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MISSION

FirstChoice Clinic is a faith-based clinic providing education and health services to empower individuals to make life-affirming choices.

VALUES

The mission rests on a foundation of Christian values.

- We uphold the sanctity of every human life which is core to our ministry.
- We uphold sexual integrity throughout life; saving sexual expression for marriage and faithfulness within marriage.
- We maintain a respect for marriage and family, recognizing this as a God-given institution.
- We reach out to those in need with love and compassion.
- We demonstrate integrity through professional, confidential and trusting relationships with our clients, the community and each other.
- We seek to demonstrate our faithfulness by being true to God in our day-to-day ministries.

Founded in 1984 as a 501(c)3 charitable organization; all contributions are tax deductible.

Introducing... Barbara Frank

CENTER DIRECTOR FOR FIRSTCHOICE WEST

Barbara Frank will be serving as our FirstChoice Clinic West center director. She is originally from Bismarck, and a graduate of the University of North Dakota (Grand Forks) receiving a Bachelors of Arts in English and a minor in psychology. Barbara has been very involved in outreach efforts of the Fellowship of Catholic University Students (FOCUS), leading Bible studies and mentoring, and also was involved in service work through Students Today, Leaders Forever. We are thrilled with the energy and talents she brings to First Choice Clinic.

Please don't hesitate to contact Barbara at 701-751-4575 to welcome her; she will update you on the progress we are making with FirstChoice Clinic West.



Post-Abortive Healing Training Sparks Hope



In the many years she's offered presentations on post-abortive healing training, Debra Neybert said she's never seen the variety of backgrounds like those of the group she addressed at a recent session in Fargo.

"This is the first time I've presented this program to professionals from outside pregnancy help centers and clinics," Neybert said, speaking to the audience of 45 gathered at Sts. Anne & Joachim Catholic Church. "I see this as a great sign of hope."

Aside from FirstChoice Clinic's personnel, attendees included a group of licensed therapists and counselors, as well as several employees of the Diocese of Fargo, social workers, adoption counselors, nurses, a prison chaplain and a parish priest. Participants came from as far as Wilmar, Minn., and Grand Forks, N.D.

The H.E.A.R.T. workshop, an acronym for "Healing the Effects of Abortion Related Trauma," was presented by Heartbeat International and sponsored by FirstChoice Clinic. Its purpose is to train individuals to lead support groups and initiate the healing process for post-abortive women and men.

Neybert spoke about healing through the love and mercy of Christ. "Life isn't easy, it isn't always fair, but God is always good," she said. "And God is greater than any trauma that has ever come against you."

She highlighted the fact that 42 million abortions are performed yearly throughout the world, and that for each abortion, one woman and one man are impacted,

along with others in their lives, making the negative effects of abortion "enormous."

Neybert said the need for post-abortive healing training is going to increase as more women and men wounded from this tragedy, "the silent majority," continue to come forward. "Once they're healed, we need to raise them up as leaders."

Included in her talk was a segment on identifying Post Abortion Syndrome and ways to implement the program through forming support groups.

Neybert emphasized that healing ultimately comes from God and that support-group leaders must recognize they are conduits toward healing. "Even Jesus was completely dependent upon the Father in His work," she said. "The Lord wants us to rest in the knowledge that He has a plan and purpose for us all."

"Life isn't easy, it isn't always fair, but God is always good and God is greater than any trauma that has ever come against you."

She focused on God's Word, which underlies the program, as the key to healing, and cautioned future workshop leaders to be aware that the closer they come to doing the

Lord's will, the more fervently they'll be tempted by spiritual opposition, just as Jesus was tempted. She told trainees that God's grace will help them rise above the obstacles that will inevitably come.

She also emphasized the servant role, saying that everything Jesus did during His time on earth was in service to others. "The more Christ-like we are, the more we'll have the ability to serve others in this way."

To learn more about Heartbeat International, call FirstChoice Clinic 701.237.5902 or visit www.heartbeatinternational.org.

