

the Westside CARES

C O N N E C T I O N

Uniting religious fellowships of Colorado Springs' Westside in care and compassion towards those in need

NOV. / DEC. 2010



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APRIL 2010 – MARCH 2011

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from
Steve's



WITHIN THE PAST MONTH I passed a man in our hallway. I did not know him, but he mumbled as I passed, "God bless you." I do not know his name and I do not remember ever seeing him before. He was unshaven, unkempt and holding a fresh cup of coffee. I thanked him but I will admit I was a bit distracted by something else on my mind, so my "thanks" was kind of perfunctory.

His three words stayed with me, though, and some time later when I was not so distracted I remembered his blessing and felt an overwhelming gratitude. I am well aware that sometimes those three words are just uttered like a reflex, sort of like my "thank you" had been. Sometimes the neighbors who visit us here at Westside CARES are simply saying what they believe we want to hear. It may be that in some vacation Bible school, long ago, my unkempt "blesser" had been taught that you always say "God bless you" when in a church or when someone sneezes. In my moment of reflection I came to realize that my sense of being blessed was not dependent on the intent of my "blesser." The message surpassed the messenger.

Being a blessing is one of our unwritten objectives at Westside CARES. We hope that our words and work will be a blessing for our neighbors, but I am also acutely aware of the powerful limitations we have in our efforts to be blessings. Over 90 percent of the inquiries we receive about rental assistance will not be answered with "yes, we can help." There will be at least twelve lucky households in a month that will be helped, but a minimum of 150 in that same month will not be helped with their rent. Every one of our services is constrained by some sort of limitation. Even our coffee pot is available only during the hours each week we are open to the public.

While we work to be blessings for our neighbors we recognize that this is not something we do, but rather that God does through us. It is only through the amazing, astounding, abundant, unearned grace of God that we are able to be who we are and do what we do.

There is a huge disparity between what Westside CARES does and what the grace of God tells us our neighbors should receive. We live with that disparity every one of our 14 hours, and we celebrate the good news we hear, a neighbor got a job, got a home, got a car, regained custody of a child. Every day we hear stories of grace at work in our neighbors' lives. Every day we have to look some of our neighbors in the eye and say, "that's not something we can help with." Or we say, "there is probably no one in the city who will help you with that particular need."

(continued on page 2)

From Steve's Keyboard *(continued from front page)*

It is a great privilege to work in a place where strangers bless us, and where we can bless strangers. But the disparities provide sharp reminders that my persistent prayer needs to follow the model given by Jesus, "thy Kingdom come, thy will be done, on earth as in heaven."

For all the ways we are supported, with time, money, guidance, connection, material things, talent, attention, prayer, I give deep thanks. We are truly blessed and will continue trying to be blessings to our neighbors.

Steve Brown

Steve Brown, executive director

Thank You!

Third Annual Musical and Silent Auction

THANKS TO ALL who came out to support the third annual Westside CARES Musical and Silent Auction in October. This year's production of "G.L.E.E. — Giving Love Everywhere, Everyone" was a great success. The show was inspired by and written especially for Westside CARES.

Special thanks to **Jessica Gisin** who wrote the show; **performers; JAKES Cabaret and Friends;** music director **Liz Kochis**, and **all those who donated items** to the silent auction. Thanks also to **Ann Smith** who worked tirelessly collecting items for the silent auction; **Joan Corder** who cooked and coordinated the delicious tapas sold at both performances; and **Holy Theophany Orthodox Church** for offering their beautiful fellowship hall for this Westside CARES event.

The show raised more than \$5,000 for Westside CARES programs. Liz is already working on next year's show. Keep your eyes open for details. Liz always puts on a first class production!

Angels Come In All Shapes and Sizes . . .

AND THE GIFTS they bear do as well. This last summer, **Thomas Lamb**, who attends Woodman Valley Chapel, arrived at Westside CARES with an SUV full of paper towels, toilet paper, diaper wipes, and other healthcare products. This generous gift was completely unexpected. It is through the kindness and thoughtfulness of friends like Thomas that Westside CARES continues to help our neighbors in need.

