

April 2010 King Press

*We Are
 "Building
 Character,
 Families &
 Communities"
 In 2010*



Calendar of events happening at the Dr. Martin Luther King Jr. Community Center

| | | |
|---|--|------------------|
| April 5 th | Youth Mini-Camp (Youth Session) | 10:00am |
| April 6 th | Youth Mini-Camp (Youth Session) | 10:00am |
| April 7 th | Youth Mini-Camp (Youth Session) | 10:00am |
| April 8 th | Youth Mini- Camp (Free Day) | 10:00am |
| April 9 th | Youth Mini-Camp (Free Day) | 10:00am |
| April 5 th – April 9 th | Youth Spring Break Hours | 11:00am – 7:00pm |
| April 7 th | Diva Girl Scout Event | 9:00am |
| April 7 th | Wisconsin Nutrition Education Program Every Wednesday | 5:00pm |
| April 7 th | City of Milwaukee Health Dept. - Badger Care Enrollment and Re-Enrollment Registration. Every Wednesday | 9:00am – 1:30pm |
| April 13 th | ABC's For Healthy Families Support Circle for mothers. Every Tuesday & Thursday | 1:30pm – 3:30pm |
| April 13 th | ABC's For Healthy Families Support Circle for fathers. Every Tuesday & Thursday | 1:30pm – 3:30pm |
| April 17 th | Family Day Event Hosted by #1 Stunnas | 2:00pm – 5:00pm |

All events are open to the community!

Wisconsin Nutrition Education Program

WNEP Nutrition Class



Site: Dr. Martin Luther King Community Center

Contact: Dee McCollum

Phone: (414) 344-5600

Email: dee.mccollum@milwcnty.com

Instructor:
Cheryl Horns

Program Contacts:

Cheryl Horns, Nutrition Educator
(414) 256-4686

Rosamaria Martinez, Program Administrator
(414) 256-4680

Wisconsin Nutrition Education Program
Milwaukee County Cooperative Extension
9501 W. Watertown Plank Rd., Bldg. A
Wauwatosa, WI 53226-3552



Intended Audience

Parents or persons who are:

- Caring for children under age 19 or are pregnant
- and-
- Eligible for the QUEST card (food stamps/FoodShare), BadgerCare Plus, WIC, Wisconsin Works (W-2) or whose children are eligible for Head Start or Free/Reduced Price School Meals.

| Wednesdays 5:00-6:30pm | Topic |
|-----------------------------------|------------------------------------|
| April 7, 2010 | Get Moving |
| April 14, 2010 | Plan, Shop, Save |
| April 21, 2010 | Vary Your Veggies, Focus on Fruits |
| April 28, 2010 | Make Half Your Grains Whole |
| May 5, 2010 | Build Strong Bones |
| May 12, 2010 | Go Lean with Protein |
| May 19, 2010 | Make a Change |
| May 26, 2010 | Celebrate! |

For UWEX Office Use Only

Evaluation: **yes**, 24 Hour Food Recall

FAMILIES UNITED TO PREVENT TEEN PREGNANCY

SPRING BREAK YOUTH MINI-CAMP

at the King Center

(For teens ages 12-18yrs old)



Empowering Teens To Make Wiser Decisions To Create A Brighter Future

The camp will be held April 5, 6 and 7
April 8th & 9th are free days for youth who participate in the camp.
From 9:00am-3:00pm each day

Topics of Discussion

- * Goal setting
- * Decision-making & Risk-Taking
- * Adolescent Development & Anatomy
- * Communication Skills
- * Healthy living

****Enrollment is free /light lunch provided ****

The campsite will be:
Dr. Martin Luther King Jr. Community Center.
1531 W. Vliet. St. Milwaukee

To enroll, contact Greg McBeath, Abstinence Educator @ 414-344-5788 ex. 26 or 414-344-5600

Funded by Rosalie Manor Community & Family Services and the U.S. Administration for Children And Families, Administration on Children, Youth And Families, Family and Youth Services Bureau

*Spend your Spring Break
at the
King Center!*

Come on down to the center to play basketball or
enjoy yourself in our Youth & Teen Rec Center.

During spring break hours are extended for youth
ages
5 – 17 from
11:00am – 7:00pm

Spoken Word

Are you one of our youth interested in Spoken Word and
Poetry?

