



MORE Voices

Multicultural Empowerment

MORE Multicultural School for Empowerment

From the Program Managers

As we witness images from throughout the Middle East & North Africa, and particularly the violence in Libya, we can perhaps imagine a little better the violent realities of oppressive governments and war that the refugees who come to us at MORE have survived. As we reflect on MORE's mission to be a place of healing, hope and empowerment for those refugees and others who come us, a reading from Isaiah 58 in the Old Testament comes to mind. "This is the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke....Then your light shall break forth like the dawn...You shall be called the repairer of the breach, the restorer of streets to live in."

These words were written when the people Israel had been invaded and exiled to Babylon. They hint at the destruction of that time. Not only have the homes and villages of the refugees at MORE very often been destroyed, but their hearts and bodies have been ravaged by violence. In spite of this, they have shown courage and great strength. Our privilege at MORE is to join God in being repairers of all that has been breached and restorers of a home to live in.

As is always true at MORE, we have been busy touching people's lives through our education, social service, mental health and basic needs programs, and most especially through that underlying love and hospitality that so defines us. We are grateful to each of you for the ways you have joined us in mission. This Spring we have some very particular ways we invite you to join with us—please take



note of our upcoming garage sale and Green Sneakers fundraising efforts. We have been grateful to receive some new grants this year, but very much need YOU to help us meet budget. We need \$19,000 more to meet our expenses this year. For those who observe Lent, we hope that you will include MORE in your Lenten prayer and almsgiving and for all others that you will consider a gift in your outpouring of gratitude for all you have received. Also, please again include us in prayer as the board begins again the interview process for a full-time director. May the coming of spring fill your hearts with hope!

Shoua, Stephanie & Sheryl

SPRING 2011

Spring Fundraising Events

Spring Garage Sale
Saturday, May 7
8 a.m. to 3 p.m.

DONATIONS NEEDED

Drop off donations at MORE's garage
Saturday, April 23, 9 a.m. to noon

and

Saturday, April 30, 9 a.m. to noon
[More details inside on page 3.]

AND

Green Sneakers Fundraiser
Donate Gently Used Tennis
Shoes

DONATIONS NEEDED

Drop off boxes are located at:

- (1) MORE
- (2) Contact MORE for other potential locations.

From April 18 to May 31.
MORE will receive \$.50/lb. —
about \$1 for every adult pair.

Inside this issue:

<i>Education Program Report</i>	Pg. 2
<i>Student Stories</i>	Pg. 2, 4
<i>Social Service/Mental Health</i>	Pg. 3
<i>MORE's Garage Sale</i>	Pg. 3
<i>Volunteer Hours</i>	Pg. 4
<i>New Grant Awards</i>	Pg. 4
<i>Financial Donors</i>	Pg. 5
<i>Tennis Shoes Fundraiser</i>	Pg. 5

We are Thankful: JAN'S BACK!



Regular readers of this newsletter know that Jan Olsen Stone was in a serious car accident one year ago. We are extremely happy and thankful to report that Jan is now back in the classroom teaching two afternoons a week. If all goes well, she will add another class period in June. Prayers were answered. Jan wants all to know that she is grateful for the support she's received from the MORE community.

EDUCATION PROGRAM REPORT

Distance Learning: Hser Hser Eh, who wrote the adjoining article, has attended classes in MORE's adult education program since November of 2007. She works part-time and is expecting the birth of a child quite soon, and she has chosen to continue her English studies at home through MORE's Distance Learning Program. She is one of six adults who are actively studying at home by using a series of DVDs, corresponding written materials, and periodic meetings and testing with a MORE teacher.

Job Training: Seven of MORE's advanced learners are taking the new ESL Office Prep/Customer Service Prep Classes now offered at CLUES (Comunidades Latinas Unidas En Servicio) in St. Paul. Some will return to MORE for additional study, while others may continue their education elsewhere. We are very proud of the students' success.

Class Attendance: Student hours have increased by 65% as compared to the same 10-month period last year—from 28,884 to 47,770 hours. Students, teachers, volunteers, and administrators have worked harder than ever, and we expect all that hard work to pay off in terms of additional funding next year.

Student Level Gain Achievement: MORE is a member of the St. Paul Community Literacy Consortium and, as such, strives to meet goals for student level gains as set by the Minnesota Department of Education each year. The fiscal year end for measuring level gains is April 30, and the results will be reported in the next newsletter. It will be MORE's Education Program report card.



Why I Left My Homeland, *by Hser Hser Eh*

A long time ago when I was a child I lived in a big village in Burma. We had a lot of villages.