(Just a note: we are still using the toilet paper and paper towels delivered by Thomas this summer!)

Ongoing Events

Westside CARES Vehicle Donation Program

WESTSIDE CARES is now able to accept car donations.

Whether the car is running or not, we can accept the donation of a used car. The donor will receive a tax credit for the value of the car and Westside CARES receives the major portion of the sales price. Contact Steve Brown, 389-0759, for further information.



The Mason Jar Restaurant

SPECIAL THANKS TO the Mason Jar Restaurant in Old Colorado City for their ongoing support.

They have made a pledge to donate a percentage of their gross receipts to Westside CARES. This gift is not contingent on any activity by Westside CARES supporters and there is no deadline. Please help us raise funds for Westside CARES by dining out at the Mason Jar Restaurant and thank them for their support. For further information phone 632-4820 or e-mail www.masonjarcolorado.com.



Travel Toiletries

IF YOU FIND YOURSELVES with an abundance of travel size toiletries at the end of the summer, please feel free to drop them by the Westside CARES office at 1930 W. Colorado Avenue (in the basement of Bethany Baptist Church). We love to have them on hand to give to our neighbors.



Current Pantry Needs:

- Fruit (canned)
- Meat (canned):
tuna, Spam, chicken, corned beef, chili con carne
- Soup (canned)
- Jelly
- Peanut Butter

Thanks!

CLIP FOR SHOPPING!

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Special Holiday Happenings!
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Christmas Adopt-A-Family

CHRISTMAS ADOPT-A-FAMILY is right around the corner. Once again Westside CARES will be connecting families from the west side with groups or individuals interested in "adopting a family" for Christmas. Counselors and Social Workers from 12 elementary schools will gather the names of families struggling to make ends meet this holiday season and submit this list to Westside CARES. Adoptees can choose the size of the family they are comfortable helping and Westside CARES will match the adopters with an appropriate family.

If you've ever contemplated participating in the Adopt-A-Family program in the past but haven't, please seriously consider taking the step this year. We're already hearing from west side elementary schools desperately seeking help for the increasing number of families in dire straights this Holiday season. Adopt-A-Family is a wonderful opportunity for Sunday School classes, congregations, businesses, service clubs and individuals to reach out in a very personal way to neighbors in need this Christmas. If you're interested in helping please contact, Deb Mitguard at 389-0759, ext 108 or Debra.Mitguard@westsidecares.org.

Stagecoach Inn Food Drive To Benefit Westside CARES

THE STAGECOACH INN, located at 702 Manitou Ave, will be coordinating a holiday food drive for Westside CARES. From November 1 through December 31 the Stagecoach Inn will offer \$5 off an adult entree when guests bring in five cans of non-perishable food items, good for up to four entree discounts per table, or 20 cans of food. That's up to \$20 per visit! When guests bring in five cans, they will receive a \$5 voucher to be used at that time, or for a later visit — it's their choice. The vouchers will exclude Thanksgiving, Christmas Eve, Christmas Day, and New Year's Eve, but you can still bring in cans on those days. The vouchers cannot be combined with any other offer, promotion, coupons or specials. Vouchers will expire April 1, 2011.



Afternoon Tea At The Old Town Guesthouse

● Saturdays —

November 27 through December 18, 2010; and Valentine's Saturday, February 12, 2011; 12 noon and 2:30 p.m.

● Tuesdays and Thursdays —

November 30 through December 16, 2010; 1 p.m.

THE OLD TOWN GUESTHOUSE, located at 115 S. 26th Street, will host a series of high teas beginning on Saturday, November 27, with ten percent of the proceeds benefitting Westside CARES.

The menu will include varied scones; lemon curd, homemade butters, and jams; varied finger sandwiches; varied desserts; and assorted teas and coffees.

Historically "high tea" was a working man's hearty tea and supper after a long, hard day of manual labor. It's actually the combination of afternoon tea and the evening meal. Returning home in the early evening, often missing lunch and certainly afternoon tea, the laborer would be served at a high table rather than in the parlor or sitting room. These teas would include, tea, bread and cheese, plus regional favorites.

