

Kennedy Heights at the Northside Farmers Market

By: Jim Franck

May 31st was "Kennedy Heights Sunday", at the Northside Farmer's Market. It was the market's first attempt to formally include one of our Northside associations into our Sunday morning Market. And Kennedy Heights set a high standard to maintain!



According to Lisa DuChateau, coordinator of Girls Inc. at Kennedy Heights Community Center, "her girls" created sets of photo greeting cards and other items for sale. Her group also put on a jump rope demonstration and a dance performance which greatly intrigued younger spectators. Coordinated and led by Kangleue Yang and Kazoua Moua, the women's group of Kennedy Heights cooked up 350 Hmong eggrolls. They sold out by 10:30!



The children in the Kennedy Heights After School Program also contributed to fundraising efforts by making tie-dyed bandanas, book marks, and magnets for sale at the Kennedy Heights booth.



The fundraising was great but the biggest success, said Lisa, was the reception that Kennedy Heights got from the community. "It reminded everyone of what we do, the talent we have, and the wonderful culture that is Kennedy Heights." Alyssa Kenney, executive director, was pleased enough that they'd like to repeat their appearance again next summer.



Clare Norelle, interim director, worked closely with Dale Matthews of the NFM and spearheaded much of the work behind the scenes at Kennedy

Heights. She had a lot of help from Lisa, Alyssa, Lo Chang, VamMeej Yang, True Vang, Roy LaValley and many other Kennedy Heights staff and volunteers.

In addition to the booth at the farmer's market Kennedy Heights hosted performances throughout the morning. Participants in the Girls Inc. group performed a dance routine and past Kennedy Heights resident Wacha Xiong performed traditional Hmong music using the xim xos and the raj.



The Northside Farmers Market is soliciting all similar neighborhood groups and associations on our Northside to be a part of the Market and have their own Sunday for fundraising, to raise community awareness of who they are, and to help involve their own members in a fun and beneficial event. Please call or email Jim Franck, jfranck@charter.net or 246-2550 if you are interested.

Inside this issue:

Note from the Director	2
Inter-Connection Photo Exhibit	2
Kennedy Heights Survey Results	3
Poetry Slam	4
Youth Program	4
Ice Skating	4
Project Bold	5
Summer Program	5
Cooking with Girls Inc.	5
Fun and Fitness	6
Early Childhood	
Breast Cancer Screenings	6
Summer Opportunities	7
Low Income Bus Passes	7
Free Lunch and Snack program	8
Summer Food Pantry Schedule	8
Important Dates	8

News From the Heights



Note from the Executive Director

Gratitude

After a 15-week leave of absence following the birth of my daughter, Olivia Catherine Kenney-Lee, I am back to work at Kennedy Heights. I really appreciate all the cards, gifts, well wishes, advice and visits. It has really eased my transition to motherhood.

The best gift I received was from the staff of Kennedy Heights, during my absence staff took on additional responsibilities and worked hard to ensure that programs and services operated as usual for community members. In particular, I would like to thank Clare Norelle who took on the interim director role; her support, dedication and leadership was invaluable to the center. Also during my absence Jim Powell kept the center's finances in order and provided support to the staff and board as needed. Knowing that everything at Kennedy Heights was going well gave me a worry-free time to enjoy being a new parent. I would like to give a huge "thank

you" to everyone who made it possible.

Giving

It is difficult to turn on the radio, go online, or open a newspaper without hearing about the economic crisis. Increasing unemployment and gas prices along with decreasing home values and stock market returns are on everyone's mind. Corporate giving has declined, many local foundations are reducing their giving and philanthropy is declining in the current economy. Meanwhile the need for community based services remains high. In our recent community survey half of the community members indicated challenges with daily transportation and over one-third of residents are struggling to have enough food for their families. Kennedy Heights Community Center depends on individual donors and community volunteers to continue to provide our programs and services. I know that times are tough for many and that everyone is evaluating their spending and giving, but your

financial gift is critical to our continued success. Please consider a financial gift to Kennedy Heights and help keep all of Madison's families healthy and strong. A remittance envelope is enclosed for your convenience.

