

North Iowa CASA News



VOLUNTEER SPOTLIGHT - SARAH GRANT

Sarah joined CASA in April 2012 and has represented five children. In describing what Sarah finds rewarding in being a CASA, Sarah says "after my first case, the children involved have become and continue to make positive choices and their futures look very promising. It's heart warming and humbling to know I may have made a difference in their lives."

Sarah adds that in the beginning she "wanted to know what to do right away" and that she has learned "that taking the time and being patient can really help to process the information in the case. Allowing time to really think about and digest



the files and information before coming to a final conclusion is really helpful. Also being willing to change my mind on certain things as a case progresses. In other words, be open-minded."

Sarah has been married to Bill Grant for 10 years and they have three

children; Lillian (14), Daniel (9), and Katherine (6). Lady, the family dog, is also among Sarah's family.

Sarah is the Financial Secretary and Church Secretary at St. James Lutheran Church in Mason City. She is responsible for keeping all the church records from financials to members, produces the bulletins, monthly journals and keeps the website up to date.

Sarah is very passionate about her faith and very active in her own church, St. Paul Lutheran. She coordinates volunteers from St. Paul to help at the Community Kitchen every month and

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Hot Soup for Brisk Fall Days ~ Sweet Potato Chowder

When you think of sweet potatoes, a sweet taste comes to mind, but this soup is not your typical sweet potato venue. It's definitely a fall/winter favorite in my house!

Ingredients:

- 1 celery rib ,chopped
- 2 tbsp butter
- 2 - 14.5 oz. cans chicken broth
- 2 cups water
- 2 tsp chicken bouillon granules
- 4 medium potatoes (peeled & cubed)
- 1 large sweet potato, peeled & cubed



- 2 cups fully cooked turkey ham
- 2 tbsp dried minced onion
- .5 tsp of each: garlic powder, seasoning salt, dried oregano & parsley flakes
- .25 tsp of each: pepper & crushed red pepper flakes
- .25 cup all-purpose flour
- 2 cups milk

Sauté celery & butter until tender. Stir in broth, bouillon & water. Add potatoes, sweet potato, turkey ham and seasonings. Bring to boil. Reduce heat, cover & simmer until potatoes are tender. Separately— combine flour & milk, gradually stir into soup. Bring to a boil. Cook & stir until thick & bubbly (approx 2 min).

I recommend adding equal amounts of white & sweet potatoes. My family also adds a few dashes of cayenne pepper.

Hope you Enjoy!
Katy

Orphan Train, Book Review by Francine Barr

I read this book on a rainy weekend and fell in love with the plot immediately and I know that every CASA can benefit from this wonderful story of two women with very similar beginnings... one is still at the beginning of her story, Molly, a 17 year old foster child and Vivian, a 91 year old "wealthy widowed lady", who's nearing the end of her story. Both women through their common beginnings having found a bind that helps them both heal from the tragedies of their past.

Molly is a rebel, a young woman who dyes her brown hair black with streaks of

She has one item from her childhood, a charm bracelet signifying her Native American heritage given to her by her Penobscot Indian father shortly before he died. That is all she has. No photos, no family stories, nothing to tie her to her beginnings.

She lives with her foster parents, Ralph and Dina. Ralph being a nice man, helpful and understanding of Molly's situation and Dina, an uncaring woman who wants Molly removed from the home.

Molly is tired of being at the mercy of others, dependent on the charity of strangers to get the things she needs, and she's fast aging out of the foster care system. Then she meets Vivian.

Vivian is a 91 year old widow, living in a large house with a housekeeper Terry who visits daily to take care of her needs.

When Molly is caught stealing a book from the library, Terry's son arranges to have Molly do community service helping Vivian sort through her many boxes of memories in her attic. This begins a friendship based on mutual respect and understanding.

You see Vivian may seem like a perfectly normal wealthy widow living a comfortable retirement, she began her life as a poor and hungry girl named Niamh in Ireland. Her family moved to America looking for a better life when she was 8 and she cared for her younger brothers and baby sister Maisy in a decrepit tenement living with

hunger day in day out until a fire changes her life forever.

Her family is killed in the fire, and Niamh is sent by the Children's Aid Society to find a home in the West on the Orphan Train.