FirstChoice Clinic's 2011 Fundraising Banquet

Two Cities – Same Event

Monday, March 7th – Fargo Holiday Inn

Tuesday, March 8th – Mandan Seven Seas Hotel

Featuring International Speaker Pam Stenzel

Reservations Required 701-237-5902



Life Matters

Pam Stenzel is a dynamic, charismatic, and educated expert on sex, love and relationships. She understands the perils that young people face as they make adult choices, and is dedicated to reviving the character and integrity of today's youth.

FirstChoice Clinic Makes its Way West ...

NEW SATELLITE SITE OPEN!

Exciting things are going on in western North Dakota. We have opened a new satellite clinic - FirstChoice Clinic West! God has certainly blessed our efforts so far, giving us beautiful volunteers with great passion for life and providing for our needs! The new clinic is located in Bismarck at 1120 College Drive, Suite 204. It's very close to Bismarck State College. We'll be starting small, offering pregnancy testing, counseling by our nurse manager April Braun, RN, and eventually limited ultrasounds. We'll be working on setting up other programs as well, such as our parenting and adoption education program - "Earn While You Learn".

We are currently working with the Knights of Columbus who have been an incredible support to pregnancy help centers around the nation with their Ultrasound Initiative Program. Our local Knights councils will give of their time to raise half of the funds necessary to purchase an ultrasound machine for FirstChoice Clinic West and their Supreme Council will match what they've raised to complete the purchase.

Funding is always a key issue when establishing a new site but thanks to a generous North Dakota spirit, we received a substantial anonymous donation which has been instrumental in moving along plans for this expansion to the West. We've also had great help from

countless individuals who have dedicated lots of time and effort to, not only fundraise for the new clinic but to be a great voice in getting the word out about us.

The Baby Bottle Boomerang Project all of you completed this summer was a huge success, bringing in over \$15,000. I would like to extend special thanks to all the volunteers who worked on this – you were all magnificent! We also held another big fundraising event recently – our first annual Life Walk! We

"Thanks to a generous North Dakota spirit, we recieved a substantial anonymous donation which has been instrumental"

had a great turnout on that early Saturday morning and the Lord gave us gorgeous weather. It was a lot of fun! And again, thank you all for your support!!

We can't say thank you enough to everyone who has been helping all of us at FirstChoice Clinic West to

open its doors! So many of you have done so much. Thanks to all of you, we will be ready to serve this month, October, and are looking forward to working with our area communities to impact them for the good! Keep us in your prayers!!

With much gratitude,
Barbara Frank, Center Director, FirstChoiceClinic West



A Growing Need for FirstChoice – Lake Region

BY PATRICIA TRAYNOR, FCC BOARD MEMBER FROM DEVILS LAKE, ND

“All that is necessary for the triumph of evil is that good men do nothing.” In this Edmund Burke quote, we note the duty to not just stand by (or remain sitting as is often the case), while wrong is done in our midst.

Thankfully, as our recent Life Walk proved, people in North Dakota, Minnesota and many others across the nation have supported the healing, helping and, ultimately, life-saving mission of the FirstChoice Clinic. We all want to help women, men and families who are struggling with unplanned pregnancies, and we need to be prepared to sacrifice to do so.

About three years ago, in an effort to better meet the needs of those struggling in our midst, FirstChoice Clinic’s leadership examined North Dakota data and found that Devils Lake and its accompanying communities—collectively known as the Lake Region—ranked first in the state in factors related to unplanned pregnancies, which included children living in poverty, out of wedlock births, and higher unemployment rates.

This finding led to the development of FirstChoice Clinic’s first satellite clinic situated about a two and a half hour drive northwest from Fargo, in Devils Lake. Office space on the fourth floor of Mercy Hospital was donated for the clinic, and many people came together to help open its doors in 2008.

The option to “do nothing” while women were hurting was, thankfully, rejected.

In 2009, FirstChoice Clinic – Lake Region nurses met with an average of 15 clients every month for pregnancy tests and education classes, and so far in 2010, that number has increased to 25 per month.

Dr. Heidi Bittner performed 12 ultrasounds for clients in the lake region last year; this year, she’s already done 11. Pregnancy tests also increased—from 40 in 2009 to 51 at present, with three more months still left to go this year.