Greatness

For the past nine years Kennedy Heights' Girls program has worked on and off with local photographer Sandy Weber to learn about photography and to produce local photo exhibits. Every year I am impressed by the insight, quality and creativity of the work that the girls produce. Sandy's commitment to the program and her respect of the girls' unique perspectives always results in a great show. Sharing photos from Kennedy Heights girls' lives with the larger Madison community is an important part of the project and building a stronger community. The invitation to the show is below I hope that many of you are able to stop by and enjoy the exhibit. It is wonderful.

InterConnection - A Bridge Across the Borderline

PHOTOGRAPHY EXHIBITION

May 1, 2009 to June 30, 2009, Madison Municipal Building



DANE COUNTY
CULTURAL
AFFAIRS
COMMISSION

On the Borderline

A Photography Program for Girls

Presents works by:

Girls Inc. - Kennedy Heights Community Center

May 1, 2009 - June 30, 2009

Madison Municipal Building
215 Martin Luther King Blvd.
Gallery 1 & 2

ON THE BORDERLINE PROJECT, a photography program for girls celebrates the work of Girls Inc. - Kennedy Heights Community Center

News From the Heights



Kennedy Heights Community Study Results

By: Amy Hilgendorf Study Design and Process

The Kennedy Heights Community Center staff and Board of Directors were interested in learning more about the residents of Kennedy Heights and their current experiences living in the neighborhood, so that the center may better serve residents in the future. This study was designed and conducted in partnership with an undergraduate research methods class of the department of Human Development and Family Studies of the University of Wisconsin-Madison.

Results

Focus #1: KH Assets

What do residents value most about living on the Northside and in Kennedy Heights?

Residents reported liking most the **affordability** (86% of participants), **location** (53%), the **Kennedy Heights Community Center** (53%), and **parks and natural areas** (50%).

Generally, residents reported feeling **happy** living in Kennedy Heights currently (average response 3.9, from a scale of 1, “very unhappy,” to 5, “very happy”).

Which resources of the Northside and Kennedy Heights are used most by residents?

Of the resources available on the Northside, residents most often reported using the **Lakeview Library** (73%), **Pierce’s Market** (73%), **other stores** (57%), and **food pantries** (57%).

What skills and assets do residents possess and could offer to the benefit of the Kennedy Heights Community Center and community?

Residents readily reported possessing a number of skills and assets, amongst themselves and their households. These included **household skills**, such as cooking, gardening, and sewing; **occupational skills**, like accounting, computer knowledge and appliance repair, **academic skills** and various **hobbies**, like art, dancing, Tai Chi, craft making and hair braiding.

Two-thirds (67%) of residents agreed they would be **willing to share their skills and talents** with the center and the Kennedy Heights community.

Focus #2: KH Needs

What do neighborhood residents currently perceive to be their greatest day-to-day challenges?

Residents most often reported **transportation** (47%), **health or healthcare** (40%), **employment** (40%), and **access to quality food** (33%) as their greatest challenges.

When asked what helps them or could help them deal with these challenges, residents cited strategies like **taking the bus** and **getting a better education**.

How do residents believe current programs and services of the Community Center could be improved to better meet their needs?

Of possible improvements, residents most often selected **more programs for adults** (37%), **programs offered more often** (23%), **programs offered at**

different times (23%), and **more programs for teenagers** (23%).

What additional programs and services would residents like the Community Center to provide?

Residents shared a variety of ideas for programs and services for **children and youth** (e.g., After School expansion, academic tutors, organized sports), for **classes** (e.g., Hmong language, cooking, computers, job training), and for **social activities** (e.g., field trips or tours, Women’s Group activities).

Focus #3: KH Food Pantry

What are the current patterns of usage (who, how often, what items, other sources of food) of the food pantry among Kennedy Heights residents?

