

WMFC Summer Program in Progress

WMFC summer program just keeps on improving and is in the middle of its most successful summer ever! The foundation of



Alexandra Ames, Mackenzie Goucher, Laurie Krotzer and in back Jennifer Ault share a moment.

this success rests with a wonderful partnership. We team dedicated staff members committed to implementing quality programs, with children motivated to do their best, and support from their parents with the extraordinary generosity of many donors. This combination has been the perfect mix that has simply continued to get better over time.

Throughout the Midland community West Midland Family Center has gained a reputation for offering a high quality summer

program. As a result, more and more children look to WMFC for a fun-filled summer. Gail Crosby, Director of Programs recently commented, "From the very beginning of registration the numbers were ahead of previous years." "Kids have infiltrated the building again this summer, from one corner to another and all over the property outside. It's great to see!"

This summer 262 children aged five through 18 are spending their days at the Center. Children aged Kindergarten through fifth grades are divided into groups of approximately 10 and spend every day under the guiding hand of their group leader.



Jared Schumacher, Adam Brown, and Tylynn Smith run to lunch!



Each morning participants engage in stretching exercises.

For them, there are a multitude of activities each day including crafts, recreation, fitness focus groups, team fitness competitions,

guest speakers and swimming in the pool. Stations are designed for each group to give the children a variety of choices while at the same time implementing a curriculum based on character development. Teens join either the "CREW" (for middle school aged) or T'NT (for high school aged) groups. Through special projects, these young people enhance the overall summer program experience for others. Whether acting as mentors, junior lifeguards, web page designers or video historians these teens have a great time while learning the importance of contributing.

**Front page photos by Jim Hecker*

Exciting Collaboration with the Allen Foundation

The Allen Foundation has joined hands with WMFC to add an important health and wellness component into WMFC programs. As a result of this additional funding WMFC will educate parents with young children so that healthy family eating habits are developed while children are young. Additionally we will educate children and teens to enhance both their understanding of nutrition and their nutrition related food preparation skills and provide healthy snacks for both the after school and summer program participants.

This grant will allow WMFC to incorporate nutritionally based curriculum "across the board" within the existing parenting, family programs and youth/teen programs. Parents will have the opportunity to borrow "Nutrition Totes," hands-on activities for parents and children to do together at home, complete with instructions, recipe and critical ingredients. The Michigan State University Cooperative Extension will partner in this endeavor by providing guest speakers and curriculum materials.



Nick Otto climbs to the top as West Midland's summer program focuses on health & fitness.

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Neighborhood Teen in Leadership Role as a Lifeguard



Trenton on duty guarding the pool.

This summer, carefully guarding the WMFC pool and its occupants are eight well-qualified and dedicated lifeguards. Among them is an individual that is no stranger to WMFC. A familiar face around the center, Trenton Trudell has been attending center programs since he was a little boy of seven. Beginning with the After School Program and subsequent summer programs, Trenton states that he always enjoyed being at the Center. So, when he was given the opportunity two years ago to join the Junior Life Guard program Trenton jumped at the chance. Trenton said that he felt it would be fun to "hang out at the pool and learn new things." As it turns out the program has been so much more for Trenton.

Trenton so thoroughly enjoyed his time learning the basics in the Junior Life Guard program that he had made up his mind to

become a lifeguard as he entered his second year of the program. When asked to describe what he learned as a Junior Life Guard Trenton stated, "I learned that it could be fun to learn new things and have new responsibilities." Trenton also said that the Junior Lifeguard program helped him understand the importance of having respect for others. In particular he learned the value of maintaining respect for people in a supervisory role, something that he admitted, had been difficult for him prior to his involvement with the Junior

Life Guard program. Trenton received his lifeguard certification this summer and began his lifeguarding duties immediately thereafter. Trenton highly recommends involvement in the Junior Life Guard program because "it helps you get established in something.... helps you to settle in." Trenton will be in 9th grade at Midland High School this fall where he will wrestle, run track and play football. He plans to spend his summers at WMFC in his new role of lifeguard throughout his high school career.



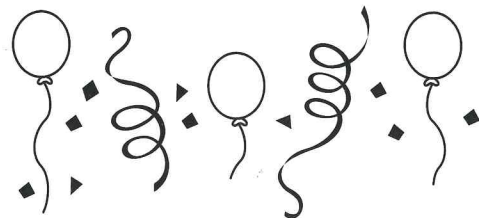
Among Trenton's lifeguarding duties is assuring water chemical levels.

