

 National Recreation Foundation 2013







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Introduction

The mission of the National Recreation Foundation (NRF) could not be clearer:

We are dedicated to enhancing the role of recreation as a positive force in improving the quality of life of youth. We do this by investing in recreation programs directed at those who are economically, physically or mentally disadvantaged.

We strongly believe that recreation can provide a unique stimulus for young people in need, whose lives we strive to improve through creative, meaningful leisure-time experiences.

How does the NRF's mission translate into action?

One indicator is dollars and cents. Over the past decade, NRF has distributed \$14.3 million to 256 grantees across the country. In 2012, NRF granted more than twice as much than in 2003.

But action requires focus. That's why the NRF actively seeks programs that fulfill our mission.

We look for programs that aim to increase physical activity, fitness, and participation in sports, all with the goal of developing a permanently healthy lifestyle. In the following pages, you'll see how these creative programs are carefully utilized to instill fitness habits and promote wellness education.

We seek activities to develop decision-making, leadership and life skills, and you'll find Big Brothers/Big Sisters, Christadora, Coaching Corps, Life's Kitchen, Elevate Orlando, Farmstand and Farming and other programs here that incorporate such skill development into their curriculum.

NRF has been at the forefront of the battle against youth obesity and other youth health problems, and we have a strong interest in healthy eating, including garden initiatives as a way to provide produce and hands-on nutritional experience. Liberty's Kitchen; Namaste Charter School; LA Plaza de Cultura y Artes; Fit, Fed and Fun for Life are among this year's list of nutrition and related programs.

High on our list are initiatives that include a natural environmental component to facilitate goals. Check the information on Exercise, Gardening and Reading; Trust for Public Land; Green Parks Green Kids and other programs to learn how this is accomplished.

Educational development is a priority that focuses on tutoring or learning a specific subject or strengthening academic abilities and is well-represented by the Ours for Life College Coach, Haven for Hope, and Graduation Pathways programs, among others in this report.

We also search for programs that focus specifically on learning about other cultures

or providing cultural opportunities. Among such programs are the Young Chicago Authors and the Harlem Link Charter School.

The NRF does not just award grants and await results. We are interested in the post-grant period as well.

We believe grantees should be able to understand and explain how their activities support their constituencies. Of course, performance measures in programs designed for social impact are challenging to create and utilize — but we are entitled to know how their contributions transform targeted populations and individual lives. We help our grantees understand the importance of establishing these measures, reporting the results, and sharing their best ideas.

Whenever we award a grant we examine whether that program might be replicable elsewhere. If it is, we encourage grantees to create a comprehensive operational guide for similar organizations to model.

We strive to help our grantees become more efficient in the delivering of their services, and we are always looking for ways to provide them with the information needed to improve their business functions. Our 23 Trustees of the National Recreation Foundation are the heart and soul of the organization and are personally responsible for seeking out and nominating

grantees. Their belief in our mission is strong and they are constantly searching for new ways for NRF to achieve its mission, and we have the greatest appreciation for their commitment.

Thank you for the opportunity to share this report, and we give many thanks for your generosity and openness of heart toward the young people we serve through the National Recreation Foundation.



Francis P. Pandolfi
President



Tony Mobley
Executive Director



National Recreation Foundation

The National Recreation Foundation is a nonprofit charitable foundation administered by a Board of Trustees composed of citizen members. The Foundation supports the development of recreation programs and facilities that promote and advance the Foundation's mission. On November 6th, 2010, the Board of Trustees adopted the following mission statement:

The National Recreation Foundation (NRF) is dedicated to enhancing the role of recreation as a positive force in improving the quality of life of youth. It does this by investing in recreation programs directed at those who are economically, physically, or mentally disadvantaged.

A Foundation Supporting Youth and Healthy Lifestyles

The NRF adopted the emphasis, "At-Risk Youth" and "Healthy Lifestyles" over 20 years ago, yet they continue to be issues that our society faces. Young Americans across the country face neglect from parents, schools, communities, and government, which severely constrains their opportunities for healthy and productive lives.

Recently the discourse surrounding the overhaul of the U.S. healthcare system has brought greater awareness of the role parks and recreation organizations can play in preventative healthcare, particularly in regard to the obesity epidemic. Obesity is one of the fastest-growing problems related to public health, and according to the 2009 Pediatric Nutrition Surveillance System (PedNSS), one in three children are obese or overweight by their fifth birthday. Low-income families are more affected because of their limited opportunities for physical activity and healthy food choices. As such, finding mechanisms through which opportunities for physical activity and healthy lifestyles can be increased, especially for children in low-income households, is a priority. This is at the heart of what the NRF and the numerous non-profit organizations the Foundation works with strive to achieve. Central to this is the idea that recreation participation can lead to reduced rates of obesity and overall healthier lifestyles.

The NRF supports organizations by providing guidance and resources that

are critical for changing these outcomes, whether they are related to reducing anti-social behavior and developing citizenship, or increasing activity levels and promoting proper nutrition in youth and young adults. Funding priority is given to those organizations that are working to coordinate efforts among local, state, and national agencies that address these issues, as well as to those programs that focus on outcomes that lead to significant social change.

History of Foundation

The history of the Foundation began in 1919 with the establishment of the War Camp Community Services, Inc. (WCCS), which was created in response to a need for recreation and other services on the homefront during World War I. By the end of the war, the WCCS fund totaled nearly \$1.5 million. This money was subsequently invested in an endowment portfolio that has grown to over \$40 million, paving the way for the National Recreation Foundation (NRF). Today, the NRF operates as a private foundation dedicated to working with organizations to increase access to structured recreation as a tool for improving mental, physical, social and spiritual health.

The NRF Board of Trustees have historically represented varied geographic areas of the U.S. in order to represent the diversity of America. Members of the Board have

always shared three common bonds: a love of recreation, a deep respect for its value in all our lives, and the belief that high quality recreation programs are vital in fostering social stability and healthy lifestyles in our communities.

