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The EMCC Bowl-a-thon STRIKES again!

By Typhanny Greene, EMCC Administrative Assistant

n Saturday November 4th, 2023 EMCC held the 27th Annual Bowl-a-Thon fundraiser at Dream Lanes, Dream Lanes has been our generous host for nearly 20 years!





Our guest MC Mackenzie Davis of NBC 15 joined us for her first time and did a great job and is invited to come back next year to join the fun. We also welcomed a plethora of mascots including the Chick-fil-A Cow, Maynard from the Mallards, Disney's Princess Mirabel and Black Panther, Culver's Scoopie, Wolfie from Madison College and of course UW-Madison's Bucky Badger!

Bucky had to do 64 push-ups, one for every thousand dollars that was raised for EMCC educational programming that totals up to \$64,000!

We had many wonderful donations of some great prizes. A special thank you goes out to Natasha Woods, who made many phone calls and did pick-ups for the prizes that were given to bowlers, and to Bridget Rogers for helping out at registration once again! We also



want to thank Liv Starck and her family for the wonderful gift baskets that they put together which really put the prize room over the top. Everyone was overjoyed with their prize. Many thanks to Diane Meadowcroft and Natasha Woods for taking



pictures as well. We filled over 20 lanes with bowlers who had a great time. If you missed this year, you can still join us in November 2024 for the 28th Annual Bowl-a-thon and have a augranteed afternoon filled with lots of fun!

Lastly, but just as important, a thank you to all of the companies and individuals who sponsored a bowler, a lane or just donated to help us reach our goal, YOU ARE THE BEST!

More Bowl-a-thon on Page 2-3

From the desk of EMCC Executive Director **Tom Moen**

EMCC Executive Director gives his one-year notice. Thanks for the memories!

om Moen, Executive Director of the EMCC since 1974, is winding down a long and rewarding career. Tom, who will complete his 50th year as Executive Director in May of 2024, still savors the joy/challenges of his job and is incredibly proud of his co-workers who have worked with him for so many years. And, of course, there are the generations of kids and families that have called EMCC their "home away from home."

Tom also recognizes a strong opportunity for a smooth transition and a stable, prosperous future for the Center. He will officially resign next fall. A profile of his favorite recollections will be featured in a future issue of the CenterPoint's newsletter.

Visit EMCC's website at www.eastmadisoncc.org

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Madison Mallards • Natasha Wood
Olivia Starck & Family
First Tee • Badger Youth Services
Goodman's Jewelers • Ian's Pizza

MEDIA PARTNERS

Mackenzie Davis, NBC 15 Bowl-a-thon celebrity host

Sandy Wagener, MTH Design T-shirt design, ad layout and newsletter

Capital City Hues
Post event article

Madison Media Partners Ad in the Wisconsin State Journal

> **Northside News** Post event article









By John Harmelink, Youth Program Manager

Changing the Way Kids Think

he East Madison Community Center has incorporated classes on getting smarter through developing a growth mindset among youth. When you acquire a growth mindset, you understand that practicing a skill or informa-

tion can actually change your brain. Kids with a fixed mindset don't believe that they get better at something through practice and problem solving. They often give up and stop working on the skill or situation which can lead to low self-esteem and stress.

We assist the youth in believing that they can learn new things and improve on skills they already possess. Kids learn that the mistakes are learning experiences and take responsibility for them. Students become their own asset by giving themselves compliments, forgiving themselves for mistakes and reward themselves for their perseverance. Another positive result from developing a growth mindset is to learn to think outside the box when solving problems. The key word we use at the center is "yet."

Daily Dose of SEL for EMCC Participants

he Center has incorporated a 30 minute lesson in SEL (Social/Emotional Learning) five days a week. For several years there has been a major body of scientifically based research

that supports the idea that SEL can have a major impact on children's success in school and in life. SEL provides a foundation for safe and positive learning. The Center incorporates 5 key areas in the program:

- Self Awareness
- Self-Management
- · Social Awareness,
- Relationship Skills
- Responsible Decision-Making

Children have stated that the SEL class has helped them regulate their emo-

tions, improve their appreciation for school and help them increase their resilience to trauma and stress. The end result of the program will be youth who value themselves, the community and become productive youth in the community.

