

Annual Bowl-a-thon is a festive, fundraising tradition of fun!



The EMCC hosted its 23rd Annual Bowl-a-thon at Dream Lanes late, last fall. It was a festive event with music, balloons, mascots, (including Bucky Badger) and about 100 friends of the EMCC in attendance to support the Center's Minority Achievement Center. The event featured "Red-Pin" bowling. Every time a bowler gets a strike when the Red-Pin is the head pin; the bowler wins \$10. That happened over twenty times as bowlers consistently, crushed those pins.

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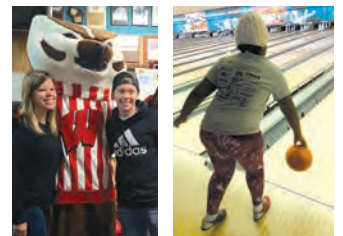
This was made possible through hundreds of people who personally support individual bowlers, as well as by our volunteers who make calls seeking prizes; often picking-up those prizes so that each bowler receives a lovely gift for their participation. We are very grateful to these area businesses that provide over 150 wonderful prizes for the bowlers that raise at least \$50 in sponsorships

Then there are dozens of businesses and individuals that sponsor the event itself, providing gifts that range from levels \$100 up to \$5000. Many of these generous



donors have supported the Bowl-a-thon for many years and some of those donors have contributed to this event for decades.

And we would be remiss if we didn't recognize Robin and his great staff at the Dream Lanes Bowling Center, located on Atlas Avenue, just off Cottage Grove Road, for making this event such a successful annual tradition. ■



Make a note in your calendar that the next Bowl-a-thon will be on November 7th, 2020

NOTE! The football Badgers are NOT playing at home that Saturday.

Visit EMCC's website at www.eastmadisoncc.org

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TODAY NOT TOMORROW FAMILY RESOURCE CENTER

Healthy Foods & Exercise

Summer and Fall of 2019 were busy months at the Today Not Tomorrow (TNT) Family Resource Center. We focused on healthy foods and exercise! We accomplished this through two successful TNT initiatives.

Let's make it a play date! The monthly Run, Jump, Play and Crawl, has been a great place for younger children to meet and get their little bodies moving. On the 3rd Thursday of every month from 10am-12pm in the multi-purpose room, families bring their little ones to play with other children their age.

The first season of the weekly TNT No Cost Neighborhood Market was successful!

Thank you to everyone that was a part of this wonderful initiative for our families! We started on June 29th and went weekly through November 2nd. In collaboration with our partners, we gathered produce, healthy

processed food, and baked goods from Community Action Coalition, UW Madison GROW, Panera Bread, Healthy Food for All, and the TNT Family Resource Center Family Garden. Every Saturday the community shopped for their favorites and sampled new vegetables. Offerings included greens, apples, cheese, peppers, squash, and much more. It served as a place for community members to gather, share recipes, and support healthy eating. We are happy to announce that we will be doing another season of the TNT No Cost Neighborhood Market in 2020. Watch for updates as we get closer to the summer.

Stay tuned for updates from TNT! Watch for our notices at the Tuesday Food Pantry and on the main doors regarding an occasional "Pop-Up Market" during the winter season. ■

English For Parents

In Dane County, more than 4,500 families are non-native English speakers struggling with language barriers at school, at work, and in the community. In June 2019, Literacy Network and EMCC decided to help make a difference for these families. They collaborated to start a free English for Parents program at EMCC. Through this program, adults attend a weekly two-hour English as a Second Language class taught by a Literacy Network instructor. Students practice the English listening, speaking, reading, and writing skills they need to support their family and participate in their local community. Meanwhile, free childcare is provided by EMCC staff.



Scarlet Martino (left) instructs Jorge Carrera and Camara Mohamed in English for Parents classes.

So far, 22 adults from 8 different countries have benefited from the program. After attending classes last summer, Hector said, "I understand more and speak more when

making doctor's appointments or speaking with some teachers." Jorge shared he feels more confident speaking and writing in English.

