

North Iowa CASA News

Volume 7, Issue 3

July, August & September 2014

**THANK YOU FOR
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NORTH IOWA
CASA:**

United Way of North
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Fund

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Church

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2014 Volunteer Recognition Event and CASA of the Year

CASA volunteers from North Iowa were recognized for their service to abused and neglected children from six counties at a dinner at the FCNB Heritage Club Room on April 23, 2014.

Senior Judge Gerald Magee thanked the volunteers on behalf of the Iowa Child Advocacy Board. District Associate Judges Annette Boehlje and Karen Kaufman Salic and Program Coordinator Suzan McKiness recognized each individual volunteer for their unique efforts on behalf of children.



Katy Thoreson and Suzan McKiness (above)



Suzan McKiness, Judge Boehlje, and Sarah Grant (above)

The CASA Volunteer of the Year award was presented to **Sarah Grant** of Mason City.

Ten year service pins were presented to **Holly Brink** of Garner and **Jo Stumo** of Northwood. Five year pins were presented to **Dee Hunt** of Nora Springs and **Angie Lien** of Mason City.

The Shining Star award was given to **Katy Thoreson** of Nora Springs for her outstanding work as the

CASA Program Assistant.

The theme for the evening was "You are the Wind Beneath Their Wings". The guest speaker was Nayeli Torres of the youth group, AMP (Achieving Maximum Potential). She spoke of the impact her CASA volunteer had on her life during her time in foster care.

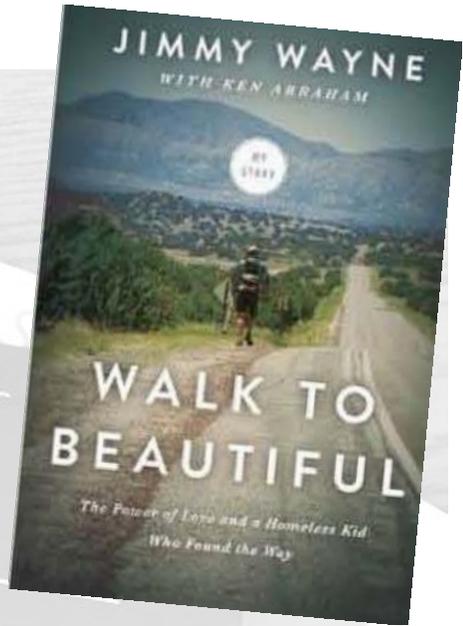
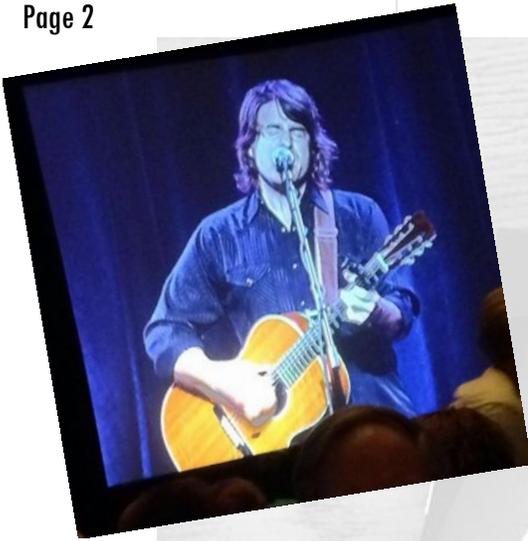


Jo Stumo (above)

Meaghen Wostoupal and Nayeli Torres (right)



Holly Brink (above)