Every Sunday I went to the Sunday School and I had a lot of friends and I was very happy. We had a small house in a large garden area. It was beautiful for me because around our small bamboo house my dad and mom planted many kinds of flowers like a fence. We also had many kinds of fruit trees and a lot of vegetables. I'll never forget my poor life in my homeland and I'll miss it forever.

My parents didn't want to leave Burma but because of the war we had to go or our family would be killed by the Burmese soldiers. Our village was near the Burmese army camp and there were so many problems. One night when everyone was gone to sleep I heard the gun sounds a lot around my village. It was serious and dangerous and we had to be safe in a hole under the ground. After three days we had to leave and in 1988 I became a refugee at the Burma and Thailand border. I was very happy in the refugee camp because I had the opportunity to go to school when I was young. Then in 2007 I got the chance to come to the U.S.A. with my family. Now we all live in Roseville where we are safe and happy.

Program Managers

Stephanie Spandl, SSND, Social Services
Shoua Xiong, Finance
Sheryl A. Fried, Education

Support and Social Service Staff

Pang X. Vang
Education Program Assistant

Day Wah
Family Advocate

Teachers

Sarah Baker
Mary Sue Berg, SSND
Jeanette Fordyce
Michelle Jacobson
Carol Margolis
Barbara McIlquham
Jan Olsen Stone
Denay Ulrich, SSND

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SOCIAL SERVICE/MENTAL HEALTH PROGRAM REPORT

Elders Group— Driver Needed

Twice a month our Karen Elder's group meets for companionship, activities, sharing/discussion, food and song. We currently have 24 elders enrolled with about 15 attending each week. Even though we barely fit in the room, the elders so appreciate the chance to come together that they want to invite others they know—the more friends the better they say! They recently enjoyed a Mardi Gras party planned by our social work interns and the week of Valentine's they shared stories of love in their life.

This group has been important in

helping reduce isolation and mental health distress in these elders. However, our volunteer driver who drove the Lyngblomston's minibus/van for us had a stroke and can no longer drive for us. We are grateful to Dick Sarafolean for all his driving. *We are very much in need of a driver to take his place. Lyngblomston's will provide the training. Please call Sr. Stephanie if interested.*



Massage Therapy—Healing Touch Volunteers Needed

For the past 4 months we have been grateful to have the opportunity to offer massage therapy to the women of our depression treatment group as a means of enhancing their healing process. So many refugees carry both psychological and body trauma from the war and the hardships of fleeing. Several of our women also carry the wounds of domestic abuse. Physical and psychological health and healing are intertwined. Several of the women experienced significant improvement in pain and headaches. In addition, just the experience of nurturing touch added to emotional healing. Unfortunately, our volunteer massage therapist is no longer able to come. *We are looking for volunteers in massage or healing touch who would be willing to share their gifts with these and other refugee women. Please call Sr. Stephanie if interested.*



MORE's Spring Garage Sale

Saturday, May 7

8:00 a.m. to 3:00 p.m.

Donations Needed

Donations can be dropped off at MORE's Garage
96 East Wheelock Parkway (Garage faces Jackson)

On Saturday, April 23 and

Saturday, April 30

Between 9:00 a.m. and noon

Antiques, collectibles, jewelry, new and *gently* used furniture, dishes, linens, toys, tools, house wares, *small* appliances, and clothing (all sizes and ages) are needed and welcome.

Please: **No** computers, TVs, or items that are torn, stained, broken, don't work, or have parts missing. Such items cannot be sold, and MORE must pay extra for the trash removal.

Proceeds from the Garage Sale will go toward funding the education and social services MORE provides.

Thank you in advance for your generous support of MORE's Garage Sale!



Volunteers Donate \$21,500 of Time to MORE

From November 1, 2010, through February 28, 2011, volunteers and social work interns working with the MORE Community gave more than **1,075** hours to: **(1) tutor English language learners; (2) work with Sister Stephanie to provide social service and advocacy assistance, (3) provide administrative and maintenance support, and (4) assist with the collection and distribution of donated food.**

The Minnesota Council on Non-Profits estimates the value of every volunteer hour at \$20; therefore, based on this assumption, the value of the time donated to MORE by its volunteers and interns for the four months ending February 28, 2011, is \$21,500. Thank you. We are grateful!

