



MOMENTUM

A newsletter for friends of Children & Family Urban Movement

SUMMER 2014

THERE SEEMS TO HAVE COME ON THE SCENE

something of a child's manifesto—in the form of a song. “Let It Go,” a song from the wildly popular CD “Frozen,” from the wildly popular animated film of the same name, seems to have struck a deep chord with children. Before they even saw the movie last winter children we know at Children and Family Urban Movement (CFUM) knew the song by heart, having heard it on the internet. In the spring when the song was used as background music for a slide show at a promotion ceremony at Moulton Extended Learning Center, the neighborhood school, the entire auditorium of children spontaneously joined in—singing the song in one voice (while astonished adults looked on, some moved to tears). The song was among the tunes downloaded to an iPod for use during CFUM's Awesome Summer Days program. The first time the song played during lunch—when all the children were together—even lunch came to a halt as every child in the place took up the song and every adult watched in awe, some, again, moved to tears.

In the movie, “Let it Go” is sung by young Queen Elsa as she steps up to claim her life after being held back by limits and conditions beyond her control. (Everything she touches turns to ice.) Perhaps the children we have heard belting it out have had experiences that resonate with her experience of being held back; but also, like Queen Elsa, have an intuitive notion of their own potential and power. Some of the lyrics go like this:

*The wind is howling like this swirling storm inside
Couldn't keep it in, heaven knows I tried!*

*It's time to see what I can do
To test the limits and break through...*

Let it go! Let it go! I am one with the wind and sky...

Here I stand and here I'll stay, let the storm rage on!

*Let it go! Let it go! And I'll rise like the break
of dawn...*

*Here I stand in the light of day, let the storm rage on,
the cold never bothered me anyway!*

The lyrics of the song, and especially listening to the lyrics being sung—word for powerful word—spontaneously, earnestly, exuberantly by children; feel like something of a manifesto. Manifesto as in a public declaration announcing what is to come! Despite the limits of pervasive poverty and yet too real racism, underfunded schools and throw away neighborhoods, low expectations and endless obstacles inside and out—we will rise like the break of day! stand in the light of day!—just other words for claiming one's life, one's soul-deep potential! That's what we hear being sung at the tops of their voices, from the depths of their being.

The mission of CFUM is **to create a community to support the potential of children, youth, and families through educational success, healthy living, and community engagement.** If that mission was put to music it might sound a lot like children singing, Let it go! Let it go! I'll rise like the break of dawn and adults moved beyond even tears to commitment and action—day after day, year after year in support of what is and what is to come in the children, youth, and families of one neighborhood in Des Moines, Iowa! A manifesto for us all! ●

Carmen

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





THE MANIFESTOS OF Summer!

THE MANIFESTOS OF SUMMER VARY... FOR KIDS, the summer manifesto is fairly universal, "Have fun!" For adults who care about kids—parents, teachers, neighbors—it may range from "Be safe," to "Help out," to "Keep up." Summer programming at CFUM covered the summer manifesto range!

Fifty-eight rising 1st-5th graders experienced four weeks of **Awesome Summer Days** (ASD). They definitely had fun and were safe, they helped out and kept up! Beginning with the "keep up" manifesto —academic and supporting enrichment activities led by public school teachers helped kids keep up with their learning, even during the summer break. Weekly visits to the Forest Avenue Library and six field experiences—helped kids keep up as well! The "Help out" manifesto meant cleaning up the neighborhood, weeding and watering and harvesting in the neighborhood garden, picking up after ourselves, and reading to one another. "Be safe" is a given at any CFUM program from the care and attention of quality staff to safety; to creating together a safe community where each person is free to

be themselves, and respect and regard abound. Many hours of ASDs were given to the "Have fun" manifesto—swimming lessons and swimming at the aquatic center, park time, ballpark time (seeing an Iowa Cubs game thanks to our friends at Denman), tinkling and jumping rope, lunchtime sing-alongs, new friends, old friends, chill time, choice time! ASDs did it all!

Fifty youth participated in the annual **Summer Literacy Program** for the middle school Backyard Boyz and Whyld Girls. All the youth, rising 6-8 graders, read the book *The Maze Runner*. Every youth completed the book and most completed the second book in the series. The two-week program also included opportunities to connect their reading to original artwork, be of service to the community, and have some sheer fun at Adventureland. The fun will continue when the groups head out to the movie version of *The Maze Runner* to be released later this summer.