Mor
Main Stage Presenters



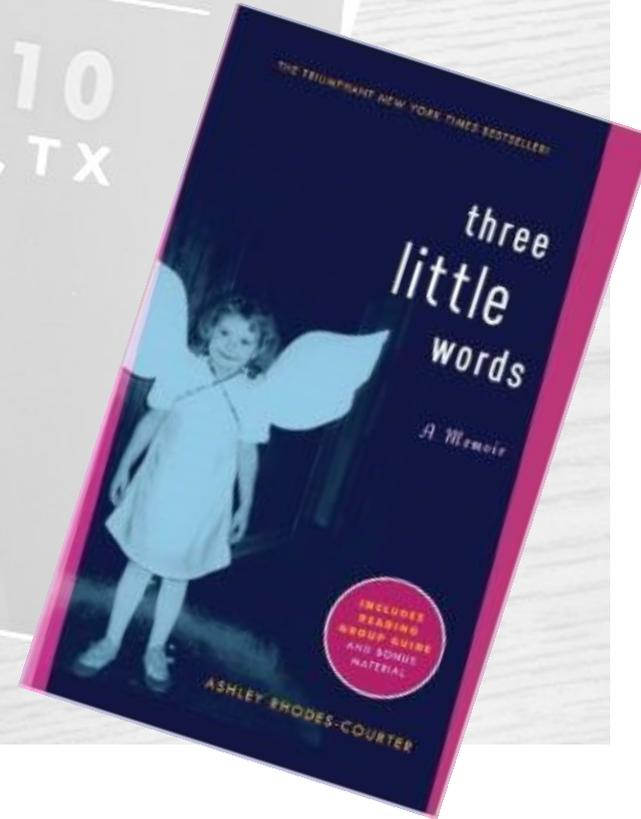
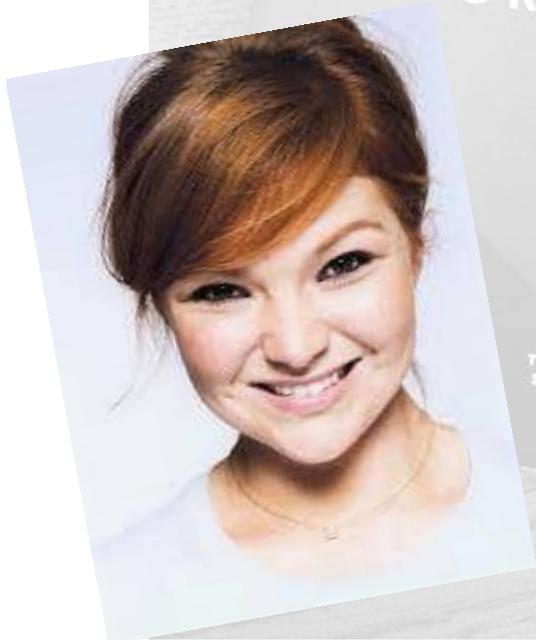
A better life FOR
EVERY CHILD

**2014 National
CASA Conference**

**JUNE 7-10
GRAPEVINE, TX**



CASA
Court Appointed Special Advocates
FOR CHILDREN
THE NATIONAL COURT APPOINTED
SPECIAL ADVOCATE ASSOCIATION



2014 National CASA Conference Grapevine, TX

by: Katy Thoreson

In June, I departed to Grapevine, TX for the 2014 National CASA Conference. This was the first time I have attended and it was inspirational, motivational, and informative.

Day one started with Ashley Rhodes-Courter who spoke about her life growing up in the Florida foster care system. As she walked us through her childhood, and the many things that went so very wrong, she also spoke about what went right. Who was there and who made a difference. As an adult she was able to review her case files and discovered so many inaccuracies, including her eye color. She said " Every child deserves some-

one in their life who knows the color of their eyes."

She has written a memoir called *Three Little Words*. If you haven't read it, I highly recommend it. Its' available on Amazon. See p. 7 for information on ordering through smile.amazon.com.

Day two's highlight was a surprise performance by country singer Jimmy Wayne, who spoke of being abandoned by his mother in a parking lot at the age of 13, homeless and struggling to make it, and finally being taken in by Russell and Beau, who offered him unconditional love and acceptance. Today, he is a spokesperson for National CASA and speaks to

raise awareness for foster children. He has also written a book, *Walk To Beautiful*. It releases in October.

I took in workshops on *Human Trafficking, Strategies to Increase Stability for Foster Children, Understanding Poverty, and How to Advocate with Empowerment*.

I was able to participate in a discussion group on the emotions portrayed in the movie *Removed*, and hear from a panel of foster care alumni.

This was also a great opportunity to network and learn from CASA's across the country. If you have not attended a national conference before, I highly recommend it.