Grant Selection Process

Since its inception in 1965, the NRF has actively reviewed and funded grants in two ways: as a Trustee or Special Grant. Every year, each member of the Board of Trustees selects a project he or she believes fulfills the goals of the NRF. The sponsoring Trustee must propose the project to the Board, after which recommendations are made for funding the grant. Trustee Grants are limited to \$30,000.

The Foundation also accepts proposals from the National Recreation and Parks Association (NRPA) and other pre-selected organizations. These grants are not subject to a monetary limit, but may be subject to stricter granting criteria. The Foundation does not accept unsolicited proposals.

The NRF generally uses the following criteria for evaluating proposals for projects:

- Grants must be consistent with the NRF Mission statement.
- Grants are made only to organizations that are tax-exempt under Section

501(c) 3 of the Internal Revenue Code or to governmental agencies. Grants are not made to individuals.

- NRF may fund capital projects, research and related overhead for grantees if the expenditure is related directly to a specific program — mean we have a better chance of achieving our mission.
 - Programs that are supported should be innovative within the context in which the recipient organization operates, and should have the potential to contribute to life transformation for disadvantaged youth.
 - Programs must have leverage potential, such as matching funds, or the development of partnerships or collaborations, that will enhance a grant's effectiveness.
 - Programs should be capable of being replicated in other communities or agencies. Grants can be made to facilitate such replication.
 - Grant proposals should show how a program will be sustained at the end of the grant period when it becomes the exclusive responsibility of the grantee.
 - Evaluation measures are required. Outcome rather than output measures are preferred, and are expected for larger, special grants. However, the NRF recognizes that the costs associated with measuring outcomes (i.e. what happens to participants as a result of the program) can be constraining and not as feasible for smaller grants.
- Typical output measures might include:**
- *Number of participants*
 - *Cost per participant served*
 - *User perceptions of service quality*
 - *User satisfaction levels*
 - *Exportability of the innovative program to other contexts*
- Typical outcome measures might include changes in:**
- *Physical well-being, mental health or stress levels*
 - *Emotional and social well-being such as self-esteem, social interaction, empathy for others and self-confidence*
 - *Deviant behaviors*
 - *Life or leisure skills such as educational attainment, acquisition of knowledge, problem solving ability and cognitive processing*



Robert W. Crawford Achievement Prize

For 60 years, Robert W. Crawford served others through his role as Commissioner of Recreation in Philadelphia and as Executive Director of the National Recreation Foundation. As the Commissioner of Recreation, Mr. Crawford established a national model for local government's provision of recreational services for all citizens. His creativity and innovative ideas won him international recognition. He also played an important role in the development and growth of the National Recreation Foundation during his time as Executive

Director, Mr. Crawford personified those qualities of leadership and commitment that the Foundation seeks to foster, which is why this Achievement Prize was named in his honor.

The purpose of the prize is to recognize a living person who has dedicated him or herself to enhancing recreation opportunities for youth, making it possible for more young Americans to live healthy, participatory lives, thus reinforcing the work of the Foundation. Each year, the

prize is awarded to that person, whether professional or volunteer, who has made an extraordinary contribution in advancing recreation programs for at-risk youth.

The prize consists of a \$50,000 cash award, \$40,000 of which will support the recreation-related work or project of the recipient's choice. The individual members of the Foundation's Board of Trustees may make nominations; the award is presented at the annual meeting of the Board of Trustees.



PREVIOUS ROBERT W. CRAWFORD AWARD RECIPIENTS

Year	Name	City
2012	Lt. Gen. John B. Conaway	Bethany Beach, DE
2011	Eleanor M. Josaitis	Detroit, MI
2010	Melissa T. Harper	Boston, MA
2009	Robert Kohel	Marquette County, WI
2008	Sidney Epstein	Chicago, IL
2007	J. Kent Hutcheson, Ph.D.	Denver, CO
2006	Margaret C. Daley	Chicago, IL
2005	Ronnie Lott	Redwood City, CA
2004	Peter A. Witt, Ph.D.	College Station, TX
2003	Jane G. Pepper	Philadelphia, PA
2002	Dr. David McLone	Chicago, IL



2013 Robert W. Crawford Achievement Prize Recipient
Mr. Harrison I. Steans

The National Recreation Foundation is proud to present the 2013 Robert W. Crawford Achievement Prize to Harrison I. Steans. Mr. Steans has made extraordinary contributions to the Chicago area, and specifically to the community of North Lawndale.

Harrison Steans graduated from Princeton University in 1957 and has served in a number of executive business positions, including Chairman of NBD Corporation (1967-1988), Chairman of LaSalle National Bank (1973-1978), and currently Chairman of the Executive Committee of Financial Investments Corporation and Chairman of the Steans Family Foundation.

In 1986, the Steans family created the Steans Family Foundation to support their "I have a Dream" program. This program sponsored a class of at-risk sixth graders and their families and supported them as they made their way through high school, family changes, and the difficult transition of leaving school. The Steans family drew on their experiences in understanding the challenges and difficulties faced by individuals and families in struggling communities and in 1995 decided to concentrate on the North Lawndale Community on Chicago's west side in order to make a greater impact with the Foundation's resources. North Lawndale has significant physical and cultural assets, but faced a range of urban ills, including

high poverty and unemployment rates. The Steans' Family Foundation work supports the idea that effective revitalization coupled with healthy lifestyle, education and recreational programs will help to improve the social and economic situation of the community of North Lawndale.

After the Foundation moved into North Lawndale, it worked to establish relationships within the community in order to build acceptance of the Foundation's work in the area. Using a community-based approach, Foundation representatives met with a number of community members in order to better understand community problems and needs. One of the first collaborations involved creating the North Lawndale Learning Community (NLC) in partnership with over a dozen local schools. The Foundation also began providing a number of small grants to local organizations that supported youth activities, neighborhood beautification efforts, and block associations. Eventually this project developed into the Small Grants Initiative that continues to serve the area. Over the years, the Foundation has refined and expanded its programs, and continues to focus on high levels of community participation and capacity building. Three prime examples of the diverse scope of the Foundation's involvement includes the development of a Charter High School, financial assistance toward the completion of research that benefits the community, and the support of

special programming, particularly programs that support at-risk youth.

