

Newsletter

Idaho Women's Charitable Foundation

Fall 2013

Volume 12 Issue 3

61 Candle Salute to 12 Years and \$2.25 Million

by Suzanne Groff Lierz

The former Governor's Mansion set an historic Boise backdrop for the IWCF 12th Birthday Celebration held on September 11th. Member Kim Lynch and Mike Mallea graciously opened their park-like yard to 165 members and guests, who came together to celebrate \$2.25 million in giving.

Celebration and conversation flowed as attendees reacquainted and readied for a new year of thoughtful giving. Hearty appetizers prepared by our own master chef self-caterers fueled spirits and appetites.

Maria Lee, three-year member and organization enthusiast, quieted guests' party murmur with her personal IWCF membership story. Maria's passion for what we do and her confidence in how we do it eloquently echoed those feelings shared by all our members.

Representing two-time grant recipient Genesis World Mission, Dr. Karl Watts shared his gratitude to IWCF members for the difference we continue to make in the community. The Mission's Garden City Community Clinic received one of our first grants, for its no-cost health clinic, as well as one of our most recent investments, to expand its dental program.

The joyful evening ended to notes of Happy Birthday and a cake blazing a 61-candle salute, each a mini-flare signifying our first 61 grantees.



*Dr. Karl Watts of Genesis World Mission
Photo courtesy of Diane Ronayne*

IWCF is Now Accepting Letters of Inquiry

The 2014 Grants Cycle is Now Underway!

IWCF has begun accepting Letters of Inquiry (LOI) for pooled-grant funding from nonprofit 501(c)(3) organizations, schools or other tax exempt entities serving southwestern Idaho (specifically Ada, Boise, Canyon, Adams, Elmore, Gem, Owyhee, Payette, Valley and Washington counties). LOI forms are due (without exception) by midnight on December 1, 2013.

IWCF funds projects in these Interest Areas: Cultural Arts, Education, Environment, Financial Stability and Health. Organizations invited to make full grant proposals must submit them by early February 2014. Grants will be awarded in May 2014 in amounts from \$10,000 to \$30,000. Each year, the entire IWCF membership votes to select the recipients of our pooled-funds grants.

IWCF has invested \$2.65 million in southwestern Idaho nonprofits since our inception in 2001 in pooled-funds grant awards and individual grant designations, funding 61 different projects.

If you know of a project or organization that might qualify for proposed funding, please pass along this information.

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Positive change through thoughtful giving

From the President

Dear IWCF Members,

What a fun event we had to celebrate our 12th birthday, on September 11. Kim Lynch and Mike Mallea allowed us to use their fabulous garden. In addition to just having fun, we recognized our having invested more than \$2.25M in 61 pooled-fund grants and in more than 300 individual grant designations.

We also got to recognize 41 additional 3, 6 and 10-year members! We have such an amazing membership. It's really inspiring to see how many people have become committed to the impact they can make and the friendships they develop. Congratulations again, to all of you.

We're beginning to settle into our new office. Thanks to generous donations, we now have most of the furniture we need. We're now at 4477 Emerald, Suite 225. Feel free to drop in, if you're in the neighborhood.

You'll see elsewhere in this Newsletter that the Susan Smith Endowment Fund you established to secure our sustainability has also done well. We've all plotted a course and are working together to make it happen together.

And, of course, we've started the year with our first educational event, this one in conjunction with St. Luke's Women's Forum. Childhood obesity is a major issue we all need to be aware of and learn to help curb. St. Luke's created a unique event and hosted a stranding-room-only crowd to lay out for us the potential impact on our culture and some ideas about how to address it. This is the first of several "hot topic" education events on the slate for this year.

Come ... and bring a friend!

In gratitude,

Dana Kehr

Thank You!