Many residents use the food pantry (90% of surveyed) and report an average **1-3 visits per month**.

Food pantry users reported selecting a variety of items. Most often residents said they **select treats or snacks** (81%); **frozen foods** (78%); **fresh fruits and vegetables** (74%); **meat, chicken, or fish** (74%); and **canned foods** (74%).

Of the items food pantry users said they **liked best**, most reported **meat, chicken or fish** (37%); **fresh fruits or vegetables** (33%); or **household items** (33%), like cleansers or toilet paper.

Food pantry users identified a number of items they would like the food pantry to begin to offer or to offer more of, such as

fresh fruit and vegetables, household items, dairy products (e.g., milk, yogurt, cheese), **frozen pizzas**, and **eggs**. Several simply said **“more variety”**.

Residents identified their other sources of food, most often **grocery stores** (e.g., Pierce’s, Woodman’s; 96%) and other **food pantries** (e.g., St. Paul’s, River Food Pantry; 30%), but also **gardens** (14%).

What do the residents like and dislike about the current structure of the Kennedy Heights Community Center food pantry (e.g., selection, availability, organization)?

Food pantry users were **generally satisfied** with the Food Pantry (average response 4.2, from a scale of 1, “strongly dislike,” to 5, “strongly like”).

Of the features of the Food Pantry, users were **most satisfied** with the **volunteer staff** (average 4.2) and the **hours of operation** (average 3.8). Although they were still generally satisfied, food pantry users reported the **least satisfaction** with the **selection of items** (average 3.4).

Most residents **preferred** the **current day** (Monday, 83%) and **time** (between 4-7 pm, 77%) for the Food Pantry to open.

Only **40%** of residents said they would like an **appointment system** for the Food Pantry.

However, **73%** of residents said they would like **emergency access** to the Food Pantry.

News From the Heights



Poetry Slam and Other Youth Program News

By Xaoly Xiong, Deronde Guley, Sasha Norelle-Lewis, Malajsia Birchette

Poetry Slam

On Wednesday May 27, 2009 the 4th and 5th grade after school room made poems for a poetry slam. We made some sick poems with some rewards. We had some awesome food and used the computer. We made a poem to tell about us, about life and fun. It was hard because it was like you were on a real stage. We did it to have fun, to learn how to write, to learn how to speak to people. All the people went, then we voted for our favorite poem. The biggest award was a raw mp3 player. It was about the most awesome day at after school.



Volunteering

On the evening of Friday May

8th the Youth Program made up chili, cornbread, and brownies to deliver to the volunteers working for Habitat for Humanity across the street from our townhouses. Program participants chopped ingredients, cooked and baked on a beautiful spring evening. Saturday we delivered lunch to Habitat's hungry volunteers. They said they really appreciated the help. The participants said it felt great to play a small part in putting up the houses. The thank you note they sent was very much appreciated. This was our third time making food for Habitat for Humanity. We love being able to use our cooking skills to help such a commendable group.

Picture of the Future

The Youth Program has been hard at work on a media project called "Picture the Future." We started several weeks ago by having program participants choose a career that they wanted to learn more about.

The kids then went online to learn more about what they would need to do to get that job. They took the information that they found and wrote short reports. Then the fun part started. The kids found a picture online of someone doing the job they had researched and downloaded it. The kids took a picture of themselves and photoshopped their own face over the face of the person in the picture. At the end of the project we presented both the report and the picture. The kids not only learned about a career that interests them, but they also developed the computer skills necessary to research their chosen career, as well as the skills to photoshop and blend the photos. See the picture on the side for an example. And of course the finished picture provides a striking reminder of a goal to help us shape our future decisions.