The English for Parents program is made possible with generous support from EMCC, United Way of Dane County, and the City of Madison. Together we will continue to strive to help Dane County adults achieve financial security, well-being, and deeper engagement with their families and the community. ■

If you or someone you know is interested in the English for Parents program or other free English classes, please contact Literacy Network at 608-244-3911.

STAFF PROFILE



REGINA McCONNELL: New Acting Assistant Director

Hello EMCC Community! It is so wonderful to see many familiar faces and meet the new members of the EMCC community. I have missed the Center and welcome this opportunity to assist the EMCC staff as the Acting Assistant Director. Since leaving EMCC in 2011, I worked at Second Harvest Foodbank in the FoodShare Outreach and Agency Services Programs. I gained in-depth knowledge about the FoodShare Program doing outreach and providing application assistance. As a Service Area Representative, I was the liaison between Second Harvest Foodbank and food pantries, community agencies, and mobile pantry volunteer groups in 5 counties.

This entailed supporting existing food pantries and building partnerships in communities to establish new food pantries.

Prior to my time at EMCC as the Assistant Director from 2007 to 2011, I taught Biology and Physical Education, worked in a university laboratory, and served as the Youth Program Manager at Neighborhood House Community Center and the Center Manager at the Bridge Lake Point Neighborhood Center.

After being blessed with two beautiful daughters, I left the workforce and enjoyed being a full-time mom. Through working at the local YMCA, volunteering at local non-profits and joining the PTO, I was fortunate enough to find opportunities to still stay at home with my girls while staying active in the community. ■

Ingredient Spotlight: GARLIC!



Did you know that garlic contains compounds with potent medicinal properties? It does! Garlic is a popular ingredient in many recipes. It has a strong smell and a delicious taste that is an enhancement to various dishes around the world.

Garlic is highly nutritious. One clove of raw garlic contains:

- Manganese: 2% of the Daily Value (DV)
- Vitamin B6: 2% of the DV
- Vitamin C: 1% of the DV
- Selenium: 1% of the DV
- Fiber: 0.06 grams
- Decent amounts of calcium, copper, potassium, phosphorus, iron and vitamin B1
- This comes with 4.5 calories, 0.2 grams of protein and 1 gram of carbs.

There are several of the proven health benefits of garlic:

- Combats sickness including the common cold
- Reduces blood pressure
- Improves cholesterol levels and may lower the risk for heart disease
- Helps with the prevention of Alzheimer's disease and Dementia
- Eating garlic may help detoxify heavy metals in the body
- Improves bone health

Garlic can be added right to soups, sauces, dressings and other savory dishes. The strong taste of garlic can liven up any bland recipe with just a few cloves. Keep in mind that despite the amazing benefits that can be yielded from this common cooking ingredient that the downside is bad breath, possible allergies, and other health concerns. Please check with your physician if you are on blood thinners or have a bleeding disorder. ■

Source: www.healthline.com/nutrition/11-proven-health-benefits-of-garlic

..... RECIPE

Immune Boosting Garlic Ginger with Lemon

INGREDIENTS

- 3 cups water
- 3 garlic cloves, sliced or cut in half
- 3-6 thin slices of ginger
- 1/2 cup honey
- 1/2 cup fresh lemon juice

In a saucepan, bring 3 cups of water, 3 garlic cloves, and 3-6 slices of ginger to a boil. Turn off the heat when the water boils, and add 1/2 cup of honey and 1/2 cup of fresh lemon juice. Allow to steep for 10 minutes. Strain. Drink.

It is recommended to sip a warm 1/2 cup, three times a day. Refrigerate left overs.

Source: *Garlic Tea Recipe - (28 Sept. 2005), www.food.com/recipe/garlic-tea-139436.*



The EMCC Choice Food Pantry is open Tuesdays from 12 noon to 2pm with sign in starting at 10am. Bring identification and proof of residence to get signed up.