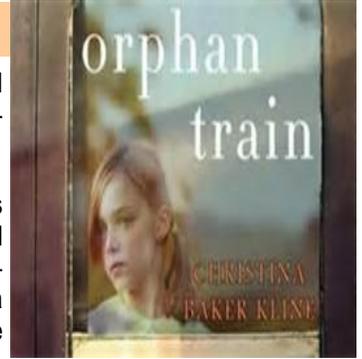
From the orphan train, Naimh is taken in by a couple and renamed Dorothy. Fed very little and made to sleep in the hallway on a pallet, they've taken her in only to sew for them in their sweatshop making women's clothing.

The only item from Niamh's past that Vivian still has in her possession is a Claddagh cross given to her by her paternal grandmother in Ireland. She also has nothing from childhood, not even her given name.

Slowly while cleaning the attic, she and Molly piece together their broken pasts while Vivian tells her story while sorting through her boxes and trunks full of memories. Vivian shares the pain, hunger, humiliation and fear that she endured until she finally found a permanent home. Her story doesn't end there but I don't want to give any more spoilers.

Vivian helps Molly deal with her present situation, giving her the kind of perspective only another who's been there can give. Through Vivian's past Molly now knows that you can overcome your beginnings, you can heal, and you can survive.

There is hope.



Orphan Train, authored by Christina Baker Kline

*Be the Change
You Want to
See in the
World ~
Mohammed
Sahndi*

white, wears black clothing and has multiple piercings to set herself apart from others. To protect herself she avoids making friends and is suspicious of any kindness toward her. Molly is a foster child.

She's been in too many homes since age of 8 when her alcoholic father was killed in an auto accident and her mother stepped off the deep end of drug addiction and criminal activity.

Orphan Train Stops in North Iowa:
Ackley/Iowa Falls
Charles City
Dougherty
Dows
Fertile
Forest City
Kensett
Mason City
New Hampton
Northwood
Osage
Riceville

HOMES WANTED FOR CHILDREN
A
Company of Orphan Children

of different ages in charge of an agent will arrive at your home on this date to be interviewed. The object of the coming of these children is to find homes in your neighborhood, especially among farmers, where they may enjoy a happy and wholesome family life, where kind, good example and normal training will be theirs for the life of well-earned rest and usefulness. They come under the auspices of the New York Children's Aid Society. They have been tested and found to be well-brought-up, true and obedient for homes.

The small homes are that these children shall be properly clothed, treated as members of the family, given proper school advantages and remain in the family until they are eighteen years of age. At the expiration of the time specified in the contract arrangements may be made whereby they may be able to return to the family, if desirably. The society retains the right to remove a child at any time, if the parent and agent to remove any child immediately after being notified. It is understood that the child shall remain in the home until the agent is notified. Applications may be made to any one of the following well known cities, who have consented to act as local agencies to act the agent in visiting homes.

N. W. HOWELL, R. F. OPPERSON, H. E. W. LAUDER, L. W. WILSON, R. T. SIK, G. F. SANDER, G. L. BARSHUM, A. T. BURBANK.

The Distribution Will Take Place
At the Opera House, Afton, Iowa, on
Thursday, April 5, 1906,
At 4:30 p. m.
B. W. TICE and H. D. CLARKE, Agents.

Orphan Train History

In 1849 approximately 30,000 homeless children lived and worked on the streets of New York City.

Destitute children were typically housed in almshouses (poorhouses), orphanages, and jails.

Orphan trains were organized by several private children organi-

zations in an attempt to rehome children who were living in extreme poverty from a life destined to crime.

Less than half of the children who rode the orphan trains were actually orphans.

