

## Youth Rides to Success!

He was able to find a passion in his life and achieve hard-earned goals.

Four years ago, when he was 12 years old, Chris was introduced to the sport of bicycling by his mentor (Friend), Carlos. Carlos suggested that they participate in the Seattle to Portland (STP) Bicycle Classic, a 206-mile bike ride that takes a full weekend to complete. Their first STP was a grueling endurance test that left them tired and sore, while proud and happy with their accomplishment and each other.

Chris has always been interested in sports. From a young age, he has played and enjoyed football, baseball and the exhilaration of physical activity in general. As the bond between Chris and his Friend, Carlos, has deepened over the course of numerous biking events, so has his overall interest in bicycling.

Their relationship began to revolve around this healthy activity, and they made many long trips together varying from Troutdale to Haag Lake or Crown Point Vista House. While exercising and bonding, they saw some of the most beautiful scenery that Oregon has to offer. The experience was very broadening and empowering. Bicycling became Chris's passion when it came to sports.

In the summer before 8<sup>th</sup> grade, Chris met his current bicycling coach. After three years of diligent training and discipline, Chris has become a state recognized cyclist. He placed 2<sup>nd</sup> in the state Criterium circuit and 1<sup>st</sup> in track racing in the 15-16 year old age division. Congratulations, Chris!

Now Chris is 16 years old and a sophomore in high school. His commitment to cycling has really paid off. Not only is he a ranked bicycle racer, he is also an honor roll student. A huge accomplishment for any young man, but especially so when you consider the time and energy involved in the extensive training regimen necessary to fulfill this commitment of becoming a nationally ranked cyclist. His determination in one area has led to success in another.

After finishing high school, Chris would like to continue cycling at the collegiate level, and is interested in the University of Colorado - Boulder cycling team. However, this might be the longest ride of his life, because the school does not offer scholarships to cyclists.



Other international cyclists have overcome great adversity to achieve personal and professional triumphs. Is our Chris the next Lance Armstrong? No, he's himself. And because we at *Friends of the Children - Portland* know his true measure, we know that Chris will continue to achieve his goals in cycling and in life.

# An Update from our Board of Directors

## Board of Directors

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Lou Wood



Dear Friends,

We cannot thank you enough for your generous gifts of time and money to Friends of the Children-Portland. Your caring and compassion for our community's most vulnerable children makes our work possible.

Included in the spring newsletter is our Annual Report, highlighting our program, our goals, and our many successes in 2005.

This spring also brings our third class of graduates from the Friends of the Children-Portland program, several of whom are on the honor roll this semester. While our program graduates make plans for their future, we're in the process of selecting our new generation for the program. Over 30 new kindergartners will be selected for our class of 2006.

As we look forward to celebrating our 14th anniversary this fall, Friends of the Children-Portland is proud of its successful record of serving children in need. Without the support of our donors and community partners, we simply could not offer our services to children in our community. Together, we truly are changing children's lives for the better...one child at a time.

Warm Regards,

Kirk Johansen  
Board Chairman

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Newsletter designed by Ben Cerezo

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**portland children's investment fund**



# Adolescent Programs Help Teens Succeed



Adolescence is inarguably one of the most challenging developmental periods for kids. At *Friends of the Children - Portland*, we recognize that our program youth need extra support and training in order to make a successful transition into adulthood. We currently run four programs to support our teenagers in developing life skills that will help them become productive, contributing members of society.

## Teen Space

On Wednesdays, Thursdays, and Fridays from 3:30 to 6:30, teens can come to Teen Space to get a healthy snack, get help with homework, access computers, play games, participate in activities, and interact with their peers. In addition, every Friday teens can come to Friday @ Friends, which provides a fun activity from 6:30 to 9:00. Recent activities featured laser tag, bowling, hockey,

movie night, and sushi making. Teen Space and Friday @ Friends exist to give youth a positive place to expand their horizons and an alternative to destructive activities.