Afternoon tea (a.k.a. "low tea"), on the other hand, would often be served at smaller, lower tables with dainty desserts and fine china. This was the tea preferred by the upper class. It almost always included sandwiches, scones, toast, crumpets or muffins, cookies, plain cakes, quick breads, and sometimes an elegant cake to finish the tea.

The pre-paid cost (when reservations are made) for each afternoon tea is \$17 (tea or coffee), or \$22 (additional special beverage).

Reservations must be made 72 hours in advance; cancellations must occur no later than 48 hours beforehand. Groups of ten or more may arrange to come at different times.

For more information or to make reservations, contact the Old Town Guesthouse at 719-632-9194 or on-line at www.OLDTOWN-GUESTHOUSE.COM.

Christmas Concert and Food Drive To Benefit Westside CARES

ON SATURDAY, DECEMBER 11, the Soli Deo Gloria Choir, conducted by Ray Killian and performed by Heritage Brass and the Chamber Orchestra of the Springs, will present "Tell Us of the Night," exploring the contrasts that surrounded Christ's birth. The performance begins at 3 p.m. at First United Methodist Church (420 N. Nevada Avenue). Please bring a non-perishable food item for the Westside CARES food pantries. A free-will offering will be taken.

Department of Human Services On-Site At Westside CARES

DURING THE CURRENT economic crises, we must work to pool our resources in a joint effort to assist the growing requirements of people who are in need throughout our community. This is an extremely important endeavor because the demand for assistance is growing faster than the supply of community resources available through supportive services. Resources are being exhausted in record time.

Thanks to a federal grant awarded to the El Paso County Department of Human Services from the USDA, Westside CARES continues to grow, stretch and collaborate by welcoming Department of Human Services' case manager **Petra Wall**. Petra's expertise in helping our neighbors navigate through the paperwork needed to apply for the DHS food assistance program has been invaluable.

Though the applications cannot be submitted through her, Petra skillfully guides neighbors through the 26 pages of questions; providing them with a list of verifications needed to process benefits, clarifying all of the facts and figures needed to complete the application and preparing them for the interview. Petra also refers our neighbors to other medical and financial programs offered through DHS that she feels they would benefit from. Applying for food assistance is overwhelming to anyone who picks up an application, let alone someone who finds themselves in serious crisis. We are grateful to DHS for placing Petra at Westside CARES every Monday–Thursday. Her calm and patient presence serves to ease a great deal of stress and confusion for our neighbors.

The following story is typical of the collaboration of services between West Side Cares and the El Paso County Department of Human Services (DHS). After 10 years of employment, "June", a middle aged woman, was laid off from her job because her department had been eliminated. After depleting her severance pay and most of her savings, "June" came into Westside CARES for emergency food and utility assistance. Because her unemployment was delayed, she was forced to choose between keeping shelter and paying utility charges or eating. While accessing services at Westside CARES "June" was referred to DHS outreach worker, Petra Wall, for further assistance. Petra was able to expedite her food assistance application so that she was able to receive food assistance in 5 days. The combined assistance provided by Westside Cares and the Department Human of Services allowed her to make her rent payment with the last of her savings and avert homelessness until her unemployment payment was processed.

This collaboration is the perfect example of how the system can work to help our neighbors who are in need of both human compassion and invaluable services during a time of uncertainty. We are thankful for all the community members that so graciously contribute their time, resources, and donations to Westside CARES and other organizations in town. These programs are so desperately needed and often tip the scales in getting people back on their feet.

Westside CARES Summary of 2009 Services

5,729 households (including 15,941 persons) received:

● Caring Services — Rent, transportation, misc.....	\$ 80,420
● In-Kind Services — Utilities, clothing, thanksgiving baskets in partnership with Colorado Springs Utilities and Goodwill Industries.....	\$ 230,036
● Medical — Prescriptions, eye exams and glasses, co-pays in partnership with Penrose/St. Francis and Walmart Vision Center.....	\$ 28,275
● Food Pantries — Non-perishable and perishable food six church-operated pantries gave 15,943 people a four-day supply of food.....	\$ 621,890
● Other services — Immunizations, school backpacks with supplies, Lord's Dinner weekly hot meal, Christmas Adopt-a-family, ID and birth certificate purchase, laundry, reference and referral	
● Volunteer hours — 16,399	
TOTAL value given to the community in 2009	\$1,448,362