Pam Allen, Sonna Group LLC
Stacy Beeson, St. Luke's Health Solutions
Gary and Jan Benoit, Sonna Group LLC
Art Berry, Arthur Berry & Company
Carlyn Blake, Ūsful Glass
Beth Brigham, Cross Town Movers
Judy Caldwell, Jackson's II Design Studio
Jeff Cilek, St. Luke's Health Foundation
Victoria Dater
Christina Drude
Jim Everett, YMCA
Janice and Dave Fulkerson
Mindy Gaddis, St. Luke's Treasure Valley Pediatrics
Don Gile, Gile & Associates
Suzette Ginther, Gile & Associates
Bob Hendricks
Ken Howell
Dr. Greg Janos, St. Luke's Children's Hospital
Kim Lynch and Michael Mallea
Jessica McCabe
Diane Ronayne
Chris Roth
Ann Sandven, Terry Reilly Health Services
Jan and Jack Scripps
Wendy Shoemaker, DK Commercial
St. Luke's Foundation
Carolyn Terteling
Shannon Thomsen, Post Insurance
Dr. Karl Watts, Garden City Community Clinic

Welcome New Members

Since June 2013

Janet Buschert
Linda Dixon
Carrie Eichberg
Julie Gramer
Susan Grey

Judy Nicola
Laurie Reynoldson
Tracy Rowe
Phyllis Slifer
Angela Wood

LOIs Continued from Page 1

The following suggestions make compelling LOIs:

- State clearly the nonprofit's mission and the proposed project
- Be specific and unequivocal about how IWCF funds will be used
- Identify partnerships to be leveraged to maximize impact
- Identify projected outcomes and measures to measure them

The LOI form and instructions are available at: IdahoWomensCharitableFoundation.org.

Participate in the Pooled-Funds Grant Committee

The pooled-fund grants process is the heart of what we do as a group. All IWCF members are encouraged to serve on this committee at least once, in order to fully experience the core function of our organization. Your experience reviewing proposals in an interest area workgroup might just be the most rewarding nonprofit work you do this year!

At Grants Committee orientation meetings in October, members signed up to review grant applications in one of the five interest areas (health, arts & culture, environment, financial stability, education). Members unable to attend those meetings can still be part of the Grants Committee by contacting the office at any time until mid-February, 2014. Grants Committee members attend about five meetings over the grant cycle (October through April, ending with the annual meeting in May).

In an effort to tap the experiences and expertise of more members, a Grants Steering Committee has been established this year. This committee will advise the two grants chairs, Anne Hay and Helen Carter, in matters of policy and help answer difficult questions that arise.

This year, IWCF will offer grants of up to \$30,000 for those projects that receive the most member votes. About 40 to 50 members participate in the grants deliberation process. Please consider being one of them this year, if you are not already!

End-of-Year Giving and Your Taxes

When you talk to your accountant this tax season, please ask about the tax benefits of making a gift of appreciated stock or mutual funds. IWCF members can pay their annual contribution or make an extra year-end gift to IWCF using stock and/or securities, and we have attempted to make the process easy. If you cover your annual contribution of \$1,100 using stocks or mutual funds, the proceeds donated must cover the contribution plus the brokerage fee. Please contact the office if you are contemplating donating stock or securities.

IRA distributions

We'd like to remind you that an individual age 70 1/2 or older can gift up to \$100,000 from their IRA directly to a qualified charity (IWCF is a qualified charity). The distribution (gift) will be excluded from the IRA owner's gross income and can be used to satisfy any IRA minimum required distribution for the year. This opportunity exists at this time only through FY 2013.

Please check with your tax advisor to see if this could provide tax advantages. If you wish to gift an IRA distribution, please contact the IWCF office.

Positive change through thoughtful giving

IWCF and the St. Luke's Women's Forum on Obesity

by Jillian Huang

IWCF and the St. Luke's Women's Forum joined hands to present their first collaborative health education program, "Childhood Obesity: The Number One Health Risk to Children," on Sept. 25. St. Luke's Children's Hospital medical director Greg Janos, nutritionist Stacy Beeson and pediatrician Mindy Gaddis joined YMCA CEO Jim Everett in unequivocally stating that obesity is the primary health risk for the nation and possibly the world.

Dr. Janos: One in three American children is overweight or obese and will develop diabetes in their lifetime. Most children are admitted to a hospital with asthma, joint disease, sleep disorders and subsequent mental health issues, or fatty liver—all symptoms of being overweight.

