



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

NEWSLETTER SPRING 2014

Inspiration can be found at every turn at Children and Family Urban Movement (CFUM). Often it comes from the words and wisdom of the youngest program participants. This spring CFUM has joined with partners 6th Avenue Corridor and Keep Iowa Beautiful to bring HOPE to the neighborhood we share. The Litter Letter Project is a national effort to install large scale letters made from chicken wire and rebar spelling out words to inspire response, thought, and action in individual neighborhoods. CFUM kids chose the word “Hope.” The letters were created and installed in the Butterfly Park at 9th and College which is owned and maintained by the congregation at Trinity United Methodist Church. As a part of the observance of Earth Day the letters were filled with litter from the neighborhood. And now Hope will inspire the neighborhood—in its bold and everyday way.

But here is more inspiration. (Picture these as reflections on star-shaped sticky notes written by Awesome Days participants. Be prepared for some inventive spelling...)

- Hope is a very good word for this community.
- Hope to encourage people to make a better place.
- Hope really sticks out to me and you have to have hope.
- Hope—encourage people to help the community
- I thin Hope means strong.
- Hope is appoprte because we will make a better world
- Bkus Hop is the bast yrd
- Hope means to me that your havn’t gave up on what your doing you think you can still make it work.
- Hope is a really good word because it can help you achieve things and it could mean that other people have hope of something.
- Hope can encourage someone.
- Hope means to me follow your dreams and just — Hope I think hope is a good word and it is the best word of all.
- Hope is a vere powerful word.
- Hope is a good word cues it gives people courage.
- Hope means to me is like when people say it like when you win a prize like I hope I win a prize.
- I hope for good.

“Hope is a vere
powerful word.”

Inspired by the hopeful voices of hopeful children, youth, and families at every turn, CFUM works to build hope out of more than chicken wire and rebar. 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.* The hope that CFUM builds is made from a broad and deep community of children and youth, parents and families, congregations and corporations, individuals and community partners. CFUM works to build hope by the potential acknowledged in every child, every young person, every family who walks in the door. CFUM works to build hope by supporting educational success, modeling healthy living, and encouraging community engagement day in and day out, week in and week out, month by month, year by year from the time a child is in kindergarten until s/he graduates from high school and continues to college.

The work of CFUM is to make hope as visible as the chicken wire and rebar Hope on the corner of 9th and College, and as undeniable as the hope that springs from the hearts and minds of children who write words like, *Hope means to me that your havn’t gave up on what your doing you think you can still make it work.* May we all be inspired at every turn to make hope work.

Carmen

HOPE OFFERED EVERY DAY IN ALL KINDS OF WAYS

The **Breakfast Club** celebrated Dr. Seuss' birthday on March 3 with his book, My Many Colored Days. Every family received a copy and there were activities keyed into the book theme all morning. The whole month of April Breakfast Club participants went in search of poems around the dining room because April was National Poetry Month. From now to the end of the year Emily Miltenberger, Breakfast Club Program Coordinator, has planned a surprise activity one day a week.



Awesome Spring Days

saw both snow and 65 degree days. Neither extreme hindered the depth of the "Roots" developed in both fun and learning. The theme for Awesome Days this year is "Roots Rock". From the spring ASD **The Haven** is springing forward to finish the Moulton School year strongly. We want you to share our pride in that 80% of Haven/Awesome Days enrolled participants are *on or above grade level* according to the April tests compared to 50% of Moulton School students at large. Why? The power and influence of consistent reading time and doing homework after school 4 out of 5 days a week!



The fifth graders in the **Wonder Girlz** and the **5th Grade Crew** are improving their financial literacy this spring when they meet in their gender specific groups. They are looking forward to stepping up to being in the Whyld Girls and Backyard Boyz starting this summer with the Summer Literacy Program in the last two weeks in June.



Middle School **Whyld Girls** and **Backyard Boyz** focused this year on staying current with their school work, of course, and digging deep into their yearlong theme -

"The Treasure Within".



Through poetry, making books, and oral presentations they developed ways to share their individual treasures within at the Meet The Leaders Event, Tuesday, April 29th. This summer they will welcome the rising fifth graders to their groups during the middle of June.

CELEBRATING HOPE IN NEXT STEPS

In May we will celebrate several next steps.

- We will celebrate 19 Fifth Graders stepping from Moulton to middle schools.
- We will celebrate 17 Eighth Graders stepping from Moulton and other middle schools to senior high schools.
- We will celebrate three twelfth grader stepping from high School to college, Austin Castillo-Leovan, Brittany Guffey, and Michael Hardat.
- AND we will celebrate one college senior stepping from college to graduate school, Claudia Gonzales.