FOOD PANTRY SCHEDULE

- 1st Tuesday of the Month:**
Food Only
- 2nd Tuesday of the Month:**
Food and Toiletries
- 3rd Tuesday of the Month:**
Food Only
- 4th Tuesday of the Month:**
Food, Toiletries, Clothing and Household Items.
- 5th Tuesday of the Month:**
Food Only (March, June, Sept., Dec.)

AMERICAN FAMILY INSURANCE®

American Family Insurance is pleased to help underwrite East Madison Community Center's newsletter.

THANK YOU
to American Family for printing Centerpoints!

Girls just wanna have fun, create, learn, and bond!

By Leah Kutschke and Natalie Moxon, Group Facilitators

The EMCC Girl's Group provides an opportunity for girls in grades 3-6 to learn leadership skills, life skills, and to build up the strong bonds of female friendship. In the last two years, we have worked on learning skills to empower our young ladies to be positive examples of leadership through team building activities, creativity-



building crafts and experiments, and by engaging in the planning process to identify problems and working to solve them.

We build community between group participants by focusing on the power of female friendship, listening to one another, and learning from one another. But, perhaps most importantly: we have lots of fun, too! We go on one field trip per month and have gotten to try out lots of new opportunities, such as ice skating, exploring the Olbrich Gardens Gleam art exhibit, and hearing local



authors speak about their books. We also learn life skills by cooking together, working to solve problems between group members, and planning and implementing long-term goals. Last year, the Girl's Group

planned, budgeted, shopped, and baked for a Bake Sale to benefit EMCC programs and had a blast! We look forward to seeing what awesome ideas the girls come up with this year! ■

YOUTH PROFILE



Laniyah Brown

School: Hawthorn Elementary School

Grade: 5th

Favorite Subject: Math

Favorite EMCC Activity:

Girl's Group

When I grow up I want to be:

A Fashion Designer

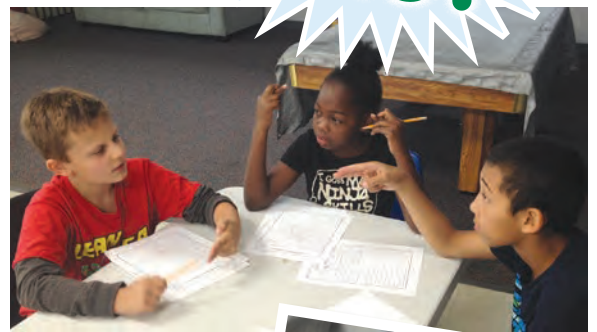
Role Models:

Mom and Grandma

EMCC Students are Making the Grade

The first quarter of the "2019-2020" school year was a major success for the majority of middle and high school students that attend the center on a regular basis. There are 28 middle and high school students that attend the Center at least 3 times a week. Eighteen of those youth received a G.P.A of over 3.0 and twelve of those students received over 3.25. We had two students receive 4.0 and only two students fail to reach a 2.0 G.P.A. Many students expressed that having tutors and homework time for an hour and half each day helps them complete their school work and study for tests. Students at the center learn at an early age at the center that school and education is a tool that can be used to make dreams come true. ■

3.0 3.25
4.0!



facebook



We are on Facebook! On Facebook, we have our up-to-date schedule of events. You will also be able to see pictures of EMCC events. Give us a "Like", so you stay up-to-date with what is happening in the community.

MEJO and EMCC youth work together for the environment

The EMCC and the Midwest Environmental Justice Organization (MEJO) is working together to expose our youth to the vital issues that are affecting the environment, especially those affecting our drinking water, streams and lakes.

This past fall and winter the team learned about the

challenges that Starkweather Creek (just west of the Center) face such as storm water runoff and PFAS compounds. We had conversations about what they can do to improve these problems. We took them on field trips to the different parts of the creek, gathering water and sediment samples. They learned

how to map their findings and photographs on an online GIS map. In April, the teen leaders will present their findings at EMCC's Earth Day celebration. ■



We are looking for more youth to join us.