The Steans Family Foundation also supported North Lawndale's first Charter High School, North Lawndale College Prep. The charter's greatest strength has been to give students a high quality college preparatory education, social support, and challenging life experiences to help them stretch and grow. For example, through Phoenix Rising, students get summer recreational opportunities targeted to each grade level. Freshmen attend outdoor wilderness experiences in places like Colorado, where they are exposed to a drastically different environment and learn survival skills. Sophomores attend college summer programs, and juniors are placed in internships with major businesses, law firms, and other companies. Students also take College Prep for four years, which gives them a chance to explore college choices and develop insight into themselves and their community.

In 2008, the Steans Family Foundation also commissioned the Illinois Action for Children in order to complete a mapping project of all licensed early childhood programs in the North Lawndale community. Early childhood development programs can significantly improve the future success of children in school and teach them the importance of education and healthy lifestyle choices. Though resources are still limited, the Steans Family

Foundation continues to seek out available stimulus funding to expand and develop more and better early childhood programs. The Steans Family Foundation also supports the Steans Music Institute at Ravinia. Each summer, Ravinia fully funds 60–70 fellowships for the world's most talented young professional musicians around the world. These Fellows receive one-on-one coaching with esteemed world-class faculty, including RSMT program directors. In addition to individual and ensemble study, the Fellows participate in masters' classes with top performing artists. The classes are free and open to the public. Fellows also perform in headline concerts throughout the festival season.

Mr. Steans is also affiliated with other nonprofit organizations and serves as a Life Trustee of DePaul University, Highland Park Hospital and Ravinia Festival. He also serves as Trustee of the Civic Committee of the Commercial Club, the Carnegie Council of Ethics and International Affairs, the Chicago Humanities Festival, The Ounce of Prevention Fund and The Chicago Botanic Garden.

Mr. Steans and his family have made numerous contributions to youth-at-risk and have continued to support the improvement of healthy lifestyles for these youths and their communities. Therefore it is a great honor to award Mr. Steans with the well-deserved 2013 Crawford Achievement Prize.



Featured Grants

Boys & Girls Club of Lake County

Grant: \$120,000

Contact: Cesilie Price, 847-473-5900
cprice@bgclc.com and www.bgclc.com
Trustee Liaison: Robert W. Crawford, Jr.

The Boys & Girls Club of Lake County is committed to creating a cross-cultural and safe environment that promotes self-esteem, teamwork and responsible community commitment for young people, ages 6-18. This is the second year for this three-year continuing grant that supports the *Community Engagement Initiative for Healthy Lifestyle for At Risk Youth*. NRF funding has provided a comprehensive program that supports academic improvement through the intentional collaboration and integration of the broader community, with the help of volunteers and parents in the community, emphasizing family unity, wellness, and physical fitness. The program also strives to improve academic success by creating high expectations that encourage participants to become respectful, thoughtful, independent leaders.



Byerschool Foundation: Ours for Life College Coach

Grant: \$45,000

Contact: Laurada Byers, 215-772-1777
lbyers@byerschool.org
www.byerschool.org
Trustee Liaison: Jonathan D. Scott

The NRF is in its second year of funding of the *Ours for Life* program, which works to build the support structures that will ensure students stay on track for college graduation. The *Ours for Life* program is a product of three years of dialogue and research, and included the creation of ePortfolios and a College Plan for every Russell Byers Charter School student. Specifically, NRF funds went towards new positions on the RBCS College Coach team that led this charge and was a constant resource for students, alumni, and families from the very beginning. By centralizing the academic, extracurricular, and developmental history of each student starting at four years of age, RBCS coaches have been able to work with students, families and teachers to ensure that students have the critical support they need to progress to the best schools possible to meet their individual needs and talents.

Chicago Project for Violence Prevention/ University of Illinois: CeaseFire

Grant: \$90,000

Contact: Karen DuVall, 312-413-3369
duvallk@uic.edu
www.ceasefirechicago.org
Trustee Liaison: James R. Donnelley

CeaseFire, an initiative of the Chicago Project for Violence Prevention, is a national public health strategy that has been found to reduce shootings and killings. This is the second year of the NRF grant that supported a model site in Chicago's West Humboldt Park. This program works towards CeaseFire's goals of changing the thinking about violence and how to approach it. The mission of CeaseFire is to work with community and government partners to reduce violence in all forms, to reduce the rate of homicides in the City of Chicago and to provide support and guidance to individuals at high risk of involvement in shootings. The target population is low-income, at-risk youth and young adults. As such, CeaseFire is well-aligned with the mission of creating opportunities for youth to live and grow in healthier and safer communities by encouraging them to follow a positive lifestyle.



Cranbrook Schools Horizons-Upward Bound: Exercise, Gardening, and Reading

Grant: \$99,090

Contact: Debra DeBose Whiting
248-645-3137

dwhiting@cranbrook.edu.schools
www.cranbrook.edu

Trustee Liaison: Joseph B. Anderson, Jr.

This continuing grant is in its second year of funding and has served to support the *Exercise, Gardening and Reading* program, which helps students develop leadership

skills, healthy habits, and improved physical fitness. Horizons-Upward Bound (HUB) has been improving the quality of life in the Detroit metropolitan area for over 40 years by offering a program that encourages youth to view education as a means to economic and social mobility. This particular program provided comprehensive academic enrichment and physical activities with the interdependent components of exercise, gardening and vocabulary building. The HUB primarily serves students from the City of Detroit who are from high poverty areas and are potential first-generation college students.

Cristo Rey Jesuit High School Network: Healthy Lifestyles

Grant: \$100,000

Contact: Robert Birdsell, 312-784-7202

rbirdsell@cristoreynetwork.org

www.cristoreynetwork.org

Trustee Liaison: Nicolas G. Penniman IV

With the assistance of NRF funding, the Cristo Rey Network has implemented a comprehensive *Healthy Lifestyles Program* to combat the health and wellness challenges facing its students. Cristo Rey consists of 24 college preparatory high schools that serve low-income urban youth located across 17 states and the District of Columbia. Previous NRF funding has helped to pilot the Healthy Lifestyles program, and with the Foundation's support through the second year of funding of this featured grant, it has strengthened the institutional approach to health as well as the schools' capacity to provide health and wellness education during their students' critical years of growth, development, and learning. Cristo Rey students have been equipped with the knowledge and resources to initiate healthy habits to model for their families and carry with them throughout life.

