



Trinity Lutheran Church  
 Lost and Found Ministry  
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 Moorhead MN 56560  
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 Website:  
[www.lostandfoundministry.org](http://www.lostandfoundministry.org)

Non Profit Org  
 US Postage Paid  
 Permit #388  
 Moorhead MN

Return Service Requested

**Lost & Found Ministry Office Hours**

Monday - Thursday  
 8am to 5 pm; 7 to 9 pm  
Friday  
 8am-5 pm

Lost & Found Ministry Staff  
 Pastor Ray Branstiter - Director  
 Bill Iverson - Intervention Specialist  
 Susan Aukes - Administrative Asst.  
 Sandy Branstiter - Administrative Asst.  
 Lois Balko - Administrative Asst.

**Lost & Found Ministry Stats**

End of Year Report

Pastoral Counseling

Number of cases 203  
 Number of hours 636  
 Persons served 420

Intervention Discussion

Number of cases 327  
 Number of hours 534  
 Persons served 494

Interventions

Number 70  
 Outcome 67 Positive

Presentations

Bill 28  
 Ray 24  
 Kathy 2

5th Steps

Bill 24  
 Ray 35

Library Usage

Materials checked out  
 Books 881  
 Audios 174  
 Videos 1131  
 DVDs 141  
 CDs 41  
 Games 25  
 Guides 1  
 Kits 1  
 Workbooks 10

Patrons

New 172

Volunteer Hours

Daytime 1325  
 Evening 369

Website (since may 2008)

Front page hits 4959  
 Library Catalog 546

# Life Saver Newsletter



WINTER



## Taking Care of Each Other

By Pastor Ray Branstiter

About 10 years ago the Branstiter family packed up and moved to Hannaford, North Dakota, for a year on internship. We were excited, and a bit nervous as we headed west out of Gettysburg, PA. I was excited about spending a year in the home state of my mother. Maybe, I hoped, after a year I might discover something about her roots, her faith, and her love for family. Nervous betters, living in a small town, and the preship, the stories from not all that positive.

Well, I was lucky, I had a great intern supervisor, and I had the opportunity to serve the seven wonderful congregations that make up Tri-County Ministry. I was also able to experience small town life. I learned a lot from the people of Hannaford; I learned the value system of small town life, a small town sense of pride and community, and I learned the strong sense of caring that exists in small towns.

Early in my year in Hannaford, I visited a shut in – Mae McCallsen. Mae lived with her son, and she would spend her day sitting by a large picture window in her living room. If she wasn't talking on the phone she was embroidering figures on flour sack dish towels. The same kind of dish towels,

with the same kind of designs on the flour sack dish towels that my Grandmother made. The first visit went very well, Mae loved to tell me stories about Hannaford, and she had a very good memory and was full of stories.

A few days after that first visit I was sitting in the Stri-King Café (Hannaford's main café and bowling lane) when another lady, about Mae's age said, "I hear you visited Mae the other day." About an hour later the Faith Lutheran WELCA group was meeting and several of the ladies mentioned that they had heard of my visit with Mae. I was amazed at how the word had gotten around town of my visit.

Later that day I went and visited another lady in town, Briquette Rich. Briquette was another one of those unique small town ladies. I would discover that regardless of when I would visit Briquette she would always have a freshly brewed pot of coffee ready for any visitor who happened by for a chat. As I was talking to her she mentioned my visit with Mae. Once again I was surprised by her comments. I mentioned to her my amazement at how fast word spread through town. Briquette smiled and said,

"That's the way things are done in small towns."

## TAKING CARE OF EACH OTHER CONTINUED

It seems that a group of ladies in Hannaford called each other a couple of times a day. They would share any news, and check to see how each person was doing. If a person did not answer the phone after a couple of tries they would assume there may be a problem and someone would stop by to see what was going on. They had an informal way of taking care of each other. They couldn't get to the café for coffee anymore so they would take the time and simply make a phone call to see how things are going each day.

I learned a lot from these wonderful people of Hannaford. Both Mae and Briquette have died. I had

the privilege of doing both of their funerals, but I will always remember them and the many things they taught me during my internship.

As unique as I found the wonderful ladies of Hannaford, I am sure that I would find the same kind of caring in any other North Dakota or Minnesota small towns. People taking the time to check in with one another; I think the world can learn a lot from small town America. Life should never be so hectic that we cannot take the time to give someone a call, especially if we know that person is alone, or sick. Have you taken the time to make such a call today?

## Death by Alcohol

### The Story of Sam Spady

Sam Spady had loving parents, adoring friends, and a bright future. She was a homecoming queen and class president in high school. Some would say she had it all: looks, brains, youth, and promise. Sam wasn't an alcoholic, in fact she seldom drank. She was a typical teenage girl in her first year of college in Colorado.