Have fun! Be safe! Help out! Keep up!

At the end of the summer, the manifesto shifts to "Be ready for school!" For students attending Moulton Extended Learning Center (MELC) the school year begins in mid-July. Being ready that early can be a challenge for families and students. For fourteen years the CFUM Back-to-School Fair has been there to help get MELC students ready for school. Here is a glimpse, by the numbers, of the 2014 BTSF, held on an ideal July 15, in partnership with MELC.

Funding for the **Back-to-School Fair** was provided by Wells Fargo, Faith Lutheran Church, First United Methodist Church in Pella, Polk County Health (Community Partners Protecting Children), Edaptive Systems, and Immanuel United Methodist Church.



CFUM BACK-TO-SCHOOL FAIR

By the Numbers



39 PHYSICALS

20 CLASSROOMS
RECEIVED SCHOOL SUPPLIES
(Including supplies for 500 students)



500 STUDENT
HEALTH BAGS
DELIVERED

118 VOLUNTEERS



550 VOLUNTEER
HOURS

20 ORGANIZATIONS
AT RESOURCE TENT



400 BAGS OF
POPCORN
SERVED

350 SNOW CONES
SERVED



250 BOTTLES
OF WATER

330 GUESTS SERVED AT
THE NEIGHBORHOOD
COOKOUT (despite the
popcorn and snow cone numbers...)



In kind contributions were made by Caseys, Delta Dental, Fareway, G & L Clothing, and Hy-Vee.

At the end of the summer the rising 6th graders who have been in CFUM K-5 programs—the Breakfast Club, The Haven, Awesome Days, 5th Grade Crew, the Wonder Girlz—will take up a new manifesto, “Be and bring all you are to your future!” As they make the move they have been looking forward to for months—on to middle school—we find that in addition to the anticipation they have been feeling, they also feel some trepidation! To help them make a successful transition CFUM is inaugurating a new initiative this summer called “Bridging the Gap.” For four weeks beginning July 22 rising sixth graders will make visits to their assigned middle school, be involved in a reading program using electronic readers, create a student-led service project, and explore career options in a variety of local workplaces. Just as CFUM has been alongside them in kindergarten through fifth grade, CFUM continues with them in this critical transition to middle school. ●



A New School Year Calls for Renewed Commitment

AS CHILDREN AND YOUTH BEGIN A NEW SCHOOL

year with all of the promise such beginnings bring, the community is called to renew its commitment to support the potential so evident in these young lives. CFUM offers nearly endless meaningful opportunities for the members of the community to renew that commitment. Perhaps a manifesto would help inspire such commitment...how about "Fine, fearless, fashioned futures for all!" An hour or two a week from the adults in the community (perhaps you) can make it happen. Here are some ways the community can take up the manifesto of "Fine, fearless, fashioned futures for all!"

At the **Breakfast Club** before school program once a week or twice a month or occasionally:

- play a game with a kindergartner
- spin a top with a first grader
- build with a second grader
- read with a third grader
- teach a new game to a fourth grader
- make art with a fifth grader
- Get young bodies moving by:
 - twirling the jump rope
 - leading Zumba or Yoga
 - operating the tinkling sticks

At **The Haven** after school program once a week:

- read one-on-one with a kindergartner
- play sight word games with a first grader
- listen to a second grader read

- help a third grader with homework
- encourage a fourth grader to complete an assignment
- do math with a fifth grader

Volunteer partners are also needed to:

- help with a baseball clinic on Thursdays and Fridays August 1-28
- canoe with a fourth or fifth grader during the River Rascals program August 2, 9, 16

At the **Breakfast Club** or **The Haven** spend an hour a week throughout the school year as a reading mentor through Everybody Wins Iowa! At least ten new reading mentors are needed for the Breakfast Club to read every Wednesday morning with an individual child, 7:15-8:00 a.m. At The Haven at least seven new reading mentors are needed to read with kindergartners on Tuesdays, 3:45-4:30 p.m.

At the **Wonder Girlz** program for fifth grade girls; volunteer to assist staff during the program day on Monday afternoons, 3:30-5:00 p.m.

At the **5th Grade Crew** program for fifth grade boys; volunteer to assist staff during the program day on Friday afternoons, 3:30-5:00 p.m.