## Six Paths to Ambition (Six Paths)

Six Paths is a program for middle school youth that is designed to increase self-knowledge and self-efficacy. The curriculum focuses on six different "paths" that build on one another. The paths start with Health and Body, advance to Identity, Worldview, Community, and Spirituality, then culminate with Ambition. Desired outcomes of the program include: building an overall sense of community and belonging, an articulated code of ethics and morals, and a sense of usefulness. Currently, students are progressing on the Health and Body path.

## Creating Higher Options In Careers and Education (CHOICE)

CHOICE is a program for high school youth that focuses on developing life skills

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## The 2006 Friend Raiser

Over 500 guests are expected to join us on the evening of Thursday, May 11<sup>th</sup> for the 2006 Friend Raiser. Our guests will enjoy gourmet cuisine and beverages from leading Portland area restaurants while exploring our Friends Center. A brief, seated dessert and program includes an opportunity to bid on exciting trips and wine packages in a petite live auction, as well as a collective bid to support the services we provide our children.

Do you want to host a table? The cost for a table of ten costs \$1,250. If you are interested in individual tickets, one ticket costs \$125. For more information, contact Louise at (503) 281-6633 x102, or [lrunkle@friendsofthechildren.org](mailto:lrunkle@friendsofthechildren.org). You can also register on the internet! Visit our secure site at [www.friendspdx.org](http://www.friendspdx.org).



**CHICO'S**

## Shop at Chico's and Give to Friends of the Children - Portland!

During the week of **May 2nd through May 6th**, Chico's in Lake Oswego will be donating 10% of their sales to Friends of the Children. *Customers must mention Friends of the Children when making their purchase.* This event will take place **ONLY** at the Lake Oswego store, located at 140 A Avenue in downtown. Total amount raised will be announced the following week at Friend Raiser.

# “Through our Eyes” Celebrates African-American History



Photos Courtesy ShaShuna Pack



About 200 community residents, *Friends*, employees, and supporters poured into the *Friends of the Children - Portland Center* to take an interactive walk through African-American history and to attend a celebration of African-American culture.

“Through Our Eyes: A Journey Through African-American History,” was held in February, which is Black History Month.

The event featured a soul-food reception, historical exhibits throughout the Center, and a program segment that showcased the talent of mentors and youth in the *Friends of the Children - Portland* program. Community choirs, African dancers, musicians and poets also participated in the celebration.

“It was amazing and inspiring to see. Who

knew we had so much talent at *Friends of the Children*?” said Dionne Peoples, a Friend for four years. “The reception gave me a chance to ‘walk through history’ with my youth. She learned so much and so did I.”

Friend Gregg agreed. “I liked the way my guy Steve was going around reading the information (at the exhibits). He got totally involved.” Gregg said. “He is usually a shy guy, but he was going up to people in the African-American community and opening up. He felt comfortable in our own house.”

“Through Our Eyes” was the idea of Marshall Goss, who has been a Friend for two years. “I was dealing with struggles with my kids,” Marshall said. “I wanted them to get to know their history, who they are, who they can be and where they can go.”

Marshall said it was also important to him to invite members of the community and our childrens’ families. “It was a great mixture. The parents began to see that we love our jobs. We had teachers, moms, aunts, cousins, historians all under one roof. It was a great thing for us.”

## Alumni Corner

When Rashad first was introduced to his *Friend*, Jerrell, he was a scared, shy, and reserved child. Rashad remembers that he thought he was paired with a mentor because he was in trouble. “I was scared and nervous, but I just made myself go meet him.” However, as time passed, Rashad said that he was able to open up to Jerrell and become the goofy, funny kid that he was inside. With the help of his *Friend*, Rashad was able to graduate from *Friends of the Children - Portland* and Jefferson High School in 2005.

When asked about how he feels about *Friends of the Children - Portland*, Rashad said “*Friends* has provided me with the key ingredients that made me who I am today. Jerrell is someone that I feel

comfortable around, and someone that I can still rely on. I don’t have the words to explain how important *Friends* is to me.”

Rashad currently spends his time researching scholarships to attend Lane Community College in Eugene this fall. He plans to attend Lane C.C. for two years and then transfer to the University of Oregon to pursue a Bachelors degree in architecture, and eventually obtain a Masters degree. When he is not looking for scholarships, Rashad spends his time working, being with his friends, and supporting his high school basketball team.