Every Child deserves to have someone in their life who knows the color of their eyes ~ Ashley Rhodes – Courter





Red Strawberry Tea

14 cup(s) water
 10 bag(s) red tea
 1 pound(s) strawberries, hulled and quartered
 1/4 cup(s) sugar
 2 cup(s) pomegranate-cranberry juice blend
 12 blueberry-topped skewers, for garnish

In 6-quart covered saucepot, heat water on high until almost boiling. Add tea bags; remove from heat and cover. Let tea steep 10 minutes. Remove tea bags and discard. Let cool slightly, then ladle some tea into 1 ice cube tray. Freeze, uncovered, until solid. Pour remaining tea into large punch bowl or pitcher. Refrigerate until very cold (up to three days).

One hour before serving, in large bowl, combine strawberries and sugar. Let stand, uncovered, 30 minutes. Stir in juice blend, strawberries with accumulated juices, and tea ice cubes to tea mixture. Serve cold; garnish with skewers.

Sweet Summer Tea

Sweet Southern Sun Tea

4 XL Tea Bags
 1 Glass Gallon Pitcher/Jar with lid
 Sugar Lemon slices (optional)

Fill the glass pitcher/jar with water – about 2.5" from the top. Place the tea bags into the pitcher/jar and cover with the lid. If you're using lemon slices, add them too. Place the pitcher/jar in a place outside, where it will get direct sunlight for at least 6 hours. After 6+ hours of direct heat from the sun, add sugar. I can't tell you how much to add as that will vary from person to person. It all depends on your taste. Serve over ice! For added fun, serve the tea in a mason jar (or old spaghetti jar), with a fun straw.



TheDailyGoodieBag.com



Slightly Sweet Tea

4 c. water
 7 green tea bags
 1/2 c. honey
 4 c. cold water
 1 naval orange, cut in wedges
 1 lime, cut in wedges



Bring 4 cups water to a boil in a medium saucepan; add tea bags. Boil 1 minute; remove from heat. Cover and steep 10 minutes. Remove and discard tea bags.

Stir in honey. Pour into a 2-qt. pitcher; stir in 4 cups cold water and orange and lime wedges. Serve over ice.

Summer Peach Tea

3 family-size tea bags
 2 c loosely packed fresh mint leaves
 1 (33.8-oz.) bottle peach nectar
 1/2 (12-oz.) can frozen lemonade concentrate, thawed
 1/2 cup Simple Sugar Syrup*
 1 (1-liter) bottle ginger ale, chilled \$
 1 (1-liter) bottle club soda, chilled

Garnish: fresh peach wedges
 Bring 4 cups water to a boil in a medium saucepan; add tea bags and mint leaves. Boil 1 minute; remove from heat. Cover and steep 10 minutes.

Discard tea bags and mint. Pour into a 1-gal. container; add peach nectar, lemonade concentrate, and Simple Sugar Syrup. Cover and chill 8 to 24 hours. Pour chilled tea mixture into a punch bowl or pitcher. Stir in ginger ale and club soda just before serving.

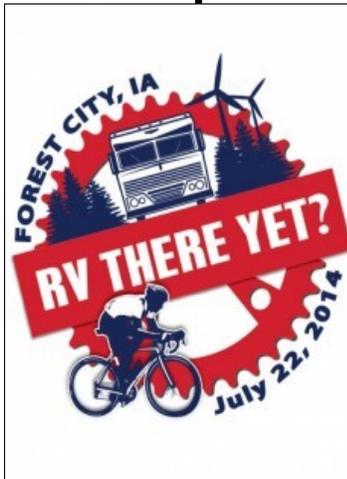
* simple Sugar Syrup: 2 c sugar, 1 c. water. Bring sugar and water to a boil in a medium saucepan over medium-high heat. Boil, stirring occasionally, 4 minutes or until sugar is dissolved and mixture is clear. Cool to room temperature



RAGBRAI 2014 Register's Annual Great Bicycle Ride Across Iowa

This year the RAGBRAI route passes right through our great communities.

