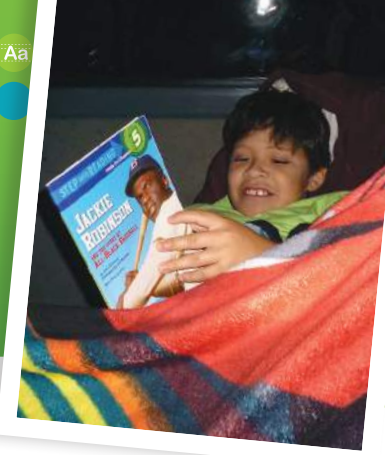


# MOMENTUM

A newsletter for friends of Children & Family Urban Movement

FALL 2014



## GENESIS IS A DESIGNING YOUNG

woman. A senior at North High School, this is Genesis' second year in the Fashion Design and Merchandising program at Central Campus. Her interest in fashion design began in middle school sewing class. She says of that early experience, "It was challenging—I wanted to quit."

But she kept at it and found a passion for design—experimenting these days with "...how different fabrics work and how they work together." Genesis began to attend the Whyld Girls gender specific program at Children and Family Urban Movement (CFUM) when she was in the seventh grade. Beginning with fine inner assets, she has developed into a steady, confident leader in the Whyld Girls—expanding the Product with Purpose business line to include hair accessories and macramé jewelry; performing and offering peer trainings as a part of the Future Campaign, the teen pregnancy prevention campaign originated by the Whyld Girls and Backyard Boys high school students; working as a high school mentor in the middle school Whyld Girls program; showing up with intention, speaking out for what matters, dreaming those wild dreams that Whyld Girls dream for themselves, for their community, and for their world. She plans to attend the Des Moines Area Community College, followed by further education at Iowa State University—all steps toward the goal of developing her own business. Four of Genesis' designs will be featured at the Catwalk for College event next month—a fundraiser that benefits the educational fund for the Whyld Girls (see page #)—modeled by Whyld Girls! Genesis has come to meet the world and create her place in it—in her fashion.

Classic folk singer and songwriter, Gordon Lightfoot, wrote and recorded a song decades ago called "In

My Fashion." The song is something of a declaration of who the songwriter is and how he has chosen to move through his life. At the core of the mission of CFUM—to **create a community to support the potential of children, youth, and families through educational success, healthy living, and community engagement**—is the notion of individual potential. Each one of us lives life in our fashion; each one has within them a unique way of being, of meeting the world and creating one's place in her fashion, in his fashion.

One recent afternoon when it was time to share "good" and "poopy" to begin the Backyard Boyz (a daily activity to assess the day so far, aptly named for a boys group...), twelve-year-old Madison was excited to share that the "good" in his day was learning about poetry at school—the different forms, how to write it. And indeed, he had written his own poem which he had already memorized. It went like this. *Do you want to know my hopes and goals in life/It doesn't involve killing, guns or knives/I want to be successful and have a great job/not live off my parents and be a slob/and I know it will be a strife.* Madison is finding his way of meeting the world and creating his place in it—in his fashion.

At CFUM we are privileged to witness daily, season by season, year after year children and youth and families becoming who they are in the world—in their fashion. In that work a community must also be fashioned—to envision, to support, to applaud the varied designs of our lives and our life together. May we fashion together a broad and deep community designed for vision, support, and applause!

*Carmen*

Creating a community that supports the potential of children, youth, and families through educational success, healthy living, and community engagement.



## “Happy” in Breakfast Club Fashion!

**THERE IS NO PLACE LIKE BREAKFAST CLUB, THE** before school program at CFUM, to begin the day—for children and adults alike! In its fashion the Breakfast Club provides one of the best breakfasts in town, gives kids a great start to the learning day, just makes happy happen! Well over 100 children, grades K-5, are enrolled in the Breakfast Club this year—with an average attendance of 88 (the high so far this school year is 97, on a couple of days!).