The major reason for infant admittance to the NICU is glucose control related to parental obesity during pregnancy. Americans spend \$100 billion a year on obesity-related complications. The burden of health protection is on all of us, in our workplaces, military and families. Our psychological well-being, financial stability and life span in general are threatened by untreated obesity in the population.

Jim Everett: Our society went from being "food scarce and exercise unavoidable" to having plentiful food and no reason to ever leave the couch. More people are afraid of shark bites than Type 2 diabetes. It is vital to be a role model for youth in our family and community by taking walks, being active and eating healthy food.

Organized youth sports encourage obesity, due to the competitive nature of team selection: Because so many kids never make the team, they never enjoy a sport for pleasure. Young children have too few opportunities to play a sport together, learn sportsmanship, be part of a team and develop the lifelong desire to be active.

Stacy Beeson: People generally think nutrition is complicated. Something as basic as water has been co-opted by energy-drink companies to sell beverages, which are less healthy. CRAP (Calories Refined and Processed) describes foods in the middle aisles of grocery stores. Many kids sip and squirt their food from packaged sources; families often lack nutritional food information, cooking skills and even a table to set for dinner.

If parents want to change their child's eating habits, they can

control the "what, when, and where" of household food, but children control "whether and how much" they will eat.

Children and adults should follow the 5-2-1-0 program daily: five servings of fruits and vegetables, two hours maximum of screen time, one hour of play or moving around, and zero sweetened beverages. Never skip breakfast, and stop feeling obliged to clean your plate.

Dr. Gaddis: Years ago, high BMI, hypertension and Type 2 diabetes affected only adults. Now, these health problems affect babies and children. She leads the YEAH! Program (Youth Engaging in Activities for Health). In Bogus YEAH! Summer Camp 2013, overweight youth were invited to Bogus without their families, electronics and usual food choices and had the opportunity to hike at altitude, be outdoors and eat healthy food.

Children and teens in after-school programs should have access to healthy snacks and activities such as rock climbing, dancing, swimming and weight lifting, to bring an element of fun into their daily physical activity.

The speakers were followed by a lively Q&A. A big thank you to St. Luke's Women's Forum for a delicious, healthy lunch, free flu shots and co-hosting.

Education Events

November 12, 2013

**11:30 a.m. - 1:00 p.m. Boise WaterShed
Environmental Education Center**

*The 4 R's: Reducing Carbon Footprint, Recycling,
Reusing & Repurposing Buildings*

March 3, 2014

**11:30 a.m. - 1:00 p.m. Life's Kitchen
Book Talk**

April 29, 2014

**11:30 a.m. - 1:00 p.m. Foothills Learning Center
The Ecology of the Foothills**

Membership Committee Update

by Susan Smith

The IWCF Membership Committee is all about members, new and current. We want all members to enjoy their affiliation, which is one reason why we launched our mentoring project. We have been broadcasting this new initiative, and we still need more mentors, to make sure that any member can be assigned a mentor. Again, if you would like to share your passion for IWCF as a mentor or would like to have a mentor, please contact Linda Perez, mentoring coordinator: Lmperez@cableone.net or 336-0904.

The membership committee is always looking for opportunities to build the membership so we can increase our pooled grant funding and do more in our communities. Of course, we firmly believe in the power of women's educated and pooled philanthropy, and we want to engage as many as possible in our proven model of giving.

If you would like to host a membership gathering and/or refer a prospective member, please contact Susan Smith, 345-1607 or iwcfSusan@gmail.com. Hosting merely involves providing a site for the meeting and inviting your friends.

To have even more fun, please join the membership committee. Just get in touch with Catheryn Alexander, Teri Anderson, Anne Brown, Susan Chaloupka, Linda Dixon, Margaret Gorrissen, Heather Jauregui, Maria Lee, Teri McColly, Linda Perez, Jan Riener, Stella Schneider, Kathy Stearns, or Donna Wetherley. They're all membership committee members who seem to be having a great time, planning membership events and getting to know more members.



Why I Renew My IWCF Membership

by Sharon Colby

I listened to my friend, Kathy Durbin, talk about IWCF for several years and the more I listened, the more I decided I wanted to participate. I have been a member for three years, with a medical hiatus last year. As soon as I returned from Montana this summer, I sent in my check to renew my membership...and smiled as I mailed it!