I become productive youth in the community.

IF YOU HAVE QUESTIONS PLEASE CONTACT

John Harmelink at EMCC 608-249-0861.



2023 Woody Carey Scholarship Recipients

he Woody Carey Community Scholarship Program was started in the fall of 2013 after the passing of long-term board member Dr. Ellwood "Woody" Carey. Woody served on as a volunteer on the EMCC Board of Directors for over 25 years and held various Board positions over his tenure. In addition, Woody was one of the original members of the Center's

The Woody Carey Community Scholarship Program is a meaningful and long lasting tribute to Woody's legacy, loving spirit, and positive values, especially in the area of equal opportunities.

fundraising group, the EMCC Resource Development Team. He was asked to become a member of the team due to his

positive attitude and extensive contacts in the community. The "Scholarship Program" is a meaningful and long lasting

tribute to Woody's legacy, loving spirit, and positive values, especially in the area of equal opportunities. This program is especially meaningful because when he went to college, the scholarships he obtained were essential to him being able to afford to attend. Likewise, the EMCC has awarded two exemplary students with scholarships as a result of this year's awards.



Our first recipient of a scholarship from EMCC is Janelle Hill. You may recognize her as the driver for Badger Youth Services who picks up the children for the First Tee Program. You may also recognize her as Jaiden Hill's Mom. Now you may see her

in the community as a Certified Nursing Assistant. Janelle attended and graduated from the Neway Directions, Inc.'s 100 hour intensive CNA program and passed her credentialing test with flying colors. Janelle hopes to someday use all of her skills to open her own business.

Joseph Brown

The second recipient of a scholarship from EMCC is Joseph Brown. Joseph is already working in the medical field,

but was looking for a better career to support himself and his son. After a rigorous application process, he was finally accepted into the Respiratory Therapy program at Madison College. Joseph will be finished with the program in May. We wish him all the best in



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BOARD MEMBER PROFILE



Tracy Lomax

Tracy is a native of the Midwest. She was born, raised, and educated in Chicago, Illinois. She attended Northeastern Illinois University for undergraduate studies and Robert Morris University, where she earned her diploma in Business Administration. She is an

entrepreneur, the Affirmative Action Manager in the Department of Civil Rights for the City of Madison, a servant of Jesus Christ, and a board member for the East Madison Community Center.

Tracy has served on the EMCC board for three years and counting. She became acquainted with the EMCC while working alongside her husband Pastor Jeff Lomax, as they offered worship services and community outreach to the Truax community. Tracy has enjoyed working with the EMCC Director Tom Moen, his staff, and youth workers for a number of years and she continues to offer assistance in whatever capacity she can, while showing love and kindness to those whose paths she crosses. Tracy also enjoys singing, traveling, retail therapy, and sharing the love of God with everyone.

COMMUNITY



PARTNERSHIPS



AMERICAN FAMILY INSURANCE

A team of employee volunteers from American Family spent a few hours at EMCC assisting with the food pantry and household item distribution, cleaning and tidying the garage and weeding in the children's garden.





ASCENDIUM EDUCATION GROUP

Ascendium employees came together and enjoyed some team building while stocking the food pantry, tidying up the First Impressions Room, deep cleaning youth program rooms, organizing school supplies for the back-to-school distribution and lastly, the on-going job of weeding the children's garden.



STARBUCKS

Starbucks employees in Madison chose EMCC for a team building volunteer activity. In less than 3 hours they stocked the emergency food pantry, unloading and stocked for the regular food pantry, weeded and watered the children's garden, and assisted with summer camp educational activities.



JP CULLEN

JP Cullen volunteers had their hands full with working in the garden and pressure washing the pavement, garbage bins and youth program chairs. Fortunately it was nice weather that day!



ASSOCIATED BANK

EMCC welcomed a team of Associated Bank volunteers who prepared our direct mail fundraising letters and spent a good amount of time cleaning and organizing the sports equipment storage area.





3 CHEERS for VOLUNTEERS



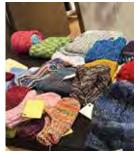
American Family Insurance is pleased to help underwrite East Madison Community Center's newsletter.