Forest City will host RAGBRAI on Tuesday July 22 with entertainment be-

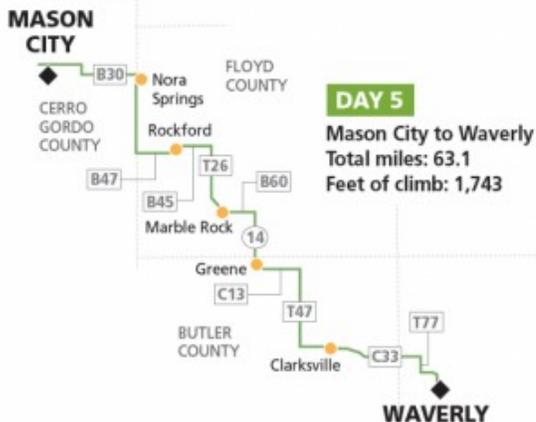


DAY 4 RAGBRAI XLII

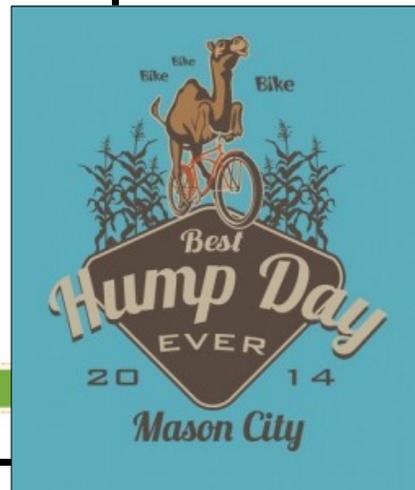
beginning at 4PM on the Waldorf Campus, open to the public & free to everyone. Fours bands complete the line up: Black Diet (R&B), Les Nessmen (Classic Rock), The Oddfathers (Power Pop Classic) and The Hepperly Band (Classic Rock with lead singer Jennifer White, also known as DHS Supervisor).

On Wednesday, July 23rd, the route treks into Mason City where Bret Michaels and special guest, Warrant will perform in downtown Mason City

beginning at 8 PM. Entertainment is free of charge.



DAY 5 RAGBRAI XLII





Sarah Grant graduated from Buena Vista University with a BA Degree in Psychology and Human Services. Congrats Sarah!

2014 Governor's Volunteer Awards



Rhonda Clark
Ventura, IA



Katy Thoreson
Nora Springs, IA

CASA Volunteer awards on behalf of the Iowa Child Advocacy Board

Make a *connection* with your *CASA* child.
Local Summer & Fall Events for Families & Children:

Area Fireworks Celebrations:

July 3rd ~ Mason City (High School) July 3rd ~ Rockwell (Linn Grove Park)

July 4th ~ Northwood (Airport) July 4th ~ Clear Lake (over the Lake)

July 4th ~ Charles City (downtown)

Other Local Events:

