



The Listening Ear's Quarterly Newsletter

Issue Number 03-01
1st Quarter 2003

Does your company offer a program that matches your donations to community non-profit organizations? Ask your employer's personnel/human resources department and if they do, let them know each time you make a donation to The Listening Ear. You will double your support of our mission, for free!



I'm All Ears

We've Moved!

It seems like just yesterday that we were announcing our last organization move...here we go again! As of April 1, 2003, the Listening Ear Crisis Intervention Center has relocated to 313 West Grand River in East Lansing. A tremendous amount of work has gone into this decision and more work happens each day.

-- Finding a Home for the Ear --

In the Fall of 2002, the Home Committee, which is responsible for housing issues and concerns for the Listening Ear, began meeting to discuss the upcoming end of our current lease. The committee reviewed the pros and cons of renewing the current lease and gathered information about available properties in East Lansing. After much investigation and deliberation, the committee proposed a move to 313 W. Grand River. As of the board meeting on December 9, 2002 in agreement with staff's recommendation from the December 5th staff meeting, the board officially decided to move the Listening Ear to 313 West Grand River.

--The New Space--

The new home for the Ear is located near the intersection of Michigan Avenue and Grand River Avenue, in the same building as Gumby's Pizza. The building is managed by Terra Management, who has worked extensively with us to meet our needs as a non-profit organization. Further, since the building was built recently, we were able to design the space as we see fit and Terra Management has built our design at no cost to us. Other advantages gained by the new space are handicapper accessibility, allowing us to better serve our clients, and a longer term lease, providing more stability for our agency.

--The Moving Task Force: Making It Happen--

As for the actual move, a dynamic group of staff and board members had frequent meetings to address moving concerns and made plans in order to make the transition occur as smoothly as possible. Moving is never an exact science, but all the planning paid off as task force members went to work packing, loading, unloading and then unpacking the Ear's things. Two Men and a Truck deserve our thanks for donating their moving services and a hardy thank you also needs to be sent to the volunteers on the task force. They did an incredible job and the new place looks great!

*Volunteer
Crisis
Counselors
answer calls
24 hours a
day, 365 days
a year.*

ACD.Net DSL Donation

The Listening Ear has received a gracious donation of high speed internet access from ACD.Net. With high speed DSL, the Listening Ear's referral program will receive astronomic improvements, including detailed access to support group information and other community resources. The Listening Ear and our community deeply thank ACD.Net for their donation! ACD.Net is a networking company that services Michigan. For more info, please visit <http://www.acd.net>.

Honor your family and friends with a gift to The Listening Ear

Is there someone special that you would like to remember or thank?

Honor them with a gift to The Listening Ear.

Your information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

In Honor/Memory of _____

Please include this person's name in the next "I'm All Ears"

Please send a card of acknowledgement to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Please return to: The Listening Ear, 313 W. Grand River Ave, East Lansing MI 48823

I want to make a difference in my community with a gift of:

- \$90 \$_____ Remember, it costs
 \$60 \$180 \$60 to keep our cri-
 \$30 \$120 24 hours! sis hotline open for

Please Charge my Visa/MC \$ _____ Exp. Date: ___/___/___
Charge me: Monthly / Once (please circle one)

Signature: _____

Card #: _____

If charging to a credit card, please complete the below information using your credit card billing address.



Thank You!

The Listening Ear
Crisis & Referral Center
313 W Grand River Ave
East Lansing, MI 48823

517.337.1717

Name _____

Address _____

City/State _____ Zip _____

E-mail _____

Phone _____

Interested in supporting "I'm All Ears"?

Your small advertisement could do just that! Contact the Listening Ear's business office at (517)337-1728 for information regarding sponsorship and advertising. You can reach out to over 1, 500 Listening Ear supporters and enable the Ear to continue reaching out as well.



*Last year
volunteer
crisis
counselors
answered
over
11,000
calls.*

Being a Significant Other

As a part of our Sexual Assault Counseling services, the Listening Ear provides short-term counseling to both survivors of sexual assault and their significant others. The phrase "significant other" is deliberately open-ended. It could mean a parent, a sibling, a boyfriend or girlfriend, or a friend—anyone for whom the survivor is a significant person in their life. Sexual assault counselors tell rape survivors that there is no "correct" way to react to rape. Likewise, there is a wide range of reactions when someone you care about discloses that they were assaulted.

A sense of helplessness is common. It's hard when a loved one is in pain and there's nothing one can do to take that pain away. A significant other may also blame themselves for not preventing the rape. The more protective the role (such as a parent, an older sibling, or a spouse), the more powerful this self-blame can become.

