just as it has been in years past, this event promises to be an exciting night of uplifting your mind, body, and spirit. We will be featuring two dynamic speakers; Janet Custer a Substance Abuse/ Mental Health Counselor with the Ponca Tribe on Nebraska, followed by Deb Ludemann Community Services Clinician at O'Neill Valley Hope. The Johansen Sisters will be providing live music. There will be many informational and vendor booths, food and drinks, door prizes and wine tasting brought to you by various agencies and businesses. Grab your girlfriends and join us for a fun filled night! The event will take place at the O'Neill Community Center on September 20th from 5:30-8:30 P.M. Admission is simply a free will donation. We still have space left if you are interested in having your own booth. If you would like a booth or more information please call Amanda at 402.336.1774. We are looking forward to seeing you there!

Grab your girlfriends and join us for a fun filled night!

Bienvenidos!

VOLUNATRIOS BILINGUES O CON POCO INGLES.

Queremos que se animen a ser un voluntario para Bright Horizons. Necesitamos voluntarios para ayuda de oficina, traducciones y otras tareas ligeras. En Bright Horizons valoramos la ayuda de los voluntarios. Para más información comuníquense con la Sra. Tate 402.379.2026 o la Sra. Sandoval 402.379.3798

Members Needed for Child Abuse Prevention Council

By Audrea Tate, Norfolk Volunteer/Outreach Coordinator

Ending violence is a community effort, so many staff members of Bright Horizons are active in a variety of organizations, clubs, and boards of directors in order to collaborate efforts to end violence. Some of these organizations include the YMCA, CLiC, the Philanthropy Council, TeamMates, and several more.

I am a member of the Norfolk Council for Family Empowerment (NCFE) which is the Norfolk area Child Abuse Prevention Council. NCFE hosts and participates in family friendly events to present positive parenting and stress reduction materials. Our mission is to work together to increase education and awareness regarding child abuse and neglect prevention.

We meet on a monthly basis and participate in events throughout the year. Some of the activities that we are involved with are Family Fun Night which allows families to go bowling at a very low cost, Stuff the Bus which provides school supplies to low income families,

outreach and trainings during April which is Child Abuse Prevention Month, and much more!

Because we continue to build on our events and community involvement, we are in need of more members to join our team. If you are interested in becoming a member and to help prevent child abuse, please consider joining our council! If you want more information or if you wish to join, please call Kim at (402) 370-3100 ext. 140.



Norfolk Council for Family Empowerment



Recap of Events

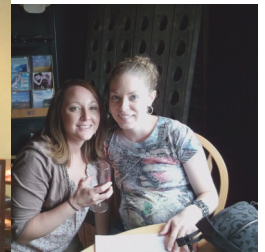


Be Legendary!

By Christy Abner, Norfolk Program Director

On June 20th we had our annual staff retreat. Our Executive Director, Linda Olson, lead us through a very positive exercise on goal setting and strategic planning. The focus of the exercise was to provide our services with the kind of passion, quality, and attitude that would make us legendary. It is our mission, as always, to provide the highest level of quality services, outreach, and education to eliminate domestic violence and sexual assault.

For lunch we enjoyed a wonderful meal at Bailey's and then spent the afternoon touring Cuthill's Winery. Overall the day was a huge success in enhancing our services as well as bringing us even closer as a team. We are very thankful for our volunteers who watched both the Norfolk and O'Neill offices, without them the staff retreat would not have been possible.



Staff Attends Conference on Human Trafficking

By Jennifer Arens, Norfolk Criminal Justice Liaison

In May, two staff members, Jennifer Arens and Sonya Sandoval, were able to attend the Human Trafficking in the Heartland Conference at the Lincoln Berean Church in Lincoln. With the passage of a new law in 2011, a task force was created to bring attention to the crimes of human trafficking, and this conference was a first in Nebraska.

Human trafficking can be broken down into two categories – labor trafficking and sex trafficking. There were numerous speakers from across the country that came in and spoke about their experiences in their jurisdictions. One in particular was a US District Attorney, an FBI agent and the FBI's Victim Witness Advocate and a Sergeant with the Council Bluffs Police Department. They spoke about a case that happened between Council Bluffs and Omaha in which law enforcement, including the Omaha PD and Council Bluffs PD and the FBI, was able to stop a large sex trafficking ring involving minors. What these girls had to go through was unimaginable.

The presenters discussed how quickly young girls can get recruited into this type of lifestyle and how quickly it can turn into being involuntary. They spoke about helping these young people instead of being so quick to judge them. This was a fantastic training and I am looking forward to returning next year!

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, sexual assault, and the Stewards of Children training. 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.

G.I.R.L.S. Camp

By Jennifer Arens, Norfolk Criminal Justice Liaison

On two separate afternoons in July, Bright Horizons, along with The ZONE, facilitated GIRLS Camp at Northeast Community College. GIRLS Camp, (which stands for Growth, Independence, Respect, Leadership and Self-Esteem) was conducted on July 10th for 25 girls ages 8-11 and on July 13th for 14 girls ages 12-14.

