

Moor-Healthy Community Initiative



Our Mission

To mobilize the community to provide developmental assets to every child and youth in Moorhead.

What are developmental assets?

Developmental assets are the 40 community and personal attributes that increase chances for positive development of youth, attributes such as caring neighborhoods, adult role models and self esteem. Research has shown that youth who have more of these developmental assets are less likely to engage in risky behavior.



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www.moorheadyouth.org

Moorhead Shows Support for Youth

February 2005

Moorhead Healthy Community Initiative would like to thank the following area businesses for participating in the 2004 **Scheels' Challenge**, and Steve Scheel and Scheel's All Sports for matching donations.



\$1000+

John C. Arneson Agency
D-S Beverages, Inc.
Hornbacher Foods
State Bank & Trust
Stenerson Lumber
Del Rae Williams CPA
Xcel Energy

* denotes *new* donors

\$500-999

CocaCola Bottling
Eide Bailly LLP
Gate City Bank
Grosz Studio
Mac's, Inc.
Moorhead Drug
Nilles Law Firm
Norwestern Bank
Ojibwe, Inc.
Rebecca Thompson
Wells Fargo

\$0-499

Bert's Truck Equipment*
Dr. Wayne Christianson
David Eggers Insurance Agency*
Foss Drug*
Dr. Jeff Harvey
Korsmo Funeral Service*
Kvamme Real Estate
Medical Pharmacy Moorhead
Rick Electric
Luther Selland Motors
Noel Moore - State Farm Insurance*

Moorhead Healthy Community Initiative would like to thank the following area businesses and individuals for participating in the 2004 **Alex Stern Family Foundation's** contribution match.

Anheuser-Busch Agricultural
Voxland Electric
Walmart Stores
First Presbyterian Women
State Bank of Hawley
Lutheran Church
of the Good Shepherd
Moorhead Kiwanis
Eric and Deborah Paulsrud
Nathan Davis
Chris Hagen
Clark Tufte
Larry Pappenfuss

George Davis
Dorothy Dodds
John Eidsness
Barry and Sue Nelson
Mary Anne Pryor
Carol Ladwig
Lauri Winterfeldt-Shanks
Steve Grineski
Rhonda Porter
Brenda Shafer
Lloyd and Bev Paulson
Kjersten Nelson, Ryan Nagle
Holly Heitkamp

Naomi and Don Rice
Becky and John Hulden
Ken and Grace Covey
Dave and Jane Sederquist
Gordon and Nancy Otto
Mary and Ken Tangen
Brian Arett
Roland and Portia Danielson
Earl Lee
Clyde and Ester Allen
Mary and Steve Charlton
Susan and Gary Clambey
Kay Christenson

From the Desk of Barry N. Nelson, Executive Director

Anniversaries are a history buff's dream come true. Moorhead Healthy Community Initiative is celebrating its tenth anniversary. I am a history buff, so here we go. Some quick history trivia for you:

- a) Who was the superintendent of schools at the time that the community came together for the Initiative?*
- b) Who was the Mayor who provided leadership when the Initiative was formed?*
- c) Who was the Chief of Police who involved the police department in a meaningful way?*
- d) Who was the first board chair?*
- e) Who developed the developmental assets and what organization is he from?*
- f) Who were the first two co-chairs of the steering committee?*
- g) How many asset task forces were formed?*
- h) Who was, in 1995 hired as first coordinator of the Initiative?*
- i) Name six of the eight community core values developed by the task force.*
- j) Since its beginning in 1998, how many Richard Thompson Memorial Scholarships have been awarded to Moorhead youth?*

(You will find answers to all these wonderful questions elsewhere in this newsletter.)

The neat thing about history is that while we remember the past, we are continuously writing the history of the future. Our community has experienced some wonderful outcomes as a result of focusing upon and prioritizing our youth. We know that the success will only continue if we continue to work on the solutions. This year, we are going back to you, the community, to ask some basic and fundamental questions about where we are as a community. A survey will be going out to a random sample later this month, and, in March, we will be convening a number of focus groups. The basic question through all this is: "How are the children?"

Stay tuned as we seek the answer.

Barry Nelson, Executive Director

"Why I support Moorhead Healthy Community Initiative"

I have been serving on the Moorhead Healthy Community Initiative board since Jan. 2002. This year, I feel very lucky to be serving on the MHCI Executive Committee and as Secretary. I had great respect for the organization even before becoming a board member. Over the 8 years I have worked with children and families in the Moorhead School District, ***I have seen how MHCI directly affects youth and families in our community in positive ways.*** As a board member, I see the changes the organization goes through to find ways to mobilize community partners, businesses and individuals to be more effective in establishing and strengthening the 40 developmental assets youth rely on to become healthy, well adjusted members of our society.