Haven for Hope of Bexar County

Grant: \$50,000

Contact: Jaclyn Camacho, 210-220-2193

jaclyn.camacho@havenforhope.org

www.havenforhope.org

Trustee Liaison: Alfred A. Valenzuela

Haven for Hope of Bexar County is in its second year of funding. This special grant provided assistance for the homeless children waiting to enroll in the Early Childhood Education Program at the YMCA Harvey E. Najim Childcare Center, located on the Haven for Hope campus. Funding has allowed children to enroll in the program immediately upon arrival at the campus, while their parents participate in job training, education and other services that will help them to become self-sufficient for their families. The Early Childhood Education Program contributes to life transformation for the disadvantaged youth by providing quality educational programs in a healthy and safe setting, and an opportunity to build resiliency and competence needed to break the cycle of homelessness and poverty.



National Recreation and Parks

Association: Parks Prescriptions:

Taking the Plunge to Better Health

Grant: \$135,000

Contact: Erika Terl, 703-858-2101

sfriedman@nrpa.org

[www.nrpa.org/Grants-and-Partners/
Health-and-Livability/Park-Prescriptions](http://www.nrpa.org/Grants-and-Partners/Health-and-Livability/Park-Prescriptions)

Parks Prescriptions: Taking the Plunge to Better Health is an innovative two-year program that connected underserved, urban youth, the healthcare community, and parks and recreation, through swimming. Working in concert with doctors, overweight or obese youth ages 6-18 were prescribed swimming to increase physical activity, self-confidence, and nurture long-term healthy behavior. NRF support helped implement this program that allowed ten park and recreation agencies to collaborate with health professionals to prescribe swimming to overweight or obese youth, which will increase physical activity, self-confidence, and nurture long-term healthy behaviors. During the past year, five new geographically diverse park and recreation agencies worked in close collaboration with health professionals and provided mentorship from previous

communities involved in the program. Webinars, peer-to-peer connections and case studies development and dissemination from lessons learned and best practices were developed for other agencies to follow.



**Northern California Golf Association:
Youth on Course**

Grant: \$40,000

Contact: Adam Heieck, 831-622-8231
aheieck@ncga.org
www.ncga.org/2009/03/17/youth-on-
course-2
Trustee Liaison: Robert Jaunich II

The NCGA Foundation, whose mission is to provide youth the opportunity to develop life skills and values through golf, is in its second year of funding for the support of the expansion of its *Youth on Course* program. This program, which focuses on at-risk youth from underserved communities in Northern California, includes teaching youth the importance of goal setting, healthy lifestyles and nutrition, and etiquette. There are currently seven clinic sites where at-risk youth learn life skills and values, the importance of nutrition and leading a healthy lifestyle as well as goal-setting and the development of golf skills. Funds will be used to further invest in equipment, healthy lifestyle materials, professional education and instruction for participants as well as transportation. An additional clinic will be added to a site in Oakland, CA to provide better service coverage to the northern part of the state.

**New England Science and Sailing:
Stonington Harbor Yacht Club Sailing
Foundation**

Grant: \$100,000

Contact: Michael 'Spike' Lobdell
203-984-8804
spike@mlobdell.com, www.shyc-sf.org
Trustee Liaison: Francis P. Pandolfi

This is the second year of funding from the NRF for the SHYC for support of their scholarship program. The scholarship program provides financial assistance to economically, physically, or mentally disadvantaged or at-risk children so they may participate in the annual summer

sailing and marine biology programs. With this support of the scholarship program, the SHYC was able to expand services to disadvantaged populations. The SHYC programs, such as the sailing program, focus on developing the life skills for dependability, independence, self-reliance, confidence, concentration, respect and how to become an effective team member. Further, they integrated the concepts of 'sailing and science' to teach children about the environment. Finally, funding also helped create a manual that can also be used to help other recreational non-profits establish themselves and create performance measures to maximize their effectiveness.





The Trust for Public Land

Grant: \$100,000

*Contact: Anthony Cucchi, 973-292-1100
ext. 16, anthony.cuccchi@tpl.org
www.tpl.org*

Trustee Liaison: Kathryn A. Porter

This is the second year of funding for the Trust for Public Land that supported a pilot program to develop green outdoor recreational spaces in Philadelphia. Building upon the success of their *Parks for People* programs in Newark and New York City, which aimed to provide access for urban residents to park, playground or open space, the TPL worked with the Philadelphia

Parks and Recreation Department, the Philadelphia Water Department, and the School District of Philadelphia to develop existing schoolyards and recreation centers with green and active recreational elements. Renewed support has helped to engage underserved Philadelphia communities in the design and development of green schoolyards and recreation centers, increasing public access to outdoor recreation and improving storm water management citywide. This grant allowed the TPL to collaborate with community partners and develop up to ten outdoor play spaces, create and implement stewardship plans, and create the framework for future initiatives.

Big Brother Big Sisters of Metropolitan Detroit

Grant: \$60,000

*Contact: Lynette Simmons, 313-309-9259
Lynette.Simmons@bbsdetroit.org
www.bbbsdetroit.org*

Trustee Liaison: Joseph B. Anderson, Jr.

NRF funding has supported the expansion of a highly impactful mentoring program with new components to reach and engage girls, and to provide pathways for career and higher education opportunities associated with professional and collegiate

sports. *Sports Buddies 2.0* will build off the success of a previous NRF-supported and now sustained and continuing program model, by launching a new approach to provide athletic offerings to at-risk females in the Detroit area, as well as structured exposure and linkages to sports careers.

Boys and Girls Club of Greater Cincinnati

Grant: \$50,000

*Contact: Amy Merritt, 513-421-8909
ext. 15, amerritt@bgcgc.org
www.bgcgc.org*

Trustee Liaison: James J. Pearce

The Boys and Girls Clubs of Greater Cincinnati received NRF funding for the creation of a multi-purpose field, running track, playground, and food garden to enhance the current *Fit-for-Life* program. The funding allowed the BGCGC opportunities to provide diverse activities, new incentives, and hands-on nutrition education for their members, as well as the local community, to help improve childhood health.