People who have been raped also tend to blame themselves. For both survivors and significant others, it's important to remember that the blame and the responsibility fall squarely on the perpetrator.

Anger is also common, as is the need to punish the

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*A Green
Ribbon
represents
Sexual As-
sault
Awareness
during the
month of
April*



Take Back The Night

Take Back the Night is an international tradition, which cities around the world have participated in since 1973. The first Take Back the Night in the United States was a national protest march down San Francisco's pornography strip. Through the years Take Back the Night has expanded its focus to include ending all forms of violence against women and transforming a culture that endorses the oppression of women. The main focus of this program is to demand an end to rape, sexual assault, domestic violence, incest and sexual harassment. The highlight of Take Back the Night is the march when women walk through the night and reclaim the streets.

The act of marching and demanding safe streets is a very powerful experience as one of the participants in the 1970's New York Take Back the Night March stated, "The March was a way of demonstrating our commitment to stopping the tide of violence against women, whether by rapists or batterers or image makers in the mass media...Chanting slogans such as 'No More Profit Off Women's Bodies,' we filled the street entirely blocking off traffic and completely occupying the Broadway strip for three

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Wish List for The Ear

- Office Supplies
- Volunteers
- 2 Couches
- Miniature Refrigerator
- Art—posters and pictures
- Laminator
- Filing Cabinets
- Conference Tables & Chairs
- Desks
- Laptop Computer
- Building/Home
- Gift Cards/Certificates

Items need to be in good condition. We are a 501(c)3 agency. Any and all donations are tax-deductible as allowed by law. Receipts are willingly provided. To make a donation, please contact our Office Manager at 337-1728.

Bob's Run 2003

On Sunday, June 22, the sixth annual Bob's 5K Run/Walk for The Listening Ear Crisis Center will take place at 8 a.m. in downtown East Lansing at the corner of Albert and Division. Free parking is available in the parking ramp on Albert, between Charles and Division.

Entry fee is \$15 and then \$20 on race day. Entry includes a T-shirt, post-race refreshments, and a drawing for prizes donated by local businesses. Awards will be given for the fastest runners in age categories. There will be prizes for the top three pledge collectors.

This event is a fundraiser for The Listening Ear Crisis Center and all proceeds go to the organization. Entry forms are available on the web site at www.theear.org.

If you choose not to run or walk, volunteers are needed on the course on race day. Please call Louise Forsythe at 517-349-8728 for information on volunteering at the race.

*Over 30,000
people committed
suicide in the
United States in
1998. Over 900
of those suicides
happened here in
Michigan.
Source: 2000
National Vital
Statistics Report*

Thank You to the sponsors of Bob's Run 2002!

7-11—Grove Street
Alliance Obstetrics & Gynecology
APCapital
Barnes & Noble
Chesters Nuts
City of East Lansing
Marilyn Viera, D.O.
Dr. George Meluch, D.C.
Delta Sigma Theta Sorority, Inc., Lansing
Alumnae Chapter
Evergreen Grill
Classic Wines
East Lansing Food Co-Op
Foster, Swift, Collins, & Smith, P.C.
Grand River Counseling Center
Foods for Living
Helen Schneiderman and Daniel Vivian
Ingham Regional Medical Center
Jackson National Life
Kilwin's Chocolates and Ice Cream
Kroger-Saginaw Highway
Law Office of Julie H Reincke
MSU Federal Credit Union
Mary C. Fairgrieve, A.C.S.W.
Michigan Athletic Club
Two Men and A Truck
Mary Ann Olsen
Certified Financial Planner
Prudential Securities
Fifth Third Bank
Okemos Optometry, P.C.
Meridian Screen Printing & Design
Saper Galleries
Meridian Health & Wellness Center
Michigan Pain Management Specialists
Nena O. Bondarenko, Realtor
Okemos Osteopathic Center
Pacesetter Mortgage Company
Rehmann Robson, CPS's & Consultants
Richard Coelho, Ph. D
Spotted Dog Café
Starbucks Coffee
MSU School of Social Work
The State News
Warmel's & Comstock, PLLC
Knaggs, Harter, Brake, & Schneider, P.
C.
DeWitt Pharmacy

*The
Listening
Ear would
like to thank
the thousands
of volunteers
who have
dedicated
their time,
energy, and
money to our
cause over the
past 34 years.*

(Continued from page 3)

rapist. Society does not teach us to sit idly by when we have been wronged. We want justice against those who have harmed us and the ones we love.

