

the Steward

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Battle of the Bulge

Litchfield Hills Food Service Weighs in on Childhood Obesity



PHOTO: JENNIFER ALMQUIST

By promoting sustainable agriculture and active, healthy lifestyles, LHFS is joining the fight against childhood obesity. President and Executive Director Bill Burgess likens his organization to a “three-legged stool of core programs,” which includes Rod Dixon’s KiDSMARATHON. To learn more, visit the agency’s new website at www.lhfs-ct.org.

The hottest trend in the U.S. isn’t Nike’s Air Yeezy, smartphones or nose waxing. It’s obesity, and with rates more than doubled since 1980, the push is on to curb the rise in overweight Americans, especially children.

According to the Centers for Disease Control and Prevention, childhood obesity rates have tripled over the past three decades, with nearly one in three children in America overweight today. As alarming as these statistics are, there is hope—and help—locally.

Litchfield Hills Food Service, a nonprofit launched in 2007, educates children and families about the importance of good nutrition and physical activity, with the goal of promoting lifelong healthy habits. Spreading the word is much more effective, said LHFS President and Executive Director Bill Burgess, thanks to the organization’s robust new website, which was funded by a grant from the Foundation’s **Keroden Endowed Fund**.

“Our goal is to reach as many people as possible and to link them to more information about the benefits of healthy eating and exercise,” Mr. Burgess explained. And with the organization’s new social media capabilities, he said LHFS is targeting a younger audience, which is critical in the fight against childhood obesity.

LHFS also supports local agriculture by touting the benefits of organic products, from goat cheese to fresh-baked pies, available at regional farm markets. And by espousing the principles of national programs like the Edible Schoolyard Project, LHFS is joining the “edible education” movement to make cafeteria food more wholesome while teaching important lessons about nutrition.

After accepting The White Memorial Foundation Conservation Award for his organization’s contributions to the quality of life in northwest Connecticut, Mr. Burgess summed up what is clearly a personal, as well as professional, quest: “By connecting physical activity and better nutrition, we are trying to create a lifestyle equation that leads to better health.”

“We seek to effect systemic change by engaging teachers, parents and community groups, because preventing childhood obesity is a complex endeavor.”

—Bill Burgess, LHFS President and Executive Director

Keroden Endowed Fund | est. 2002

The Keroden Endowed Fund has made a sizable contribution to the welfare of our region, generating nearly \$50,000 in grants to local charities. Established anonymously, this unrestricted endowment enables the Foundation to meet a broad range of evolving community needs.

Save the Date:

Chuck Loring Returns October 11

You asked; we listened. Back by popular demand, BoardSource Senior Governance Associate **Chuck Loring** returns to the Northwest Corner **October 11** for an encore presentation on fund-raising strategies for nonprofits.

But that’s not all! On November 9, Anne Yurasek, an organizational development consultant with Fio Partners, LLC, shares tips for using social media effectively. And Danosky & Associates President Sharon Danosky returns November 30 with a presentation on governance best practices.

Come network with other local charities, take part in discussions with experts in fund-raising, social media and board leadership, and **be inspired by renowned philanthropic advisors who have helped scores of nonprofits develop their boards, improve their governance and raise the money they need to advance their missions.**

Don’t miss out on these unique educational and networking opportunities happening throughout northwest Connecticut. For more information or to register, visit www.cfnwct.org.

You and Your Community Foundation: Making a Difference

Within a few weeks, you’ll find an important letter in your mailbox. More than an appeal for support, it’s an invitation—a chance for you to take part in the work we’re doing in communities throughout northwest Connecticut.

Together, we’re making a difference. Your generosity extends far beyond grants to local libraries, food banks, child care centers and conservation groups—it enables us to engage in initiatives that are producing meaningful results across the region, such as ...

- A project aimed at rekindling a sense of political awareness and citizenship among our youth;
- Regional efforts to close the achievement gap by developing pre-literacy and reading-ready skills in young children; and
- A plan to keep our village centers vital by spurring economic resurgence in the Northwest Corner.