Breakfast Club staff named Pharrell Williams’ “Happy” the theme song for the program this semester (check out the BET Video of the Year at [www.youtube.com/watch?v=y6Sxv-sUYtM](http://www.youtube.com/watch?v=y6Sxv-sUYtM)). Between October 20 and November 20 kids will make weekly Happy Lists (Top 10 Happy Things to Do; 10 Ways to Make Someone Else Happy; What Makes Me Happy at School, at Home, at the Breakfast Club; The Happiest People I Know). In

## Achievement is the Fashion at The Haven

At the end of the 2013-2014 school year, CFUM received the good news that 88% of the 65 students in The Haven after school program at CFUM (and its companion school break program, Awesome Days) were on or above grade level in reading! That is something to celebrate! And something to motivate! Sixty-five K-5 students began the school year with The Haven (nine of them new kindergarteners, and an additional ten first year participants). Seventy students are on a waiting list.

One on one or small group reading with reading mentors has great impact upon student reading achievement. So does reading aloud to and with children. Read to Me Time on Wednesdays connects volunteers to grade level groups for read alouds or book clubs.

The challenge lies ahead—continue to create a community to support that high level of educational achievement for another community of children in this school year. It takes quality staff, committed volunteers, and engaged children and parents—it’s all happening at The Haven! ●

December participants will be invited to enter the Happy DAP (Dance Art Poetry) Contest—putting happy in motion, in artistry, in words!

Fifteen reading mentors make fifteen young readers happy every Wednesday at the Power Breakfast. More reading mentors are needed. On Power Breakfast Wednesdays the 4th and 5th graders are planning their own world travels to places like Argentina, China, Germany, Italy, Mexico, Turkey. They are doing research on countries that interest them in the encyclopedia and on the internet. We would like to schedule conversations with experienced world travelers.

Happy happens at the Breakfast Club so learning can happen at school! The great hope is that learning at school will result in children feeling like what Pharrell William calls in the “Happy” refrain, “a room without a roof”—like their lives can be lived in limitless possibility! ●

## Go CFUM Cubbies! Baseball in Grand Fashion

There is a lot more to be learned from baseball than the fundamentals of hitting, fielding, and batting! There is persistence, teamwork, self-encouragement, overcoming challenges, self-confidence. For the third year running former major leaguer Byron Browne provided a baseball clinic and more for CFUM participants. Fifteen ballplayers took the field in August at various levels of experience and ability. Assisting Byron were CFUM Baseball Patron, Sunnie Richer; CFUM volunteers, Craig Avant and Gary Lewis; CFUM participants turned volunteers Thomas Avant, Imajai Lee, Cristiano Holt, Diamonique Hargrove, and Hunter Lang. At the end of the sixteen sessions, every ball-player had improved in some capacity. A highlight of the clinic this fall was a trip to Kansas City to visit the Negro Leagues Baseball Museum and attend a Kansas City Royals game. A skill exhibition (because weather did not permit an actual game) for parents and families, and a pizza party and award ceremony culminated the clinic. ●



# Moving and Motivation in Awesome Fall Days Fashion

## THE THEME FOR 2014 AWESOME FALL DAYS

started out as “Trains, Planes, and Automobiles,” but ended up, “Trains, Planes, Automobiles, Busses, and Boats!” There is always room for expansion—of the mind, of experience, of community! Experiences with transportation included a visit to the train museum in Boone, at tour of the Ankeny Airport, a visit from a hybrid car, an extensive experience of the DART bus operation, and a river boat ride in Iowa Falls! Workouts at the Grubb YMCA with old favorites—tininkling sticks, jump ropes, and fitness ladders; visits to the Forest Avenue Library; a fall visit to Jester Park to get that nature connection; a trip to Central College; and a grand finale including bowling and a picnic lunch on the field at Drake Stadium rounded out a phenomenal three week program. In and around all the moving was the motivation to read and journal and think and create and laugh and play. It is a powerful combination with powerful results.

At the beginning of the school year teachers from Moulton Extended Learning Center (MELC) reported over and over again to CFUM staff that all the students in their classes who had been involved with Awesome



Summer Days had maintained or increased their reading levels over the summer break. That is the intention of all the moving and motivation that happens during the Awesome Days school break programs—to stem learning loss over school breaks. Creating a culture of reading and reflection, connecting learning outside the classroom, crafting a community among 65 program participants makes it happen. ●

## 5th Grade Crew and Wonder Girlz Prepare to Transition in Their Fashion

### BILLY COLLINS' POEM, “ON TURNING TEN”

begins, *The whole idea of it makes me feel/like I'm coming down with something,/something worse than any stomach ache/or the headaches I get from reading in bad light—/a kind of measles of the spirit,/a mumps of the psyche,/a disfiguring chicken pox of the soul.*