Do you detect a pattern here? The kids in CFUM programs certainly do – the power of the hope wished for 4 years ago when Whyld Girl, Claudia Gonzales completed high school. She stepped to community college and that led to the University of Northern Iowa where she is graduating this spring. This seed has grown into a hope expected by and for every CFUM participant.

Education through high school and beyond is becoming the norm. And success comes when it is shared and supported by community.



There is so much joy in celebrating these next steps and hopes. We invite you to contribute to the gifts and parties we will have this month to celebrate hope. The Haven, The Breakfast Club, Whyld Girls and Backyard Boyz will all give the "stepping up students" token gifts and will celebrate with special meals. You can underwrite just one of those parties for \$100.00. To find out more contact Abigail at 515-282-3242 or Abigail@cfum.org.

The **Supper Club** in 2014 is all about hope because the building renovations are focused on the kitchen. We are now at the point where we are moving out of the old kitchen into a temporary kitchen. Friday night, April 25 CFUM, Trinity and Las Americas celebrated this move by remembering the gifts of hospitality given and received in the old kitchen for more than 100 years and blessing the temporary kitchen. The memories heard at the blessing reminded everyone that kitchens are places where community happens. In community hope is born and nourished. Because of our memories/stories nothing is lost from the spirit of the last 100 years. And because communities are story makers, our hopes are unleashed for the next 100 years to come.



To prepare for the transition into the temporary and then renovated kitchens CFUM hosted three meetings in early April for Supper Club Providers. CFUM shared what the physical layout and serving changes will be during the construction and how the new kitchen will look. Over 44 people from 26 groups attended! Besides learning about the kitchen volunteers really enjoyed swapping Supper Club stories themselves.

Every day is a bit different during construction and one of the things we said in the April conversations is we appreciate how flexible Supper Club providers are. And we will continue to appreciate all the extra patience and flexibility everyone shows during the day to day ups and downs until the kitchen is fully renovated. Because we stay focused on serving a wonderful meal with gracious hospitality all the construction inconveniences will be minor.

As CFUM is in the process of scheduling groups for the 2014-2015 Supper Club year, we have been made aware of two important things.

1. We recognize that CFUM is in the enviable position of having a solid core of groups willing to commit to dates for the year and these groups can be counted on to be here for everyone of those dates.
2. The other huge blessing is that our Supper Club providers uniformly bring delicious healthy meals where both fresh and prepared vegetables and fruits are commonly served.

Since Supper Club guests have the same health concerns and issues as the community at large, having healthier menus offered to them means they feel better able to make good choices for themselves. That is an invisible but amazing gift of sharing hope and power that Supper Club providers give on a daily basis. CFUM thanks you from the bottom of our hearts for all the thought and care you put into shopping, cooking and serving these stand out meals with tremendous warmth. We thank you some 300+ days of the year for constancy, dedication, and generosity on a mountain-sized scale.

The scheduling year runs from June 1, 2014 to May 31, 2015. There are open dates in almost every month. Consider forming your own small group of 6-10 people to volunteer here cooking and serving supper. The most immediate open dates are: June 5 and July 1, 3, 5, 8, 9, and 10. To get information about forming a group, to ask about available dates throughout the year contact Abigail Livingood at 515-282-3242 or Abigail@cfum.org.

HOPE LIVES ON THE GREEN COURSE

The 9th Annual Score Fore Kids Golf Tournament will be Monday, July 7, 2014 at Echo Valley Country Club in Norwalk, IA. This successful event is shifting venues to enhance the golfing experience but the focus is still the same – to raise funds for Awesome Days programming. Did you know it costs on average of \$2,000 for one day of “Awesome” programming for 65 participants? That works out to \$30.00 per day per child.

- If you become a Presenting Sponsor (\$7,500) you would cover 3 ½ days for 65 children.
- If you become a Dinner Sponsor (\$3,000) you would pay for 1 1/3 days for 65 children.
- If you become an Eagle Sponsor (\$1,500) you would cover 2/3 of one day for 65 children.
- If you become a Birdie Sponsor (\$500) you would pay for 15 children for 1 day.
- If you sponsored a Hole (\$150) you would pay for 4 children for 1 day.

Any contribution offered will make a difference to children in the programs. This translates into the academic encouragement these and all children need to live in hope to realize their dreams. This is the link to the CFUM website and a copy of the Score Fore Kids registration form. <http://www.cfum.org/wp-content/uploads/2014/04/CFUM-Sponsor-Foursome-and-Individual-Golf-Flyer.pdf>

If you have any questions contact Abigail at 515-282-3242 or Abigail@cfum.org.