Your support makes it all possible. Simply put, the difference is you.

As ever, we thank you for the trust you place in your Community Foundation to make the most of your generosity. If you would like to support our work now, please use the enclosed envelope or donate safely and securely online at www.cfnwct.org.

(Formerly) Lost in Translation: LVG Is Closing Connecticut's Literacy Gap

Imagine that your infant child needs urgent medical attention. When you arrive at the E.R., you're bombarded with questions by doctors and nurses—a frightening experience for any parent, to be sure. Now picture the same scenario, except this time imagine what it would be like if you couldn't speak English.

Literacy Volunteers on the Green started, in 2005, with 12 trained tutors and 30 students. By 2011, the Milford-based agency had assisted more than 500 residents and trained more than 160 volunteer tutors.

"Individual and small-group settings allow tutors to tailor instruction to the students' specific needs," explained LVG Executive Director Lorinda Buffamante. "And our classes meet at times and places that are convenient to both students and tutors."

In addition to the flexible class schedules and one-on-one instruction, LVG differs from other literacy programs in that new students are continuously accepted on a rolling-admissions basis. Besides basic literacy instruction and English instruction for non-native speakers, LVG's free services also include a host of individualized programs for college-bound residents and families.

According to Literacy Volunteers on the Green Executive Director Lorinda Buffamante, these types of experiences happen every day throughout Connecticut. Even here in the Northwest Corner, where nearly 9,000 adults lack basic literacy skills.

"The National Assessment of Adult Literacy estimates that 6 percent of Litchfield County's population is unable to search, comprehend and use information from texts such as newspapers or instructional materials," Ms. Buffamante said.

An affiliate of ProLiteracy America, LVG serves residents of Litchfield and northern Fairfield counties, providing basic literacy instruction for native English speakers, English instruction for non-native speakers, workplace and family literacy support, and citizenship test preparation.

"Five of our students recently passed the United States Naturalization test," Ms. Buffamante asserted. "A husband and wife are now operating their own thriving restaurant and two students have enrolled at community college."

"When our students acquire literacy skills, they are able to secure employment, provide for their families, become involved in their children's education and contribute both economically and socially to their communities."



Co-founder Rita Guariglia (right) and Kales Karuppiah, one of LVG's first students, celebrate Kales' U.S. citizenship.

"When our students acquire literacy skills, they are able to secure employment, provide for their families, become involved in their children's education and contribute both economically and socially to their communities."

—Lorinda Buffamante, LVG Executive Director

With support from the **Marion Wm. and Alice Edwards Fund** and the **Feliciano and Lydia Turri Zaccheo Fund**, Literacy Volunteers on the Green is addressing what has been described as an adult literacy crisis here in Connecticut.

Future Focus: New Funds Benefit Community

Cornwall Historical Society Endowment Fund—this permanent fund will be used to support the Cornwall Historical Society in perpetuity.

The Draper Foundation Fund—established through the estate of Jim and Shirley Draper, of Colebrook, this endowment benefits mainly local charitable organizations by making yearly awards to 19 nonprofits named by the Drapers.

Bernice H. Harmon Hospice Fund—this designated endowment, established by Goshen Community Care and Hospice, supports agency operations.

Harwinton Library Friends Fund—established for the benefit of the Harwinton Public Library, this designated fund also supports charitable, scientific or educational initiatives in the town of Harwinton.

Little Guild Operational Fund—this designated agency fund provides support for the Little Guild of Saint Francis, a shelter for homeless pets located in West Cornwall.

Lee Tangarone Memorial Fund for Children's Programs and Collections—established for the benefit of New Hartford's Licia and Mason Beekley Community Library, this designated agency fund places particular emphasis on supporting the library's offerings for children.

Winsted Area Child Care Endowment Fund—a designated endowment whose purpose is to support the Winsted Area Child Care Center in perpetuity.

Giving Back. Giving Smarter.