Then come tone your skills in our spoken word and
poetry workshops.

Get prepared for our upcoming
1ST Annual King Center Open Mike contest.

Coming in June!

Workshops on Mondays
5:00pm – 6:30pm

Contact Amir Ali at 414-344-5600
for more information.

Food For the Soul

Life is very short, so break your silly ego, forgive quickly, believe slowly, love truly, laugh loudly & never avoid anything that
makes you smile.

When I woke up this morning lying in bed, I was asking myself; what are some of the secrets of success in life?
I found the answer right there, in my very room.

The Fan said...

The Roof said...

The Window said...

The Clock said...

The Mirror said...

The Calendar...

The Door said...

Be cool

Aim high

See the world

Every minute is precious

Reflect before you act

Be up-to-date

Push hard for your goals

Happy Easter



Girl Scouts of Wisconsin Southeast

Be a Girl Scout and a Diva 2!

Be Beautiful Inside and Out! Join us during Spring Break

Girls, if you are interested in making new friends and trying something new, Girl Scouts is for you. This event is specifically for girls in grades K5 - 8, who are not currently registered Girl Scouts. You are invited to join a *Taste of Girl Scouting* experience at Dr. Martin L. King Community Center, 1531 W. Vliet St. Spend the day with us, Wednesday April 7, 2010, from 9:00 a.m.-4:00 p.m.



Be Beautiful Inside & Out:

Participate in the following activities:

- Aerobics and Wobble Dance session
- Facials and nails
- Eating healthy
- Personal hygiene and fashion

Lunch and snacks will be provided!

To register for this event:

- Complete the registration form on the back of this flyer.
- Check to make sure your parent or guardian signs the parent/guardian consent box on the back of this flyer.
- Please pay any portion of the \$14 fee you are able to pay. The \$14 fee includes \$12 for Girl Scout membership and \$2 for program supplies.
- By **April 2, 2010**, turn in the form and fee to your school office or have it dropped off at the Dr. Martin L. King Community Center, 1531 W. Vliet St.
- **It can also be mailed or dropped off by April 2 to:**

Girl Scouts of Wisconsin Southeast
Be Beautiful Inside & Out
131 S. 69th Street
P.O. Box 14999
Milwaukee WI 53214-0999



Don't miss the excitement!

For questions contact Gloria Garza at 414-443-3922, ggarza@gswise.org



Girl Registration Form

Girl Scouts of Wisconsin Southeast

Come and join Girl Scouting, have new experiences, learn fun things and work to improve yourself and the world around you. Sign up today!

Please print clearly. One form per girl.

Girl's name: _____ Troop #: _____ Service Area: _____

Address: _____ Milwaukee, WI Zip: _____

Telephone: (_____) _____ Birth date: Month: ____ Year: ____

School grade: ____ School name: _____

Mother's name: _____ Occupation: _____

Business phone: (_____) _____ Mother's e-mail address: _____

Father's name: _____ Occupation: _____

Business phone: (_____) _____ Father's e-mail address: _____

Lives with: Both parents Mother only Father only Other (Circle One)

Emergency contact name: _____

Relation to Girl Scout: _____

Telephone: (_____) _____ Cell phone: (_____) _____

Your consent: I give my daughter permission to become a Girl Scout member. I also give permission for my daughter to participate in photographs and/or video productions taken for Girl Scout use.

Signature of Parent/Guardian

Date

The registrant's racial background is: (please circle as many as apply)

Native American or Alaskan Native
Hawaiian or Pacific Islander

Asian
Hispanic or Latina

Black or African American
White

I want to volunteer: Yes No

Check one (1):

___ \$12 membership fee and \$2 for program supplies

___ \$_____ is enclosed and I request financial assistance for balance.

Girl Scouts of Wisconsin Southeast
Administrative Offices
P.O. Box 14999
Milwaukee, WI 53214-0999
800-565-GIRL (4475) • www.gswise.org



For our YOUTH!

On weekdays when school is out, students will be allowed to come to the King Center for open activities starting at 10:00am with a school I.D.

Homework Assistance &

Library Time

Monday – Friday
3:00pm – 4:30pm

Tapping Out Rhythm

Monday 6:00pm

Al Mooreland Amateur Boxing

Train with some of the best coaches in the amateur boxing circuit.