Come alongside ninth grade students in the **Backyard Boyz** and **Whyld Girls** as all-important Life Coaches (five men are needed and five women are needed by September). Training and mentoring for Life Coaches, themselves, is provided.



For further information regarding taking up the "Fine, fearless, fashioned futures for all!" manifesto at CFUM, by becoming a volunteer, please contact Atalie Ferring, the CFUM Volunteer Coordinator at atalie@cfum.org or 515-282-3242. •



SUPPER CLUB MANIFESTO

“Room at the Table for Everyone”

SIX EVENINGS A WEEK, MONDAY THROUGH

Saturday, volunteers and staff at CFUM set a table for a broad community that comes together to share an evening meal. For the June 2014–May 2015 year, 55 congregations, organizations, and groups have committed to setting the table. They are:

Booneville UMC; Carolyn Jenison and Friends; CFUM Board of Directors; Christ Community Church; Collegiate UMC, Ames; Covenant Christian Church; Crossroads Church, Norwalk; Delta UMC, What Cheer; Des Moines Diversity Chorus; Downtown Kiwanis Club; Faith Lutheran Church; First Baptist Church, Johnston; First Christian Church, Newton; First Unitarian Church; First UMC, Ankeny; First UMC, Des Moines; First UMC, Newton; Grace UMC; Holy Trinity Catholic Church; Holy Trinity Saint Vincent de Paul Conference, Immanuel UMC; KAPPA; Korean UMC; Manning UMC; Manpower Incorporated, Des Moines; Maple Grove UMC; Northwest

Rotary Club; Oakwood UMC, Pleasant Hill; Prairie City UMC; Principal Financial, Don Piper Group; Rotary Club of NW Des Moines; Royal Dukes Club; SAI Group; Sammons Annuity Group, West Des Moines; St Francis of Assisi Youth; St. John’s UMC; St. Luke’s UMC, Newton; St Mark Lutheran Church Men’s Group; St. Paul AME Church; St. Peter Lutheran Church, Grimes; St. Pius X Catholic Church; Staves UMC; Trinity UMC; Tuesday Morning Midwives; Two Rivers Regional Partnership; Unity Church of Des Moines; Valley UMC; Van Meter UMC; Walnut Hills UMC; Waukee UMC; Wellspring Community Church; Westover Baptist Church; Windsor Heights Presbyterian Church; Windsor UMC; Zion Lutheran Church



Several open dates to serve Supper Club remain. To explore taking up the “Room at the Table for Everyone” manifesto at the Supper Club, please contact Abigail Livingood at abigail@cfum.org or 515-282-3242. •

CFUM PARTNERS’ MANIFESTO

“We Are All in This Together”

ENTIRE NEWSLETTERS COULD BE WRITTEN ABOUT

the magnificence of CFUM partners! Their passion and compassion, their hard work and good humor, their understanding of life’s challenges and their determination to be a part of rising to challenges and soaring beyond them sing with an old Carole King song, “We are all in this together!” Here’s to the magnificence of CFUM partners!



Donna Rusk was recently honored with an Iowa Governor Volunteer Award. Atalie Ferring, the CFUM Volunteer Coordinator, wrote this about Donna in her nomination. “Donna Rusk’s service has a wide,

beneficial scope from volunteering at the Breakfast Club every week as a reading mentor for Isaac (who now loves to read!) to leading Program Review Committees that bring Board members and community members together to evaluate programs. Additionally, she organizes when the CFUM Board serves at Supper Club and cleans the kitchen (including the refrigerator!) weekly. She shows up at special events featuring the accomplishments of CFUM program participants and supports those events behind the scenes by setting up food, washing dishes, and she graciously and generously contributes to CFUM financially...no task is “above” or “below” her. She brings her experience as an educator to the mission of CFUM and she rolls up her sleeves to do the hard work of making the mission real. Donna always has a smile on her face and her joy is contagious. Her leadership

CFUM PARTNERS' MANIFESTO

“We Are All in This Together”

attributes shine and she has given countless hours of her time in making CFUM's programs more effective. The organization operates stronger as a result of her efforts. Lastly, she is a wonderful role model for program participants and has given abundantly through her time, talents, and treasures.