The afternoons began with an explanation of being proud of who you are and the importance of being a good person to create a good world. There were activities and discussions regarding the true meaning of beauty, being a friend, and how to identify and end bullying. Some of the highlights during the day included yoga instruction with Tina Collison and a discussion regarding body image by Kaylin Ohler. The girls enjoyed making "treasure boxes" in which they have little strips of paper that they wrote that say "I like me because..." It was amazing to see the transformation in self-esteem from the beginning of the day to the end!

We are looking forward to another successful year of GIRLS Camp next summer so be on the look-out to register your young ones then!



Bright Horizons Joins Community at National Night Out Event

By Jennifer Arens, Norfolk Criminal Justice Liaison

Bright Horizons was one of many agencies at the annual National Night Out event held at Central Park on August 7th. National Night Out is an event held across the nation which is designed to heighten crime and drug prevention awareness, generate support for local anti-crime programs, strengthen neighborhood spirit and police-community partnerships and to send a message to criminals letting them know that neighborhoods are organized and are fighting back. Jen and Christy, along with a volunteer, had a booth at which information was distributed about "Hands are NOT for Hurting" along with coloring book pages, popsicles and a game where the children won school supplies. It is estimated that roughly 300 people attended the event in Norfolk. This is a great event which the Bright Horizons staff looks forward to every year.

Outstanding Supporter

By Jennifer Arens, Norfolk Criminal Justice Liaison

We at Bright Horizons are very conscious of our many supporters. In honor of our many supporters, we have decided to recognize an outstanding partner for his continued support, cooperation and invaluable contributions to our agency. For this quarter, our staff has nominated Mark Albin, attorney with the Albin Law Office in Norfolk, who has helped our agency and clients in numerous ways throughout the last quarter. Mark will receive a Certificate of Appreciation for him to display. Congratulations Mark Albin and THANK YOU for your desire to help Bright Horizons!

Bright Horizons Receives Large Donation from Lutheran Church and Lutheran Women's Missionary League

By Lacy Kimes, Norfolk Shelter Manager

Once again, Bright Horizons was blessed with a very generous donation; St. John's Lutheran Church in Norfolk and the Nebraska North District of the Lutheran Women's Missionary League presented our agency with gifts beyond imaginable.

After a very successful outcome from their 2011 Rummage Sale that was in conjunction with their Reverse Offering, members of St. John's Lutheran Church held another Rummage Sale with all proceeds going to Bright Horizons. These members truly outdid themselves, and on July 20th they raised \$1,691.95!

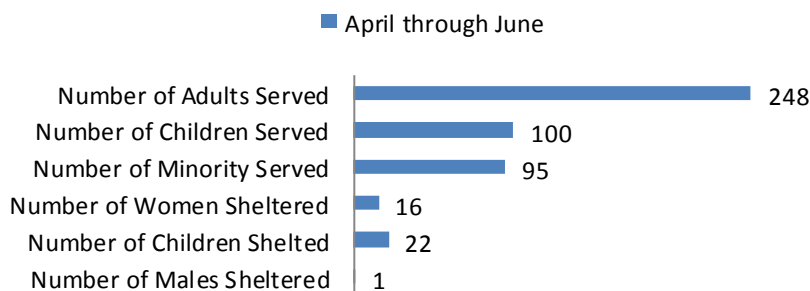
Members of the church, along with community members, came together to donate numerous items to put on the sale, as well as spending several hours organizing and working at the sale. Thank you to the following members of St. John's Lutheran Church who worked to make this event such a success: Danny and Lori Olson, Karen Widhalm, Carol Severa, Linda Walter, Jean Ganstrau and Alice Gentzler.

The Nebraska North District of the Lutheran Women's Missionary League (LWML) held their biennial convention at Lutheran High Northeast High School in June and Bright Horizons was selected as one of the community organizations to receive "Gifts from the Heart". Pickup loads of paper products, cleaning supplies, toiletries, among other generous donations were collected and presented to Bright Horizons.

Everyone from Bright Horizons would like to give a huge thank you to Pam Williams, Vice-President of Human Care Nebraska North District LWML, and the other women who put so much time and love into this project and for their continued support in helping victims of domestic violence and sexual assault.