LA Plaza de Cultura y Artes

Grant: \$80,000

Contact: Cindi Dale, 213-542-6238

cdale@lapca.org

www.lapca.org

Trustee Liaison: Edith R. Perez

LA Plaza has expanded its *Edible Teaching Garden and Culinary Arts* program with a Physical Fitness component on its unique 2.25-acre urban campus with the support of NRF funds. This program emphasizes the importance of physical activity and healthy food choices with an understanding of Mexican and Mexican-American cultural history and cuisine. This interdisciplinary approach is specifically tied to California state curriculum standards and serves to engage and excite students about healthy lifestyles.

NRPA: Green Parks Green Kids

Grant: \$75,000

Contact: Shelley O'Brien

703-858-2156

sobrien@nrpa.org

www.nrpa.org

NRPA received a special, one-time grant for their program, *Green Parks Green Kids*. This program promotes and enhances environmental education programming for children ages 6-10, by park and recreation agencies in underserved, urban areas. In an effort to expand environmental education quickly across the U.S., this program increased the number of park and recreation agencies across the country that participate in established NRPA national environmental awareness events and partnerships.

SquashBusters, Inc.

Grant: \$35,000

Contact: Greg Zaff

617-373-7375

g.zaff@squashbusters.org

www.squashbusters.org

Trustee Liaison: Francis P. Pandolfi

SquashBusters expanded its after-school program in Boston from 105 to 140 students during 2013. With funding support of the NRF, 28 new 7th grade student participants were recruited from the Timilty and O'Bryant Schools and seven 9th grade student participants from the Fenway High and Boston Green Academy schools. Each new student has been able to utilize the center three times a week for 33 weeks and provided opportunities for squash instruction and competition against private school teams, as well as in local and national tournaments against other urban squash programs. Participants also experienced the Academic Enrichment program that focused on literacy, and received homework tutoring, health and nutrition sessions. Weekly meetings throughout the school year educated students about physical fitness, nutrition, and emotional health, and partnerships with other programs allowed students to participate in community service opportunities.

USTA Serves, Incorporated: Adopt-A-Unit

Grant: \$75,000

*Contact: Jackie Materasso
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www.usta.com/About-USTA/USTA-Serves
Trustee Liaison: Timothy L. Richardson*

USTA Serves, the USTA and its community tennis associations, and National Junior Tennis and Learning Programs (NJTL) across the country have been working with the military to support our troops, our wounded warriors and military families both at home and abroad. They are focusing efforts to support our military at home through expansion of the USTA Wounded Warrior Program to two additional sites: Walter Reed Hospital and Ft. Campbell, KY at the request of the military. This program brings wounded, ill, and injured services members to camps and hospitals to improve the physical and emotional well-being of service members through a combination of recreational tennis, therapy, clinics, and social activities. Tennis and education programs were also created for kids of military families on all 271 US Army bases and installations around the world to promote healthy recreational activity. Kick-off festivals, Kids Clubs and play days will round out six weeks of tennis and educational

instruction designed to support adjustment to civilian life in healthy, productive ways. NRF funding has supported the continued success of these programs.

Young Chicago Authors

Grant: \$30,000

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alissa@youngchicagoauthors.org
www.youngchicagoauthors.org
Trustee Liaison: John W. McCarter, Jr.*

Young Chicago Authors (YCA) received NRF funding to establish Performance Poetry Residencies in Chicago high schools that serve at-risk youth. YCA teaching artists piloted after-school poetry clubs and coached teams that participated in the YCA's annual youth poetry festival, among other in-class and out-of-school activities. YCA directly serves 3,000 students ages 13-23 each year from all over the Chicago area. The organization uses performance poetry as a vehicle through which young people can voice their anger, joy, fears, and hopes.

**Camp Joy**

Grant: \$40,000

*Contact: Mike McGinty, 937-289-2031
ext. 226, mikemcginty@camp-joy.org
www.camp-joy.org
Trustee Liaison: James J. Pearce*

This is the first of three years of funding for Camp Joy to start a Mountain Bike Program and increase the potential to serve from 1,300 to 1,500 low-income youths per year. Camp Joy has been providing outdoor experiential programs for inner-city children from the southwest region of Ohio since 1938. Camp Joy's mission is "helping people grow and succeed through life-long, experience-based learning." It currently offers five distinct programs that all specialize in programming for children from low-income homes and schools, children with medical challenges, foster youth, children with at-risk behavior, and children with developmental challenges. Along with increasing electronic enrollment capacity, the grant will also provide these youth with the unique opportunity to participate in mountain biking with the addition of a new mountain biking program. NRF funds supported facility up-dates, programming and administrative fees, as well as new bikes and equipment, staffing for proper program delivery, and maintenance and upkeep of the bikes.

KERA: Healthy Families Initiative

Grant: \$100,000

Contact: Deanna Collingwood
214-740-9281, dcollingwood@kera.org
www.kera-kids.kera-interactive.org
Trustee Liaison: Robert D. Rogers

This was the first of a two-year grant for KERA with the purpose of engaging 700 low-income families with young children in impoverished areas of Dallas to engage in year-around fitness and nutrition activities by expanding the Healthy Families Initiative. Through training, events, and regular exercise activities, this project has empowered families to use the resources available in their own neighborhood through all seasons. Six television messages — *Fit for Fun* — have been produced and broadcast in the nation's fourth most-populous area (North Texas). This major project undertaking built upon an established partnership with AVANCE-Dallas and taps into the fitness expertise of local experts. It was structured as a replicable model and will be shared online, along with a trainer's guide, for use in other cities.