In 2009, nine clients contemplated an abortion; one aborted, one outcome was unknown and seven women decided to carry their pregnancies to full term. So far in 2010, 19 abortion-vulnerable clients have been counseled. Of these, one aborted,

“People in North Dakota and Minnesota and many others from across the nation have supported the healing, helping, and the life-saving mission of FirstChoice Clinic”

six decided to carry to term, and the remaining at this time are either unknown or we are still following up with. Please keep these women in your prayers that they will embrace new life. Earn While You Learn parenting and adoption classes this year have averaged 17 per month, up from the 10 per month

averaged last year. These numbers, which are continuing to increase even as this newsletter goes to print, show a growing need for the pregnancy help FirstChoice Clinic –Lake Region provides.

As Tracey Frei, a former FirstChoice Clinic board member who served more than 15 years, said: “We are here to remind those struggling: You are stronger than you think.” Helping people make life-affirming decisions is what FirstChoice Clinic does day in and day out.

Edmund Burke, source of this article’s opening quotation, also noted that “No one could make a greater mistake than he who did nothing because he could do only a little.” We are grateful to all of you for supporting these efforts – we couldn’t do it without you!

Life Walk 2010

THANK YOU FOR THE GREAT SUCCESS!



“He Knows My Name” was the theme of the 8th Annual Life Walk Events hosted by FirstChoice Clinic on Saturday, September 25th at Lindenwood Park, Fargo, Sertoma Park, Bismarck and Ruger Park, Devils Lake. Over five hundred people from across North Dakota and north western Minnesota participated in the events and raised over \$65,000 for the three FirstChoice Clinic pregnancy help clinics – and it’s not over! Pledge forms and donations continue to come in.



We extend special thanks to the more than 60 churches and businesses that supported the Walk and the countless volunteers who generously sacrificed their time. Follow us on Facebook www.facebook.com/firstchoiceclinic or check our website www.teamfirstchoiceclinic.com for updates on participating churches and individual walkers.



Thanks again to all of you - we couldn't have done it without you! Remember, every pledge given is a gift for the women, families and teens that need your help! God bless you all!

Donor Tours:

Turning Facts into Relationship



Judy Lee



Fr. Tony Hession



Fr. Paul Duchschere

We've all made connections with something or someone introduced to us secondhand. But the connection will lack spark and depth unless we cross paths with that something or someone firsthand.

That's what donor tours can accomplish, as evidenced by three recent visits to FirstChoice Clinic.

North Dakota Senator Judy Lee, chair of the North Dakota Senate Human Services Committee, was one of the guests. "The North Dakota Legislature funds the Alternatives to Abortions program and FirstChoice Clinic provides some of those services," Lee said, explaining her interest in the clinic.

Senator Lee said it became clear to her through her tour that FirstChoice is a very caring, professionally-run organization. "I think anyone who visits FirstChoice Clinic, whether considering services for themselves or a member of their family, would certainly feel welcomed and comfortable and would be able to relax a bit in the atmosphere of the Clinic. The folks there provide personal, very specific services that suit the individuals who come in," she said. "I'm very glad they're there, and I'm glad to have had a chance to tour, knowing they play such an important role in this area."

"I was pleasantly surprised at how much more there is to all the different aspects of the work of FirstChoice Clinic"

Pastors of Fargo's Sts. Anne & Joachim Catholic Church, Frs. Tony Hession and Paul Duchschere, said they were familiar with the work of the Clinic but were newly impressed by the facility upon visiting.

Although he's spent 18 or more years of his priesthood in the area, Fr. Duchschere had never been on site. "I was pleasantly surprised at how much more there is to all the different aspects of the work of FirstChoice Clinic than what I would have thought without having gone there," he said. "It was more illuminative for me to see the place than just raise money for it and send people there."

Fr. Hession said he was struck by the personnel, "by their evident and real love for humanity, for the babies and mothers. Their motive was love." He added, "I do have an abiding interest in their work, because it's one thing to tell people we shouldn't abort children, and another to offer an alternative. [The work they do there] is essential to the pro-life movement."

Due to client confidentiality, it's important for those who want to visit FirstChoice to call to make an appointment, but tours are welcomed and encouraged. "It's vital that people in the community see what's being accomplished at the clinic," said Executive Director Pauline Economon.