Second Quarter Client Services for 2012



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 = 411
- 2) Shelter nights provided = 833

Last Quarter Supporters of Bright Horizons

Leah Olberding	Joanne Billesbach	Jennifer Snodgrass	Jim Woodring	
Marian Andersen Roberg	Julie Osborne	Sara Jacobs	Arlene Buxton	Our Savior Lutheran Church (Spencer, NE)
Jolene Grass	Phyllis Altstadt	Linda Cyboron	Jolene Lichty	Stuart Legion Auxiliary
Carol Diedrichson	Rachel Arens	Robert & Judy Eggerling	Kay Brinne	Our Saviors Women of ELCA
Shirley Helpfrey	Jan Selders	Norman & Lee Small	Roxanne O'Neill	Golden Living Center
Joan Swerczek	Danielle Cahill	Tracy Ronspies	Nan Wong	St. Mary's Altar Society
Deb Freese	Karen Meyer	Robert and Virginia Sellon	Charles & Holly Shane	United Methodist
Bob Hoffman	Judy Artl	Debra Heinrichs	Victoria Jurado	Sacred Heart Church
Melissa Bellar	Joe Malinowski	Mark Sears	Cindy Marino	St. Johns Lutheran Church
Anna Goeken	Joy Bauermeister	Barb Deitloff	Nancy Tiefenthaler	Impact Softball (Lauren Orwig)
Betty Maulding	Joni Moore	Kathy Gerber	Lois Fox	Clarkson Bakery
Dolores Ogan	Virgil and Betty Froehlich	Sue Montgomery	Jan McGrath	Church of Christ Youth
Alice Ehrenfried	Marg Winder	Dusty Werner	Amanda Chavez	Our Lady of Mt. Carmel
Jean Weiland	Angela Stickmen	Dawn Smith	Helen Schmaderer	Church Women United
Tammy Day	Lisa Gillotti	Francisco J, Mendez; Latino News	Peg Cole	Renewed Hope
Sandy Juracek	Pat Otto	Lucy Hammerlun	Tom and Lorraine Etherton	St. Mark Lutheran Church
Vinnce Dohmen	Mindy Kluthe	Janice Welch	Pat and Janice McLain	First Presbyterian Church
Ethelyn Fossum	Donna Rector	Vicki Pribil	Stefani Schuster	Alpha Delta Kappa
Nancy Scott	Jo Byriel	Tearza Mashborn	Jessica Eby	St John Lutheran Ladies Aid
Marvella Borgman	Joyce Gansebom	Kay Kaup	O'Neill Swimming Pool	Madison Senior Center
Patti Hajek	Mary Voelker	Caroline Holmberg	Lois Langan	Grace Community
Peter J Dart	Chris Casselberry	Patricia Drueke	Jerry Cuddy	
Bennett Hazzi	Joann Beckman	Sarah Vogel	Barbie Jonaho	
Diane Nelson	Shari Chace	Pam Tikalsky	Wanda Kallhoff	
Naoma Ronnfeldt	Michelle Thomsen	Dorothy Pahl	Linda Peer	
Marcella Schiltmeyer	Da Nita Schellpeper	Pat Kennedy	Karen Haselhorst	
Jean Schacher	Terasa Horrocks	Markita Klinger	Melissa Kramer	
Kristine Kelly	Steve Humburg	Toyna Hytrek	CNCS	
Margy Ehrenfried	Jill Shaffer	Jim Rother	Dr. Brockman's Dental Clinic	



Bright Horizons Shelter Wish List



Paper Supplies	Baby Wipes & Formula	Hand Soap
Baby Lotion/Shampoo/Body Wash	Totes for storage	2 full-size bedframes
Mops	Journals for writing	2 4/5 drawer dressers
Trash Bags of all sizes	Flashlights	Paint supplies
Light bulbs ~ 40 & 60 watt	Baby Pack-N-Play	Disinfectant spray
Disposable Diapers	Pillows	Clorox wipes
Hair Brushes and Combs	Label Maker	Mr. Clean Magic Erasers
Dish & Laundry Soap, Fabric Softener	48" White Blinds for Office (set of 2)	Floor cleaner
Ice Melt	30" White Blinds for Kitchen (set of 2)	Pledge/wood polish
Zip-Loc Bags ~ all sizes	Curtain Rods for Bedrooms	Groceries for Shelter: <i>Margarine, Cooking Oil, Cooking Spray, and Pancake Syrup</i>
Tupperware to Store Leftover Food	Handheld Vacuum Cleaner for Steps	

Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault

Norfolk Office
305 N. 4th
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
www.brighthorizonsne.org

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

**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 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:

- BPG Orientation**—Saturday, September 15th at NCDHD in O'Neill from 10AM—3PM
- Women's Wellness Event**—Thursday, September 20th at the O'Neill Community Center from 5:30-8:30 PM
- BRAVO Orientation**—Saturday, September 22nd at NCDHD in O'Neill from 10AM—3PM
- Norfolk Candlelight Vigil**—Tuesday, October 2nd at St. John's Lutheran Church at 7PM
- O'Neill Candlelight Vigil**—Wednesday, October 3rd at Ford Park at 7PM
- Boyd/Antelope/Holt Co. CRT**—Wednesday, October 17th at Holt County Court House at 10AM
- Madison Co. CRT**—Tuesday, October 23rd at Bright Horizons at Noon
- Pierce/Knox Co. CRT**—Tuesday, October 30th at Alegent Health in Plainview at Noon

Don't forget to sign up to get the newsletter electronically by emailing audrea@brighthorizonsne.org!
Also find us on Facebook and online @ www.brighthorizonsne.org