DOW COP 2003-2004 SCHOOL YEAR HIGHLIGHTS

- Congratulations to Dow COP Junior, Emily Maggert who won an honorable mention in the Delta College Community Excellence Award for her outstanding volunteer work. Her favorite spot to volunteer is the Sanford Senior Center where she serves meals and chats with the seniors.
- Congratulations for Dow COP Senior, Laura Merritt, who is Shepherd's 2004 Maple Syrup Queen! (Check out the WMFC Website for more details.)

- Congratulations for the Dow COP 2004 Graduates....
 - * Jessica Heilig, Meridian High School who will be attending Delta College in the fall
 - * Laura Merritt, Shepherd High School, who will be attending Delta College in the fall.
 - * Sarah Smith who recently graduated from Albion College and plans on going to law school.

- * Ralph Griffith who recently graduated from Alma College with a degree in Business Administration and Political Science.



DOW COP SUMMER TRIPS

Each year the students in the Dow College Opportunity Program (Dow COP) take a summer trip that serves as a capstone experience to the theme that they have been working hard on all year long. This summer will be full of exciting, educational adventures for the students.

For freshmen and sophomores, this year's theme has been, "Challenges and Personal Development". They have earned their CPR & First Aid Certification, practiced teamwork at Eagle Village, practiced good study skills and set goals for themselves. This summer they will challenge themselves by backpacking for a week on North Manitou Island.

Juniors have focused on "Career and College Exploration" this year by job shadowing and visiting college campuses as much as possible during the year. The students went to Northwood University for an improvisation workshop, Delta Community College for career exploration, Central Michigan University for a dance performance, Ferris State University for a recruitment day and Saginaw Valley State University to see the play "The Odd Couple". This summer the Dow COP juniors will be visiting colleges...staying in dorms, eating in cafeterias, hanging out in student unions, meeting with admission representatives, and touring campuses. On the list of places to visit will be Michigan Tech, Northern Michigan University, Lake Superior State University, Western Michigan University and Grand Valley State University.

Senior COP students spent the year looking toward "New Horizons". Throughout the



Laura Merritt and Jessica Heilig visit San José city in Costa Rica.

year they worked very hard preparing for college through applications, financial aid and scholarship hunting. It is tradition for the senior trip to not only be a capstone for the year, but to also be a cumulating experience for the program. This year seniors have done something that has never been done before—they set their sights extremely high and reached their goal! They recently returned from their senior trip to Costa Rica where they saw the rainforest, experienced another culture, and saw famous museums. They were diligent in their pursuit of this goal and their diligence has paid off with far-reaching consequences! They had help from the Midland Morning Rotary Club who donated many pop cans and from a WMFC board member who donated a plane ticket. This trip will create memories that will last a lifetime.



Josh Groulx, Nikki Hunter, Duane Bingham, Emily Maggert, and Danielle Myers on a rainy day visit to Northern Michigan University.

Look For These Friendly Faces At WMFC:

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Recreation and Aquatics Director	Renee Allen
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Council On Aging Staff	Sandra Engle, Barb Fenby, Marsha Orwig
Individual and Family Counseling	Larry Quinn

**Each staff member is listed once although numerous staff members serve "double duty," faithfully serving more than one department.*

ORGANIZATIONAL BENEFACTORS FOR 2004

Organization	Amount	Organization	Amount
State of Michigan	\$147,382	Greendale Township.....	\$2,500
United Way of Midland County.....	88,750	Blessed Sacrament.....	2,000
Alden & Vada Dow Foundation.....	50,000	Kiwanis.....	1,770
Gerstacker Foundation	25,000	First United Methodist Church	1,500
Dow Chemical Foundation	10,000	Zonta.....	300
WMFC Auxiliary.....	6,650	Gleaner Life Insurance Society.....	265
Federal Grants	6,061	Midland Rotary Club.....	250
Senior Services.....	5,400	Bierlein Companies Foundation.....	100
Snow Machines	3,500	Homer United Methodist Women	100
Bergstein Foundation	2,500	Premix Foundation	100
		TOTAL	\$ 356,128

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Collaboration

The Allen Foundation funded Nutritious Living Program is an excellent complement to the Center's new health and fitness focus that includes a special physical fitness component added to the summer program. This new "physical fitness focus" will enable children in the summer program to participate in daily fitness and stretching sessions. They will learn daily "Fun Fitness and Food Facts" and compete as teams in the summer-long "WMFC Mountain Race Competition." After taking part in a Fitness Room Orientation, teens in the summer program will have weekly access to the WMFC Fitness Room. This new fitness component will incorporate substance abuse prevention, and empathy training.

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WEST MIDLAND FAMILY CENTER
4011 W. Isabella Road
Shepherd, MI 48883