We know that Rashad will achieve all of his goals for the future.

# Congratulations to our Youth on their Academic Successes

Many of the young people in our program struggle academically. In spite of some of the challenges that our youth face, 12 students made the honor roll this past term. Making the honor roll is truly a rewarding experience, not only for the youth, but also for the Friends, and for our organization. Friends and staff deliver praise and support to our youth who have overcome the odds and reached their academic goals. Friends have attended Honor Roll ceremonies at local schools to continue to foster the family of support that exists throughout the *Friends of the Children - Portland* community. We are so proud of our youth!

Camaya

Chris

Kevin

MaryAnn

Reyna

Terrell

Chaquetta

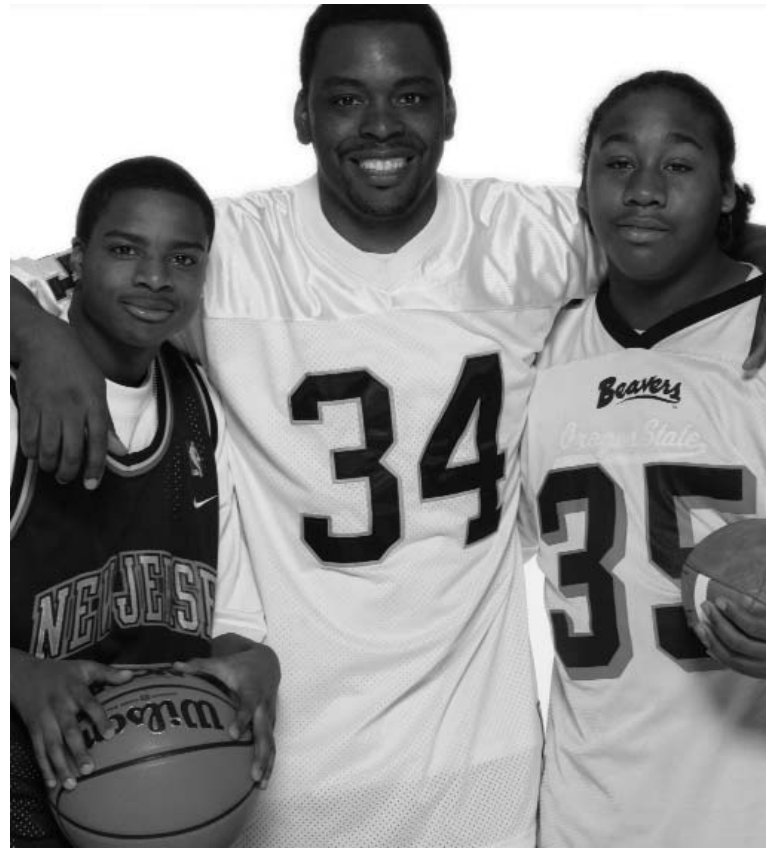
John

Kirsten

Patrick

Shawn

T.J.



## Article Continued from Page 3

such as personal finance and staying healthy, as well as expanding options in employment and post-secondary education. Teens meet once a month with community members and *Friends of the Children - Portland* staff to talk about topics of importance. Recent topics have included preventing sexual assault, AIDS awareness, and college and financial aid 101.

### Junior Advisory Board

The Junior Advisory Board provides youth with the leadership skills that will be desirable to colleges and employers. Youth are invited to participate in the Junior Advisory Board when they demon-

strate a high level of participation in *Friends of the Children - Portland*, school, and community activities. In March 2006, the Junior Advisory Board, along with other selected youth, underwent a two-day leadership training seminar with Todd Diskin of the Youth Employment Institute.

**Do you want to help?** We are always looking for talented people to offer classes and workshops for our teens. If you or anyone you know would like to donate your time, please call Kendra Lay at (503) 281-6633 x157 or [klay@friendsofthechildren.org](mailto:klay@friendsofthechildren.org).

# Upcoming Events



**April 8, 2006:**

## **Barnes&Noble Bookfair**

Mention *Friends of the Children - Portland* at the Lloyd Center Barnes & Noble when you buy a book this day and proceeds will be donated to our organization.