The youth of today are the adults of tomorrow. Our children are a gift that needs to be nourished with every possible asset we can give them no matter what life's circumstances throws at them. We can all be asset builders in our everyday lives.

making Moorhead the place we want it to be. ***I encourage you to think about what you can do as individuals and as members of groups, organizations, and neighborhoods to be an asset to youth in our community.*** Think back to your youth and what was important to you, what helped you along, what relationships

were important to make you feel appreciated. Help the neighbor kid with a problem, smile and talk to the youth bagging your groceries, start a carpool for a children's activity, give your time to just be there when kids want to talk, be involved with your children's friends and activities, and make a special effort towards those less fortunate. ***That young person that you acknowledge and affirm may now have the support they need to grow and flourish. In working together for all youth we can make a huge difference in every life we touch.***

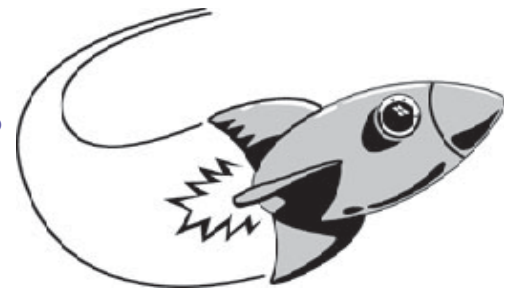


Faye Smiley-Aakre

"Sometimes the simplest gesture can have an impact that cannot be seen for years, but the years can multiply that one gesture in so many ways to have positive lasting effects on individuals and the community."

Scholarships Really Take Off!

The Richard Thompson Memorial Scholarship



Richard Thompson served as a Lutheran pastor for 37 years before retiring to Moorhead where he continued to serve as an interim pastor for local congregations. Richard was an active man who loved attending sporting events, concerts, plays, movies, and educational programs. He especially appreciated and valued children and youth, recognizing their wisdom and contributions to the life of a community. It is a fitting legacy that the Richard Thompson Memorial Scholarship, established in 1998, continues his life of service by helping to fund children and youth in a variety of programs that involve them in the life of the community.

The Purpose of the scholarship is to:

- ☞ help youth participate in asset-building experiences of their choice
- ☞ help reduce barriers for youth to become involved in activities who would otherwise not be able to participate due to limited financial resources.

History of the Richard Thompson Memorial

Carl and Eloise Pohlada Family Foundation Summer Camp Scholarship Program

Since 2002, MHCI has received a grant to send Moorhead Youth to camp.

Purpose:

- ☞ provide youth (their families) with financial assistance to attend residential camps
- ☞ priority is awarding scholarships to first-time campers

History of the Carl and Eloise Pohlada Family Foundation

2002	\$7,500	40 awards
2003	\$10,000	63 awards
2004	\$13,500	
2005	proposing \$15,000	
	57 awards	
	160 awards 2002-2004	
	100 first time campers, 60 previous campers	

Scholarship

Fiscal Year*		Expended
98-99	43	\$1,546.10
99-00	78	3,193.38
00-01	76	2,538.00
01-02	63	2,290.00
02-03	129	5,023.00
03-04**	511	20,080.89
04-05***	194	11,175.02
TOTAL	1094	\$45,846.13

Total Awards Dollars

Camps for Moorhead Youth

MHCI has awarded scholarships for youth, age 9-15, to attend the following residential camps. We award scholarships not to exceed \$500 for first timers & \$300 for previous campers.

- ☞ Campfire - Camp Trowbridge
- ☞ YMCA - Camp Cormorant
- ☞ International Bible Camp
- ☞ Concordia Cobber Cage Camp
- ☞ Concordia Language Camp
- ☞ Boy Scout and Cub Scout Camps
- ☞ Counselor-in-Training Camps (Campfire & YMCA)

* Fiscal year July 1-June 30

** Includes Clay County Local Collaborative Time Study Grant Money - 267 scholarships totaling \$7,886.07

*** Fiscal Year to Date - January 2005

Recent Scholarship Activity

- ☞ \$100 for an 8th grader to participate on the Moorhead Storm traveling basketball team
- ☞ \$25 for a 5th grader to participate in youth wrestling
- ☞ \$56 for a 4th grader to take a session of swimming lessons at the YMCA
- ☞ \$100 each for 3 siblings (ages 6, 10, 13) to participate in Tae Kwon Do for 4 months
- ☞ \$75 for a 10th grader to participate in Speech and the Knowledge Bowl.
- ☞ \$55 for clarinet supplies, \$70 for trumpet supplies (both 6th graders)



- Moorhead Healthy Community Initiative -
striving to make Moorhead the best place on the planet to be a kid!

EVERYONE CAN!

WAYS ANYONE CAN BUILD ASSETS



#3 Other Adult Relationships - Youth receives support from three or more nonparent adults.