THANK YOU to American Family for printing Centerpoints!

EMCCADULT & FAMILYPROGRAMS

FALL FESTIVAL

MCC and the Truax Neighborhood Association hosted a much-loved event this fall, the Fall Festival. Community members enjoyed caramel apples, a hot lunch, snow cones, bounce house,



games, crafts and more! The Madison Knitters Guild and Retired Senior Volunteer Program (RSVP) donated beautiful knit items for distribution. Project Babies also set out games for the little people too.

WELLNESS

he Intervene Against Covid-19 Coalition hosted a Community Yoga Class in August. Keena Atkinson of R'oujie Wellness led the session which



focused on flexibility, strength-building and stress relief. All ages attended the workshop and appeared to have fun and we hope to host more yoga at EMCC in the future. Thank you to Keena Atkinson, Mya Whitson and Abha Thakkar who hosted the event.



PONTOON TRIPS

he Madison School & Community Recreation
(MSCR) pontoon trips are a popular outing with all ages at EMCC. Each year, EMCC hosts trips for summer camp, adults and families. This year, the weather cooperated and we were able to go on all the trips and even enjoyed ice cream at the Monona Bait and Ice

Cream Shop. This is always a highlight of

the trip. A picnic and ice cream at the park brings the groups together to chat and meet new people from the EMCC community. Special thanks goes out to the many MSCR boat crew volunteers who make the pontoon trips possible and to Lorrie Roosmalen of MSCR who helps schedule our many trips.



NATIONAL NIGHT OUT

MCC partnered with the Madison Police Department

to take part in the National Night Out on August 3rd. National Night Out (NNO) is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement and provides a great opportunity to bring police and neighbors together under positive circumstances.



The Madison Police Academy candidates joined a few summer camp kids to work the ice cream sundae table. The candidates also joined a few pick-up basketball games in the gym which the kids loved! The community enjoyed exciting drone, bike patrol and ladder fire truck

demonstrations. Mayor Satya Rhodes-Conway stopped by EMCC's Neighborhood Night Out with many city staffers and they arrived in style on a trolley!







Tuesdays from 11:30 am to 1:30 pm

EMCC Works to Bring PFAS Awareness to the Community

MCC is partnering with Public Health Madison & Dane County to increase awareness and knowledge of PFAS (see below), including its impact on human health. Outreach is focused on people who live along or frequent Starkweather Creek and other affected waterways.

PFAS education is not new to EMCC. The Center has been privileged to work with Maria Powell of Madison, who recently passed away from cancer. We are all saddened by her passing and in her honor, will continue her work of increasing PFAS awareness in the community.

Maria worked with several teens at EMCC to teach them about PFAS and increase awareness at the community level. The EMCC PFAS Awareness Team consists of EMCC staff members and several students from Madison College. The outreach program includes presentations, community events, mailings, posting flyers, PFAS bingo and more.

More volunteers are needed with this effort! If you're interested, please reach out Regina McConnell at EMCC. rmcconnell@eastmadisoncc.org

Meet a few of the EMCC PFAS Awareness Team Members



My name is **Alex Kaiser**. I am a student at Madison College and I am on the EMCC team committed to raising awareness about PFAS in the Starkweather Creek Area. I am passionate about the environment, and like many people my age, grew up being devastated about the state of climate change in the world. Witnessing what was happening bred a feeling of helplessness and apathy. I am thrilled to say that today I feel devoted rather than devastated, and animated instead of apathetic. Change happens at the smallest level, and awareness is always the first step! I cannot wait to help in any way I can!



Param Bhandare is a returning student at Madison College where he is preparing for further education in civil engineering where he can apply geospatial skills he has been acquiring in various projects in the water, land and building information domains. He is interested in the integrated water systems where contaminant and wastewater treatment is a significant component. While part of the mediating solution can be engineered, there are other practices that can be implemented at an individual level that habituates an intention for safer waters. Param will learn about and expedite strategies for doing this while working with the EMCC.



