

Volume
NINETY-FIVE

November 2006

BALANCING THE SCALES

MINNESOTA GENERAL CRIME VICTIM COALITION

2006 MEETINGS & TRAININGS

NOVEMBER 8
Board Meeting 10 am
Lunch at Noon
Training – 1p.m.
St. Cloud Armory
1710 8th Street N.
St. Cloud, MN

December 13
Board meeting 10:00 am
St. Cloud

New Board Officers:
Elected at Oct. meeting
Nadine Lujan &
Brenda Skogman - Co-President
Heather Rokeh - Treasurer
Wendy Stenberg - Secretary

New Executive Director -- Jennifer Nodes

Jennifer takes the helm of the MN General Crime Victim Coalition on October 23, 2006. She is enthusiastically looking forward to taking on the challenges of the position in the “Era After Lucy”. Her advocacy experience includes having volunteered with the Rape and Abuse Crisis Center (Fargo/Moorhead); Victim Advocate for the Norman County Attorney’s Office; co-founder of the Northwest Council on Sexual Assault, Domestic Violence and General Crime.

She recently graduated from William Mitchell College of Law and worked as a Judicial Clerk for Hennepin County Judge Steven Pihlaja. She has expressed great enthusiasm toward the position and is looking forward to working with coalition members to advance the cause of crime victims.

*******Upcoming events:******* Mark your calendars!!!

NOVEMBER TRAINING: November 8, 2006 **RSVP by November 1**
St. Cloud Armory 1710 8th St. N. St. Cloud, MN Call or email Mike Schumacher
(Lunch starts at noon & training begins at 1:00 p.m.) 612-348-5368

Mike.schumacher@co.hennepin.mn.us

“Assisting Service Members Returning from the War Experience”

By LTC Susan Whiteaker – Licensed Independent Clinical Social Worker has been mobilized to the 88th Regional Readiness Command for the past 3 ½ years to develop programs that address issues affecting service members and their families.

and Major Cynthia Rasmussen – Psychiatric Nurse, Nurse Practitioner has been with the 88th Regional Readiness Command for the past 2 years to provide services to service members and their families and is the Director of the 88th's Sexual Assault Prevention Response Program.

The focus of the training is to educate community members on what to expect and the best practices when dealing with returning Service Members and their families coping with the many competing stressors from the war experience and making the adjustment back to civilian life.

(A little word of encouragement)

Hospital Window

Two men, both seriously ill, occupied the same hospital room.

One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the community and where they had been on vacation.

Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one hour periods where his world would be broadened and enlightened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band – he could see it. In his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed. . . .

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left the room.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window beside the bed. It faced a blank wall.

The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you."

Epilogue:

There is tremendous happiness in making others happy, despite our own situations.

Shared grief is half the sorrow, but happiness when shared, is doubled.

If you want to feel rich, just count all the things you have that money can't buy.

*"Today is a gift, that's why it is called the **present**."*

Share the moment as you go forward with your efforts to make this a better place to live.

Aurthor unknown