HOPE WALKS INTO CFUM EVERY DAY IN THE SHOES OF VOLUNTEERS



April was National Volunteer Appreciation Month and CFUM made a point of highlighting all of our regular volunteers who work with programming and those who are almost invisible as our weekly non-program volunteers and the work groups that come

in and transform our space by cleaning and organizing. At the United Way Recognition Luncheon the end of the month, three of our volunteers were nominated for awards – Sunnie Richer for work with The Haven, Megan Ruble for work with the Whyld Girls, and Hal Rusk for is reading time at Breakfast Club.

The First Annual Volunteer Appreciation Breakfast was held at the Future Site on Saturday, April 26th from 9:00 a.m. to 11:00 a.m. All the different programs and areas of CFUM were represented—the CFUM Board, volunteers from the Catwalk and Advisory Committees, Breakfast Club and Haven volunteers, reading mentors, volunteers working with the gender-specific programming, as well as volunteers that help deliver fruits and vegetables, bring in bread, clean, organize and sort donations regularly. Nearly 55 people stopped by to enjoy breakfast and conversation cheerfully sharing from one person to the next about what their connection is to CFUM. There is a larger picture that is CFUM but the story sharing volunteers made it so much clearer one to one than anything that could be written.

CFUM is fortunate to know such extraordinary volunteers who visibly and invisibly partner with CFUM to support the potential of children, youth, and families.



Curious? There are many ways to volunteer with CFUM. These are some immediate and long term volunteer opportunities you might consider.

- Awesome Summer Days
 - With programming. and
 - Preparing lunches daily June 5 through July 3.
- Whyld Girls and Backyard Boyz
 - 17 Rising 9th graders need Life Coaches
- Breakfast Club
 - Cooking breakfast
 - Reading with Children
- Back to School Fair, Wednesday July 16
 - Planning and preparations
 - Day of the event

To volunteer at CFUM contact our Volunteer Coordinator Atalie Ferring at Atalie@cfum.org or at 515-282-3242.

OTHER WAYS TO HELP

Breakfast Club is turning up the music in the morning! They would love to have CD's to play Disney, Kidz Bop and the like. You could donate the CD's or gift cards to Amazon, Barnes and Noble, or Target so we can go purchase the tunes that turn our breakfasters into singers and doers and brings smiles to everyone.



You could consider donating gallons of juice one time or regularly to Breakfast Club. Every week the kids drink 12-15 gallons of juice . You could also donate gift cards to Hy-Vee, Dahl's or Fareway and we can do the shopping to keep juice stocked for breakfast.

Back to School Fair, July 16, will need financial donations so we can purchase in bulk all the schools supplies Moulton classrooms need to start the new year right.

Here are some sponsoring options you could consider:

- One student (\$20)
- One Pre-school classroom – 20 students (\$400)
- One K-2 classroom – 22 students (\$440)
- One 3rd-4th grade classroom – 25 students (\$500)
- One 5th grade classroom – 30 students (\$600)

If you want to help and or donate to the Back to School Fair contact Emily Miltenberger, our Fair Coordinator this year, at Emily@cfum.org or 515-*282-3242.

Summer Awesome Summer Days will spend 13 days in academic focus on the "Roots Rock" theme. That will take them into both areas of families, and genealogy, and then the other kind of "roots" meaning plants, roots, and healthy growing and lifestyles. Awesome Summer Days will be using Nooks, jump ropes, fitness ladders, tinickling sticks, and yoga to build healthy minds and cores (roots) for a better life!! If you would like to contribute to the learning opportunities know that swimming lessons are \$5.00 per child through the Grasp Program with the Des Moines Parks and Recreation Department. For all 65 kids it will cost \$325.00.



Awesome Summer Days will take 8 field trips this year. Trips include an I Cubs game, Brenton Arboretum, Ledges Park, Jester Park, Valley View Aquatic Center, and the State Historical Building. You can underwrite the bus expense for a single trip with a donation of \$300.



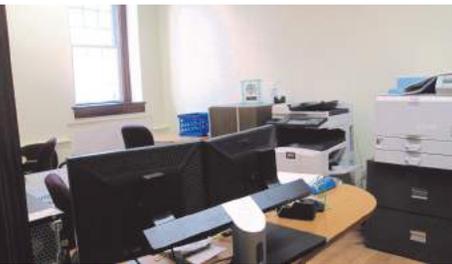
During the summer, with the uptick in physical activity, good food and a lot of it is very important. Due to the kitchen remodel AND a recent change in the Des Moines Public Schools Summer Meal Program we will need 20 days of lunches. You and or your group could *"Bring Lunch and Feed a Bunch"*

by bringing sack lunches enough to feed 65 children and 15 staff. We hope for healthy item like wraps, sandwiches, fruits, veggies, salad, etc. They should be delivered 24 hours in advance of when we will serve them Interested? Have Questions? Contact Janelle Mueller at Janelle@cfum.org or 515-282-3242.