In the summer of 2004, Sam was doing what college students do – she attended a football game and then an after-game party. She had a few before the game as she made the rounds of the tail gate parties outside the gates of the stadium. After the game she headed to a fraternity house for more parties. The drink of choice, vanilla flavored vodka; the vanilla flavoring disguised the harsh taste of the vodka, but did not decrease the alcohol level.

Sam eventually passed out. Her friends took her into a room and laid her on the couch so she could sleep it off. Sometime during the night her heart

stopped. The next day a member of the fraternity was giving a tour of the house to his parents. When he opened the door to the room he found Sam dead on the couch.

This movie is a must see for your youth group. It tells the story of a normal girl, doing what is becoming an increasing problem on college campuses – binge drinking. Every year binge drinking kills more than 1,400 college students. The problem is becoming epidemic at high schools, colleges and universities across the nation. Good kids making bad choices, and paying the price of life itself.

When you check out this movie ask at the front desk for a wallet size card that can be given out when you show this movie. It gives instructions on what to do when a friend passes out from too much alcohol. Sam would be alive today if a friend would have known the signs of alcohol poisoning.

## Memorials July-December 2008

Mike & Sherry Young	in honor of Patrick McNally
Dale & Margart Anderson	in memory of Lowell Lysaker
Solveig Mead	in memory of Lowell Lysaker
Don & Rhoda Myrvik	in memory of Ray Siegle and in honor of Ruth Siegle of their marriage: 6/21/58
Connie A. Bauer	Stan Bauer
Bill & Sonja Iverson	in memory of Kevin Robinson
Carmen Jean Seifert	in memory of Kevin Robinson
Anonymous	in honor of Bill Iverson
H. Marilyn Anderson	in memory of Lowell Lysaker
Oren & Marian Erickson	in memory of Sonny Gulsvig
Hiram & Ada Drache	Ron & Dorothy Goos' 50th Anniversary
Jerry & Allison Colby	Aunt Mary Wallwork
Lamont & Linda Miller	Monica Schill
Pearl Landsem	Myrtle Gaulson
James M. & Francia E. Hegre	in honor of Bill Iverson
Math & Lynn Prom	in memory of John Nettleton
Elizabeth & Keith Pederson	Oliver Pederson, grandson
Beverly Edenborg	in memory of Jerry Edenborg
Mavis Lysaker	in memory of Lowell Lysaker
Gerald & Nora Koenig	in memory of Willard and Eleanor Pierce
Grace Clark	in memory of Lyle B Clark
Jerry & Allison Colby	Heather Tripler
Graham & Madrene Goeson	Garry Thompson
Marcella Gulsvig	in memory of Sonny Gulsvig
James & Irene Sundahl	in memory of June Sundahl
Clayton E. Smeltzer	in honor of Daniel Smeltzer
John & Carol Wambheim	Son, David
Otto & Bernadine Ursin	in honor of Robert and Dorothy Schmidt
Crystal Utke	in memory of Reinhold Utke
Lyle Nelson	in memory of Irving and Medora Nelson
Alden & Pat Gjevve	in memory of Anita Kast and Josephine Gjevve
Arnold & Marcia Strom	in honor of 12 grandchildren
James M. & Francia E. Hegre	in honor of Valerie Nielsen, Director of Small Group Ministry at Trinity
Cliff & Betty Stadum	in memory of Dorothy Stearns
Roland & Clairice Holsen	Ken Schulberg and Helen Holsen

Answers from page 4.  
1. b  
2. a  
3. d  
4. b  
5. a  
6. c  
7. c  
8. c  
9. c  
10. b

**Lost & Found Ministry  
Mission Statement**  
A Christian ministry of healing  
for those who struggle with addictions



## Check it Out

### **CDs**

CD10001	"Songs from the Sock Drawer"	Veggies Tales
CD10002	"The Wayne Dyer Collection: Spiritual Solution"	Wayne Dyer

### **Books**

15494	"The Verbally Abusive Man"	Patricia Evans
B10102	"Why Does He Do That?"	Lundy Bancroft
B10022	"Preventing Sexual Abuse in Congregations"	Karen McClintock
B10044	"The Harder They Fall"	Gary Stromberg
B10868	"Addictions Counseling"	Dianne Pita Doyle
B10869	"Foundations of Addictions Counseling"	David Capuzzi
B10518	"12 Studid Things that Mess Up Recovery"	Allen Berger
B10033	"How To Quit Smoking without Gaining Weight"	Bess H. Marcus
B10038	"Living Consciously, Dying Gracefully"	Mancy Manahan
B10908	"Nurturing Your Teenager's Soul"	Mimi Doe
B10101	"The 7 Worst Things Good Parents Do"	John Friel
B10517	"The Porn Trap"	Wendy Maltz
B10035	"Woman to Woman"	Joyce Meyer
B10098	"A Day with a Perfect Stranger"	David Gregory
B10046	"Mama Made the Difference"	T. D. Jakes
B10043	"Why Kids Need to Hear it - No"	David Walsh

No. It's not just a one-word answer, it's a parenting strategy. By saying "no" when you need to, you help your children develop skills such as self-discipline, respect, integrity and the ability to delay gratification. Although the importance of using "no" should be obvious, many parents have a hard time saying, and meaning it. Parenting expert, Dr. David Walsh provides you with an arsenal of tactics, explanations, and examples for using "no" effectively. With this book you can assess and improve your relationship with your kids; set and enforce limits that make sense for different ages; and make "no" a positive influence on kids' behavior and in your overall family life.

