

# THE VOICE



Vol. 12 / No. 3 / November • December • January 2013 *Faithfully Serving Since 1952*

A quarterly newsletter of the Des Moines Area Religious Council and *MovetheFood*

## In this issue:

DMARC 101

Employee Spotlight

Colossal Cooke Sale Nets \$7,133.96

Hope for the Hungry Symposium

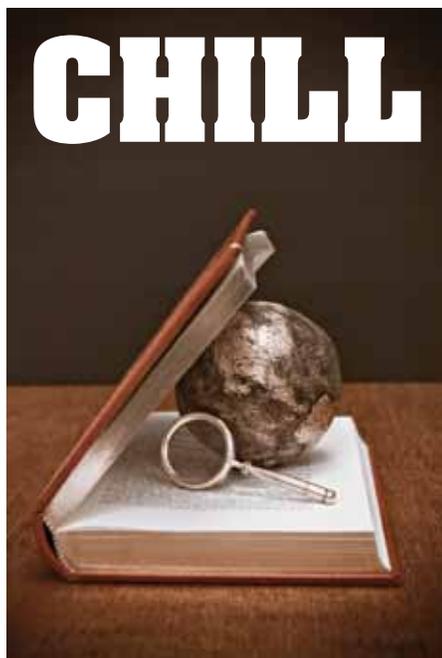
This is Holiday Time

Central Iowa - A Contrast in Realities

Blessings to Partner Food Pantries

## January Thaw 2013 is Back!

*A Tradition in Adult Education and Fellowship*



Come join our interfaith educational series on January 8, 10, 15 & 17, 2013, in Des Moines. The classes will be from 6:30 to 8:30 p.m., with most classes happening in two Tuesdays or two Thursdays. Many of you will remember our January Thaw in the past years; we are bringing it back in 2013! The January Thaw location and class topics are being planned, so check [www.dmreligious.org](http://www.dmreligious.org) for updated information.

Cost is \$25 per course. Most courses run two evenings. For more information and to register, visit [www.dmreligious.org](http://www.dmreligious.org) or call 515-277-6969.

## Presenters include:

- Frank Cordaro, with Catholic Worker
- Kathy Reardon, with the Des Moines Pastoral Counseling Center
- Fr. Jim Laurenzo, professor adjunct for Philosophy and Religion Department, at Drake University
- Rev. Paul Witmer, Covenant Christian Church
- Diane Glass, spiritual director with PrairieFire and founder of Tending Your Inner Garden® workshops
- Dr. Jennifer Harvey, associate professor of religion at Drake University
- Dr. Brad Crowell, assistant professor of religion at Drake University
- Dr. Dale Patrick, professor emeritus of religion at Drake University
- Dr. Steve Faux, associate professor in the Department of Psychology at Drake University
- Dr. David Freidgood, with the Mercy Ruan Neurology Clinic
- Charlie Day, retired psychologist and teacher of meditation and Buddhist philosophy in Des Moines and at the Iowa Correctional Institute for Women
- Dr. Allison Wolfe, professor with Simpson College
- Kyle Lechtenberg, director of the Office for Worship at the Catholic Diocese of Des Moines
- Dr. Trisha Wheelock, professor adjunct for Grand View College and Drake University
- Stephaney Moody, senior pastor at New Beginnings Discipleship Ministry
- Dr. Norma Hirsch, health care professional at Hospice of Central Iowa Care Services
- Linda Shivers, cantor at Tifereth Israel Synagogue
- Luai Amro, from the Islamic Center of Des Moines

# DMARC 101

**DMARC has a variety of programs to help meet the basic needs of the greater Des Moines community.**

## **Our Mission**

The Des Moines Area Religious Council (DMARC) is an interfaith organization of religious communities working together to meet basic human needs for the Des Moines metro area.

## **Our Rich Heritage**

Founded in 1952, and composed of 140 diverse member congregations, DMARC is an interfaith organization and recognized community leader. Over the past 60 years, DMARC has led interfaith dialogue and cooperation and has been at the forefront of community action and advocacy. In the 1970's, DMARC played a central role in establishing the Homes of Oakridge and HCI Care Services, formerly Hospice of Central Iowa.