**May 2-6, 2006:**

## **Shop at Chico's**

10% of all purchases will be donated to *Friends of the Children - Portland*. For more information see page three.

**May 11, 2006:**

## **Friend Raiser**

Don't miss out on this heartwarming, exciting way to support our program.

**July 2006:**

## **Camp Friends**

During the summer, our elementary and middle school students attend Camp Friends. This is a day camp that runs for two weeks during the month of July. Camp Friends partners with PSU and George Fox University students who dedicate their time enhancing academic skills when school is not in session.

**July 15-16, 2006:**

## **Bike-a-thon**

Support our youth who are participating in the STP. Visit our website for information or to make a pledge.

**September 28, 2006:**

## **2nd Annual Friends' Art Fair**

Presented by eROI, the Friends' Art Fair is a community art event featuring affordable art from some of the top artists and craftspeople in Portland. Contact us early to get involved, because it's never too soon to look forward to the Friends' Art Fair! For more information visit [www.friendsartfair.com](http://www.friendsartfair.com).

## **Want to Learn More?**

For information about any of our events, contact Staci at [ssigala@friendsofthechildren.org](mailto:ssigala@friendsofthechildren.org) or 503-281-6633.

## Wish List

If you can help with any of these items, please contact Beth at [bchappell@friendsofthechildren.org](mailto:bchappell@friendsofthechildren.org) or 503-281-6633.

- Camping gear: sleeping bags, tents, thermal-rests and backpacks, camping stoves, pans and cooking utensils
- DVDs: PG and PG-13 that will appeal to males and females
- Educational computer games
- FujiFilm xD-Picture card: 256 or 512 MB
- Gift cards for retail outlets and restaurants to use as incentives for our youth
- Gift cards to craft stores for our knitting and sewing classes
- Kitchen supplies
- Lateral 40" file cabinets, 2 or 4 drawer
- Mini refrigerator for Teen Space
- Musical instruments
- New or nearly new school backpacks
- New desktop computers
- Sports equipment
- Teen interest magazine subscriptions
- Tickets to a Portland LumberJax game on a Friday night
- X-Box games - rated "E for Everyone"

## Thank you to those who donated in-kind items:

Alan and Cynthia King-Guffey  
Alphagraphics  
Barbara Hochfeld  
Barker Arbitration and Mediation  
Bodyvox  
Boise Cascade  
Briana and Ben Cerezo  
Camera Connection  
Children's Museum 2nd Generation  
Clear Channel Outdoor  
Community Cycling Center  
David and Caty Brown  
Dobson Asset Management  
Enuclia Semiconductor  
Eric and Cara Stones  
eROI, Inc.  
Fios Inc.  
Grace Borowski  
James and Francie Borquist  
Janet Wainwright Public Relations, Inc.  
JELD-WEN  
Jenny and Dennis Sweeney  
Joan Quihuis  
John and Iris McNerny  
Judith Stringer  
Larry Davenport  
Legacy Emanuel Hospital & Health Center  
Leigh and Lynne Porter  
Louis Dreyfus Property Group  
Marcie Connolly

Marilyn and Sandy Leonard  
Mark and Patricia Millemann  
Michael Braun  
Michelle Reynolds  
Molly Milan  
Montavilla Sewing Center  
National Charity League  
Nike  
Northwest Children's Theater  
OMSI  
Oregon Children's Theatre  
Pacific Office Automation  
PCC Structural Inc.  
Portland Revels  
Portland State University  
Quick Stop Photo  
Remax Equity Group  
Retirement Plan Service Corp.  
Ronald and Katie Goodwin  
Russ and Mary Anne Boardman  
Sherry Baucom  
Simon, Toney & Fisher  
Specialty Risk Services  
Staples  
Steve and Vicki Lippman  
Sunny Shin  
Susan Fischer  
Terry Hines & Associates  
Victoria Bidy  
White Bird Productions

# Become a Lasting Friend...

*What can you do today to make sure that Friends of the Children – Portland will be there for tomorrow's children?*