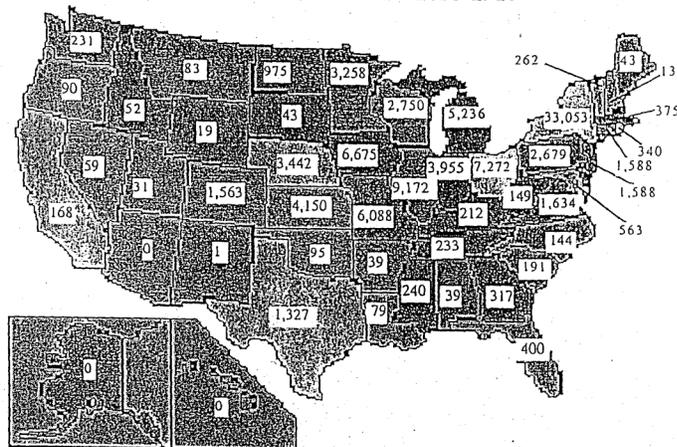
Some children were adopted to homes who simply wanted children, others were expected to work in their new family homes.

From 1854—1929 approximately 200,000 children rode the orphan trains.

The orphan train era led to child welfare reforms and government assistance to keep families together. It is recognized by social workers as the beginnings of what is now known as foster care.



Map 1
NUMBER OF CHILDREN WHO RODE THE ORPHAN TRAIN TO DIFFERENT STATES IN 1853-1910²



Trains continued from 1853 to 1929.

VOLUNTEER SPOTLIGHT - SARAH GRANT continued.

Continued from page 1... serves as the Youth Director. She has had some successes in intertwining the youth programs at St. James and St. Paul.

Sarah loves to write, blog, and share "my struggles and how my faith has seen me through."

Sarah had been very active in the *Survivor of Suicide Loss Group*, attending monthly meetings, the annual conference, and *Out of the Darkness Walk*. She states the group has disbanded but she hopes to resurrect it in the future.

Besides all of these

passions, Sarah also loves gardening, reading, running, blogging and spending time with her very active children.

When asked to think of one word to describe herself, Sarah said "busy." In her own words, "I love to be busy, if I didn't require sleep, I would be thrilled!"

Sarah attributes her greatest childhood memory to her older sister who read her the book series, *The Box Car Children*. She says she looks up to her older sister. "She was/is always very honest and caring. She spent a lot of time taking care of me and explaining the world."

Growing up, Sarah wanted to be a high-school Algebra teacher.

When asked if she would be willing to disclose something about herself no one would probably ever guess, she confessed an obsession with Marvel Super Heroes.

Sarah shared the *best advice she's ever been given*, "when life is hectic and your children are going in every which direction, still make time to sit down and eat together at least once a day. Even if it's at 8 PM! I learn so much about my children when we come together at the table and it really helps us stay connected."



Sally Bitker has joined North Iowa CASA from Hancock County. Please welcome her!



Please wish Jo a Belated Happy Birthday!

She reports spending her birthday celebrating with her great granddaughter who turned one within days of Jo's birthday!

Area Community Events

Oct. 5	Harvest Fest , Central Park, Clear lake Salsa contest, pumpkin roll relay, waiter race, grape stomp & trolley tours.	9am - 5pm
Oct. 22	Parent & Child Pumpkin Carving , 710 N. Washington Ave, Mason City Come carve a pumpkin together! \$12 fee includes carving kit & pumpkin.	6pm
Oct. 26	Spooktacular Fun Day , Halloween at Southbridge Mall Booths of Halloween fun & a costume contest.	12pm
Oct. 29	Halloween Hike , Lime Creek Nature Center, Mason City Trail walk (educational), costume contest, reservations required/\$3 Admission	6:30-8:30pm
Nov. 6 & Dec. 14	Afternoon Tea , The Decker House, Mason City Tea will be served in antique cups with 3 courses of sweet & savory treats. \$14 per person.	2pm
Nov. 16	Farm City Week , Southbridge Mall, Mason City Pedal tractor pull, real tractor rides, baby animals, home-grown popcorn.	10am
Nov. 24	An Old Fashioned Christmas , NIACC Auditorium, Mason City KCMR Radio's 25th Annual Christmas Concert, \$10 in advance/\$15 at the door	2pm
Nov. 29	It's Beginning to Look A lot Like Christmas , Music Man Square, Mason City *Opens 11/29: Tue/Wed 1-5pm, Thu/Fri 1-8pm, Sat/Sun 1-5pm. \$6 adults/ \$ students/under 6 Free	
Nov. 30	Home For The Holidays , Downtown Mason City Visit Santa & Mrs. Claus, enjoy a sleigh ride, decorate cookies & more.	10am
Dec. 6	Lighted Parade , Charles City (no time posted, please check with the Charles City Chamber)	
Dec. 7/8	Christmas By The Lake , Downtown Clear Lake Tour of homes, festival of trees, free trolley or horse-drawn carriage rides, Polar Bear dip, kids treasure hunt & lighted nighttime parade.	
Dec. 14	Tuba Christmas , Southbridge Mall, Mason City Favorite Christmas carols with over 100 tuba, baritone, saxophone & euphonium musicians.	1pm