In some cases, that anger gets turned against the one who was raped. It may be that a significant other will lash out because s/he can't punish the rapist, so s/he blames the victim instead. Other times, anger arises when a significant other is told that the survivor doesn't want to report the rape or assist with prosecution. As a counselor, I've talked to numerous people, mostly men, who ask me to convince their wives or girlfriends to talk to the police.

No matter how angry or frustrated you become, it's important to recognize that it's not your choice whether or not to pursue charges against the rapist. That choice is up to the survivor. Rape is a crime that strips control away from the victim. To force someone to go to the police simply takes control away from them again.

It's still okay to feel angry or frustrated or helpless. There's not a single member of Sexual Assault Counseling staff who doesn't struggle with these feelings, and there's no shame in asking for help to deal with them. But it's important to be aware of those feelings and to make sure they don't become an additional burden for the survivor.

It's not unusual to feel guilty when talking about our feelings and reactions to the rape. I remember thinking, "I wasn't the one who was raped. What right do I have to complain? I should be comforting my friend."

As we teach our volunteers during training, we can't help others if we're not taking care of ourselves. Both our crisis hotline and our Sexual Assault Counseling services are completely confidential.

Rape is a violent, traumatic act that hurts us all, and we all have the right to ask for support.

**Call 337-1717 for
counseling & referral services**

FUNdraising Events

Maintaining a free 24-hour crisis line costs a great deal of money, so the Listening Ear has been holding special events and has scheduled several more to support our valuable community service.

The Winter Bash held December 13, 2002 at Club Paradise raised more than \$600 in door cover and donations. Guests were treated not only to a night of fun and dancing but several raffle prizes as well.

On January 28, 2003 the Ear sponsored a Battle of the Bands at Common Grounds in Akers Hall which raised over \$1000. Ellsworth, a local band, won the grand prize, a guest spot on 88.9 FM WDBM's local music show "The Basement".

In February, Schuler's Books held a fundraiser with 20% of purchases donated when customers mentioned the Listening Ear. Also in February, several local businesses kept jars for a coin drive to benefit our Sexual Assault Counseling program.

Ellsworth held a concert on March 16, 2003 with proceeds being donated to the Ear, at the Erickson Kiva at MSU from 6-11pm.

On March 17, 2003, St. Patrick's Day, Ear volunteers sold pictures to bar-goers posing with other Ear volunteers dressed as leprechauns.

April will bring a Spring Festival and Rummage Sale Bazaar on April 26th, from 10am to 5pm, at 855 Grove St. (The Unitarian Universalist Church). Donations can be made at 855 Grove St., April 24th, 10am to 8pm or April 25th, 12noon to 8pm. If you would like to help out with these and other special events please give The Listening Ear's business line a call at 337-1728.

Congratulations

**To the 17 new Crisis Counselors who
completed the 97th New
Volunteer Training Program!**

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blocks. For an hour, and for the first time ever, Broadway belonged not to the barkers, pimps, or pornographers, but instead to the songs, voices, rage and vision of thousands of women." (*Take Back the Night: Women on Pornography*, edited by Laura Lederer, 1980.)

This year, Take Back the Night was held on April 12, 2003. Since this was close to press time, please watch for information about this year's event in the summer newsletter.



The Listening Ear
313 West Grand River Avenue
East Lansing, MI 48823

Crisis Line: 517-337-1717
Business Line: 517-337-1728
E-mail: theear@msu.edu

Non-Profit Org.
U.S. Postage
PAID
East Lansing, MI
Permit No. 106

We're on the Web!
www.theear.org

Board Members

Community Members

- Amy Cairns
- Louise Forsythe (Treasurer)
- Lou Hekhuis
- Cynthia Alderson (Secretary)
- Sarah Shaw

Staff Members

- Alyssa Baumann (Chair)
- Fred Jaecklein
- Shauna Matlen
- Alexa Pittman
- Sarah Hopkins
- Kevin O'Donohue
- Sandy Amble

Staff:

- Office Manager
- Over 100 volunteer crisis counselors.

If you are interested in joining The Listening Ear, Please call (517)337-1717!

“SOMETIMES THE MOST IMPORTANT THINGS ARE THE HARDEST TO SAY. SOMETIMES IT HURTS TOO MUCH NOT TO TALK. THAT’S THE WORST, WHEN THE SECRET STAYS LOCKED UP FOR WANT OF AN UNDERSTANDING EAR.”
–LISTENING EAR STAFF MEMBER

From time to time the Listening Ear may share addresses of supporters with other community service organizations. If you do not want your address to be given to another organization please call us at 337-1728.

The Listening Ear Crisis Intervention Center extends our thanks to the community, individuals, and businesses that allow us to continue to serve as a helpful, supportive presence to those in need.