To set an appointment for a tour, call Pauline at 1-888-237-6530 or pauline@firstchoiceclinic.com whether for the Fargo, Bismarck/Mandan or Lake Region sites.

Youth In Action Events Draw 400

Four-hundred young people and adult chaperones gathered recently on opposite ends of North Dakota to learn how to become leaders with integrity.

The Youth in Action “Lead By Example” events, sponsored by FirstChoice Clinic’s Make a Sound Choice (MSC) program, took place in Fargo on September 22 and Bismarck on September 23.

National speakers Johan Khalilian of Los Angeles and Carrie Abbott of Seattle led the sessions, inspiring students and adults alike to reach for their dreams and be leaders of character.

After lunch, the students broke into gender-specific groups and spent time discovering specific leadership challenges for women and what it really means to be a man. Many of the participants said they’d like the program to continue in future years.

Here’s what some of the students had to say about the event:

- “...It was amazing and I’m glad I could come.”
- “...He made me believe I could accomplish my dreams...”
- “...She understood me as a girl and what I needed to know.”

Adult chaperones also shared the value they saw in the day:

- “The effect...on our kids is profound!!”
- “There is a need for this. Students need to realize it’s okay to say ‘no’. We need to help them gain confidence.”
- “What a great message for young men and women.”

The MSC program, a positive youth development program, is part of FCC’s continuing mission to promote life-giving choices.





Kiefer Selected for Training for Emerging Nonprofit Leaders

Through a competitive application process, Kay Kiefer, project director for FirstChoice Clinic's Make a Sound Choice program, has been selected with twenty other nonprofit leaders to participate in the Impact Institute's first North Dakota Emerging Leaders training program.

The program, which has been made possible by a grant from the Bush Foundation, is intended to identify, educate and equip the next generation of nonprofit leaders.

"Over the next several years, baby boomers will be retiring in record numbers and vacating executive leadership positions in the nonprofit sector" said Pat Traynor, Impact Foundation Executive Director. "Preparing the next generation of leaders has been identified as one of the most significant challenges in the nonprofit sector. In a state with a rapidly aging population like North Dakota, it is even more critical to identify and nurture prospective leaders."

The five-month program will be led by La Piana Consulting of Emeryville, CA, a national firm dedicated to improving leadership and management practices throughout the sector for greater social impact. Since 1998, the firm has provided assistance to over 600 nonprofit organizations.

Make a Sound Choice – Now What?

Despite the premature end to federal funding on September 29*, FirstChoice Clinic's (FCC's) positive youth development program, Make a Sound Choice (MSC), is moving forward in partnership with at least 35 school implementation sites for 2010-2011.

Additional sites are expected to implement later in the school year and will receive materials at a 50 percent cost-share with the MSC program. Full funding of student manuals is no longer possible due to the substantial reduction in governmental funding. Nevertheless, many of the administrators and teachers of the schools who have been introduced to the program have said that because of its quality and the importance of its message, the program should continue, and they will do what they can to provide this positive education for their students, despite cost to their own organizations.

As we enter the current school year, MSC has been receiving requests for parent presentations, student presentations and resources. We will continue to provide these services as funding allows and have been working diligently over the past several months to locate alternate funding sources.

Those who might know of a potential funding source, please contact me, Kay, at our Fargo office, 701-297-7548. While FirstChoice Clinic is committed to continuing the program, it is critical we secure the additional capital necessary to continue this program at full strength. We owe it to our youth.

**The Make a Sound Choice program has been funded by a federal Community Based Abstinence Education (CBAE) grant. The current presidential administration ended funding for these effective positive youth development programs one year prior to the contractual grant agreement, which was to be in place through September 2011.*

FirstChoice was literally a God send to my (then) boyfriend and (now) husband when we found out we were unexpectedly pregnant! They encouraged us to get married and instructed us in all the knowledge we've needed to raise her and entrust her care to the Lord. We thank God for their staff, classes and many resources and it would have been extremely difficult to have our child without their care and guidance. Thank you!