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Spotlight
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*on the special contributions of a dedicated volunteer
or one of our member churches*

THIS MONTH'S SPOTLIGHT shines brightly on **Liz Kochis** from Grace Lutheran Church. Liz has been actively associated with our member churches since 2002 when she joined Grace Lutheran Church (known then as Bethany Lutheran) and was hired as music accompanist at Christ the King Lutheran. Each year both churches celebrated the Reformation with a fall festival. When these festivals were discontinued, Liz's musical momentum was already set in motion. Lucky for us, she set her sights on Westside CARES and produced the first musical show, "I Do, I Do," and silent auction fund raiser for Westside CARES in 2008.

In 2009 Liz, working with Attitudes Regional Theater, brought "Nonsense" to the stage of Sacred Heart Catholic Church. Continuing to outdo herself, 2010's production of "G.L.E.E. — Giving Love Everywhere, Everyone" (written by Jessica Gison and performed by JAKES Cabaret and Friends) was a great success both artistically and financially.

"The whole concept of benefit performance(s) with silent auction came from Liz's fertile imagination. She has an irrepressible enthusiasm for doing something she loves for the benefit of her neighbors. I find her to be bright, discerning, cheerful, and talented. (But then, I've never crossed her!) Oh, and she grows rhubarb in her garden," shares Westside CARES executive director Steve Brown. Volunteer Ann Smith (who worked closely with Liz on this year's silent auction) added, "Liz has many great connections in the Colorado Springs area as well as the entertainment world, and is well thought of by ALL of them. That makes her an amazing resource for the Westside CARES fundraisers. Through her dreams, talent, and hard work, all three musicals and auctions have been tremendously successful. Besides that, we all love her!"

"I didn't know Liz or the quality of her work my first year at Westside CARES and didn't know what to expect when I took my seat for "Nonsense." After seeing the production and perusing the silent auction I quickly learned that any production coordinated by Liz Kochis was going to be a class act," says Deb Mitguard, community resource coordinator for Westside CARES. "I can't wait to see what she comes up with for next year!"

In addition to coordinating the annual musical and silent auction for the last three years, Liz also volunteered her time as musical director and accompanist for each of the shows. In 2009 she organized a community choir, made up of choir members from numerous Westside CARES member churches, who then performed at the Westside CARES 25th Anniversary Celebration. They were wonderful. We're hoping to hear them sing together again soon!

When asked what motivates Liz to volunteer so much time and energy to these fund raising productions, Liz's husband, Marcus, said it best. "What motivates Liz is her love and passion for music and theater." Mix in Liz's dedication to the mission of Westside CARES and the result is beautiful music!

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Program Update
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Homeless Prevention and Rapid Rehousing Program (HPRP)

ALL SUMMER you have been reading about the **Homeless Prevention and Rapid Re-Housing Program** funded by stimulus money passed down through the city and administered by numerous agencies in town, including Westside CARES. This grant money, intended to assist formerly stable families and individuals experiencing difficulties due to the economic downturn, was able to provide more comprehensive assistance than Westside CARES typically accommodates. Program coordinator, Maryann Stadjuhar, began expending this money in March. While this funding was originally intended to last for two years the need was so great that it was expended in nine months, officially ending the program in November 2010.

Through our portion of the monies received in the Colorado Springs community we were able to help 35 households. Nineteen of those were families with children and included 28 adults and 33 children. We also assisted ten single women and seven single men.

Most of the families that were assisted have moved ahead by getting employment or moving from the situations that caused them to be in precarious positions. Two families with children had to temporarily leave jobs under the Family Medical Leave Act in order to deal with health issues in their families. Three households had been affected by domestic violence and some had lost their jobs.