Ten is tough! The tasks of the fifth grade are many, the preparation to make the transition from elementary school to middle school is critical. AT CFUM the 5th Grade Crew and the Wonder Girlz are there to accompany fifth graders through those tough tens. Both programs meet on Fridays after school, 3:40-5:00 p.m., beginning with a healthy snack and sharing highs and lows of the day. Weekly programming provides

support for the critical areas of personal empowerment, resilience, leadership, and connectedness to one another and the larger community. The Wonder Girlz began the year by creating Trees of Life—at the roots naming people and places in their lives that had formed them, on the trunk writing words to describe their uniqueness, and in the branches stating their goals and dreams (attending college, becoming CEOs, teachers, veterinarians). This year the 5th Grade Crew will use as its focus an extended program emphasis on hip hop (the history, its impact on American and local culture, the five elements of hip hop, and how the hip hop culture promotes peace, love, and unity in community). Should make those tough tens a little more manageable—maybe turn them into a terrific threshold! ●

# Backyard Boyz and Whyld Girls Fashion a Future

## “LETTERS TO MY FUTURE SELF” IS THE THEME

for the program year for the middle school Backyard Boyz and Whyld Girls. The Whyld Girls began the year with the same Tree of Life experience the Wonder Girlz had. To begin their year, the Backyard Boyz have been revisiting the poem from which their motto, “I am the master of my fate, I am the captain of my soul,” comes. “Invictus” by William Ernest Henley is being committed to memory by daily usage in the program. The fall retreats in early October for each program continued the exploration of the rich possibilities for fashioning a future of one’s design—beginning by asking regularly, “What did I do today to support my future self?”

Plans for additional fall activities include working with community partner Dawn Oropeza to do a Dia de la Muerta (Day of the Dead) project with the BYBZ and WG—to learn about and honor the Latino heritage of many participants (watch the windows of the Future Site on 6th Avenue for the results!), attending the fall concert of the Des Moines Community Orchestra on October 26, “Celebrating 50 Years of the Civil Rights Act,” and, of course rigorous preparation for the Catwalk for College fundraiser (see page #). (The Backyard Boyz also support the Catwalk event as some of the most refined ushers one will ever experience.)

The high school Backyard Boyz and Whyld Girls student mentors are showing up and working hard

this fall. As a part of their teen pregnancy prevention campaign, “Future: the Alternative F Word,” they did a presentation at Comprehensive Adolescent Pregnancy Prevention (CAPP) open house early in October. Late in October, which is “Let’s Talk Month” designed to encourage parent/child communication about sexuality, they will host their parents at a “Flip the Switch” event at the Future Site.

The Whyld Girls student mentors are preparing for the Catwalk for College, also, working especially hard on increasing inventory in their Product with Purpose jewelry and accessory business. The girls meet on Wednesdays to make jewelry, volunteer are needed to assist them in the jewelry making aspect of the business.

In November the Whyld Girls high school mentors will be heading to Kansas City for a weekend of culture, community building, and celebration. This trip was postponed from the summer and is designed to encourage the next phase of their leadership in the Whyld Girls program, in their schools, and in the community.

Fashioning futures is what gender specific programs at CFUM are all about. Spending any time at all with the youth involved with the Wonder Girlz, the 5th Grade Crew, the Backyard Boyz, the Whyld Girls engenders commitment to supporting them in any way possible as they fashion their futures. ●



## Community and Hospitality in Supper Club Fashion

Fifty-eight congregations, service clubs, women’s groups, groups of neighbors or friends regularly add to the community and hospitality of the Supper Club evening meal program at CFUM. Providing the basics of a welcoming place and a nutritious meal is one of the most rewarding opportunities that the work of CFUM offers. As the end of the year holidays approach, there are three dates in November (1, 7, 25) and six dates in December (2, 15, 22, 23, 26) for which providers of the meal are needed. Over the years families or work teams have celebrated the holidays together by providing a meal at the Supper Club. Providing the meal means planning and serving a healthy meal for 140 guests of all ages (except for Saturdays when the number of guests is half that). If needed, CFUM staff can help with the planning. CFUM staff also provides support during the meal. ●

# Connect with CFUM in Your Fashion

## THE WORK OF CFUM GOES ON AND IS EFFECTIVE

because there are so many people connecting their time, insight, abilities, connections, and resources in their fashion in every moment, at every turn. At this moment and at this turn, please consider connecting with CFUM in these ways:

