



FRIDAY NIGHT FACTS

Office of Faith-Based and Community Initiatives

Mitchell E. Daniels, Jr., Governor Paula Parker-Sawyers, Executive Director

A Periodic Publication for Indiana AmeriCorps* Programs and Community Service Partners
 June 30, 2006 Volume 6 , Issue 20

Welcome to Friday Night Facts !



Have a safe and Happy 4th of July!



CORRECTION! CORRECTION! CORRECTION! CORRECTION!

On page 13 of the **June 26th** issue of **Funding Opportunities**, please be advised the Overbrook Foundation's website indicates the Foundation has decided to eliminate its support for youth programming. During 2006 a limited number of "phase-out" grants will be awarded to current youth program grantees. We apologize for any inconvenience.

Great Online Find—Safe Food for the Hungry

More than 25 million Americans rely on food pantries, soup kitchens, homeless shelters, and other emergency feeding programs. That is one in every ten people in the country! Children, the elderly, and minority populations are suffering....

Children, the elderly, and minority populations are the largest groups of emergency food recipients. The results of hunger are profound and devastating. Infants born to hungry mothers may be premature and suffer from health problems. Hungry children lack energy, get sick more often, and have difficulty learning. Hungry adults have trouble concentrating, lack ambition, and have poor self-discipline. Hungry people need food, but filling stomachs is not enough. The food must also be safe and nutritious. Safe Food for the Hungry provides practical application-based food safety and nutrition instruction to volunteers and staff who handle food in not-for-profit emergency food organizations.

Community Harvest Food Bank of Northeast Indiana was named the 2005 Food Bank of the Year by America's Second Harvest, a national food bank network. Safe Food for the Hungry is a project funded by the Indiana State Family and Social Services Administration, Housing and Community Services Section, Division of Family and Children, and supported by the Department of Foods and Nutrition of Purdue University. Their website is user friendly. You can search the Food Assistance Organization Directory by county, city and zip. To access the website, please click on <http://www.cfs.purdue.edu/safefood/>

Volunteers Needed for Black and Minority Health Fair

The Indiana State Department of Health is seeking volunteers to assist at the annual Black and Minority Health Fair during Indiana Black Expo, July 13-16th.

Volunteers will welcome visitors, answer questions and encourage people to take advantage of the hundreds of dollars worth of free health screenings available at the fair. Volunteers will receive a free t-shirt and free admission to Indiana Black Expo Summer Celebration!

Go to <http://www.in.gov/isdh/programs/omh/2006BMHF/volunteer/index.htm> to volunteer or call Joseph Baker at 317-233-7453 by July 7.

Strategies for Achieving Volunteer/Employee Teamwork Workshop
Sponsored by the Cincinnati Association of Volunteer Administrators

CAVA will be hosting a workshop on August 9th at the Cincinnati (Ohio) Museum Center focusing on how to improve volunteer-employee teamwork. The guest speaker for this workshop is Susan Ellis, President of Energize, Inc., which is an International training, consulting, and publishing firm that specializes in volunteerism. Susan is also the author or co-author of eleven books, including *From the Top Down: The Executive Role in Volunteer Program Success*. She is a dynamic speaker with fresh ideas who will truly energize and inspire you to bring a new approach to your work with volunteers.

To learn more about this workshop, contact Karen Wittmer, CAVA Program Co-chair, at 513-896-8411 or via email kwittmer@fairfield-city.org

2nd Annual Small Business Seminar

Are you interested in starting a business or expanding your business? Have you ever wondered what resources are available from SBA, where to go for business guidance, what is an SBA CommunityExpress loan, and is start-up capital available? If you answered yes to any of those questions then you should plan to attend the following seminar.

Date: Thursday, July 20, 2006
 Time: Noon to 4 PM
 Location: Tabernacle Presbyterian Church
 418 East 34 Street
 Indianapolis, IN

Reservations for this **free** event are required as seating is limited. For more information or to reserve your space, contact Paul Wyatt at 317-226-6730.

KaBOOM! University of Play (U Play!)
July 13-15, 2006—Chicago

U Play! is an award-winning 2 ½ day training that provides all the tools and resources you need to promote play and build great playspaces such as playgrounds, skateparks, sports fields and ice rinks in your community.