Winning Chili Recipes

FOR THE CURIOUS chili cooks among us, we'll be publishing chili recipes from the **Westside CARES Community Builder and Chili Cook-Off** in the next few editions of the Westside CARES newsletter. Here are the winners from each category:

2010 Winner — Best Vegetarian

Category: Vegetarian

Smoky and Spicy 5-Bean Chili

Caitlin Anderson, Westside CARES

- 1–2 Tbsp. olive oil
- 2–3 onions, chopped
- 6–8 cloves of garlic, minced (*I use a lot*)
- 1–2 cans black beans, rinsed and drained
(*I use two cans when I'm trying to make a bigger batch*)
- 1 can cannellini beans, rinsed and drained
- 1 can red kidney beans, rinsed and drained
- 1 can garbanzo beans, rinsed and drained
- 1 can pinto beans, rinsed and drained
(*You can use any combination of the above beans; I just like to use all the different kinds for texture and variety*)
- 1 can corn, drained
- roasted green chilies (as many as you want!), chopped
- 1 small can (14 oz.) fire roasted crushed tomatoes
(If making a bigger batch, use 2 cans or 1 big can)
- 1 small can fire roasted diced tomatoes with juice
- 8 cups vegetable broth (or 4 cups broth and 4 cups water)
- 2 Tbsp. chili powder
- 2 tsp. cumin
- 1/2–1 tsp. cayenne (depending on how hot you want it)
- 1–2 tsp. salt (to taste)
- 6–8 good grinds of black pepper
- garlic powder (a few shakes – optional)
- onion powder (a few shakes – optional)
- 1 6 oz. can tomato paste
- 1–2 canned chipotle peppers, minced, plus a spoonful of the adobo sauce in the can
(or more if you want it spicy!)
- few dashes of Worcestershire Sauce

Heat the oil over medium heat in a big soup pot. Add onion and saute for 2–3 minutes, then add garlic and cook 5 minutes more. Add all the drained and rinsed beans, corn, chilies, tomatoes, vegetable broth, and all the spices, turn heat to high and put the lid on. Once it comes to a boil, turn the heat down to medium — enough to keep it on a strong simmer — and add the tomato paste, using the back of your spoon to break it up in the pot. Let it simmer uncovered for a bit, stirring occasionally, until you start to see the lines on the side of the pot showing that it's reducing. Taste and adjust seasonings. You can let it simmer for awhile, I usually simmer it about 25–30 minutes. About 5 minutes before you take it off the heat, stir in the chipotles and Worcestershire. Simmer 5 more minutes and then take off heat.

Top with shredded cheese, sour cream, scallions, and cilantro.

2010 Winner — Best Green Chili

Category: Green Chili

Pork Green Chili Stew

Deb Mitguard, Westside CARES

- 2 lb. pork shoulder roast
 - 16 oz. can crushed tomatoes
 - 1 large onion, diced
 - 3 medium potatoes, cubed
 - 6–8 roasted green chilies (or to taste), chopped
 - 2 cloves garlic, diced
 - 2 tsp. salt
 - 1 tsp. cumin
 - 1/2 tsp. seasoned pepper
 - Flour and olive oil as needed
- Cube pork, setting bone aside. Dredge pork in flour and brown in olive oil. Sauté onion and garlic. Mix all ingredients except potatoes (including bone) in pot.
- High altitude: Simmer for several hours (it's best made a day ahead so flavors blend).
Sea level: Simmer for a couple of hours.
- Remove bone before adding potatoes. Remove meat from bone and add to pot. Add potatoes about 45 minutes before serving.
- Serve with fresh tortillas and cilantro. Shredded cheddar cheese and sour cream are also nice toppings. Serves 4. I always double or triple this recipe.

Church Supper Chili

Donna Pedri, Christ the King Lutheran Church

2010 Winner — Best Kid-Friendly

Category: Kid-Friendly

Thanks, Donna, for cutting this ample recipe in half!

- 10 lbs. ground beef, cooked and drained
- 4 – 29 oz. cans tomato sauce
- 4 – 28 oz. cans diced tomatoes, undrained
- 4 – 16 oz. cans kidney beans, rinsed and drained
- 4 – 15 3/4 oz. cans pork and beans
- 1 1/2 lbs. onion, finely chopped
- 4 large green peppers, finely chopped
- 3 3/4 cups finely chopped celery with leaves

Combine all of the ingredients in a couple of large kettles; cover and cook over medium heat for 2–3 hours. Discard bay leaves.