A highly significant change took place in 1972, when the Des Moines Area Council of Churches became the Des Moines Area Religious Council. This name change signaled DMARC's intent to invite non-Christian congregations to become part of the organization. The intent

became a reality when the first Jewish synagogue joined the council in 1979.

With interfaith cooperation, collaboration and support at its core, the DMARC network of programs, volunteers, and resources responds effectively to basic human needs in greater Des Moines. DMARC remains a faith-centered organization focused on solving problems through service to others.

## **Direct Services**

- **Food Pantry Network** now consists of 13 DMARC-related Food Pantries in the greater Des Moines area. Once a month, a family can go to one of these pantry sites to receive a three-day supply of food at no cost to help carry them through a hard time.
- **Compassion in Action** offers emergency financial assistance to help with expenses such as rent and utilities.
- **Childcare Assistance** helps to subsidize the cost of childcare assistance for working families.
- **Interfaith Engagement** offers programs aimed at fostering inter-religious dialog, including:
  - David Bear Memorial Annual Interfaith Lecture series
  - CltY Interfaith Youth Program



- Poverty Simulation
- January Thaw 2013
- **LADOS** (Life After Death of Spouse), provides a forum where widowed men and women of all ages meet monthly to compassionately and practically encourage one another to grieve in their unique way.

To learn more about DMARC or find out how you can help, visit our website at [www.dmreligious.org](http://www.dmreligious.org) or call 515-277-6969.

*Note: The fall meeting of Delegate Assembly of congregational members of the Des Moines Area Religious Council was held Tuesday, October 16, 2012, at the Urbandale United Church of Christ. The above information on DMARC 101 was part of the program topic for this event. It also happened to be the United Nation's designated World Food Day.*

## **Poverty Simulation for Youth • Sunday, November 4, 2012, 1-4 p.m.**

The poverty simulation experience is designed to help participants begin to understand what it might be like to live in a typical low-income family trying to survive from month to month. It is a simulation—not a game. The object is to sensitize participants to the realities faced by low-income people. This simulation is being held at 601 Grand, Des Moines, IA 50309. Cost: \$15.00 per participant. A registration form is available at: [www.dmreligious.org](http://www.dmreligious.org). Or contact the DMARC office if you are interested in attending, 515-277-6969. This DMARC sponsored simulation will be facilitated by staff and volunteers from the Center for Social Ministry and Catholic Charities Des Moines.



## New Development Associates — Sonya Dettmann and Pam Larson



Sonya Dettmann (left) and Pam Larson (right) joined DMARC in mid-August, jointly filling a new development associate position. Through a unique-to-DMARC job share arrangement, Pam and Sonya work as part of the development team to support expanded donor relationship and communication functions, as well as special events planning, gifts management, and grant reporting. This energetic duo brings complimentary talents and a wealth of business and non-profit experience.

Pam describes herself as having a “strong talent for organization,” and Sonya especially enjoys “planning special events and cultivating relationships.”

Sonya worked with a nonprofit agency in northwest Iowa where her responsibilities included creating special events and newsletters, grant writing, and other donor and development activities. She and her husband, Scott, recently moved to the area, after living in Emmetsburg for 11 years. They have three sons and welcomed a new daughter-in-law into their family this summer.

Pam previously owned and operated a small company, designing products for businesses across the country. She has also directed a congregational program to assist people in matching their talents with community and faith service opportunities, and has used her education background to teach elementary children and adults

in multiple programs. She and her husband, Bob, moved from Lawrence, Kansas, over 20 years ago, and have three children and four grandchildren.

We invite you to join us in welcoming our new development associates. Pam can be reached at [plarson@dmreligious.org](mailto:plarson@dmreligious.org) and Sonya at [sdettmann@dmreligious.org](mailto:sdettmann@dmreligious.org).



The warehouse associates are a vital part of the Food Pantry Network operation. All four associates willingly jump in and do what needs to be done to keep the food flowing and the warehouse organized. In an organization that is dependent on volunteer labor and unpredictable donation deliveries, these warehouse associates adapt and adjust with friendly, positive attitudes.