July 2nd -6th ~ Clear Lake 4th of July Carnival

July 3rd ~ Kid's Day Parade—Charles City

~ Uncle Sam Jam Block Party—5-11 PM—Charles City Central Park

July 4th ~ Charles City July 4th Parade

July 4th - 7th ~ Northwood Hometown 4th of July Celebration w

ww.northwoodchamber.org

July 5th ~ Red, White & Blues BBQ—5-9Pm - Charles City Central Park

July 6th ~ Bill Riley Talent Contest—Charles Theatre

July 8th - 13th ~ North Iowa Fair ~ Mason City

July 10th - 13th ~ Founders Day ~ Algona—www.algona.org/founders_day

July 11th & 12th ~ Roller City Fest - for ticket info please call 423-2000

July 11th ~ Party in the Park ~ 5-9PM ~ Charles City Central Park

July 11th - 13th ~ Duesey Days ~ Garner ~ www.garneriachamber.com

July 11th - 13th ~ July Jubilee ~ Lake Mills

July 11th - 13th ~ Bicycle, Blues, & BBQ Festival~ Clear Lake City

Park ~ for info www.bicyclebluesbbq.com

July 13th ~ Ice Cream Social ~ Kinney Pioneer Museum ~ 1PM to 5PM ~

\$3 Adults & \$1 Children under 12

July 16th - 20th ~ Floyd County Fair ~ Charles City ~ www.floydcountyfair.org

July 17th - 0th ~ Puckerbrush Days ~ Forest City ~ www.forestcityia.com

July 17th - 20th ~ Winnebago County Fair ~ Thompson winnebagocoiowafair.com

July 18th - 20th ~ Turkey Days ~ Grafton

July 19th ~ Herb Festival ~ St. Ansgar

July 20th ~ Heritage Festival ~ Heritage Park ~ Forest City

www.heritageparkofnorthiowa.com

July 22nd - 27th ~ Hancock County Fair ~ Britt ~ www.hancockcountyfair.com

July 25th ~ Party in the Park ~ 5-9PM ~ Charles City Central Park

July 26th & 27th ~ Lakeside Dixie Fest ~ Jazz Festival ~ Clear Lake City

Park ~ Saturday 6-9 PM, Sunday 12-8 PM

July 26th ~ Art Sail ~ Clear Lake Arts Center ~ 9AM to 4 PM

July 26th ~ Iowa Storytelling Festival ~ Clear Lake City Park ~ 10:30 AM

to 3:30 PM

July 26th ~ Rockford Fun Days ~ Rockford

July 27th - 28th ~ Think Joice days ~ Joice

July 29th - Aug 3rd ~ Mitchell County Fair ~ Osage ~ mitchellcountyfair.org

Aug 6th ~ National Night Out ~ East Park 5:30 PM

Did you know you can help CASA by placing any Amazon orders through www.smile.amazon.com and select Friends of Iowa CASA as your charity of choice? By doing so .05% of any order you place is donated to Iowa CASA.

You shop. Amazon gives.

Thank You.

Welcome to

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amazon smile



Phone: 641-421-3080

Fax: 641-421-3134

Email: cocasa@co.cerro-gordo.ia.us

www.childadvocacy.iowa.gov

Local Events Continued:

Aug 7th—10th ~ HOB0 Days ~ Britt

Aug 8th - 10th ~ Kicken N Chicken Weekend ~ Rockwell ~
www.rockwell-ia.org

Aug 8th ~ Pirate Festival ~ Clear Lake PM Park ~
Fri 8 to 11PM, Sat 12 to 7PM & Sun 11AM to 6PM

Aug 8th ~ Party in the Park ~ 5-9PM ~ Charles City Central Park

Aug 9th & 10th ~ Fertile Days ~ Call 641-797-2944 for info

Aug 16th ~ Art-A-Fest, Charles City Central Park ~ all day

Aug 16th ~ Rock Falls fun Days ~ Rock Falls

Aug 17 ~ Kid's Day ~ Kinney Pioneer Museum ~ Adults \$3 Children \$1 ~ 1 to 5 PM

Aug 24 ~ Railroad Ag Days ~ Manly ~ call 641-512-8276 for info

Aug 23rd ~ People in the Park (formerly Sourdough Days) ~ Sheffield

Aug 30th ~ Beach Fest ~ Clear Lake City Beach ~ Family Activities

Aug 30th ~ Slippery Saints Mud Run—North Iowa Events Center - www.slipperysaintsmudrun.com

Sep 5th - 7th ~ Civil War Reenactment ~ East Park ~ Mason City

Sep 13th - 14th ~ Heritage Park Steam Threshing Festival ~ Forest City www.heritageparkofnorthiowa.com

Sep 13th ~ Founder's Day ~ Northwood ~ www.northwoodcamber.org

Sep 19th - 20th ~ Great River City Festival ~ Central Park ~ Mason City ~ Multi-ethnic lunch ~

Dillinger bank robbery reenactment, music, market and art ~ Friday 11AM til Saturday 8PM

Sep 28th ~ Homemade Apple Cider & Donut Day ~ Kinney Pioneer Museum ~ Adults \$3 Children \$1 ~ 1 to 5 PM

Sep 27th ~ Oktoberfest ~ Northwood ~ www.northwoodbbq.com

North Iowa CASA/ICAB

Cerro Gordo County Courthouse

220 North Washington Avenue

Mason City, IA 50401