CFUM OFFICES ARE MOVING (but not far)



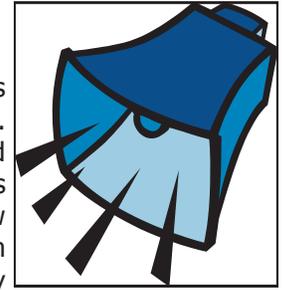
The building renovations of the kitchen include expanding into the current CFUM office space. Former Trinity office space has been renovated for CFUM to occupy. This means our office door is at the bottom of the steps once you enter the 8th street single red door. We will be completely in the new space the second week of May. What a joy to have offices with windows



and natural light. There will be a sign on the door so you will be able to find the administrative staff easily.

We want to be visible and to stay in touch easily with you in our communication as well. E-mail is how we reach many of you but many times our letters do not reach you because of spam filters. If you are not receiving e-mail from us and want to you can send us an e-mail at Abigail@cfum.org and then we will be recognized as friendly by your computer.

CFUM BOARD OF DIRECTORS



The CFUM Board of Directors is made up of seventeen members. New this year is Jessica Ringena and Michele Farrell. WELCOME! As CFUM continues to hope and grow the board serves with work, wisdom and wealth. The CFUM Board is truly a working board. This is the current board and the committee commitments.

Executive Committee
 Kevin Christensen, President
 Laura Allen, Vice President
 Dave Dixon, Treasurer
 Stacy Lage, Secretary

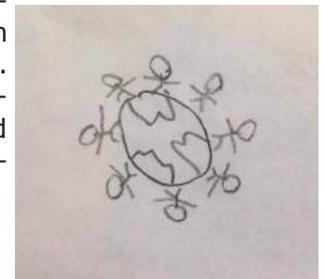
Organizational Effectiveness Committee
 Laura Allen, Chair
 Laura Alexander
 Dave Dixon
 Karen Miller
 Jackie Mueller
 Donna Rusk

Communications Committee
 Stacy Bagby, Chair
 Megan Amdahl
 Michele Farrell
 Stacy Lage

Fund Development Committee
 Joyce Webb, co-Chair
 Tony Lengeling, co-Chair
 Carolyn Jenison
 Adrienne McFarland
 Jessica Ringena
 Shar Schulte (community member)

CFUM STAFF ADDITION

CFUM has a new part-time staff person, Hannah Garside. Hannah is working with the gender specific programming both Whyld Girls and Backyard Boyz. She comes to us with great connections in the neighborhood and broad experience in youth development.



CHILDWATCH

The children at CFUM, and many children, seem to be passionate about the natural world, our environment. We have known children for whom "Save the Whales!" was their earnest plea! "Stop Global Warming" has been a rallying cry for children at CFUM in letters to lawmakers. "Recycle!" is a mantra for CFUM kids! And then there is their deep concern about pollution—maybe fueled by Woodsy Owl and the environmental campaign focused on children, "Give a hoot, don't pollute!"

With a little education and encouragement children seem to be ready and eager to be advocates for the larger concerns of their world. This page in the CFUM newsletter is designed to educate and encourage us as adults to be ready and eager advocates for the concerns of children in our neighborhood, community, state, nation, even, the world!

The need for advocacy for children encompasses a wide range of concerns, especially for children who live with the stresses of poverty. There is so much work to be done—in the areas of health, early childhood education, public education, housing, hunger, wages for parents, juvenile justice, mental health, violence—the call for action is unending. Des Moines and Iowa are fortunate to have advocacy groups focused in each of those areas, and several advocacy organizations with a broad scope, encompassing multiple areas. Of course, there are national advocacy groups as well.*

Information to support our advocacy for children and conduits for our action are perhaps greater than ever before. The resolve to take up advocacy for children in earnest is often missing. Ralph Smith, the Managing Director of The Campaign for Grade Level Reading, in Des Moines for the recent United Way Recognition Luncheon made this statement. "How can we know as much as we do and not do more? We don't spend as much as we need to, don't care as, much as we say we do, some kids matter more than other kids and some matter not at all. We need to close the gap between what we know and what we do."