Daniel Beck and Christjahn Beck work primarily as drivers for the network, making it possible to supply the pantries with fresh produce, both purchased and donated. Because of their diligent efforts week after week, the Meals from the Market (downtown farmers market), Capital City both purchased and donated produce, and countless amounts of church and personal garden produce donations get distributed to the 13 partner food pantries, usually within 24 hours. This would not be possible without these two associates.

Daniel Beck has been working with DMARC since 2010 and enjoys being a warehouse associate. It allows him to attend classes while

pursuing a career in the field of criminal justice.

Christjahn Beck has been employed with DMARC for a year and a half. C.J. started out volunteering to help his brother Daniel and he enjoyed it and now works part-time. Most days you will find him either pulling orders in the warehouse, or delivering produce to DMARC’s partner pantry sites.

Elona Gorman and Jack Leavy work primarily in the warehouse operation, working side by side with our volunteers helping to date check, sort and box food. Both of them are helpful, kind hearted individuals who help direct, train, and assist the volunteers.

Elona Gorman grew up in Waterloo, Iowa, and after moving to Des Moines, came to DMARC as a volunteer. DMARC offered her a part-time warehouse job this past spring. Elona loves being with her two sons and plans to go back to school and become a registered nurse.

Jack Leavy is originally from Colo, Iowa and has resided in Des Moines for nearly three years. A little over a year ago, DMARC hired Jack in the warehouse part-time. He plans to go back to school for medical technician training.

## Food Pantry Warehouse Associates



*Pictured left to right are DMARC’s four warehouse associates: Daniel Beck, Elona Gorman, Christjahn Beck and Jack Leavy.*

# Central Iowa — A Contrast in Realities



With the help of a generous and committed community, the Des Moines Area Religious Council responds with compassion in meeting basic human needs for families struggling to achieve and maintain self-sufficiency.

Some of the current realities that DMARC must address in this work include sustained high unemployment, increased poverty rates, growing food costs, and cuts in public assistance programs.

Yet, one of the greatest challenges occurs when highly visible messages from credible sources create an illusion of community well-being that contrasts sharply with the reality of local service needs. The needs of struggling families who dream of a future with enough food in the cupboard and gas in the car, or a future where a high electric bill or late rent payment does not result in an eviction, or a time when the family will not be forced to choose between medicine or food or clean diapers for their baby.

By Kristine Frakes, DMARC Development Director

## Economic and Demographic Realities

38.2% of persons experiencing homelessness in the Des Moines area are families with children.

— Iowa Institute for Community Alliances  
— Iowans Experiencing Homelessness January-December 2010

3,145 households utilizing DMARC food pantries needed to move to less expensive housing in 2011 due to insufficient resources.

— [MovetheFood.org](http://MovetheFood.org)

40% of Polk County students are eligible for free or reduced price school meals. In Des Moines, 65% of students are eligible; several schools exceed 90% eligibility.

— Iowa Department of Education

In 2011, DMARC provided emergency food assistance for over 33,000 non-duplicated individuals.

— DMARC client service data

29.5% of Polk County households have an annual income Less than \$35,000.

— Iowa State University Extension and Outreach, October 2011

76% of Iowa families with children under age 6 have both parents working, the highest ratio of any state in the nation.

— U.S. Department of Labor

West Des Moines and Clive have areas where more than 20% of families live in poverty; in many Des Moines neighborhoods poverty exceeds 30%.

— U.S. Census Bureau

# As Different as Apples and Oranges

## Public Messages

Des Moines ranks # 5 for best cities for families based on great schools, affordable homes, low crime rates, jobs.

— Parenting magazine, June 2011

Des Moines is the # 1 City in the United States for Home Renters.

— Time magazine, June 2011

Des Moines is the # 1 Richest Metro in the Nation.

— US News and World Report,  
June 2011

Des Moines living costs are 10 percent below the national average.

— The Council for Community  
and Economic Research

Des Moines ranks 7th in the top 10 “Best Cities for the Next Decade”

— Kiplinger’s Personal Finance magazine,  
July 2010

As you reflect on these differing realities, please consider providing a gift to DMARC that will help families to bridge the economic gap when unexpected circumstances interrupt household stability and self-sufficiency. To donate, visit [www.dmreligious.org/donate](http://www.dmreligious.org/donate). Thank you for your support.