Makes 50, 1 cup servings.

2010 Winner — Best Overall

Category: Vegetarian (no meat); Kid-Friendly (with meat)

Sweet and Spicy Chili

Raleigh Merrill, Pikes Peak Metropolitan Community Church

- Vegetarian: 2 – 16 oz. can corn
- 2 – 16 oz. can kidney beans
- 2 – 16 oz. can black beans
- 2 – 16 oz. can diced tomatoes
- 2 – 16 oz. can whole stewed tomatoes
- 1 cup chili powder (to taste)
- 1 cup brown sugar (to taste)

Kid-Friendly: Add 2 lbs. ground beef

Mix all ingredients together in large pot and cook 30 minutes to an hour.

If adding meat, brown ground beef and add to pot.

Our Donors

Thank you for these financial gifts, received in September and October, 2010.

We want to thank our donors in the way that you wish to be thanked.

You may note "anonymous" in your check memo line or
give us guidance at 389-0759, ext. 101 or ext. 108.

Businesses / Agencies

Allstate Giving Campaign
Fidelity Charitable Fund
Goodwill Industries, car donation
The Mason Jar Restaurant

Churches

Broadmoor Community Church
Chapel of Our Saviour
Christ the King Lutheran Church, ELCA
Gateway Presbyterian Church
Pikes Peak United Methodist Church
Presbytery of Pueblo
Sacred Heart Catholic Church
St. Andrew's Episcopal Church Women
St. Paul's Catholic Church
Trinity United Methodist Women

Enterprise Zone Contributors

[January – September 2010]

John Bentrup
Joan Corder
Howard & Barb Firestine
Col (Ret) Richard & Gloria Foster
Royce & Shirley Gipson
Robert & Mary Kettle
Marcus Kochis
David, Susan & Wilma Kimbley
Barbara Schaefer & William Edmondson
Daniel & Sandra Lampe
Charles & Zoe Lance
Douglas & Kristin Larkey
Robert & Debra Leivers
William & Iris Lucas
James & Suzanne Marvin
Dorothy McGowan
Liberty Ebright & Mathew Murray
Alfred & Joan Norris
Terry & Carol Piddington
John & Barbara Scharrer
Alan & Patricia Severn
Kelly & Cynthia Tappan
David & Carolyn Verwers

Foundations

The Chinook Foundation
Harper Family Trust

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Kristi Lyons
Charles & Kathleen Madson
Jean Magnuson
Velma McGaugh
Ellis & Gay Menditto
Timothy Muldrew
Oliver & Gerda Nickels
Sue Elizabeth Noll
Chad & Elisabeth Siebert
Kenneth & Ann Smith
Maryann & Robert Stadjuhar
Lawrence & Judith Swanson
William & Coyann Tilton
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Westside CARES
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Formed in 1983, Westside CARES is an ecumenical and interfaith, nonprofit collaboration of 21 religious fellowships of the west side of Colorado Springs, united in care and compassion for those in need by providing crisis human services.

Mission Statement

Our mission is to serve our neighbors in need with the love and support we receive from our member churches as well as the greater community.

Specifically, we aim:

- To establish a closer relationship, cooperative spirit and programs among the churches and religious fellowships on the west side of Colorado Springs and its environs.
- To develop a network of outreach and resources to serve the emergency needs of individuals and families and to assist them to become physically and spiritually self-sufficient.

Member Churches

- Bethany Baptist
- Broadmoor Community
- Central Christian
- Chapel of Our Saviour
- Christ the King Lutheran
- Church in the Wildwood
- Church of Jesus Christ of Latter-Day Saints
- Fellowship of the Rockies
- Gateway Presbyterian
- Grace Lutheran Church
- Holy Rosary Chapel
- Manitou Community Congregational
- Our Lady of Perpetual Help
- Pikes Peak Metropolitan Community
- Pikes Peak United Methodist
- Sacred Heart Catholic Church
- St. Aidan's Anglican
- St. Andrew's Episcopal
- St. Paul Catholic
- Trinity United Methodist
- Wilson United Methodist