### VOLUNTEER

- Become a reading mentor at the Breakfast Club (Wednesdays, 7:15-8 a.m.)
- Tell your world travel story at the Breakfast Club (Wednesdays, 7:30-8 a.m.)
- Become a reading mentor with an individual child at The Haven (Tuesdays, 3:45-4:30 p.m.)
- Become a reading partner at The Haven, reading with individuals or small groups on a weekly basis
- Teach Wonder Girlz to knit (Fridays, 4-5 p.m.)
- Become a jewelry making partner in the Product with Purpose business (Wednesdays, 1-5 p.m.)
- Become a Life Coach for a high school Backyard Boy or Whyld Girl (weekly commitment on an ongoing basis)
- Provide a Supper Club meal in November or December

*To volunteer at CFUM please contact Atalie Ferring at [atalie@cfum.org](mailto:atalie@cfum.org) or 515-282-3242*

### DONATE

- A complete set of later edition World Book encyclopedia
- Games for middle school students (such as fast card games, Apples to Apples, Five Second Rule)
- Gift cards to purchase snacks, games, art materials, books, equipment for all CFUM programs

### CONTRIBUTE

- To the cost of the fabric for Genesis' Catwalk for College designs (\$200)
- To the cost of the high school Whyld Girls' weekend trip to Kansas City (\$100 per girl for 13 girls includes transportation, lodging, meals, and event and museum admission)



*To donate or contribute to these needs please contact Linda Danielson at [linda@cfum.org](mailto:linda@cfum.org) or 515-282-3242. Ongoing volunteer, donation, and contribution needs may be found at [www.cfum.org](http://www.cfum.org)*



## Website Redesign Catches the Size of the CFUM Garment

Anything you want to know about what is going on at CFUM, how you can connect to CFUM, the operations of CFUM, you can find on the redesigned CFUM website. CFUM Operations Director, Linda Danielson, gave enormous time and focus, an ability to see the large picture and artfully fit together many different pieces (gifts born of her experience as an artistic and accomplished quilter) to the redesign effort. Launched in September, the redesigned website will continue to be developed. The website is designed to more effectively and engagingly communicate current activity, opportunities, and needs with the CFUM community. We hope you will visit [www.cfum.org](http://www.cfum.org) regularly and enthusiastically. If you have accolades or suggestions to offer please contact Linda at [linda@cfum.org](mailto:linda@cfum.org).

## Celebration of Renovation: A New Kitchen Designed for Hospitality is Open for Business!

Renovation is exciting! But completion of renovation is even more exciting! For six months we have experienced the daily excitement of renovation of the kitchen at Trinity United Methodist Church (TUMC), where CFUM is located and serves over 50,000 meals a year! Now it is time to experience the excitement of the completion of the renovation!

On **Sunday, November 2, 3-5 p.m.** CFUM and TUMC will host an Open House to celebrate a kitchen designed for hospitality! A program will be held at 3-3:30 p.m., refreshments will be served, oohhs and ahhs and oh my stars tours will be given. Many CFUM partners have enjoyed the excitement of renovation, come and join the excitement the completion of the renovation!

And, help continue the excitement by helping to complete the "furnishings" of the new kitchen by participating in a Kitchen Shower. Here is what is needed:

### KITCHEN SHOWER WISH LIST

#### NUMBER 1 PRIORITY:

**Metal shelving storage units, floor to ceiling height:**  
\$200 each x 25 units, total \$5,000

- **Slip-proof floor mats:** \$100/each
- **Compartment trays:** \$5/each or \$50/dozen, 10 dozen (120) = \$500
- **Drinking glasses:** 5 oz. = \$10/dozen; 15 dozen (180) = \$150. 8 oz. = \$12/dozen; 15 dozen (180) = \$180
- **Coffee mugs:** \$45 for 3 dozen; 15 dozen (180) = \$225
- **Cereal bowls:** \$30/dozen; 15 dozen (180) = \$450
- **Napkin dispensers:** \$25/each; 15 = \$375
- **Cutlery dispenser:** \$65
- **Flatware:** 240 spoons & forks = \$100
- **Soup spoons:** \$6/dozen, 15 dozen (180) = 90
- **Steamer pans with lids:** \$50/each; 10 = \$500



## Annual Catwalk for College Taking Fashion to a Whole New Level

For the fifth year the Catwalk for College will take fashion to a new level! The Catwalk for College event not only inspires the personal style of women with its annual fashion show, it inspires girls to fashion their personal future to include college! The Annual Whyld Girls Catwalk for College will be Monday, November 10th at Community Choice Credit Union Convention Center.