**National Parks of New York Harbor Conservancy: Community Kayaks and Swim at Jamaica Bay**

Grant: \$50,000

Contact: Marie Salerno, 212-668-2322
msalerno@nyharborparks.org
www.nyharborparks.org
Trustee Liaison: Elise Crum McCabe-Thompson

The National Parks of New York Harbor Conservancy's mission is to create for the people an unrivaled vehicle to preserve the environment, promote economic development and produce on the New York harbor the finest urban waterfront recreation and educational national park system in the world. This grant has expanded the kayaking and swim program, *Community Kayaks and Swim at Jamaica Bay*, in Brooklyn and Queens, highlighting nearby Gateway National Recreation Area as a resource for outdoor recreation with a knowledgeable and friendly staff. The program will teach underserved, diverse youth kayaking and swimming skills in local pools for three years and will also invite the participants to go on ranger-led kayak excursions, expanding the number of classes offered and locations each year. The program is a broad community engagement effort that will offer active recreation programs to a new audience. A previous NRF grant funded the pilot program for Community

Kayaks in 2012 and now the Harbor Conservancy is scaling up the program through this special continuing grant.

Neighborhood Youth Association

Grant: \$25,000

Contact: Viva Krasinski, 710-664-8893
vkrasinski@nyayouth.org
www.nyayouth.wordpress.com
Trustee Liaison: Lynne M.O. Brickner

This is the first of three years of funding to continue implementing the Neighborhood Youth Association's (NYA) *Health and Physical Fitness Program* which is now an integral part of its *Personal Best Program* for at-risk youth. The *Health and Physical Fitness Program* educates and empowers low-income, at-risk youth living in affordable housing developments to make healthy lifestyle choices by engaging them in fun nutrition and fitness activities. The NYA continues to expand satellite sites for program replication across Los Angeles, and to increase the capacity of at-risk youth served.



Texas Parks & Wildlife Foundation

Grant: \$90,000

Contact: Sara Keleher, 214-720-1478

skeleher@tpwf.org

www.tpwf.org

Trustee Liaison: John L. Crompton

The Texas Parks & Wildlife Foundation is in the first year of funding for its *Texas Outdoor Family* program. This program has expanded both its outdoor recreation programming and training to Houston area parks and entities that serve disadvantaged youth and their families. Grant funding will allow TOF to offer 15 programs per year at State Parks in the Houston Metro area and provide equipment for programs. TOF is partnering with community groups serving disadvantaged youth and their families. Families are able to attend workshops free of charge, with the hope that there will be long-lasting impacts from entire families' involvement in outdoor education programs. TOF is also training community leaders to direct outdoor recreation programming for disadvantaged youth and their families.





HORIZONS-UPWARD BOUND



2012 SUMMER THEME:

"OUR ACTIONS WILL DEFINE OUR CHARACTER."

Trustee Sponsored Grants

Cranbrook/Horizons-Upward Bound

Trustee Sponsor: Joseph B. Anderson, Jr.
Grant: \$30,000

Contact: Debra DeBose Whiting
248-645-3137
dwhiting@cranbrook.edu
www.schools.cranbrook.edu

Funding from the NRF went to support, *Swimming for Survival, Fitness and Fun (SSFF)* Program during the 2012 summer phase. Additionally, NRF funds supported the iCounty Healthy Lifestyles Program during the 2012 summer phase and the 2013-2014 winter phases. The SSFF is a post-academic day component which includes a number of modules, such as basic and survival swimming skills, rescue techniques, water aerobics, competitive swimming events, CPR instruction, boating safety skills, and a community service project. This program aimed to improve cardiovascular health, flexibility, and muscle strength, overcome fear of water, and expose students to water sports. The *iCount Healthy Lifestyles* partnered with The Community House to provide a variety of health and wellness activities. Each student was given a pedometer that tracked his or her movement online as well as the student's nutritional progress.

Neighborhood Youth Association: Personal Best Health and Physical Fitness

Trustee Sponsor: Lynne M.O. Brickner
Grant: \$30,000

Contact: Viva Krasinski, 710-664-8893
vkrasinski@nyayouth.org
www.nyayouth.wordpress.com
Trustee Liaison: Lynne M.O. Brickner

NRF funding supported the Neighborhood Youth Association: *A Personal Best Health & Fitness* program that served 120 youth between the ages of 6 and 18 who are primarily low-income, at-risk Latinos who speak English as a second language. This program provided a variety of fitness opportunities, such as martial arts and grappling, nutrition education and integrated life skills such as cooking, science, math, and vocabulary. *Personal Best* was designed to help develop positive sportsmanlike qualities such as confidence, discipline, fair play, personal responsibility, and a sense of accomplishment. Overall, the program educated and empowered at-risk youth.



Liberty's Kitchen, Inc.: Healthy School Lunch; Youth Development Program

Trustee Sponsor: David H. Carleton
Grant: \$15,000

Contact: Janet Davas, 504-822-4011
jdavas@libertyskitchen.org
www.libertyskitchen.org

Liberty's Kitchen began operations three years ago and since August 2010 has been providing freshly prepared nutritious meals to New Orleans College Prep Charter School through their *Healthy School Lunch* Program. Additionally, its *Youth Development* Program has been serving disconnected youth ages 16-24 in the New Orleans area. With success in these programs, Liberty's Kitchen was able to expand its capacity and add more programming and food service operations through NRF funding.



Life's Kitchen, Inc.

Trustee Sponsor: David H. Carleton
Grant: \$14,062

*Contact: Jaime Hansen, 208-331-0199
jaime@lifeskitchen.org
www.lifeskitchen.org*

Through support from NRF funding, Life's Kitchen's expanded its service to 16-20 year-old at-risk youth in Boise, Idaho. Its mission is to transform the lives of at-risk youth and young adults by building self-sufficiency and independent living through comprehensive food service and life skills training, supporting placement in

the food service industry, and continuing education. NRF funds provided GED tutors, additional classroom space, lockers, tables, and a pilot program that enabled Life's Kitchen to convert perishable products into shelf-stable meals on behalf of the Idaho Food Bank, along with a national Cooking Matters Program.

Christodora Inc.

Trustee Sponsor: Endicott P. Davison, Jr.
Grant: \$20,000

*Contact: Judith Rivkin, 212-371-5225
jrivkin@christodora.org
www.christodora.org*

Christodora, Inc. offers a range of programs that encourage the academic and leadership success of low-income urban youth by offering hands-on experience with the natural world. NRF funds provided the organization the ability to enhance, formalize, and promote its model for wilderness-immersion field trips for low income NYC students. Funding strengthened the link between the school's curricular needs and the experimental programs, and raised awareness of the positive outcomes, including resilience teamwork, leadership and new habits of healthy physical activity and environmental commitment.