Sandra Anderson
Marilyn Bohlen
Julie Christensen
Amy Current
Donald Doeksen
Trescia Dunn

Pat Etten
John Fitzpatrick
Gayle Foster Lewis
Leslie Guyton
Alemayehu "Al" Habte
Sue Halverson
Lois Hamilton
Thomas Hansen
Jennie Hartjes
Kristin Jacobsen
Heather Kirst
Amy Ace Lance
Mary Lorentz, SSND
Jane Lynch
Pat Marzolf
Emily Matthews
Sue Merry
Marianne Mersch
Karen Moore
John Murray, Jr.
Rose Mary O'Donovan
Hunter Olsen
Mary Gen Olin, SSND
P'saw Paw
Diane Phillippi
Roger Pierre

Bonnie Prokosch
Utra Rasmussen
James Roszak
Mary Pat Poepl
Tsering Phuntsok
Ku Shel
Clair Smith
Susan Spahl
Nancy Sweeney
Mikaela Swendlund
Kong Thao
Batya Tova
Lew Trumper
Khaonon Vang
Mary Welle
Alyssa Wendorff
Lucia Winegar
Michela Woessner
Maisie Wolszon

A heartfelt "thank you" to every one of these 52 very special people for all they bring to MORE. Each is crucial to the success enjoyed by the members of the MORE community.

Please remember to record your volunteer hours in the log on the volunteer desk.

Thanks to Dollar General, WCA Foundation & SSND

MORE is pleased to have received \$5,000 in December from the **Dollar General Literacy Foundation** to reduce our ELL class waiting lists and \$12,500 in March from the **WCA Foundation** for General Operating Costs. We also received word that the **School Sisters of Notre Dame** has approved \$26,000 for MORE for each of the next 2 years and an additional one-time donation of \$12,500 to assist with the salary of a new director. We are grateful to these and all our grantors for their generous support!

WHOLE FOODS

The **Whole Foods** store located at Fairview and Grand continues to donate food to MORE every Friday morning. Thank them for their contributions, and let them know how important their gifts are to the MORE Community.

The Sad Moment, by Bless Say

When I was in the camp, I worked at Karen Women Organization as a social worker. All of the coworkers helped each other and loved each other. The day came when I had to come to the U.S. We were all talking with tears. We couldn't say anything. My friends sent me to the bus station. When I had to leave, we couldn't say good bye to each other. We just waved our hands with rolling tears. I really didn't want to live far away from my own land or my old friends, but I came to the U.S. to get a new life and freedom.

Spring Cleaning?

You can help by donating the following items to MORE:

- ◇ Working laptop computers
- ◇ Digital cameras & computer connections
- ◇ Water color sets
- ◇ Puzzles of the United States
- ◇ Plastic pocket folders
- ◇ Working sewing machines
- ◇ Yarn and craft supplies
- ◇ Toilet paper, napkins, tissues
- ◇ Silverware, especially spoons
- ◇ Coffee, tea, creamer, sugar
- ◇ Garden fertilizer

RECYCLE GENTLY USED TENNIS SHOES AND RAISE FUNDS FOR MORE



Help the those in need and the environment by donating gently used tennis shoes while helping MORE raise much needed cash. Rather than filling a landfill, the tennis shoes are made available as affordable footwear in developing countries. MORE receives \$.50/lb., about \$1.00/adult pair. See www.greensneakers.org for more information.

Deposit used tennis shoes in the container at MORE outside the garage between April 18th and May 31st.

Call the MORE office at 651-487-2728 with questions regarding this unique fundraising opportunity.

Thank you to our donors!

We are grateful for the many gifts MORE has received. The following is a list of those who have made financial contributions between November 1, 2010 and February 28, 2011. If we have inadvertently forgotten anyone, please let us know so we can include you in our next newsletter. The many donors to our garage ministry are too numerous to list, but we are also so very grateful to you!

Robert M. Barni
Mike Blair
Ernest and Andrea Brodtmann
Roy and Nancy Christianson
Church of St. Patrick
Emrys and David Current
Tom L. Cytron-Hysom
Lawrence J. Dieterman
Shirley A. Dieterman
Henry and Patricia Etten
Renata J. Farrell
Mary Lou Fink Trust
First Presbyterian Church
Elizabeth Gorman, in Memory of Fred Huneke
John and Maxine Griffith
Mark F. Haider
Yer Hang
Thomas and Nancy Hansen
Paul Hedlund
Mary Heggernes
Christine Heimkes
Ruth Herz
Marguerite Hogan
Estate of Fred B. Huneke
Henry Huot, Jr.

Beth and Jeff Hvass
Sue Johnston
Joan M. Jordan
Corrine T. Kindschy
Mary K. Kotten
Robert and Vera Kuehl
Marsha K. Kurka
Mary Ann Lally
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Mao Lee
Gayle F. Lewis
Margaret L. Lilla
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Frances Matej
Barbara A. McIlquham
Richard and Susan Merry
Catherine Mielke
Timothy and Mary Zitur Miley
Eileen Miley
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Richard and Ann Warec
Nancy E. Wenkel
Bao Yang
Kathleen A. Ziemann

MORE VOICES

96 E. Wheelock Pkwy
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Return Service Requested