We are such a unique group. The privilege of helping those organizations in our community dedicated to helping others is a gratifying, exciting and humbling experience. My involvement in IWCF has taught me more about the community in which I live than all the prior years of being a resident! It is not by accident that we belong. It is by purposeful choice, hoping to help make a significant difference in the lives of all those in our community.

As a member of this remarkable organization, I encourage you to renew your membership in a timely manner as we prepare to make a difference to those who need our help.

Thanks for listening...and please send your renewal as soon as you can. We can't do it without every single one of us.

IWCF Members Receive Community Honors

It's always great to hear about our members being honored by other groups.

On September 12, at the Mayor's Awards for Excellence in the Arts, Boise Mayor David Bieter recognized three IWCF members who exemplify Excellence in the Arts: Susan Smith (Individual Support of the Arts) and Laura MacGregor Bettis and Janelle Wise (Laura Moore Cunningham Foundation – Organization Support of the Arts).

On November 8, St. Luke's Foundation will recognize Jim A. Kissler, presenting him with the Ralph J. Comstock Jr. Light of Philanthropy Award.

Congratulations to all!

Positive change through thoughtful giving

Our Endowment...

Esto Perpetua (May she endure forever)

The Susan Smith Endowment Fund was established in March 2009 to ensure the long-term viability of the organization by providing funds to subsidize administrative costs and other mission-related activities.

In April 2012, the funds accumulated were formally invested with Aspen Capital Management to implement an Investment Policy approved by our Board of Directors. As of September 30, 2013, those generous contributions from members and friends totaling \$329,600 have grown to \$397,500, due to earnings and capital appreciation!

Recognizing the importance of the Endowment Fund in sustaining the organization, the Board set an objective of a \$500,000 Fund balance by June 2016. To help IWCF reach that goal, at renewal time please consider making a gift to the Endowment Fund to ensure IWCF is able to continue its philanthropic endeavors in perpetuity. Of course, contributions to the endowment are welcome at any time. Your generosity and concern for the sustainability of IWCF is sincerely appreciated!

Last year, we recognized the donors who established the Susan Smith Endowment Fund. Now, we want to thank and congratulate those who contributed to the fund during FY 2013. Thank you so very much!

Eileen Barber	Darcy Hoellwarth	Mary McCowin
Marilyn Beck	Jane Houston	Marian Shaw
Janet Benoit	Kay Hummel	Penny Simons
Lisa Cooper	Martha Keener	Sara Smith
Jeanne Gorrissen	Katherine Lee	Gerry Soule
Mary Jane Hill	Suzanne Groff Lierz	

Upcoming Events for the Year...

EDUCATION

November 12, 2013

11:30 a.m. - 1:00 p.m. Boise WaterShed Environmental Education Center

The 4 R's: Reducing Carbon Footprint, Recycling, Reusing & Repurposing Buildings

March 3, 2014

11:30 a.m. - 1:00 p.m. Life's Kitchen

Book Talk

April 29, 2014

11:30 a.m. - 1:00 p.m. Foothills Learning Center

The Ecology of the Foothills

GRANTS

March 12, 2014

11:30 a.m. - 1:00 p.m. ESPAA

Site Visit Selection Meeting

April 15, 2014

11:30 a.m. - 1:00 p.m. Life's Kitchen

Ballot Decision Making

April 24, 2014

5:30 a.m. - 7:30 p.m. TBD

Pooled-Fund Grants Ballot Q & A with Social

Grant Making Process and Best Practices for Nonprofits

Written by Jillian Huang

The IWCF Education Committee presented a seminar entitled Grant Making Process and Best Practices for Nonprofits on Wednesday, October 9, at the Boise Public Library's Cole and Ustick branch. The speakers were Ann Sandven and Anne Hay, both of whom are distinguished members of IWCF.