Ice Skating

By: Raven Gray and Malajsia Birchette



On March 13, Girls Inc. went Ice Skating with the Sierra Club's Inner City Outings. Because it was already getting warm, we

went skating inside a center on the University of Wisconsin Campus. Ice skating was fun because all our friends got to go. It was a lot of people's first time skating. They taught us how to skate forward and backwards. Going backwards was hard. If someone fell and we knew they were okay, we would laugh and that would give us

more energy to skate. We had a great time with the Inner City Outings volunteers and we bet they had a wonderful time with us, too!

News From the Heights



Staff

Alyssa Kenney, Executive Director
 Jim Kidd, Custodian
 True Vang, After School Coordinator,
 Early Childhood Assistant Teacher
 Tyson Brown, Food Service
 Nicole Cummings, Early Childhood Teacher
 Lexi Larson, After School Staff
 Jayme Vosen, After School Staff
 VamMeej Yang, Asian Outreach Coordinator
 Lisa DuChateau, Girl Power Coordinator
 Roy LaValley, Boys Group Coordinator
 Lo Chang, Technology Coordinator
 MaiHoua Vue, AmeriCorps Member

Project BOLD (and Laser Tag)

By Fahlicity & Mahogany Turner

Girls Inc. just finished one of the Girls Inc. curriculums called "Project BOLD". What we did was learned self defense and how to stay away from bad situations. We learned how to say "NO!" and use our voice to get away. We also learned how to do blocks, hits, and kicks using the right techniques. We did most of our sessions

at Warner Park Community Center. We practiced skits on how to get away from a bad person. We learned all of these things so that we can defend ourselves if we are ever in a situation where we need to get away. My favorite thing was practicing kicks and punching with the punching pads. It was fun.

To celebrate being finished with "Project BOLD", we got to go play Laser Tag!

Laser tagging is when there are lots of people and you all were suits that are different colors. Then you shoot lasers at the people that don't have the same color on as you. The place where we played laser tag had many different rooms that people get trapped in and out of. It was fun to play laser tag with new people every time.

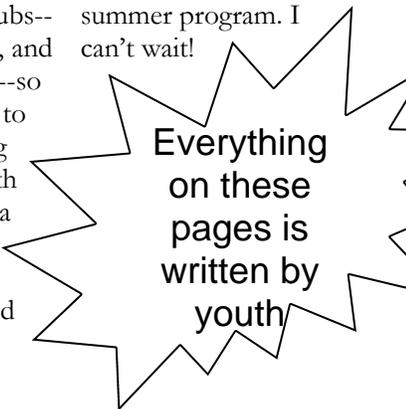
Summer Program

By: Markisha Teague

I am looking forward to a lot of new things in summer program this year! Last summer was a blast! I am excited for more fun games and activities like campfires and picnics. I also want there to be more people this year so that it can be even

better than last year. I am mostly hoping for more clubs--water skiing, double-dutch, and my favorite sport, bowling--so we can have more options to choose from. I am looking forward to hanging out with the staff members, having a good time and enjoying their company. I am so excited to see what Lisa and

the rest have in store for summer program. I can't wait!



Board of Directors

John Givens, Chair
 Kiesha Young, Treasurer
 Allison Plummer, Secretary
 Lynne Solomon, member
 Erin Broome, member
 Jody Schmitz, member
 LaDonna McReynolds, member

Thank You

Northside Farmers Market
 Anonymous Donors
 Community Center
 Volunteers
 Nakoma League
 Downtown Madison Rotary
 Group Health Cooperative

Cooking With Girls Inc.

By: Daijah Wade

Recently, Girls Inc. starting going to Cooking Club with the UW-Extension and the reason for this was to learn how to make and eat healthier food.

pizza crust. It had only 160 calories and 9 grams of fat per serving, which is way less than you would eat on a normal pepperoni pizza. We also made baked tortilla chips from whole-wheat tortillas and homemade salsa.

because it is something I am used to eating and I have always loved.

I had fun at the program and cannot wait to do it again in summer program!