EVERYONE CAN

- ✓ Build at least one sustained, caring relationship with a child or adolescent, either informally or through a community program. Talk with kids who live near you or work with you.
- ✓ Create opportunities for youth and adults to work and play together.
- ✓ Invite caring, responsible adults to be part of your children's lives.
- ✓ Vow to say one encouraging thing to someone each day.
- ✓ Volunteer to be a mentor for a young person.

#8 Youth as Resources - Young people are given useful roles in the community.

EVERYONE CAN

- ✓ Get youth involved in your organizations or business.
- ✓ Hire youth when appropriate.
- ✓ Include young people as active planners and participants in events.
- ✓ Give young people appropriate and important responsibilities within the family.

#4 Caring Neighborhood - Young person experiences caring neighbors.

EVERYONE CAN

- ✓ Encourage your friends and neighbors to get to know the young people who live around them and to make youth a priority.
- ✓ Sponsor neighborhood get-togethers.
- ✓ Make your house a "safe house."
- ✓ Work with children and teenagers to create a neighborhood green space.

#7 Community Values Youth - Young person perceives that adults in the community value youth.

EVERYONE CAN

- ✓ View kids as assets, instead of problems.
- ✓ Allow and encourage youth involvement in neighborhood and community organizations.
- ✓ Give positive feedback to youth you encounter when you notice them doing a good job.
- ✓ Display youth artwork and projects.
- ✓ Encourage teenagers to take leadership roles in their community.

Taken from *What Kids Need to Succeed* and *40 Ways Anyone Can Build Assets*

Introduction to Mentoring

Come and learn more about:

- ✿ Developmental Assets
- ✿ Basics of Mentoring
- ✿ Diversity Skills
- ✿ Relationship and Communication Skills
- ✿ Mentoring Resources

Call Cynthia at 299-5437 to register for one of the FREE training sessions:

Saturday March 12 10:00am-12:00pm
Tuesday March 15 6:00pm-8:00pm

Funded in Part by:
United Way of
Cass-Clay



WE'RE LOOKING FOR A FEW GOOD MENTORS

MHCI Happenings

There are many things that have been happening at MHCI since our last newsletter, including our annual holiday reception, bell ringing for the Salvation Army, Asset Builder Training for Clay County Social Services, Mentor Trainings, and new board member orientation.



MHCI would like to welcome our newest board members: **Matt Berdahl** (pictured at left, after bell ringing), **Adam Gilbertson**, **Chuck Fisher**, **Pastor Tom Holtey**, and **Deric Swenson**.

MHCI's website was honored with a citation of excellence at the ADDY Awards celebration hosted by the Advertising Federation of Fargo-Moorhead on February 18!

www.moorheadyouth.org



Mentor Training for Concordia students participating in Linking Up.



Honoring outgoing board member Mike "Mac" McCarthy at our annual holiday reception.



Community, staff, and board volunteered for the annual Christmas party at MSUM. Pictured above are former board member Grant Weyland, board member Joe Bennett, and new board member Deric Swenson.



Community Members at Asset Builder Training.

MHCI would like to thank the **Otto Bremer Foundation** for their generous support of Moorhead Youth!

Answers to Executive Director's Report a) Bruce Anderson b) Morrie Lanning c) Les Sharrock d) Mardy Dovre e) Dr. Peter Benson, Search Institute f) Scott Hutchins and Bruce Anderson g) Seven (7) h) Dianna Hatfield i) Love, Respect, Faith, Responsibility, Diversity, Caring, Honesty, Integrity j) 1,094

Moorhead Healthy Community Initiative



Board of Directors:

Chair Dr. Nathan Davis

Vice-Chair Beth Grosen

Treasurer Dave Andersen

Secretary Faye Smiley-Aakre

Member-at-Large Dr. Larry Pappenfuss

Member-at-Large Rhonda Porter

Joe Bennett

Matt Berdahl

Adam Gilbertson

Dr. Steve Grineski

Chuck Fisher

Pastor Tom Holtey

Becky Hulden

Dr. Larry Nybladh

Brenda Shafer

Deric Swenson

Lauri Winterfeldt-Shanks

Staff:

Executive Director Barry Nelson

Office & Scholarship Manager Deb Shasky

Communications & MentorLink Coordinator Cynthia Heltunen

MultiCultural Afterschool Coordinator Jaclyn Gomez

*AmeriCorps*VISTA & Linking Up Coordinator* Christa Evert

What would you or your organization like to see in this newsletter? Let Cynthia know at mhcicynthia@cablone.net

Our Core Values: Caring Diversity Faith Honesty Integrity

Moorhead Healthy Community Initiative
810 4th Ave South Suite 147
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THIS NEWSLETTER IS A QUARTERLY UPDATE FOR SUPPORTERS OF THE MOORHEAD HEALTHY COMMUNITY INITIATIVE AND IS FUNDED BY THE UNITED WAY OF CASS/CLAY, THE WEST CENTRAL INITIATIVE, AND BUSINESSES AND CITIZENS OF MOORHEAD.

Responsibility
Respect
Love