Ms. Sandven, who has a great deal of grant-writing experience for Terry Reilly Clinic, opened the session with a powerful reminder – when you are writing a grant, it's not about you, it's about the grantor. She went on to explain that regardless of your project's merit and your ability to write the grant, in the end, whether or not the project is funded has to do with what the grantor wants. In spite of this, it is important to submit a well-written grant, and Sandven went on to explain the nuts and bolts of such writing. For one, writers need to understand the difference between goals (big, fuzzy, all-encompassing ideas) and objectives (measurable, specific tasks). She emphasized the need to follow the grant guidelines very closely. In other words, don't send ten pages in size 6 Ariel if one page in size 12 Times New Roman is requested! Another easy grant writing mistake to make is to include information about the project in a narrative but not in a budget, or vice versa. Sandven suggested that each writer have their grant proofread for such errors before submitting it. Sandven stressed that writers need to have an evaluation in mind for the end of the project, a specific and succinct measure of how the project goals were met.

Sandven encouraged writers to be honest about any board members and other employees working on their project, and to share information about other community agencies who might be working on the same problem. It is critical to persist with a grant request, even if it isn't chosen by a particular grantor at a particular time. Sandven reminded attendees that "people give to people", and that the process of selecting grants to award has so much to do with the people making the selection. Lastly, if you are awarded a grant, be sure to thank your funder as creatively as possible, more than once.

Ms Hays outlined the process by which IWCF awards grants each year. She has great experience in this arena, serving as Co-Chair on our own Grants Committee. Hays shared the five interest areas for IWCF giving: cultural arts, education, environment, financial security, and health, and how projects in such areas overlap with each other. Every year, we fund at least one project in each category, with some categories getting more than one grant selected for funding if our resources permit. IWCF prefers to be a major donor toward a project, with our money comprising at least 40-50% of the requested amount. If writers have a project too large for IWCF to reach this funding percentage, applicants are advised to break it into smaller pieces so that the request amount remains within our established grant guidelines. Hays went on to cover the grant review cycle, which starts on December 1st with over one hundred letters of inquiry and ends with twelve projects for membership voting on May 1. The award-winning projects are announced in May at an annual party and winners are given the first half of the grant money at that time. After a successful six-month report, the remaining funds are transferred to the organization for completion of the project.

Hays seconded the sentiment that grant writers should read and follow all grant instructions closely. She said that writers should be specific and detailed in their request, refer to local needs, and stay on task. Hays mentioned that it is possible for an organization to be funded more than once through IWCF, as long as a project wasn't simply continuing funds but represented a new twist or a critical need. She encouraged members of IWCF to consider participating in the grants process, citing the wealth of community awareness that comes as a result. Each IWCF volunteer brings their knowledge, passion, and expertise to the table, and the experience of selecting the final grants for general membership voting is an exhilarating process. Hays swore that of all the various meetings she has attended over the years, the IWCF grant committee meetings remain the most vigorous and lively!

Both speakers fielded questions after their presentations. Thank you to both Ann Sandven and Anne Hays for their time and expertise. Vicki Kreimeyer, Education Committee Chair, concluded the program with a "commercial" outlining all the great reasons to join IWCF!

*IWCF's
12th Birthday
Celebration on
September 11, 2013
(article on cover)*



Positive change through thoughtful giving



Idaho
Women's
Charitable
Foundation

P.O. Box 6164

Boise, Idaho 83707

ADDRESS SERVICE REQUESTED



Join our Facebook page:

www.facebook.com/IdahoWomensCharitableFoundation

**Please Let Us Know* - Anytime you have a comment or question we ask you to contact us, feel free to use the office email address. It will get to the right place! Susan Dunlap - office@IdahoWomensCharitableFoundation.org or 343-4923

Save the Date!

*The 4 Rs: Reducing Carbon Footprint, Recycling,
Reusing and Repurposing Buildings*

November 12, 2013

11:30 a.m. - 1:00 p.m.

WaterShed Environmental Education Center, Boise

2014 Pooled-Fund Grants LOI Deadline

November 30, 2012

Midnight

Holiday Social

December 13, 2013

5:00 p.m. - 7:00 p.m. ESPAA

Info Update!

- Are you getting the Updates in your email?
- Do you have a gift matching program available to you at work? Matching your IWCF donation is a great way to maximize that match.

If you have any questions, or feel that you are missing information

*...please let us know**