Some of the things we made were taco pizza which had black beans, salsa, cheese, lettuce, and carrots all over

One of my favorite things we made was oven baked chicken nuggets and baked macaroni and cheese. It was my favorite

Newsletter

Editor: Alyssa Kenney
 Contributing Writers: Jim Franck, Alyssa Kenney, Amy Hilgendorf, Xaoly Xiong, Deronde Gulley, Sasha Norelle-Lewis, Malajsia Birchette, Raven Gray, Malajsia Birchette Fahlicity Turner, Mahogany Turner, Markisha Teague, Daijah Wade, Clare Norelle and Nicole Cummings

News From the Heights



Fun and Fitness with Kennedy Heights Community

By: Clare Norelle

Blue skies and spring weather brought together families from various backgrounds for a Fun and Fitness morning at Lindbergh school. Organized by Kennedy Heights Community Center and the Lindbergh PTO, the event featured basketball, double-dutch jump-roping, soccer practice, and four square games. Participants in the Kennedy Heights' Boys Group and Girls Inc. programs joined Lindbergh parents in helping younger kids practice sports skills, while Hmong families from the Asian Outreach program taught everyone to

make healthy and delicious spring rolls. Several languages were spoken as kids, families, school and community center staff played together, shared board games, ate healthy snacks and got to know each other better.

Joey Chang, age 12, said, "I thought it was fun because we taught kids things they never did before."

The event emerged from Kennedy Heights involvement with the Public Health / Healthy Communities Awards program. Other recent activities related to

this include nutrition workshops in Hmong for adults, a Girls Inc. hike to Picnic Point, and an ice skating trip with Boys Group and Girls Inc. programs to the Camp Randall indoor skating facility, with generous help from the Sierra Club's Inner city Outings. In spite of some falls, the kids and youth especially enjoyed the skating and had a great time.

Kennedy Heights neighbors of various ages will continue this focus on healthy living through programs that teach canoeing, basketball, soccer, swimming, self defense, nature photography,

Early Childhood Program Spring Update

By Nicole Cummings

We enjoyed a wonderful spring exploring the outdoors. Our sand buckets and shovels became tools for our budding entomologists; finding many worms, different types of caterpillars, ants, ladybugs and most recently june bugs. A little bit of light competition occurs each day to see how many items each child can find.



Indoors Leap Frog became a favorite game and butterfly art was in the air when we introduced Life Cycles of Butterflies, Plants and Frogs. The children planted seeds and we counted how many days it took then to grow in our windows. We are looking forward to more planting during our summer program.

The preschoolers are eagerly awaiting our annual field trip to

the Zoo and our graduation party is scheduled for Friday June 12th. We wish all our best to our soon to be Kindergartens: John Boakai, Kemya Golden, Jaidao Lee and Precious Owens. They will be missed.

Summer Program begins Monday June 22nd and two spaces remain call the center 244-0767 for information.

Free Breast Cancer Screening Available

Need your yearly mammogram or cervical cancer screening? No health insurance, high deductible, or your insurance does not cover mammograms? Wisconsin Well Woman Program, in collaboration with Susan G. Komen for the Cure, provides free health screenings to age and income eligible women. This is an ongoing program that has been in Wisconsin since 1994. Over 25

medical clinics in Dane County participate.

There is a 1 in 8 chance that a woman will be diagnosed with breast cancer in her lifetime. All women are at risk for breast cancer, not just those with a family history. The good news is that breast cancer is treatable. Finding breast cancer early gives a woman a much greater chance of

full recovery.

This is an opportunity for ALL women to have access to an annual check up. Enrollment is quick and is completed over the phone. For more information call today! Contact the Well Woman Program (608) 242-6392 at Public Health – Madison & Dane County.

News From the Heights



Summer Opportunities for Children and Youth

For Youth Entering 5th – 9th grades the Kennedy Heights community Center offers a **Summer Youth Program**. The program operates Monday – Friday starting June 22nd through August 14th. The afternoon program begins at 12:00 and ends at 4:15 PM. Youth will have many opportunities to participate in enrichment clubs including swimming, golf, technology, reading, poetry, and more. Lunch and snack are included, the program is free but enrollment is required and limited. Stop by the center to get an enrollment form or call the center 244-0767 and ask for Roy.