Speaking of Donna Rusk... in June, Donna delivered to the CFUM Board of Directors the **Program Review of the Backyard Boyz**. Annually, Program Review Committees are convened to do comprehensive evaluation of two CFUM programs. In the spring a committee was convened to review the Backyard Boyz. Committee members included CFUM Board Members Donna Rusk (convener) and Jackie Mueller; CFUM Staff Carmen Lampe Zeitler and Vincent Lewis; and community members, Joyce Bruce, Jamel Crawford, Kimberlee Gregory, Vikki Spencer Spinks, Marci Vinsand, Don Williams, and Tony Wilson. The final report [to the Board] includes sections on strengths, challenges and issues, and recommendations.

“Because of Backyard Boyz I’ve had the opportunity to experience new challenges that will help me succeed.”

—Shared during the Program Review process

In summertime the magnificence of CFUM partners covers the waterfront—from stepping in to cover deficits to stepping up to support abundance. When the word came down that there would be no neighborhood site for the Des Moines Public Schools summer lunch program—CFUM’s usual lunch spot for Awesome Summer Days—several magnificent partners stepped up to help provide daily lunches. Thank you to our summer **Lunch Buddies**—Alejandro Alfaro-Santiz and Maria Van DerMaaten ; Bill and Jean Basinger; First United Methodist Church, Ankeny; friends Carla Dawson, Mary Kay Dial, Doris Knight, and Vonnie Salem; Habitat for

Humanity; Sarah Myren; New Hope United Methodist Church, St. Louis; Carmella Nigro; Pella United Methodist Church; and Jane Patton and her family—for covering that deficit and turning it into abundance!

The partners who came together for the ninth annual **Score Fore Kids Golf Tournament** stepped on the golf course to support the abundance of potential and promise in children that the Awesome Days school break programs at CFUM comes alongside for ten weeks a year.



Thank you to the 112 golfers who participated, and to the following sponsors:

Dinner Sponsors \$3000

Care Initiatives
Farrells

Hole Sponsors \$150

Casey's
McGowen, Hurst, Clark
and Smith, P.C.

Eagle Sponsors \$1500

IMT Insurance
Nationwide Insurance

In Kind Contributions

Care Initiatives
Sammons

Birdie Sponsors \$500

Jim and Roxanne Hugley
Spectrum

Thank you to the planning committee who worked on the event for months in advance: Rick Grant and Gary Lewis, co-chairs; Laura Alexander, project manager; Jim Hugley, CFUM Fund Development Director, Linda Danielson, CFUM Operations Director, Stacy Bagby; Dave Dixon; Rusty Grant; Jessie Keller; and Donna Rusk.

Two magnificent men, who happened also to be magnificent CFUM partners, died recently. **Bill Basinger** along with his wife Jean, have been among the most faithful and generous supporters of the work of CFUM. Over the years, they have done what was needed—like washing dishes at the Breakfast Club when there was NO ONE else to do it; to what would never be

expected—like providing Christmas gifts for each CFUM staff member; to moral and spiritual and financial support at every turn. Bill leaves a legacy beyond imagining—going on and on and on and on. CFUM is honored to be a part of that legacy.



For thirteen years **Gene Leonard** volunteered at CFUM. He showed up early and often (some years, everyday) and truly did everything there was to do—cooking, cleaning, caring, fixing, building, laughing, praying, refurbishing, repairing, replacing, reinforcing, joking, hauling, giving, receiving, sweeping, listening, supporting, fortifying, improving, honoring, loving—all with the greatest patience, compassion, intentionality, humility, and generosity. With his wife, Marilyn, Gene enriched every aspect of the work of CFUM.

What an honor and sheer delight to know both of these magnificent men, to share with them a season, and a mission, and a portion of their rich, wondrous lives. CFUM is also honored to be designated as one of the places to receive memorial gifts in honor of Bill and Gene.

Keeping the magnificence coming...



CFUM is partnering with Community Youth Concepts! (CYC) to engage youth in service learning opportunities. Through a grant that CYC has received, CFUM will be recruiting

two full-time (40 hours a week) **AmeriCorps State** members to work with the Backyard Boyz and the Whyld Girls from September 2014 through August 2015.

This is a great opportunity for those looking to gain experience with nonprofits, education, working with youth, volunteer management; or who just want to give a year of service. In addition to being eligible for a living stipend (\$12,100), education award (\$5,550), and health benefits, AmeriCorps State members may hold second jobs and attend school.