Here's what you can expect:

#### 5 p.m.: Social hour

- You will want to get there early to shop at Product with Purpose and bid on the stellar silent auction items (including: **Principal Charity Classic Tickets, Climb Iowa passes, four 1-day Park Hopper passes to Walt Disney World, family day pass to the Iowa Children's Museum**)

#### 6:15 p.m.: Dinner and Program

- Fashion show featuring styles by CAbi and MintLA and Product with Purpose jewelry
- Program by the Whyld Girls about the impact of the program on their lives and their educational aspirations

Here's how to go:

- **Reserved Tables (8 people) — \$425**
- **Individual Reservation — \$60**

Please make reservations [by November 2nd](http://www.whyldgirlscatwalk2014.eventbrite.com) at [www.whyldgirlscatwalk2014.eventbrite.com](http://www.whyldgirlscatwalk2014.eventbrite.com)

## Gratitude in Fine and Full Fashion at the CFUM Thanksgiving Eve Dinner

The annual Thanksgiving Eve Dinner is always gratitude in its fullest and finest fashion! The date for the event this year is **Wednesday, November 26th**. Experience Thanksgiving in your fashion by:

- volunteering to prepare food and/or serve food, set up and clean the dining room, host tables, do dishes, etc.
- donating food items to serve 300 guests a "traditional" Thanksgiving meal of turkey, mashed potatoes and gravy, dressing, sweet potatoes, green



bean casserole, Waldorf salad, dinner rolls, pies, whipped cream, coffee, milk, and punch

- setting the table by providing coordinated paper products - 24 banquet tablecloths, 300 large dinner napkins, 300 sturdy holiday dinner plates, 300 sturdy holiday dessert plates, and 300 hot/cold holiday cups

*To contribute to the fine and full fashion of the Thanksgiving Eve Dinner, please contact Atalie Ferring at (515) 282-3242 or [atalie@cfum.org](mailto:atalie@cfum.org).*

## Support for CFUM Comes in Many Fashions

Volunteer work groups add great value to the work of CFUM in their fashion. Recent work groups have included: Grand View University, Mercy College of the Health Sciences, Nationwide, and Phi Delta Chi. Groups coming to volunteer as a part of the **United Way Campaign and Day of Action** included: Dupont Pioneer, Global Atlantic Financial Group, Sammons Financial Group.

All fashion of financial support sustains the work of CFUM. The top two sources of financial support for CFUM

continue to be the gifts of individuals and grants. Many funders have funded CFUM for multiple years; among them the **Chrysalis Foundation**, Polk County, The Principal Financial Group Foundation, Variety the Children's Charity. This year a \$12,000 grant from the Chrysalis Foundation will support the middle school Whyld Girls, and a \$2000 grant will support the Wonder Girlz. **Polk County** is supporting the Wonder Girlz and 5th Grade Crew with a \$4000 Minority Youth and Family Initiatives grant; a \$7500 grant from **The Principal Financial Group Foundation** will also provide support for the Wonder Girlz and the 5th Grade Crew. The 2014 grant from **Variety the Children's Charity** provides \$5000 for the Literacy and Library Upgrade focused on upgrading the CFUM library and literacy resources.

**First Unitarian Church** supports community efforts in a unique fashion. Every week at their services a second offering basket is passed. Annually the congregation decides on two local organizations to receive the Second Basket Offering. For the second year CFUM is honored to be a recipient of the Second Basket Offering. ●

## CFUM Staff Fashion New Ventures

Regretfully, CFUM will see exits from fine staff members this fall. **Tammy Guild** began at the beginning with the Whyld Girls, as a volunteer group mentor twelve years ago. Since then she has done everything that needed doing; focusing for the last eight years on support for the Product with Purpose business. Tammy is leaving to pursue her own wild dreams for herself, for the community, and for the world. Her presence will be missed but the impact of her involvement will echo well into the future.