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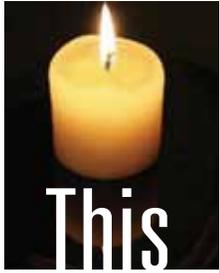
For other gift options, contact

Kristine Frakes at

[kfrakes@dmreligious.org](mailto:kfrakes@dmreligious.org). Learn more

about basic needs in Central Iowa at

[www.dmreligious.org/basicneeds](http://www.dmreligious.org/basicneeds).



## This is Holiday Time

### Ways to Give

DMARC is full of gift-giving opportunities for the holidays.

Are you struggling to find the perfect gift for the holidays or another special occasion of your friend or family member? DMARC has solved your gift-giving dilemma by providing you the opportunity to give the gift of help. This financial gift can be in the form of food, childcare assistance or payment of rent and utilities for a person in need. Here are some ideas:

- \$25 will provide a family of four with a three-day food supply
- \$50 will purchase 98 pounds of bananas
- \$125 will provide sweet potatoes for 270 families.
- \$250 will provide peanut butter for 127 families.

To give the gift of help, go to [www.dmreligious.org/donate](http://www.dmreligious.org/donate) or send your donation to DMARC, 3816 36th Street, Suite 202, Des Moines, IA 50310. DMARC will in turn acknowledge your donation and provide a gift card that you may pass on to the gift recipient.

### Ways to Volunteer

Can you help? We need volunteers to:

- Welcome people and answer calls during Thanksgiving and winter break; our busiest time of the year for donations or requests for food.
- Begin a family tradition of collecting food at a "Sack Saturday" event at a local store, and exchange the normal gift giving time for delivering collected food items to the DMARC warehouse together.
- Start early on new year's resolutions by volunteering at one of the 13 neighborhood food pantries (see list on back page of this issue).
- Count, sort and pack food or drive, load and unload the MoveTheFood truck (or your truck) for the warehouse.

You may volunteer one time or create a regular schedule. It's a fun way to make a difference! Visit [www.dmreligious.org/volunteer](http://www.dmreligious.org/volunteer) for more information.

We need your input

movefood.ORG

Let us know what you value most in your food system in greater Des Moines. Go to [www.MoveTheFood.org/foodsurvey](http://www.MoveTheFood.org/foodsurvey) and help us plan for the future.

### Colossal Cookie Sale Nets \$7,133.96 in Groceries

Hy-Vee Food Stores from across greater Des Moines sold 713,396 cookies as part of the Colossal Cookie Sale benefiting the Des Moines Area Religious Council (DMARC) Food Pantry Network. That's an increase of 16,841 cookies from last year! Thanks, to ALL who bought cookies! Bakery lunchbox cookies sold for 12 cents each, and for each cookie sold, Hy-Vee's donating one penny of food products.

Since the Cookie Sale began in 2003, Hy-Vee stores have over 7 million cookies and have donated more than \$74,000 in food products to DMARC's network of neighborhood pantries in greater Des Moines. Last year, almost \$7,000 worth of cereal was delivered to DMARC, for distribution among all 12 partner food pantry sites.

A big "Thank You" to Des Moines area businesses, companies, congregations and individuals who bought cookies during the Sept. 11-24 colossal sale.

Also, thanks goes to the Des Moines area Hy-Vee stores, with their help, DMARC will receive over \$7,000 in groceries for the Food Pantry Network.





# Hope for the Hungry

## *Feeding Greater Des Moines*

November 10, 2012, from 9 a.m. to 3 p.m.  
St. John's Lutheran Church  
600 6th Avenue, Des Moines, IA 50309

Attend this annual event! The hunger symposium seeks creative solutions toward accomplishing the goal of alleviating childhood hunger by 2015 in greater Des Moines. Here is the day's outline:

**Keynote Speaker:** Yogesh Shah, M.D., Des Moines University, *What Does Hunger Look Like?*

**Workshops:** What does childhood hunger look like . . . at school, in the home, for the community?

**Video and Discussion:** *Hunger Hits Home*

Do you know that 1 in 5 Iowa children do not have enough to eat? And that 3 in 5 children in the largest school district in greater Des Moines qualified for free school meals during the last school year? Do these children go hungry at home? Connect with other participants and experts in the field as we learn about childhood hunger in our area. Join the discussion and contribute your ideas as we plan our 2013 projects toward the 2015 goal.