Did you know that you can plan for your future *and* support the communities or causes important to you? Your Community Foundation offers a variety of ways for you to give back—and give smarter.

For example, donor-advised funds eliminate administrative burdens and offer certain tax advantages while allowing donors to maintain ongoing involvement in recommending grants. Field-of-interest and unrestricted funds, on the other hand, allow your philanthropy to adapt throughout the years to address the most pressing community-wide issues. Or you may want to consider a planned gift, which allows you to combine your charitable goals with financial security.

Whatever your goals and whatever your means, we can help you make the most of your charitable giving. And we'll show you why making a gift through your Community Foundation is a smart choice. To learn more, call us at 860.626.1245 or contact your financial advisor.

New Fund Memorializes Beloved Civic Leader

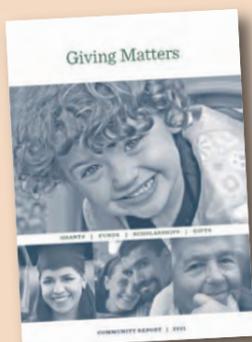
Few of life's hardships can compare with losing a loved one—especially when that loss is premature. Lee Tangarone's death in April, at age 62, left a void in the lives of her loving family, her many friends and, indeed, the entire New Hartford community.

Described by those closest to her as "loving, sensitive and kind," Lee will be remembered for her generosity, her concern for others and her tireless efforts on behalf of her hometown of 37 years.

In addition to heading the local business council and assisting New Hartford's volunteer ambulance service, Lee contributed her time and talent to the Licia and Mason Beekley Community Library, helping to generate support for the organization through its auxiliary group known as BookFriends.

And now, with the establishment of the **Lee Tangarone Memorial Fund for Children's Programs and Collections**, the library is joining Lee's family and friends in paying tribute to her impressive legacy as a civic leader.

"Lee possessed a great desire to be of service to the community she cherished," Foundation President Guy Rovezzi said. "What's more, she inspired others by her good works—and through this fund she will continue to do so."



Discover the Many Ways "Giving Matters"

In our 2011 *Community Report*, you'll discover how—and why—giving matters to our extraordinary donors whose generosity made possible a milestone \$1.2 million in grants and scholarships last year.

Our commitment to the vitality of northwest Connecticut is strong, but your ongoing support is what makes good things possible. Visit www.cfnwct.org today to see how charitable giving is making a difference in your community.

Money Talks: *Fund-Raising Is Focus of Conference for Nonprofits*

Engaging, energetic and enlightening: three apt descriptions of expert philanthropic advisor and best-selling author Laura Fredricks, who riveted an audience of nearly 200 nonprofit leaders at the Foundation's Money Matters: Funding Nonprofit Success conference, in Torrington.

Given the thermostat's precipitous climb that June morning, Ms. Fredricks' fund-raising advice might well have been called hot topics. "This was by far one of the best presentations on the subject of raising money, with plenty of specific ideas for me to implement," commented a development director in attendance.

A nationally recognized leader in innovative nonprofit education, Ms. Fredricks devoted her interactive presentation to methods for raising money efficiently and effectively from a variety of existing and new sources.

"You must have a very good relationship with money before you ask for it," she advised listeners. "Specifically, you must know what money means to the person you intend to ask, in terms of his or her inclination."

In addition to outlining steps charities must take to "plant the philanthropic seed," Ms. Fredricks shared tips for turning board

members into effective fund-raisers. "Asking is a conversation, not a confrontation," she stressed. "Fund-raising is all about relationships."

Author of *The Ask: How to Ask for Support for Your Nonprofit Cause, Creative Project or Business Venture*,

Ms. Fredricks has been helping organizations get the funds they need to advance their missions for nearly two decades. Her best-selling primer on fund-raising is considered the go-to guide for nonprofits of all sizes.

The daylong educational and networking event, sponsored by Union Savings Bank, Torrington Savings Bank and Northwest Community Bank, covered all aspects of raising money, from annual appeals and capital campaigns to planned giving and special events.