For Elementary School Age Children Madison School Community Recreation will operate a **Lindbergh Safe Haven Summer Program** at Lindbergh Elementary School. The all day program will include educational enrichment in the mornings followed by daily

activities and field trips in the afternoon. Breakfast, lunch and snack will be provided. The program may be free for you if you qualify for Dane County childcare reimbursement. For more information or to register call Anderson Anthony at 212-0061 or 204-0061.

Another Opportunity for Middle School Students: Troy Gardens is recruiting middle school youth to participate in a summer research project called **Garden Fit**. The eight week program runs 5 days per week for 3 – 4 hours. Participants will dig in the dirt, make crafts, get fresh air and have fun. There are a number of benefits and rewards for participating in the program for more information contact Sarah Jacquot at 320-2487.

One More Fantastic Opportunity Madison Youth POWER academy of Finance is a personal finance

and college readiness “boot camp” for middle and high school students. The Academy is a two week program June 15th – 26th from 8:30 AM – noon each day. Youth will learn basic economic concepts, how to analyze stocks, college preparation, entrepreneurship, public speaking, and computer skills. The program is free to those within the MMSD free/reduced price lunch guidelines. Participants will receive many incentives including snack, door prizes, savings bonds, and achievement related prizes. Bus tickets are available for those in need of transportation and the Kennedy Heights Community Center will provide transportation as needed. Call Richard Entenmann at 663-6332 for more information.

Low-Income Bus Passes Available

A limited amount of Metro 31-Day Passes are now available to eligible low-income riders for \$27.50.

Passes Available at:
Metro Transit 1245 E. Washington Ave. M - F; 7:30 AM to 5 PM; *Dane County Job Center* 1819 Aberg Ave. M - F; 12:30 PM - 4:30 PM

City of Madison Treasurer's Office, 210 MLK Jr. Blvd., RM 107 M - F; 8 AM - 4:30 PM

Eligibility:
 A QUEST card must be shown to purchase pass. Only ONE pass will be sold per QUEST card. Only ONE pass will be sold per family.

Program Notes:

Passes only available at outlets listed above. Passes are available on a first-come, first-serve basis on the first business day of each month. Supplies are limited. Metro 31-Day Passes are the only passes available at the low-income rate.

We are on the Web!
www.khcommunitycenter.org

Kennedy Heights Neighborhood Association

199 Kennedy Heights
Madison , WI 53704

Phone: (608) 244-0767
Fax: (608) 661-9190
E-mail: kennedyheightscommunitycenter@yahoo.com



Important Dates

Summer Board of Director's Meetings
Wednesday, June 17th 5:30—7
Wednesday, July 15th 5:30—7
All residents are always welcome

**Youth Summer Program
Early Childhood Program**
Monday June 22nd—Friday August 14th

Free Lunch Program
Monday June 22nd—Friday August 14th
At Noon

Free Snack Program
Monday June 22nd—Friday August 14th
At 4:00 PM

Center Closed
Friday July 3rd

**FREE LUNCH and
FREE SNACK**

This summer the community center will offer free lunch every Monday – Friday June 22nd – August 14th at noon and free snack at 4:00 PM. Anyone under 18 is welcome to come and eat lunch and snack at the center. Food must be eaten at the center and will only be served during the scheduled meal times noon and 4:00.

**Summer Food
Pantry Schedule**

The food pantry will be open every other Monday during the summer from 5:00—6:00 PM.

The pantry will be **open**: June 8th, June 22nd, July 6th, July 20th, August 3rd, August 17th and August 31st.

The pantry will be **closed**: June 15th, June 29th, July 13th, July 27th, August 10th and August 24th.

The pantry is always looking for additional resident volunteers. Call the center for more information 244-0767.