Youth Exercise Class

Wednesday
6:00pm

Youth Open Gym

Tuesday
4:00pm – 8:00pm
Saturday
9:00am – 12:00pm

Youth & Teen Rec Room

Monday – Friday
4:30pm – 7:30pm

Brilliant Minds Resource Center

Ages 5-17
Monday – Friday
3:00pm – 7:00pm

Come Be A Girl Scout!

Enroll your daughters in Brownies or Girl Scouts

Saleem Karate-Do/

Practice the art of Kempo Goju.
Instructor: Ta-Wau Saleem

Youth African Dance Class

Friday
5:30 – 6:30pm

For My People Productions

Spoken word & theater training
Monday
5:00pm – 6:30pm

Youth Movie Night

Thursday
5:30pm – 7:30pm

Girls 2 Women

Boys 2 Men
Teen Fitness Club
Thursday 6:00pm

The World of Adults

Kings Weight Room
Monday – Friday 9am – 8:00pm
Saturday 9am – noon

Queen's Weight Room
Monday – Friday 9am – 8:00pm
Saturday 9am – noon



Adult Open Basketball
Monday thru Friday 10am-8pm
Saturday 9am – noon



Exercise Classes
Mon – Thurs 9am, 4:30pm, 5:30 & 6:30pm

Adult African Dance Class
Friday
6:30pm – 8:00pm

Al Mooreland Amateur Boxing
Train with some of the best coaches in the amateur boxing circuit.

Additional Fee
(414) 263-4461



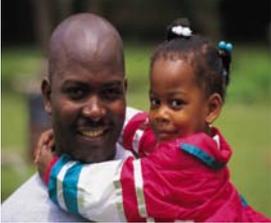
Andre Lee Ellis & Company
Adult theater training
Saturday 8:00am-12:00pm

Volunteers come share your talent at the center!

The King Center is always looking for coaches, officials, program assistants, special event volunteers and anyone with a skill, hobby or talent they would like to share with the youth! Ongoing opportunities are available at the King Center and we would love to have your input. If you would like to volunteer your talent, please call 344-5600 or speak to any of the King Team Members.

Partnerships

**George Sanders Fathers
Resource Center**
Monday - Thursday
9:00am - 5:00pm
Friday by appointment only
Call (414) 344-0146



**New Concept Self-Development Center
Social Services**
To receive a variety of social service based
assistance, including parenting classes,
Call (414) 344-5788
ABC's for Healthy Families



GED Classes, sponsored by MATC
Tuesday - Thursday
9:00am - 12:00pm
Free and open to the public.
Call (414) 344-5788

Plain Talk

Plain Talk is a replication of an evidence based successful national program. It is in collaboration with the Milwaukee Health Department, New Concept Self Development Center, Inc., and the Martin Luther King Jr. Community Center. It is an initiative geared towards educating adults regarding sexual reproductive health and how to communicate this accurate information to teens.

Call (414) 344-5788

King Center Memberships

Non-Residents Yearly Fees
Adult Non-Resident - \$90.00
Day Passes - \$4.00
Replacement Cards \$5.00

Hours of Operation
Monday through Friday
9:00AM until 8:30PM
Saturday
9:00AM until 12:00PM

**Milwaukee County Residents
Yearly Fees**
Adult - \$35.00
Junior (13-17) - \$22.00
Child (5-12) - \$14.00
Family of four (4) - \$70.00
Junior add on - \$11.00
Child add on - \$7.00
Day Passes - \$2.50



Room Rentals

Gymnasium

\$65.00 per hour (Weekdays)
\$75.00 per hour (Weekends)

Conference Room

\$35.00 (2hr minimum)

Auditorium

\$425.00 for 6 hours
\$80.00 Additional Hour

Multi Purpose Room

\$35.00 (2hr minimum)

Registration & Rental Procedure

All fees must be paid at time of registration or rental. Classes, times and dates are subject to change without notice.

2010 King Team

Rita Echols, Office Administrator * Jasen Jasper, Office Assistant * Dominic Conners, Youth Coordinator * Fred Jones, Recreation Specialist * Greg McBeath, Fitness Instructor * Ta-Wau Saleem, Karate Instructor * Tommy Sundebird, Weight Training Coordinator * Alvin Boyd, Preventative Maintenance Coordinator * Lamont Johnson, Facility Manager