From a grateful client who had now have a beautiful girl born this summer. The couple came to FirstChoice in December 09 – attended our Earn While you Learn parenting program, Dr. Dad workshop and continue to come to the clinic for educational resources. God bless you Nicky, Erik and little Reagan!

40 Days for Life

takes place until Sunday, October 31. 40 days of prayer for the ending of abortion, for the mother, for the baby and for the compassionate work of pregnancy help centers that reach out in love to those with unplanned pregnancies. God bless all of you who are committing yourself to 40 days of prayer. Thank you!!

www.40daysforlifend.com

Join us, Follow us and Like us on Facebook!

To find out more about what's happening with FirstChoice Clinic find us on Facebook and ask your friends and family to join the FirstChoice Clinic page at facebook.com/firstchoiceclinic

Combined Federal Campaign of the Red River Valley

FirstChoice Clinic is listed as a designation option for donations received from area federal employees in the 2010 Combined Federal Campaign of the Red River Valley.

Recipe Book

we are compiling recipes for a FirstChoice Clinic recipe book. Please submit your favorite recipes to Lora Miller: lora@firstchoiceclinic.com by December 1st. Feel free to pass this request on to friends and family members as well – it would be a great way to get some our your family recipes published!

New Faces

JOIN TEAM FIRSTCHOICE CLINIC

Two new board members and a communications specialist recently joined forces with FirstChoice Clinic, adding sparks of individuality and expertise to the Clinic's life-giving mission. As the newest additions to the FirstChoice Clinic Board of Directors, John Dietrich and Emmet M. Kenney, Jr., MD, each come with backgrounds that have naturally led them into our work.



JOHN DIETRICH grew up in Queens, New York City, where he attended an all-boys prep seminary. He presently works as the expansion manager for First Court, which specializes in jury trial preparation. He and his wife, Becky, have three daughters and live in Fargo. Dietrich said a growing awareness of how many people need help, direction and resources brought him to FirstChoice Clinic. "I have to be in the game helping out, saving lives," he said. He sees our Clinic as an organization that is growing and expanding, and his goal is to help position the Clinic to meet its newest challenges. "One of the first things I want to do is help us meet those challenges through a top-notch, strategic communications process."



DR. EMMET KENNEY is the CEO of Prairie St. Johns, Fargo. He and his wife, Diane, moved to the area 15 years ago. They have four children, with whom they have strongly emphasized the importance of life. Dr. Kenney said that when he was exposed to the arguments that led to Roe v. Wade early in his life, he found them preposterous. He has been strongly pro-life ever since. "As a physician, I am keenly interested in the ethics of the sustenance of life and very concerned at a global level for the progression towards euthanasia," Kenney said. "When the opportunity became available to become a member of the board, I felt that I could be particularly useful given my being a child and adolescent psychiatrist. I have experience on issues that may lead to unwanted pregnancy and the vulnerability of those in that situation."



ROXANE BEAUCLAIR SALONEN also will contribute her skills to the work of the Clinic through her business, Beauclair Communications. Salonen, who began her career as a newspaper reporter and editor, writes a parenting column for The Forum and works as a local and national magazine writer and children's author. She also serves as a rotating host for Real Presence Radio, 1280 AM. Salonen said she has valued and supported FirstChoice Clinic ever since she attended a spring fundraising banquet about six years ago and looks forward to working with the staff and spending more of her energy helping further the Clinic's goals. Salonen lives in Fargo with her husband, Troy, and five children.



firstchoice
CLINIC

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Jim Dunkel – Treasurer
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CLINIC MEDICAL DIRECTORS

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Heidi Bittner, M.D. (Lake Region)

ULTRASOUND IMAGING

Jan Carson, M.D. radiologist

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George Economon – Special Projects (Volunteer)
Kay Kiefer, RN – Center Director Fargo
Barbara Frank – Center Director West
Patti Killoran, RN – Client Services Director
Elizabeth Utley, RN – Nursing Services Lake Region

CLIENT SERVICES

701.237.6530
1.888.237.6530
www.firstchoiceclinic.com

ABORTION RECOVERY MINISTRY

HEART@firstchoiceclinic.com

MAKE A SOUND CHOICE

701.297.7548
www.makeasoundchoice.com

*In Celebration
& Thanksgiving of...*

To honor special individuals,
the following gifts were sent
to FirstChoice Clinic...