"Donor cultivation events are very effective, but they're only as good as your follow-through," Ms. Fredricks warned. "You must close the deal or you've left a lot of money on the table."

Featuring afternoon workshops led by fund-raising gurus Sharon Danosky, president of Danosky & Associates, and Abbie von Schlegell, principal of A. von Schlegell & Co., the schedule of events also included a discussion with local grant makers on getting proposals funded.

"I am so glad I attended this conference," Catherine Lavoie, a Litchfield-based behavioral health professional, remarked. "I was so impressed with Laura; I can't wait to read her book."



Laura Fredricks

"Thanks for hosting another remarkable seminar...and helping to make our Northwest Corner the great caring and giving area that it is for all."

—Kevin Purcell, Executive Director, Torrington Chapter of F.I.S.H, Inc.

BOARD BULLETIN Three Named to Community Foundation Board

The Honorable Norman E. "Skip" Rogers Jr., Esq., of New Hartford; Miki Duisterhof, of Morris; and Litchfield resident F. Robert Petricone have been named to the Foundation's board of directors.



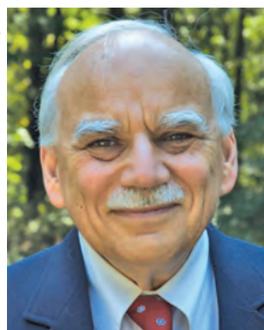
Norman E. "Skip" Rogers Jr.

Mr. Rogers, whose law practice is based in New Hartford, served two decades as probate judge for the District of New Hartford. Well-known throughout the region for his community leadership, Mr. Rogers is a member of New Hartford's Board of Selectmen, Board of Finance and Water Pollution Control Authority. He currently serves on the boards of The Chamber of Commerce of Northwest Connecticut, New Hartford Community Connections and the Northwestern Connecticut Community College Foundation.

Born in the Netherlands and raised in Africa and Switzerland, Ms. Duisterhof moved to Morris in 2002. She is a renowned photographer whose portfolio encompasses a wide range of subjects including children, lifestyle, interior, portraiture and travel. Widely known for her images of food, which are included in numerous cookbooks, magazines and specialty catalogs, Ms. Duisterhof has had her work featured in *House Beautiful*, *Town & Country*, *O Magazine*, *Country Living* and *Modern Bride*, among others.



Miki Duisterhof



F. Robert Petricone

Mr. Petricone, who retired as co-owner and executive officer of the Windsor, CT-based Stowe Machine Company, Inc., is a widely known and well-respected community leader whose extensive civic involvement includes executive board posts with Connecticut Junior Republic and the Seherr-Thoss Charitable Foundations. A corporator of Charlotte Hungerford Hospital and a Litchfield Community Service Fund trustee, Mr. Petricone has been honored for his service to the community by Wisdom House, Daughters of the American Revolution and northwest Connecticut's Chamber of Commerce, which bestowed on him its Community Leader Award in 2010.

"We are privileged to welcome Skip, Miki and Bob to our board," Foundation President Guy Rovezzi said. "All are accomplished community leaders whose experience, dedication and vision complement the work of our foundation."

Foundation Helps Charities Help Others

Each year, the Foundation reaffirms its pledge to strengthen the local nonprofit network by supporting many of the essential programs and services offered by area charities. Nearly 30 nonprofits serving northwest Connecticut have received discretionary grants totaling more than \$91,000 thus far in 2012. Among the awards were:

\$1,500 to Warren School Arts

Enrichment Committee to provide arts exposure and creative opportunities for local elementary school students.

\$2,000 to Colebrook Historical Society to preserve and protect documents of historical significance to the community.

\$3,981 to Wellspring to aid children with emotional disturbances in building healthier relationships with their families and others.

\$2,000 to Audubon Sharon in support of wildlife rehabilitation and public education programs.

\$1,500 to VNA Northwest to assist clients who are uninsured or who have insufficient health-care coverage.