For several years CFUM celebrated Blue Marble Day (December 7, the date in 1972 the Apollo 17 astronauts took the iconic photo of the earth that looks something like a blue marble floating precariously in the sky) by focusing on care of the that fragile "Blue Marble." As a reminder kids were given a literal blue marble for their pockets. At the end of one Blue Marble Day Javed walked through the dining room and saw a couple of blue marbles lying on the floor. He picked them up and asked, "What are these doing here?" He was told that they were given out in celebration of Blue Marble Day as a reminder to take care of the earth. His response was, "We can't even take care of the marbles, how are we going to take care of the earth?"



For most of us there is the gap between our knowledge and intention and our commitment and action. As Mr. Smith said, we must work on closing that gap. Perhaps children can be our mentors. The way the children seem to do it is to notice what particularly moves them—whales, global warming, recycling, pollution—and focus on that. Learn about it. Speak about it. Write about it. Sing it out in slogans. Connect to others who feel the same way. Be inspired. Do it all again.

Carmen Lampe Zeitler
carmen@cfum.org

*some local and state-wide advocacy organizations include: Every Child Counts, AMOS (A Mid-Iowa Organizing Strategy) some national advocacy organizations: Children's Defense Fund, Every Child Matters ,RESULTS

Mailing Address:
P.O. Box 41125
Des Moines, IA 50311

Located at:
1548 8th ST
Des Moines, IA 50314

www.cfum.org
515-282-3242 (office)
515-244-5007 (Future Site)
515-282-3585 (fax)

9TH ANNUAL SCORE FORE KIDS GOLF TOURNAMENT

Looking for a unique way to get your business noticed while supporting children's educational programming? Please consider becoming a sponsor for the 9th Annual Children and Family Urban Movement Score Fore Kids Golf Tournament being held at Echo Valley Country Club on **Monday, July 7, 2014**.

Sponsor levels include:

PRESENTING SPONSOR - \$7,500

Company name and logo on all participant golf shirts, on the Event Banner and on the Event Program.

Two foursomes in the tournament.

Eight team jackets.

DINNER SPONSOR - \$3,000

Name on the official table centerpieces, on the Event Banner and on the Event Program.

One foursome in the tournament.

Four team jackets.

EAGLE SPONSOR - \$1,500

Name on the Event Banner and on the Event Program.

One foursome in the tournament.

Four team jackets.

BIRDIE SPONSOR - \$500

Name on the Event Banner and on the Event Program.

HOLE SPONSOR - \$150

Name on the Event Program.



Monday, July 7, 2014



Echo Valley Country Club

3150 Echo Valley Drive
Norwalk, Iowa 50211
(515) 285-0101



ECHO VALLEY COUNTRY CLUB

Registration @ 10:00^{AM}

Shotgun Start @ 11:00^{AM}

Dinner and Awards @ 5:00^{PM}

\$125 (per golfer)

\$500 (per foursome)

REGISTRATION DEADLINE

June 16, 2014

Payment is required at the time of registration. The golf tournament is a 4 Person Best Shot Format.

REGISTER ONLINE

www.cfum.org

REGISTER BY MAIL OR FAX

Send registration form and payment to:

CFUM/Abigail Livingood

P.O. Box 41125

Des Moines, IA 50311

Fax registration form to:

(515) 282-3585

Attn: Abigail Livingood

All proceeds benefit CFUM's Awesome Days Programs.

REGISTRATION FORM

Individual Players, Foursomes and Sponsors complete the following form.

Contact Name: _____

E-Mail: _____ Phone: _____

Sponsorship Level (circle one):

PRESENTING
\$7,500

DINNER
\$3,000

EAGLE
\$1,500

BIRDIE
\$500

HOLE
\$150

TEAM/GOLFER
\$500/\$125

TEAM 1

Player 1

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

Player 2

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

Player 3

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

Player 4

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

TEAM 2

Player 1

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

Player 2

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

Player 3

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

Player 4

Name: _____

E-Mail: _____

Phone: _____ Shirt Size*: _____

TOTAL PAYMENT ENCLOSED: \$ _____

Please make checks payable to CFUM.

Visa and Mastercard excepted.

SCHEDULE OF EVENTS

Registration @ 10:00_{AM}

Shotgun Start @ 11:00_{AM}

Dinner and Awards @ 5:00_{PM}

**We will do our best to accommodate all requested shirt sizes, but cannot guarantee your specific size request.*

For more information please visit our website at www.cfum.org

If you have questions, please contact Abigail Livingood at (515) 282-3242 or abigail@cfum.org



INCLEMENT WEATHER HOTLINE: (515) 285-0101
DINNER AND RAFFLE PRIZES WILL BE SERVED RAIN OR SHINE.