Join our "Lasting Friends" giving society, by pledging to give *Friends of the Children – Portland* a minimum of \$1,000 per year for at least 5 years. We are pleased to introduce the following visionary leaders who have chosen to become founding members of the Lasting Friends Society. Just as we make a long-term commitment to our children, they have made a lasting commitment to our program:

Carolyn and Morry Arntson, Anthony and

Diane Bella, Leslie J. Breaux, David and Katy Brown, Charlie and Lyn Cameron, Don and Billie Carlson, Ray and Roberta Davis, Jim Eddy, Jay and Donna Fountain, Colby and Lori Howe, Duane and Barbara McDougall, Dionne Peeples, John Thoma, David and Christine Vernier, Victoria R. Wolff

With the help of our community, our organization can provide the consistent mentoring our children need to realize their innate worth and discover their limitless potential. For more information, please contact Louise Runkle at 503-281-6633, ext.102 or [lrunkle@friendsofthechildren.org](mailto:lrunkle@friendsofthechildren.org).



Photo: Friends of the Children - Portland

## Bike-a-Thon

Generator Group, LLC has partnered with *Friends of the Children - Portland* to host a pledge drive for our youth who are participating in the Seattle to Portland Bicycle Classic, commonly known as the STP. The STP is an annual bicycle ride hosted by the Cascade Bicycle Club located in Seattle. Bicyclists who take part in the 200-mile ride have the choice to complete the ride in either one or two days.

Generator Group and *Friends of the Children – Portland* are challenging our community to pledge a matching dollar amount, starting at \$.10, for each mile that is completed by our youth participating in the ride. Although not officially sponsored by the STP, our pledge drive is a way for our youth to feel like they are helping give back to *Friends of the Children – Portland*.

This year, *Friends of the Children – Portland* has five youth, along with two Friends,

that will participate in the ride. For most of these youth, it is their fifth time participating. In order to generate excitement for the pledge drive, there will be mini-biographies posted about our bicyclists as well as a training blog located on the Generator Group website. Generator Group has also generously donated the entrance fees and bicycle clothing for the event to our youth and Friends. On the day of the event, the Generator Group and the *Friends of the Children – Portland* participants will ride with matching jerseys, as a unified team.

More information about the pledge drive will be available on the Generator Group website, [www.generatorgroup.net](http://www.generatorgroup.net), and the *Friends of the Children – Portland* website, [www.friendspx.org](http://www.friendspx.org). Good luck to our youth, our Friends, and Generator Group on your bicycle adventure!



GENERATOR GROUP

**Want to Continue Learning About What We are Doing?**

If you want to receive monthly updates about our children and youths' successes, please contact us to begin receiving our monthly e-newsletter! To begin, contact Vici Wolff at [vwolff@friendsofthechildren.org](mailto:vwolff@friendsofthechildren.org) or 503-281-6633, ext. 108.



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## Ben's Birdies for Children

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Photo: WireImage/Al Messerschmidt

There's much more at stake than rankings and earnings for Oregon's home-grown golf pro Ben Crane on this year's PGA TOUR. As part of a season-long program called Ben's Birdies for Children, Ben and Heather Crane will make a donation to *Friends of the Children - Portland* in the amount of \$5 for each birdie and \$10 for each eagle that he achieves on this year's tour. JELD-WEN will match the Crane family's donations, and individuals are encouraged to pledge additional support based on his tournament play.

"My wife Heather and I wanted to find a way to support an Oregon-based organization that truly makes a difference in our community and in our nation," Crane said. "Partnering with *Friends of the Children* is a perfect match for us and JELD-WEN."

Ben is off to a fast start, making 39 birdies already this season along with the amazing hole in one in the AGC Golf Championship. You can follow Ben's performance at [www.pgatour.com](http://www.pgatour.com) and click on the tab labeled players.

Now it is your turn to show your support for Ben and Friends of the Children - Portland. It's easy to do, just go to our website, [www.friendspdx.org](http://www.friendspdx.org), and click on PLEDGE NOW. There you can pledge your individual donation, such as a dollar for each of Crane's birdies or eagles. For more information, call Staci Sigala at 503-281-6633 x103.

Congratulations Ben, and thanks to everyone for your support!