### **Adolescent Mental Health Series**

The Adolescent Mental Health Initiative series addresses some of the major mental health issues facing teenagers today--eating disorders, anxiety disorders, depression, and schizophrenia. They focus on how parents and other adults, including teachers, coaches, guidance counselors, and even pediatricians, can help afflicted teens overcome the disrupting and often devastating challenges of these disorders. Each book is a guide that offers essential information such as how to get a diagnosis, the latest treatment options and prevention strategies, helping teens cope with mental illness at home and at school, and what the warning signs and red flags are that parents and other adults should look out for in teenagers who may be at risk for these diseases.

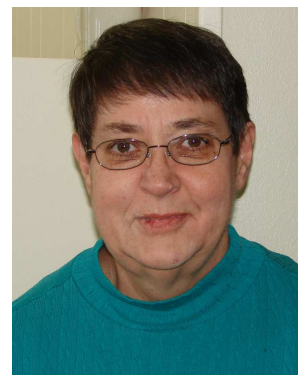
B10904	"Me, Myself, and Them: A Firsthand Look at Schizophrenia"	Kurt Snyder
B10906	"If Your Child has Schizophrenia"	Raquel E. Gur
B10903	"If Your Adolescent has an Anxiety Disorder"	Edna B. Foa, Ph.D.
B10902	"If Your Adolescent has Depression/Bipolar Disorder"	Dwight Evan M.D.
B10193	"If Your Adolescent has an Eating Disorder"	Timothy Walsh, M.D.

## Meet the Volunteers That Help at Lost & Found

Jeanette Karst has volunteered at Lost & Found for more than five years. Usually working Tuesdays and Fridays, her jobs include cleaning shelves and the books, videos etc. and rearranging them as needed. She also helps with other duties and putting the books on the computer. This has been very exciting for her to learn. "I they can teach me, anyone can learn."

One employee stated, "Jeanette is my right hand. She has done a little bit of everything and is always willing to help out with anything we need. I couldn't do my job without her!" Jeanette has lived in Fargo since 1995. When she still had a car, she drove for people

with handicapped and disabilities. Looking for some new volunteering opportunities, she saw an ad in the "Forum" looking for volunteers at L&F. She answered the ad, and the rest is history. When not volunteering, she loves crafts and makes many lovely things including greeting cards for any occasion. Fishing is another favorite hobby. "The dirtier my hands get, the more I like it." Memories of fishing with her father when she was young fill the conversation. "Particularly sun fish and crappies that we would get out of smaller lakes. Jeanette is a people person and loves long conversation with them. Working at L&F and meeting new people has brought her new life.



## Just for Fun

- How many times a year does the sun set and rise in the Arctic?
    - Zero
    - Once
    - Twice
    - Twelve times
  - What is "hoar"?
    - A type of frost formed by flat frozen crystals
    - The sound ice makes when it is shifting
    - A type of icicle
    - An Inuit name for a snowstorm
  - Which of the following conditions would help sound travel further and sound clearer?
    - Just before it snows
    - When the snow is fresh and fluffy
    - When the snow is actually falling
    - When the snow surface becomes smooth and hard from time or strong winds
  - What ratio of people buried in avalanches survive the ordeal?
    - One in two
    - One in four
    - One in twenty
    - One in seventy
  - Where do icicles most often form?
    - The south side of buildings
    - The north side of buildings
    - The west side of buildings
    - The east side of buildings
  - What is a "toque"?
    - One of the words Inuit people use for snow
    - A small barrel tied to a Saint Bernard's neck in the Swiss Alps
    - The word Canadians use for winter hat
    - A hot beverage in Norway
  - What percent of fresh snow is composed of air?
    - 30%
    - 50%
    - 80%
    - 90%
  - What was the world record for the most snowfall in a 24-hour period?
    - 30 inches in Prince George, British Columbia
    - 54 inches in Waterville, Maine
    - 76 inches in Silver Lake, Colorado
    - 110 inches in Rimouski, Quebec
  - Who invented the snowmobile?
    - Henry Ford of Michigan
    - Robert Francis St.Jean of Switzerland
    - Joseph-Armand Bombardier of Quebec
    - David Bushnell of Connecticut
  - The largest iceberg ever recorded worldwide was 207 miles long and 62 miles wide. Where was it found?
    - Off the coast of Greenland
    - In the Arctic
    - In the Antarctica
    - Off the coast of Baffin Island
- Answers on page 5.