My name is Sarah Jacobsen and I am the Kids Garden and Nutrition Coordinator at EMCC. I first got involved with Madison PFAS with Maria Powell and MEJO (Midwest Environmental Justice Organization) a few years ago. It was fascinating and concerning to learn about the PFAS contamination to Madison's local waterways. Years later, awareness and remediation has not moved as fast as I would have hoped so I am so thankful Regina has picked up the torch to help ensure all of us have access to clean water and a safe environment. I am very passionate about education and look forward to helping mobilize the resilient and strong Eastside of Madison!



My name is **Sutton Johnson**, a Madison College student pursuing a degree in Architecture. Three years ago, I became a staunch environmentalist. I decided my career and personal life would be devoted to environmental justice. The EMCC provided me with an entrance to the world of environmental activism, as well as opportunities to learn about environmental issues I'd overlooked.



My name is **Roxanne Russell**. I'm a student in the Spanish Language Proficiency Certificate Program at Madison College. I'm studying Spanish to help achieve my goal of providing community support to women of color. I chose to volunteer at the EMCC because it provides a comfortable, welcoming environment that allows me to gain the appropriate skills and experience while making a real impact.



What Are PFAS?

Per- and polyfluoroalkyl substances (PFAS) are a large, complex group of synthetic chemicals that have been used in consumer products around the world since about the 1950s. They are ingredients in various everyday products. For example, PFAS are used to keep food from sticking to packaging or cookware, make clothes and carpets resistant to stains, and create fire-fighting foam that is more effective. PFAS molecules have a chain of linked carbon and fluorine atoms. The carbon-fluorine

bond is one of the strongest, making these chemicals a concern because they: do not break down in the environment; can move through soils and contaminate drinking water sources; build up (bioaccumulate) in fish and wildlife.

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

EMCC 2023 VOLUNTEERS

Youth Volunteers

Dominic Dean, Nate Fitzpatrick, Sincere Gains, Antuan Graves-Haskings, Jaiden Hill, Zaniya Lewis, James Moore, Brayden Maggit

Food/Clothing/Household Items Distribution

Marbeli Bruno, Martha Galston, Naykea Harrison, Rosie Haskins, Perez Kirkpatrick, Melonita Morment, Tami Niemisto, Abike Sitta, Mylas Sparks, Tobi Spatola, Nyriah Tillman, LC Williams, Ryan Zelen, Community Development Authority East, East High School

Program Volunteers

Param Bhandare, Marbeli Bruno, Randy Cuevas, Jamie Freundlich, Martha Galston, Rosie Haskins, Cynthia Jackson, Sarah Jacobsen, Sutton Johnson, Alex Kaiser, Olivia Lange, Janvier Mukunzi, Zach Robinson, Roxanne Russell, Sara Scott, Natasha Woods, Ascendium Education Group, Associated Bank, JP Cullen, Madison College Service Learning Academy, FindHelp.org, Starbucks, TruStage

Graphic Design/Newsletter

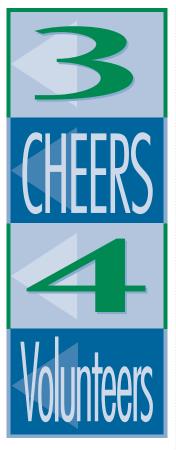
Sandy Wagener, MTH Design

Board Members

Erika Brown, Marbeli Bruno, Keia Freeman, Larry Hamlin, Neri Haried, Rosie Haskins, Tracy Lomax, Jamal Palmer, Sharon Rice, Tauri Robinson, Je 'Dauri Robinson, J. Alberto Quiroga, Alex Shade, Bejay Udchitz, Cynthia Walton-Jackson

Resource Development

Larry Hamlin, Bunny Lenburg



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Executive Director: Tom Moen
Assistant Director: Regina McConnell

Youth Prgm. Mngr.: John Harmelink

Assistant Youth Prgm. Mngr.: Erics Peters

Head Youth Worker: Nate Savado

Admin. Assistant: Typhanny Greene

Assistant Food Pantry Coordinator/

Office Assistant: Martha Galston
Accountant: Bonnie Krattiger

Youth Nutrition & Garden Coordinator: Sarah Jacobsen

Youth Workers: Ashley Bruno

Ashley Bruno James Xiong Elijah Smith Richard Xiong

Shavonna Williams

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