Volunteers of America Camp POSTCARD: Fit, Fed, and Fun for Life

Trustee Sponsor: Endicott P. Davison, Jr.
Grant: \$10,000

*Contact: Patricia A. Murtagh
207-373-1140 ext. 221
pat.murtagh@voanne.org
www.voanne.org/Services/
YouthandFamilies/Camp-POSTCARD/Fit-
Fed-and-Fun-for-Life-is-a-Healthy-Model-
Thats-Contagious.html*

Volunteers of America is a nonprofit that provides local human services programs and opportunities for individual and community involvement. NRF funds supported the implementation of its initiative, *Fit, Fed, and Fun for Life*, which was designed to reduce the incidence of obesity in the at-risk youth served by Camp POSTCARD. This project implemented a cognitive-based healthy living curriculum that builds awareness of the power of healthy eating and outdoor activity, and sustained support for maintaining a healthy lifestyle.





Namaste Charter School: Learning the Namaste Way

Trustee Sponsor: James R. Donnelley
Grant: \$30,000

*Contact: Allison Isaacson
773-715-9558, ext. 248
aisaacson@namastecharterschool.org
www.namastecharterschool.org*

Namaste Charter School's mission is to educate children from the inside out. In the seven years since its founding, Namaste has become widely recognized as an innovative model for preventing and combating childhood obesity and building positive pro-social behaviors by uniquely integrating wellness practices within a rigorous school-based academic curriculum. NRF funding was used for the *Learning the Namaste Way* program. Namaste understands the critical role that schools play in building community-healthy

lifestyles, and is committed to sharing its successful practices beyond its own school community. To this end, the program was created for the purposes of teaching and disseminating the successful strategies.

Coaching Corps

Trustee Sponsor: Robert Jaunich II
Grant: \$30,000

*Contact: Nyjeri Whipps, 510-496-5112
nyjeriw@coachingcorps.org
www.coachingcorps.org*

Coaching Corps seeks to improve the physical, emotional, and academic development of underserved children through sports. NRF funding for this organization provided nearly 250 children a season of sports with a committed, trained volunteer coach. Coaching Corps provides comprehensive training in-person and on-line that is based on

youth development principles that promote physical and emotional fitness. The impact of the NRF's support was magnified by a matching challenge grant from the Evelyn & Walter Hass, Jr. Fund.

Harlem Link Charter School: Passport to Africa: Movement!

Trustee Sponsor: Elsie Crum McCabe-Thompson
Grant: \$30,000

*Contact: John Reddick, 212-289-3249
jreddick@harlemlink.org
www.harlemlink.org*

Funding from the NRF supported the Harlem Link Charter School, *Passport to Africa: Movement!*, a free after-school program for under-served youth providing essential knowledge about fitness, created in collaboration with the Museum for African Art. Grounded in workshops on African performing arts and dance, the program fostered respect for physical activity as an important part of maintaining a healthy lifestyle while allowing students to engage with African culture on a personal level. A unique and innovative integration of physical and arts education, this project aimed to reach over 500 students in its pilot year before growing into an ongoing program that can be used as a template by other communities and agencies.



METROsquash

Trustee Sponsor: John W. McCarter, Jr.
Grant: \$30,000

Contact: Amber Pichiotino
773-241-5150
amber@metrosquash.org
www.metrosquash.org

Founded in 2005, METROsquash is a non-profit organization that provides after-school programming for underserved youths in the Woodlawn, Bronzeville, Washington Park, and South Shore communities of Chicago. Funding from the NRF aimed to support its after school, weekend, and summer programming so that it can continue providing transformational programming through academic tutoring, squash and fitness instruction, mentoring, cultural enrichment, and community service. This organization provides a continuum of services to low-income students from fifth grade until their eventual graduation from college. In the upcoming year, METROsquash is putting additional focus on the issues of childhood obesity and malnutrition, college graduation rates, self-motivated learning, and increased cultural exposure.

Trout Unlimited, INC.

Trustee Sponsor: Francis P. Pandolfi
Grant: \$30,000

Contact: Franklin Tate, 828-398-0178
ftate@tu.org, www.nutmegtrout.org

Trout Unlimited (TU) partnered with the National Fishing in Schools Program (NFSP) and the Connecticut Dept. of Energy and Environmental Protection (CT DEEP) to launch a pilot program to teach fishing in four schools in eastern Connecticut. A key way to get people interested in fishing is for them to have a "threshold experience" with fishing when they are under the age of 18. The same research shows that fishing is a gateway activity that leads to other outdoor activities such as hiking, hunting, and bird-watching. TU provided local volunteers from its Thames Valley Chapter to support the program, the NFSP supplied the equipment, curriculum, and training, while the CT DEEP helped promote the program within the state. NRF funding supported this collaborative, angling-based recreation program, which targets schools at which 30% of the student population receive free or reduced lunches.



The Children's Home of Cincinnati

Trustee Sponsor: James J. Pearce
Grant: \$30,000

Contact: Stacy Sill, 513-527-7294
ssill@thechildrenshomecinti.org
www.thechildrenshomecinti.org

The Children's Home of Cincinnati utilized NRF funds to increase opportunities for at-risk children to participate in physical fitness activities. This program installed a ten-station fitness course along the existing walking trail on the 40-acre campus. Each station features a self-guided, self-paced activity where children can increase flexibility, muscle tone, and cardiovascular conditioning. The stations are located along the existing walking trail and allowed children to have increased outdoor activity time. This project was especially beneficial to the population served, which includes children who have experienced abuse, neglect, extreme poverty, and other negative factors that diminish their chances for success in life. The fitness trail project provided the children with opportunities to which they may not otherwise have access.