**Abigail Livingood** also began at CFUM as a volunteer. She was hired as the Office Administrator three and a half years ago. Abigail's contributions to the work of CFUM went well beyond the traditional administrative role to include support for more healthy snacks and meals; serving as artist-in-residence for the Backyard Boyz and Whyld Girls, and bringing her artistic sensibilities to

everything from decorating colors to celebration details. Abigail will be dedicating more time and energy to the art that is her passion and calling. And substitute teaching in local high schools—an art unto itself.

**Emily Miltenberger** began at CFUM as an AmeriCorp Vista following her graduation from Central College. After her year of AmeriCorp service she began a nursing degree at Mercy College of Health Sciences, and remained at CFUM in two new part-time roles—Breakfast Club Program Coordinator and Program Data Manager. In August Emily received her nursing degree, in September passed her Board exams. In October she began her nursing career at Unity Point. Emily is one of those people who sees what needs doing and does it with care and conscientiousness, she welcomes responsibility and manages complexity creatively. She was a great asset to the work of CFUM. ●

# CHILDWATCH

## BARBARA'S TEENAGE GRANDDAUGHTER INSPIRED

a movement. "Moping around" her grandmother's house one day, sparked a conversation. Barbara asked her why she was moping around—she should be doing something positive, she had lots of gifts, a good family, a great circle of friends. She asked with exasperation, "What is wrong?" The answer took Barbara back. "You don't understand, Grandma. You've had a long life. I don't even know if I will live long enough to be an adult, get married, have a family. There is so much war and violence in the world. Who knows what is going to happen?" The conversation happened back in 2001 as the United States moved toward war and war and more war in response to the events of 911. Although she would not have called herself "an activist," in response to that conversation and her granddaughter's question, she began a movement. With the help of her dear friend, Libby, a grassroots organization "Grandmothers Against War" was fashioned in Des Moines. They gathered fierce grandmothers like themselves, organized a city-wide rally on the steps of the Statehouse, did interviews on local news programs, joined other groups in regular protests and prayer services—all to say over and over and over again to citizens like themselves, to policy makers at every level, and most importantly, to their grandchildren, that war and violence is not the answer.

Reading Madison's poem (see page one of the newsletter) seemed an echo in these days of Barbara's granddaughter's deep fears. The first thought in Madison's poem juxtaposing his "hopes and goals in life" with the violence of "killing, guns, and knives (sic)" is more than looking for rhyming words. Madison's family came to the United States as refugees from Liberia where they experienced firsthand that war and violence is not the answer. They came to a country where violence is everywhere—from the normalizing of violence by the entertainment industry in music and video games, tv shows and movies to the reality of violence in our common life—children shot in their classrooms and on the streets, high profile athletes beating their spouses, the militarization of local police forces, the one thing Congress and the President can always agree on—military action.

A letter to the editor appeared in the *Des Moines Register* on September 13 from Johann Christoph Arnold, the senior pastor of The Bruderhof, a Christian community established in Germany after World War I in response to the devastation of the war and the silence of the church in the face of the chaos that resulted. In the late 1930s they were exiled by the Nazis and eventually established a community in New York state. Pastor Arnold's letter to the editor lamented the latest call by our leaders to violence and war; and the futility of trying to eradicate the violence of terrorism with more violence.

In response to the question, "What can we do?" he turned to the words of Dr. Martin Luther King, Jr. as the only answer. He quoted from a sermon of Dr. King's called "Strength to Love." *"Hate begets hate; violence begets violence; toughness begets a greater toughness. We must meet the forces of hate with the power of love. Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that. Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction...The chain reaction of evil—hate begetting hate, wars producing more wars—must be broken or we shall be plunged into the dark abyss of annihilation."*

What can we do? What if children learned, what if we all learned, those powerful words of Dr. King by heart? What if we spoke them to one another, heard them echo in our homes, our workplaces, our faith communities, our schools, our coffee shops, our neighborhoods, anywhere we gather. War and violence needs to go out of fashion. We need to look for a different way. One way we can begin is to get another message on the airwaves. So at CFUM we are memorizing those words of Dr. King's, getting them inside of us and out on the airwaves. Any child or youth who learns them by heart receives a button with the words on them. Join the movement to memorize Dr. King's words—getting them inside of us and out on the airwaves. We have to start somewhere to make violence and war; killing, guns, and knives go out of fashion—leaving room our children, our grandchildren, all children to live life freely and fully in their fashion. ●

—Carmen, [carmen@cfum.org](mailto:carmen@cfum.org)