



## Wish List

- Car seats (new)
- Booster seats
- Bicycles (women and children)
- Socks and underwear
- Sweats
- Diapers—sizes 4 & 5
- Silverware
- Pots and pans
- Drinking glasses
- Dishware
- Pizza pans
- Arts & Crafts

## Upcoming Events — Save the Dates!

### • Tupperware Party

We are organizing an online Tupperware Fundraiser for LCRC. The online party will run March 11-April 10 with 40% of the proceeds coming back to LCRC! The items will be shipped directly to your home. Please visit [Tupperware.com](http://Tupperware.com), click on fundraising and find a fundraiser. You will find us there and new Tupperware for your home too!

### • 23rd Annual Banquet and Auction—*Family Power*

**Hey Dudes!** Come to our *far out* fundraiser April 5 at The Speak Easy. Beginning at 5:30 p.m., the Detroit Lakes High School Jazz Band will have you *mellowing out* to some *groovy* tunes from the 60's and 70's, all while you're *diggin'* the Silent Auction items and *chillin'* with your friends. Here's the *skinny*, dress in your *rad* tie dyes or 70's attire (or dress as you're comfortable), eat an *awesome meal*, bid on *cool* live auction items and support Lakes Crisis and Resource Center. *Can you dig it? Catch you on the flipside!*

**Tickets are only \$50...for more information and to purchase tickets call 847-8572. Be there or be square!**



The Advocate 1st Quarter 2013

1st Quarter  
2013

# The Advocate

## I'm Not Going to Lose Him! (Katherine's story)

He's my baby and I'm not going to lose him!

We all have goals in life but Katherine's purpose is more desperate than most. When we met recently at Mary's Place, the shelter at the Lakes Crisis and Resource Center in Detroit Lakes, I met a woman determined to turn her life around.

She endured 21 years at the hands of her abusive spouse. Why? Because she said she loved him and she didn't want her children taken away by the authorities. She didn't realize the importance of escaping harm until her granddaughter was born. By that time her son was eight and already stealing, destined, she said to follow in his older sisters' and father's footsteps. She could no longer live in danger so she and her two youngest family members fled with few possessions. They arranged to rent a trailer home in Frazee but when she was greeted with shoddy cupboards and carpet masking holes in the floor, she desperately sought help from one church to another. Finally a friend told her about Mary's Place in Detroit Lakes, only miles from that old trailer but a world away in quality and opportunities.

"I love it here," she smiled. "I know my granddaughter, son, and I are safe here. The workers are so compassionate. They'll take time to find out your needs. We basically came with nothing. We just grabbed what we could. We've been building up on our clothes through the donation room. "

What really gives Katherine hope is the fact that her son can be a kid here. She kept saying that over and over again.

"Detroit Lakes is so small, the people are so nice – you don't have the drug dealers all over the place. My son has been able to take

swimming and skiing lessons and he likes school! That just shocked me because before he never liked school but here the teachers are only giving me good reports!"

Many of us take for granted the serenity of nature, the lakes, and a positive community but for Katherine and her son, it is a whole new world.

"It's relaxing and peaceful," she says in awe. "I wish I could have given my two older daughters that life but I didn't know any better. I was only 18 when I had my first child."

Both Katherine and her son are going through anger management sessions at Mary's Place. She says she's learning to talk through her problems rather than holding them in and blowing up. She's cut herself off from her former friends because she says they just have a lot of drama in their lives and it makes her anxious. Many of them are still hooked on drugs despite their responsibilities as parents. Instead, Katherine wants to lead a clean life and be active in her son's and granddaughter's school activities – something she's never, ever done before.

"I just want some peace in my life," she says. When she sees her son coming out of school laughing and having fun like a typical pre-teen, it gives her hope. "That is so sweet. He likes school here because kids are kids!"

Her personal goal? "I want to be the grandma at home baking cookies that has grandchildren running in the door giving me hugs!"

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# Donation

Lakes Crisis and Resource Center received wonderful donations from Bell State Bank and Trust, who gives dolls and stuffed animals to children in need.

Customers of Bell State Bank and Trust help dress the dolls and stuffed animals in their finest outfits.

Pictured here are Susie Felt, Children's Services Coordinator at LCRC (left) and Debbie Schoenborn, representative from Bell State Bank and Trust (right) pictured along with some of the items donated.

Thanks Bell State Bank & Trust!



## From the Director's Desk

Dear Friends,

*On so many levels, April is seen as a month of renewal, often with the first signs of Spring clearly visible -- signs that we've come through the storms of the Winter season and can celebrate the sun, joy and light that is coming. It is actually quite fitting that April is recognized as National Child Abuse Prevention Month. As a community, we need to be the voice for children who are abused and neglected, and we must do everything we can to help children heal from their trauma with tools and resources to become whole, healthy adults.*

*Lakes Crisis & Resource Center remains committed to doing everything we can to break the cycle of child abuse and neglect, and provide services, supports, and resources to help each and every victimized child heal on their life's journey. Lakes Crisis & Resource Center is able to do this work through the generosity of the community, our funders and volunteers. We also work in partnership with agencies dedicated to this shared mission, like Becker County Human Services. Even with all these wonderful resources, we must, as a community, do more.*