We are just beginning the recruitment process. If you or someone you know are interested, please contact Vince Lewis at vince@cfum.org to learn more.

Graduation Walk needs volunteers! CFUM is proud to be able to say that 100% of the youth who have participated significantly in the Backyard Boyz and the Whyld Girls have graduated from high school. The sixth annual Des Moines Graduation Walk, sponsored by United Way of Central Iowa, DMPS, and Wells Fargo, will be August 23, 9 am-12. Door-to-door teams will include a district staff person and 2-3 community volunteers. A brief training is required; must be 17 or older to participate. To join a team, register online or contact Erica Sherman at 515-246-2504 or esherman@unitedwaydm.org.

And always the **everyday needs**: healthy cereals and snacks, fruit, vegetables, juice. In these days of limited storage space due to kitchen reconstruction the best way to help CFUM cover the food needs is with gift cards to grocery and discount stores. Gifts of current book titles for grades K-5 are always welcome, and gift cards to Barnes and Noble for book downloads for Nooks are also welcome. ●

CHILDWATCH

This summer we are called to remember and honor a summer fifty years ago in Mississippi called Freedom Summer. In 1964, less than 7% of Mississippi's African American citizens were registered to vote. In many places in Mississippi, African Americans made up the majority of the population, and the segregationist white establishment was prepared to use any means necessary to keep them away from the polls. White local and state officials systematically, and sometimes brutally, kept Blacks from voting. The inability to vote was only one of the many challenges Blacks encountered in a racist society, but the civil rights leaders who decided to focus on voter registration understood its crucial significance as well as the white supremacists did. An African American voting block would be able to powerfully effect social and political change.

For years, local civil rights workers—Black citizens, local civil rights workers, church folks—had tried unsuccessfully to increase voter registration among African Americans in Mississippi. In 1964, Robert Moses, of the Student Nonviolent Coordinating Committee (SNCC), along with David Dennis of the Congress of Racial Equality (CORE), came together to lead the newly formed Council of Federated Organizations. They had a plan for Mississippi. For 10 weeks, white students from the North (who, they surmised, the country would pay more attention to) would join activists already working in Mississippi for a massive effort that would do what had been impossible: force the media and the country to take notice of the dreadful violence and injustice taking place in Mississippi. Thousands of students came to work alongside established leaders.

Over the course of the ten-week project—70 days or so

- four civil rights workers were killed; four critically wounded
- at least three Black civil rights activists from Mississippi were murdered
- 80 Freedom Summer workers were beaten
- 1,062 people were arrested (out-of-state volunteers and locals)
- 37 Black churches were bombed or burned
- 30 Black homes and businesses were bombed or burned

The media and the country did take notice. There was a change in direction. The Civil Rights Act was signed into law in 1964, the Voting Rights Act in 1965; by 1969 almost 67% of African American citizens in Mississippi were registered to vote. In honor of that summer perhaps this summer we could determine to learn as much as we can about those remarkable ten weeks in Mississippi. Perhaps we could tell our children and grandchildren, our neighbors and friends about those who went into a Mississippi summer to help change the direction of a state, a nation, the future. Perhaps we could engage in yet another summer to change the direction of a state, a nation, the future.

This summer almost 60,000 children are new immigrants to the United States—coming from unrelenting poverty and violence in their home countries—primarily El Salvador, Guatemala, and Honduras (places where the United States has a history of intervention with consequences that are still being played out in the lives of these and countless other children). This humanitarian crisis in our country, in our state calls for creative and compassionate leadership from citizens to Congress, from patriots to Presidents. First and foremost we must insist upon the just and kind treatment of the children. How the children are treated by our nation, by our state, by us will define not only the quality of their lives and the capacity of their futures but the measure of our moral leadership. Robert Coles in his book *Lives of Moral Leadership* wrote, "We need heroes, people who can inspire us, help shape us morally, spur us to purposeful action—and from time to time we are called on to be those heroes, leaders for others, either in a small, day-to-day way or on the world's larger stage." This summer, in the spirit of the remarkable summer fifty years ago, is one of those times.

Let us pay attention. Learn as much as we can. Demand more than we dare. Give. Pray. Sing. Act. In the words of the manifesto used from the civil rights movement to the peace movement to the environmental movement to every movement in the direction of justice, "If not us, then who? If not now, then when?"