Junior Achievement of Southern California: Graduation Pathways

Trustee Sponsor: Edith R. Perez
Grant: \$30,000

Contact: Amanda Sattler
323- 785-3541, asattler@jasocal.org
www.jasocal.org

NRF funding was used for the Junior Achievement of Southern California that continued building on the work started with a previous NRF grant. Funding was used as seed money to fund phase two of Junior Achievement *Graduation Pathways*. The program had much success in the past year, and new programs are being added to the Lennox School District. This pipeline strategy provided intensive programming as students moved through the education continuum. Programming provided in-class and after-school financial literacy, workforce readiness, and entrepreneurship exposure to students in grades K-12.

Greater Newark Conservancy: From Seed to Feed Youth Driven Farmstand and Farming Program

Trustee Sponsor: Kathryn A. Porter
Grant: \$30,000

Contact: Robin L. Dougherty
973-642-4646, rdougherty@citybloom.org
www.citybloom.org

NRF funding supported the Greater Newark Conservancy program, *From Seed to Feed Youth-Driven Farmstand and Farming Program* in the Newark, NJ area. This project helped to create and operate urban farms and farmstands in the city so that low income residents have increased access to affordable, healthy food. This program also taught urban youth how to organize and manage an entrepreneurial business, along with other business and job training skills. Additionally, there were discussions on environmental topics such as recycling, air pollution, run off, and proper stewardship of the land.

Paul Quinn College: WE over ME Farm

Trustee Sponsor: Timothy L. Richardson
Grant: \$13,000

Contact: Elizabeth Wattlely
214-379-5457, ewattlely@pqc.edu
www.weovermefarm.com

NRF funding supported Paul Quinn College, *WE over ME Farm through the purchase in part of supplies, materials, and apprentice stipends that increased the production level and sustainability for the newly constructed greenhouse*. The Farm is located on a repurposed football field that now grows a number of crops including, corn, tomatoes, blueberries, squash, etc. The program also provided students and community members the opportunity to grow their own crop transplants and participate in seed saving.

**Somali-American Community Center**

Trustee Sponsor: Timothy L. Richardson

Grant: \$17,000

Contact: Omar Shekhey, 404-296-1308

oshekhey@yahoo.com

www.sagalradio.org

Funding from the NRF supported the partnership between the Somali-American Community Center and the Boys and Girls Clubs of Greater Atlanta. This partnership allowed these organizations to double the services provided to immigrant youth in Atlanta. Funds covered costs of part-time recreation leaders, transportation to the BGC facilities for activities and competitions, equipment purchases, and English language tutorial materials.

Elevate Orlando

Trustee Sponsor: Jon J. Seal

Grant: \$30,000

Contact: Jack McGill, 407-360-9965

JMCGill@elevateorlando.org

www.elevateorlando.org

Elevate Orlando received funding from the NRF to continue to expand its life changing program for urban youth. It first launched classes in January 2009 after being modeled from the Colorado UpLift Program in Denver. Its mission is to equip

urban youth to graduate with a plan for the future through life-changing relationships. NRF funding provided the salaries for two additional Teacher Mentors and one additional support staff.

Friends of City Park: Louisiana Outdoors Outreach Program

Trustee Sponsor: Robert A. Stuart, Jr.
Grant: \$30,000

Contact: John Hopper, 504-259-1509
jhopper@nocp.org
www.friendsofcitypark.com

Many children in New Orleans spend their days in dangerous neighborhoods, loitering on the street or stuck inside their houses. The *Louisiana Outdoors Outreach Program* (LOOP) was designed to take elementary, middle, and high school students out of the city and provide them with unforgettable outdoor educational excursions. The target population was underserved, minority, and low-income children in the city. Each child experienced 8-12 sessions within the year, during which classroom sessions are followed with academically-linked, developmentally-appropriate outdoor curriculum and adventure-based activities. NRF funding assisted in expanding the outreach of LOOP, offering this unique experience to children who so desperately need it.

American Trauma Society, PA: Young Lives, Young Losses: Rampant, Accelerating Substance Abuse, Ages 10-12

Trustee Sponsor: John M. Templeton, Jr., M.D.
Grant: \$30,000

Contact: Judy May-Bennett
717-766-1616, atspa@atspa.org
www.atspa.org

ATSPA is a non-profit trauma prevention education organization dedicated to the reduction of suffering, disability and death due to trauma. Through its *Young Lives, Young Losses: Rampant, Accelerating Substance Abuse, Ages 10-12* Program, this organization educated recreation personnel, children ages 10 to 12 and their parents about the dangers of abuse of illegal drugs, prescription drugs, and alcohol.

Kids on Bikes, Inc.: Let's Pedal

Trustee Sponsor: R. Thayer Tutt, Jr.
Grant: \$30,000

Contact: Nikki McComsey
719-322-1750, nikki@kidsonbikes.net
www.kidsonbikes.net

Through NFR funding, Kids on Bikes expanded its *Let's Pedal* Program to two additional program sites in Colorado Springs, and started two programs in

Denver. In addition to providing bikes to disadvantaged kids, Kids on Bikes programs also encouraged personal development, taught about healthy lifestyles and bike safety, and created more opportunities to ride. The program sought to inspire and empower kids to lead healthy, active, and happy lives through biking.

Haven for Hope: Early Childhood Education

Trustee Sponsor: Alfred A. Valenzuela
Grant: \$30,000

Contact: Jaclyn Camacho
210-220-2193
jaclyn.camacho@havenforhope.org
www.havenforhope.org

Funding from the NRF allowed Haven for Hope to provide scholarships to the *Early Childhood Education* Program at the YMCA Harvey E. Najim Childcare Center. Haven for Hope is dedicated to transforming the lives of homeless men, women, and children in the San Antonio/Bexar County area by addressing the root causes of homelessness through job training, education, and behavioral health care. The *Early Childhood Education* Program is an integral program for combating homelessness and overlapping issues such as mental illness, substance use, and traumatic stress.



All photographs contained in this publication have been provided by our Grant recipients. Each Grant noted may or may not have the corresponding photo assigned to the accompanying text for the specific Grant on that particular page.

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The National Recreation Foundation is dedicated to enhancing the role of recreation as a positive force in improving the quality of life of youth. It does this by investing in recreation programs directed at those who are economically, physically, or mentally disadvantaged.

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