\$1,800 to Goshen Public Library for programs related to (former Goshen resident) Madeleine L'Engle's science fantasy novel, *A Wrinkle in Time*.

The Foundation awards grants to local nonprofit organizations three times a year: in early spring, late June and late fall. Find a complete listing of this year's first- and second-cycle grants online by clicking "News" at www.cfnwct.org.

The Foundation's collaborative partnership with the Connecticut Humanities Council has funneled more than \$120,000 into the Northwest Corner through programming grants that support local initiatives in history and literature.



PHOTO OF ALGONKIAN POUCH BY GINA MARIANO COURTESY OF THE INSTITUTE FOR AMERICAN INDIAN STUDIES

Collaborative Effort Brings Regional Lore to Life

Annual grants made possible by funding from the Connecticut Humanities Council help residents gain an appreciation of our region's rich cultural heritage. Recent CHC-supported initiatives in history and literature include:

Cornwall Historical Society explores the history of local forests and forestry's impact in the area.

Gunn Memorial Library & Museum exhibits early American stoneware and other pottery of the region.

Hartland Historical Society celebrates Camp Alice Merritt and its contribution to Scouting.

Hotchkiss Library of Sharon offers scholar-led book discussions.

Housatonic Valley Association explores the river's recreational, cultural and economic contributions to the area.

The Institute for American Indian Studies investigates life among the Algonkian Indians during the 16th century.

Norfolk Historical Society explores the life and work of Northwest Hills photographer Frank DeMars.

Oliver Wolcott Library offers scholar-led discussions of Mark Twain's literary works.

Torrington Historical Society explores historical events from a national and regional perspective.

Since 2006, more than 60 innovative public programs have enriched the lives of area residents as a result of our foundation's re-granting partnership with the Connecticut Humanities Council, a Middletown-based organization that supports literary and historical programs throughout the state.

Online Resource Streamlines Funding Quest

Nonprofit organizations in northwest Connecticut looking for funding sources can now turn to The Community Foundation of Northwest Connecticut for the vital information, training and tools they need to become successful grant seekers.

The Foundation Center's Cooperating Collection, a valuable set of resources located at the Community Foundation's Torrington office, offers free access to detailed information on funders as well as instruction on how to apply for grants.

The Collection includes The Foundation Directory Online Professional, with information on more than 100,000 U.S. grant makers, plus print directories and guides to proposal writing, fund-raising and nonprofit management.

Access to the database is free for area 501(c)(3) nonprofit organizations wishing to investigate opportunities for funding from private foundations, corporate foundations and the government.

Information on database training is available by contacting The Community Foundation of Northwest Connecticut at 860.626.1245 or info@cfnwct.org.

"Our mission is to help local nonprofits find the funds they need to continue their essential work in the community."

—Guy Rovezzi, President, The Community Foundation of Northwest Connecticut

Philanthropy Fund Lives Up to Its Name

The Northwest Connecticut Philanthropy Fund, an endowment comprised of undesignated gifts to the Foundation, is used to support emerging community needs. Since its inception in 2008, 21 charitable organizations have received nearly \$45,000 in funding for critical programs serving some of our area's most economically distressed residents.

"Our sincere thanks to the Northwest Connecticut Philanthropy Fund for the grant [that will be used to] further our mission of feeding the hungry. Our fondest wish is to have the ability to provide meat at every food distribution. Your grant will go a long way toward helping us to accomplish this."

—Barbara Pogue, Co-President of OWL's Kitchen, in Lakeville

Among the grant recipients were nonprofits that provide essential services to area women, children and families and those that help to feed the hungry, as well as charities that enable the elderly and disabled to live safely and independently in their own homes.



THE COMMUNITY FOUNDATION
of NORTHWEST CONNECTICUT

Here for good.

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Established in 1956, the Foundation Center is the nation's leading authority on organized philanthropy serving grant seekers, grant makers, researchers, policy makers, the media and the general public. The Foundation Center currently supports a network of more than 325 Cooperating Collections in cities across the country.