*Have you ever found yourself in a store and seen a child being yelled at, hit, or neglected. Has it made you feel uncomfortable, but you didn't know what to do, so you did nothing -- maybe quickly went into another aisle and then thought when you were trying to sleep that night, wondering how that child is? Here are some tips if you see a child being abused in public:*

- **Divert the adult's attention.**
- **Start a conversation with the adult. Offer sympathy. For example, you could say, "Shopping with children can really try your patience, can't it?" Talk to the child.**
- **If the child is acting out or misbehaving, start a friendly conversation to distract him or her. Praise the parent or child.**
- **Find something positive to say about the child or the parent. For example, "That's a pretty dress your daughter is wearing. Where did you get it?" Offer to help. For example, if a child has been left unattended in a grocery cart, stay near him or her until a caretaker returns.**
- **Avoid negative looks or comments.** (Child Abuse Prevention Council)

*As parents, grandparents and caring members of this community we worry about our children constantly. Are they eating enough, getting enough rest, who are their friends, are they doing well in school and are they safe? Unfortunately, in today's world, we also have to worry about their safety at the hands of potential abusers. Research indicates that 1 in 4 women and 1 in 6 men were sexually abused before the age of 18 (Centers for Disease Control and Prevention). This abuse can result in changes in children's behavior and can have a negative effect well into their adult lives. In 2012, Lakes Crisis & Resource Center provided services for over 600 children affected by abuse and violence.*

*The wellbeing of all children needs to be our concern! We need to take action if we are aware of a child being neglected or abused. Reporting child abuse to Becker County Child Protection at 218-847-5628 will ensure that someone is checking on the child's welfare. Calling the Lakes Crisis & Resource Center at 218-847-7446 will give you an advocate to talk with and help you determine necessary action and next steps.*

*The well being of the children in our community and lives is all of our business. With your continued support, Lakes Crisis & Resource Center can continue to provide help, healing and hope to children and their families.*

Jan Logan

## FAMILY POWER!

Get your groove on and join us Friday, April 5th for a major happening at the Speak Easy! It's the annual Lakes Crisis Center's banquet and auction complete with music from our own high school jazz band. The teenagers will be dressed in tie-dyed t-shirts to set the stage for this year's theme. Do you have a colorful t-shirt, bell bottoms, bandana headband, go-go boots, or any other hip fashions you want to dust off? Now's the time to get them out of the closet and screaming with fashion joy at our light-hearted event! The banquet committee has been hard at work gathering auction items (let us know if you want to donate something) as well as encouraging sponsorship of tables. The menu is bound to be more sophisticatedly delicious than any hippy enjoyed in the 60s and 70s! Michael Mercil and his crew will prepare grilled tenderloin, broiled stuffed salmon resting on a bed of garlic mashed potatoes and asparagus layered with a béarnaise sauce. Dessert is compliments of Kari Williams and Linda Mickelson who are keeping their sweet treat under wraps to create an element of surprise but you can bet they'll delight the crowd with their creativity and culinary talents.

Jerome Tappe will be back to pick your pocket during the live auction with an eclectic list of items that are bound to motivate your bidding. How about a wood-oven baked pizza party for ten or a five day vacation on the beaches of Cabo, Mexico? They can be yours as well as WE Fest VIP tickets to Livin' the Dream in 2013 featuring Carrie Underwood and Keith Urban!

This newsletter will remind you of the great cause you'll be supporting at Mary's Place and the Lakes Crisis and Resource Center so get your friends and family together and join us Friday, April 5th. Tickets are \$50 or you can sponsor a table of eight for \$500. The silent auction, cash bar, live music, and social hour begin at 5:30 pm followed by dinner and the live auction at the Speak Easy. Family Power! Yeah! Be there or be SQUARE!!!



## April is Sexual Assault Awareness Month

The month of April has been designated Sexual Assault Awareness Month (SAAM) in the United States. The goal of SAAM is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.

Most people think sexual assault is a crime that will not affect them. However, the reality is that sexual violence is a big problem in the United States today. Research shows, that there is a 1 in 6 chance that a woman you know and 1 in 33 chance that a man you know will have been affected by this crime at some point in their lifetime. Among high school students surveyed nationwide, about 8% reported having been forced to have sex - while an estimated 20% to 25% of college

women in the United States experience attempted or complete rape during their college career.

LCRC will do its part during the month of April to help raise the public's awareness about sexual violence. Through media and newspaper announcements, displays throughout the community, a Denim Day event at our local middle/high schools and other prevention-related activities community members will have the opportunity to show their support for victims of sexual violence. For more information on how you can make a difference check us out on our website at: [www.lakescrisis.com](http://www.lakescrisis.com).



Can you dig it? Pre-buy Bergen's coupons and you donate to the Lakes Crisis Center! Our annual fundraiser, "Family Power," is featuring a "Flower Power" booth. Buy as many ten dollar coupons as you'd like and redeem them at Bergen's by June 15. Bergen's will donate back a portion of the coupon dollars! If you can't attend our banquet but would like to support the Crisis Center by purchasing "Flower Power" coupons, simply send a check to the Crisis Center for the number of coupons you'd like. We'll purchase your coupons at the banquet and mail the coupons to you! Far out!



Find Lakes Crisis & Resource Center on facebook and "like" us.