Attendees of U Play! will:

- ◆ Participate in workshops led by experts and learn best practices in community-build playspace projects (e.g. community engagement, project management, fundraising).
- ◆ Interact with and learn from playspace designers, funders, and successful community-build project organizers.
- ◆ Get the latest information about KaBOOM! challenge grant opportunities.
- ◆ Receive the KaBOOM! Toolkit – a step-by-step guide to playspace fundraising, planning, and maintenance.
- ◆ Volunteer and get hands-on experience at an actual playground Build Day.

U Play! will feature renowned speakers who motivate and inspire!

- ◆ **Kevin Carroll**, Author, *Rules of the Red Rubber Ball: Find and Sustain Your Life's Work*
- ◆ **Hedda Sharapan**, Associate Producer, Mister Rogers' Neighborhood
- ◆ **Dr. John Kretzmann**, Co-Director, Asset-Based Community Development Institute at Northwestern University
- ◆ **Kevin Martinez**, Director of Community Affairs, The Home Depot

Whether you represent a school, a nonprofit, a service organization or a business looking for a team-building activity, or you are an interested parent or community member, **U Play!** is for you! **Limited training scholarships are currently available!** For additional information visit www.kaboom.org, email uplay@kaboom.org or call Sidney Cooper at 202-402-0062. You can register online before July 13th for \$199; on site registration is \$299.



**FitCity's
Monthly Tip...**



Gain Your Independence!

One of the many things our forefathers taught us in 1776 was this: Freedom doesn't come easily, but it's well worth the wait. This July 4th, why not gain independence from unhealthy items such as soda pop, the television, fast food and exercise excuses?

Gain your independence from:

- * Pop and other sugary drinks this July 4th by drinking plenty of other healthy fluids: water, fresh squeezed lemonade, unsweetened iced tea and other all-natural drinks.
- * The television and other screens such as the computer, video games, and other static activities. Go for a walk, play a real, live basketball game or visit the local playground.
- * Fast food and other restaurants lacking nutritional options. Instead, cook well-balanced meals at home and provide healthy, scheduled snacks as part of your daily routine. Summer is a great time to light up the grill and provide healthy meals – just check out the recipe below.
- * Exercise excuses. Schedule your workout time regularly – and then stick to it. Write it in your agenda or make a schedule you can post on the refrigerator. Encourage the kids to create their own schedules and use the buddy system to hold everyone accountable.

Asian Grilled Chicken

- 1/4 cup olive oil
- 1 tablespoon soy sauce
- 2 cloves garlic, crushed
- 1 tablespoon minced ginger
- 1 tablespoon Dijon mustard
- salt, to taste
- freshly ground black pepper
- 6 skinless, boneless chicken breasts

Directions:

1. Mix the oil, soy sauce, garlic, ginger, mustard, salt and pepper, and brush on the chicken breasts. Refrigerate for at least 30 minutes or overnight.
2. Preheat the grill.
3. Grill the breasts for 5 to 6 minutes on each side, depending on the thickness. Let the chicken rest on a plate for 1 or 2 minutes before serving.

For more healthy recipes and activities to help you gain your independence from high calorie foods and exercise excuses, log onto www.fitcity.info and www.INShape.IN.gov.



Volunteers needed for the 2006 Backpack Attack School Supply Drive

For thousands of children in Indianapolis, the first day of school will be long on excitement but short on supplies. Many of our children are living in poverty and start school without the basic tools that are essential to their success. To help provide some of the necessary supplies students need to start the school year, local organizations, schools, and businesses have joined forces on a project called Backpack Attack. Last year over 350,000 supplies were collected to benefit students in IPS schools. The citywide Backpack Attack Committee is in need of volunteers for the 2006 school supply drive. They need help in sorting, counting, and packaging these supplies once they are received. The air conditioned warehouse at IUPUI, 1830 W. 16th Street, serves as the storage facility for all the supplies. Volunteers are needed for a variety of jobs from July 31- August 10. If you are available to help, please sign up to volunteer by going to <http://www.iupui.edu/outreach/community/programs/bpa> For additional information, call Karen Deery at IUPUI at 274-8959.