**Bruce and Christine Bartholemew's
25th Wedding Anniversary**

Given by: Phil and Laurie Kraemer

Grandsons Brady and Mark Bommersbach

Given by: Ron and Carol Bommersbach

Laura and Matt Devick' 8th Anniversary

Given by: John and Jan Klocke

Lori and Vern Dosmann's Anniversary

Given by: John and Jan Klocke

Jacob Harvey's 15th Birthday

Given by: John and Mary Noah

Birth of Maxwell Isaak Frazier

Given by: Brent and JoAnn Frazier

David Klocke's Birthday

Given by: John and Jan Klocke

Elizabeth McCormick's Wedding

Given by: John Gaffrey

**Art and Odell Mildenerger's
60th Wedding Anniversary**

Given by: Art and Odell in thanks
to God for a good life together

**Ben and Jenine Seitz's
25th Wedding Anniversary**

Given by: Thomas and Jill Moraghan

Ken and Vicki Sim's Anniversary

Given by: John and Jan Klocke

**Jim and Judy Tilton's
50th Wedding Anniversary**

Given by: Thomas and Jill Moraghan



*In Loving
Memory of...*

The following individuals made
memorial donation to FirstChoice
Clinic in loving remembrance of...

Lourdes Alonzo

Given by: Retina Consultants, LTD

Ricky Arneson

Given by: Donald and Kathryn Hanson

Enid Bargmann

Given by: Merle and Nicole Henke

Alice Berenz

Given by:

John and Sharon Beauclair
Jon and Linda Morris
Emil and Darlene Schoenfish
Paul and Barbara Loegering
Monique Andresen

Magdalen Fischer

Given by: Tom Fischer

Paul Grommesh

Given by: Mike and Marsha Nygaard

Madeleine Hase

Given by: Adrian Richard

Frank Hejtmanek Jr.

Given by: Wayne and Patti Hegseth

Don Holen

Given by: Donald and Dolores Rubertus

Merle Hotz

Given by: Elizabeth Strand

Bryce Christian Kaldor

Given by: Keith and Lorraine Kaldor

Louis Keller

Given by: Paul and Barbara Loegering

Elizabeth Kertz

Given by: Thomas and Jill Moraghan

Ray Kovash

Given by: Vanessa Kovash

Barb LaBarre

Given by: Steve and Lynne Webster

James F. Lee

Given by: Robert and Joyce Lee

Gary Loh

Given by: Ann Loh

John Loh

Given by: Ann Loh

Patty MacDonald

Given by: Joseph and Donna Leiphon

Donald Moll

Given by: Leilla Moll

Eleanor Mulvihill

Given by: Wilford and Wilda Brown

Art Olson

Given by: Rodney and Connie Heisler

Ethel Rance

Given by: Emil and Darlene Schoenfish

Hazel Richard

Given by: Adrian Richard

Ellen Risovi

Given by: C.H. Risovi

Delores Sandness

Given by: William and LuVerne Mangin

Mary Schuh

Given by:

Employees at ND State Water Commission
Satish and Cynthia Gupta
Robert and Debra White
James and Mary Mac Arthur
William and Chiu Chiung Schuh

Raymond Schwan

Given by: Bert and Grace Steffen

Jan Scott

Given by:

Donald Scott
John and Betty Moraghan
George and Sylvia Calkins
George and Pauline Economon
Larry and Susan Richard
FirstChoice Clinic Staff
Charlotte Ktisch
Elizabeth Niles

Larry Scott

Given by: Scott Family

James R. Seminary

Given by: Arlene Seminary

Dorothy Sheehan

Given by: Maguerite Hammerschmidt

Phyllis Spooner

Given by: Mike and Marsha Nygaard

William Sprung:

Given by:

George and Pauline Economon
FirstChoice Clinic Staff
Larry and Susan Richard

John (Jack) Steinberger

Given by: Paul and Brenda Marsolek

Bryce Christian Kaldor

Given by: Keith and Lorraine Kaldor



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www.makeasoundchoice.com