The team meets every **Saturday from 1-2 pm at EMCC.**

If you want to get involved, please contact Maria Powell at mariapowell@mejo.us.



For the past 10 years the children of EMCC have been experiencing non-traditional sports such as handball, squash, racquetball, canoeing, rock climbing and now! Table tennis. Thanks to the Madison Table Tennis Organization the youth have another wellness activity in which they can participate in and experience not only a great way to exercise but develop positive relationships with adults and other youth that enjoy the sport.

So far over 20 children have participated in the workshops that are taught by Francisco Brito Jr. who is a former professional table tennis player from Brazil. It is amazing to see how well, many of the children have become excited to play table tennis and develop new skills that help assist in improving their self-esteem and social skills along with a great work out. ■

Congrats NATE!



This past year EMCC's own Nate Savado was honored by Madison-area-Out-of-School-Time (MOST) as a recipient of a Most Outstanding Youth Worker Award. Nate was one of three professionals in the Madison area to receive this award, which has three categories related to the recipient's accomplishments. The award recipients were nominated by their peers with final selections made by local high school students. Nate was selected as the recipient for the "Empowering the Youth Award".

Thermostat Settings = Energy-\$avings

Adjusting your thermostat settings can have many energy (and money) saving benefits:

- **For your heating bills:** Setting your thermostat back just 3° Fahrenheit, you could save \$74 per heating season. Bigger setbacks save even more.
- **For your air-conditioning bills:** If we all reduce our air conditioner use by 10% this summer, we could save enough electricity for 2,400 homes.
- **For our community:** If we all set back our thermostats by 1° Fahrenheit this winter, we could save enough gas for 3,100 homes.

RECOMMENDED THERMOSTAT SETTINGS

	WINTER	SUMMER
WHEN YOU ARE HOME	68°*	78°
WHEN YOU'RE NOT AT HOME	55°*	85°
WHEN YOU'RE SLEEPING	55°*	78°

*Or as low as health permits. Check the owner's manual if turning down the temperature for more than 24 hours.



Get a clear picture of your energy use

- See how your energy use compares to other nearby homes.
- See whether you've used more energy compared to last year.

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THE MORE YOU SET BACK THE MORE YOU SAVE

SET BACK	8 HOURS PER DAY	16 HOURS PER DAY	24 HOURS PER DAY
5°	5%	10%	15%
7°	7%	14%	21%
11°	11%	22%	33%
13°	13%	26%	39%

Check with your doctor if you have a medical condition that requires different temperatures. If you have had problems with pipes freezing during extremely cold weather, correct the problem before setting back.

HEATING FICTION & FACTS

FICTION: It costs as much or more to heat a home back up after a setback. (Or to cool the house after a summer setup.)

FACT: The longer your house remains at the lower temperature, the more heat you save.

FICTION: The house will warm up faster the higher the thermostat is raised.

FACT: The thermostat isn't like the gas pedal on a car. It's either calling for heat or not, so setting the thermostat too high may cause you to overshoot the desired temperature.

FICTION: The kids will kick off the covers and get cold.

FACT: Children can regulate their body temperature just like adults, so they don't need different temperature settings. If they kick off the covers, try dressing them in two sets of pajamas with feet or using a sleeping bag. ■

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Learn more about EMCC programs at www.eastmadisoncc.org



TRAUX COMMUNITY PROFILE REPORT:

2019 was a busy year!

by Kim Neuschel,
Public Health Nurse in the Truax Neighborhood

Throughout 2019 I have had the pleasure of completing a community health assessment for the Truax neighborhood. I interviewed over 35 people, looked at local data, and led a youth photo voice project through EMCC to learn about the strengths, challenges, and opportunities that exist in the Truax community.