The Bridge, an ecumenical group of downtown churches, will provide lunch. A free-will offering for lunch will support the Bridge's downtown Connection Cafe, which serves free lunch five days a week to people in need.

The day ends with a drawing for door prizes from Iowa Food Cooperative. A rain barrel from Rain Barrels Iowa will be the grand prize!

**Register Now and Save!:** Cost is \$30. Registration forms are available online at [www.hopeforthehungry.blogspot.com](http://www.hopeforthehungry.blogspot.com). This event is co-sponsored by Des Moines Area Religious Council *MovetheFood* and Coalition in Support of Hungry Children. To learn more about sponsorship or if you are in need of a scholarship to attend, contact Diana Sickles at: 515-255-4055 or [dsickles@mindspring.com](mailto:dsickles@mindspring.com).

# Gifts given in honor and in memory

DMARC receives gifts monthly in honor and in memory of special people and occasions. View honors and memorials online at [www.dmreligious.org](http://www.dmreligious.org). And for a complete list of donors, look on our website under, Support DMARC/Donors.

## **DMARC/*MovetheFood* office and warehouse hours**

Main Office, 3816 36th Street, Suite 202, Des Moines, IA 50310  
Office hours: Monday – Friday, 8:30 a.m. – 4:30 p.m.

Main Warehouse, 3816 36th Street, Des Moines, IA 50310  
(located in a building directly behind the main office building)  
Warehouse hours: Monday – Friday, 8 a.m. – 4:30 p.m.

Office and warehouse are closed Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Friday after Thanksgiving, Christmas Day and New Year's Day.



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Des Moines, IA 50310  
Phone (515) 277-6969  
Fax (515) 274-8389  
info@dmreligious.org

[www.dmreligious.org](http://www.dmreligious.org)  
[www.MoveTheFood.org](http://www.MoveTheFood.org)



“Like” us on Facebook: Des Moines Area Religious Council  
“Like” our food work on Facebook: Move the Food



Follow us on Twitter: @dmreligious  
Follow our food work on Twitter: @MovetheFoodDSM

## Blessings to our 13 Partner Food Pantries!

### **Red Rock Area Community Action Program**

406 S.W. School Street, #201  
Ankeny, IA 50023  
515-965-0433

### **Iowa Homeless Youth Center**

701 Grand Avenue  
Des Moines, IA 50309  
515-243-1381

### **CROSS Ministries/Cottage Grove Avenue Presbyterian Church**

1050 24th St.  
Des Moines, IA 50311  
515-279-8877

### **Epworth Center for Social Ministry/ United Methodist Church**

412 Euclid Avenue  
Des Moines, IA 50313  
515-782-3654

### **Des Moines Community Action Agency**

1618 6th Avenue  
Des Moines, IA 50314  
515-248-6261, ext. 0#

### **Salvation Army Temple**

1330 6th Avenue  
Des Moines, IA 50314  
515-282-3422

### **True Vine H.E.L.P.S.**

1431 E. 32nd Street  
Des Moines, IA 50314  
515-202-7722

### **Bidwell-Riverside Center**

1203 S.E. Hartford Avenue  
Des Moines, IA 50315  
515-244-6251

### **St. Mary Family Center**

1815 Hubbell Avenue  
Des Moines, IA 50316  
515-262-7290

### **Salvation Army Citadel**

1216 East 25th Court  
Des Moines, IA 50317  
515-266-3156

### **Partnership Place**

5870 Merle Hay Road, Suite D  
Johnston, IA 50131  
515-868-1357

### **Urbandale Food Pantry**

7611 Douglas Avenue, Suite 34/35  
Urbandale, IA 50322  
515-251-6688

### **West Des Moines Human Services**

318 5th Street  
West Des Moines, IA 50265  
515-222-3660