Decorated Leaves

Supplies: dried, pressed leaves, metallic markers, mod podge

Leaves that have already been pressed are preferable but if you haven't done that yet, you may draw on the leaves first, then dry and press them between newspapers or books for two to three weeks.

This craft is as simple or complex as you want it to be. Select your best leaves and



Be creative. Think shapes, colors, create messages or designs.



Or try Shaving Cream Painted Leaves: Fill a shallow dish with shaving cream, squirt in liquid washable paints and swirl together gently. Dip leaves for fun colorful effects. Allow to sit for a few moments, wipe off excess shaving cream and allow to dry.



decorate them any way you like. Metallic markers work best but paints may also be used.

GHOST LEAVES & EGG CARTON BATS

Supplies: silk maple leaves, scissors, wax paper, white fabric paint, paint brush or foam brush, white or silver glitter, black permanent marker ~ Egg Carton Bat Supplies: egg carton, scissors, black paint, paintbrush, googly eyes, glue and ribbon.

Ghost Leaves: Turn each leaf so the points face up and use the scissors to round the top to resemble a ghost's head. Working on a waxed paper-covered surface, paint the leaves white (front and back). If needed, give them a second coat. While the paint is still tacky, sprinkle the surfaces with glitter.

Once the paint dries, use the marker to draw on ghostly facial features.

Egg Carton Bats: Cut out 3 cups from an egg carton. Then zig-zag cut the bottom outside cups to resemble wings. Paint black & allow to dry. Glue on googly eyes and ribbon to top.



*Sometimes the
smallest things take
up the most room
in your heart~*

*Winnie the
Pooh*

Leaf Jars

Supplies: dried, pressed leaves, mod podge, A jar and a paint brush

Start by pressing leaves between newspapers or book pages. Two weeks is suggested after you have found just the right leaves.

Cover the outside of the jar with Mod Podge. Place leaves where desired and press into place.

Cover again in Mod Podge.

Continue adding leaves and Mod Podge until your jar is just how you want it. Overlapping leaves are okay. Lighter colored leaves work best but dark leaves may provide accents.

Let the jar dry thoroughly and then apply a second coat and allow to dry overnight.

Spray jar with acrylic coating. When dry, drop in a tea light candle and enjoy!



North Iowa CASA

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www.childadvocacy.iowa.gov



Community Events continued...

Information about the National Alliance on Mental Illness (NAMI) was presented at our August in-service. The following are educational programs being offered by NAMI. You do not need to be a member to attend. All programs are held at:

St. Johns Episcopal Church
120 First Street NE
Mason City, IA 50401
Use East entrance on Pennsylvania Avenue

10/28/13	7:00 PM	Building Resiliency
12/02/13	7:00 PM	Trauma Informed Care
01/27/14	7:00 PM	Autism Forum
02/24/14	7:00 PM	Crisis Intervention Services
03/24/14	7:00 PM	Employment Resources Forum
04/28/14	7:00 PM	Energizing Caregivers

Dec. 14	Holiday Open House , MacNider Art Museum, Mason City Winter crafts, delicious treats & a visit from Santa. Free.	1pm - 4pm
Dec. 15	Lunch with Santa , Recreation office (710 N. Washington Ave.), Mason City Lunch with Santa & his elves with a special holiday art project to follow. Child must be accompanied by an adult. \$12 per child. Pre registration required 421-3673.	11:30am - 12:30pm
Dec. 27	Christmas Break at Lime Creek , Mason City Snowshoe hike, animal tracks activity and hot chocolate. Children must be accompanied by an adult.	1pm - 3pm

North Iowa CASA
Cerro Gordo County Courthouse
220 North Washington Avenue
Mason City, IA 50401