We had a community supper that was co-organized by a team of resident leaders and Joining Forces for Families to report what was learned.

The community prioritized the needs for:

- ✓ Improved safety and violence prevention
- ✓ Access to childcare and more supports for single parents
- ✓ Greater mental health supports
- ✓ And improved transportation options

In 2020 we will begin resident working groups to focus in on these priorities. Our hope is to bring more focused attention and resources to the Truax community to improve the health and well-being for all. ■

**IN 2019 WE ALSO GOT A LOT DONE!**

- ✓ We completed a community-designed mural in the pedestrian tunnel under East Washington Ave – if you have not seen it yet check it out!
- ✓ We supported our first breast cancer awareness event for African American women (thanks to the amazing leadership of Truax resident, Typhanny Greene).
- ✓ We had 2 youth interns for the summer that helped lead the photo voice project at EMCC.
- ✓ We hosted the Mayor and Alder to hear the youth ideas on improving transportation (and Mayor Satya included some of their ideas in her 2020 budget!).

Here is to a healthy 2020!

EMCC Food Pantry stays open during the Coronavirus health crisis

The East Madison Community Center normally hosts a free choice food pantry where patrons may choose the items they would like in a spacious organized store-like setting. Due to the public health crisis, we have had to alter our system and distribute pre-packaged food. The amazing EMCC food pantry volunteers maintained social distancing and safe handling processes while pre-packing food for distribution on March 17th.

With quick distribution of flyers in the surrounding neighborhoods and social media updates, the food pantry was able to reach many people in need and



served over 65 households that day. From this point forward, the pre-packaged food will come from Second Harvest. Without their numerous volunteers boxing food, we would not be able to maintain our services. It is truly a community coming together to help each other. ■



Thanks Volunteers!

East Madison Community Center

8 Straubel Court
Madison, WI 53704

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Current occupant or

E M C C C E N T E R P O I N T S

EMCC 2020 VOLUNTEERS

Youth Volunteers

Nakea Black, Ashley Bruno, Amira Hampton, Keyan Harper, Antuan Haskins, James Moore, Nikia Rowe, Elijah Smith, Elizabeth Xiong, James Xiong, Richard Xiong

Food/Clothing/Household Items Distribution Volunteers

Eddie Bibbs, Kenny Brumfield, Marbeli Bruno, Martha Galston, Pat Haak, Rosie Haskins, Hattie Lomax, Jeffrey Lomax, Regina Oliver, Lisa Patterson, Alicia Rowe, Mylas Sparks, LC Williams, Jared Oronyi, Stefano Rizzardo, John Vinje, Madison College, East Madison/Monona Rotary

Resource Development

Larry Hamlin, Bunny Lenburg

Program Volunteers

Pedro Diosardo, Martha Galston, Peggy Merrick-Bakken, Valerie Moran, Amanda Toy, American Family Insurance, Ascendium Education Group, Madison College Service Learning Academy, UW Volunteers

Board Members

Erika Brown, Marbeli Bruno, D'Livia Dumas-Henriquez, Larry Hamlin, Rosie Haskins, Donnis Jallow, Tracy Lomax, Dr. Melina Lozano, Meghan O'Dell, Jamal Palmer, Kris Rasmussen, Je'Dauri Robinson, Renee Robinson, Tauri Robinson, Alex Shade, Mylas Sparks, Sandy Xiong

thanks!



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- Executive Director: Tom Moen
- Assistant Director: Regina McConnell
- Youth Prgm. Mngr.: John Harmelink
- Assistant Youth Prgm. Mngr.: Erics Peters
- Admin. Assistant: Typhanny Greene
- Outreach Worker: Sashe Mishur
- Accountant: Bonnie Krattiger
- Office Assistant: Martha Galston
- Janitor: Nate Savado
- Youth Workers:
 - Donald Hayes Nate Savado
 - Leah Kutschke Maleevong Xiong
 - Mack Rimson Pau Xiong

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