



4th Annual Art Sled Rally

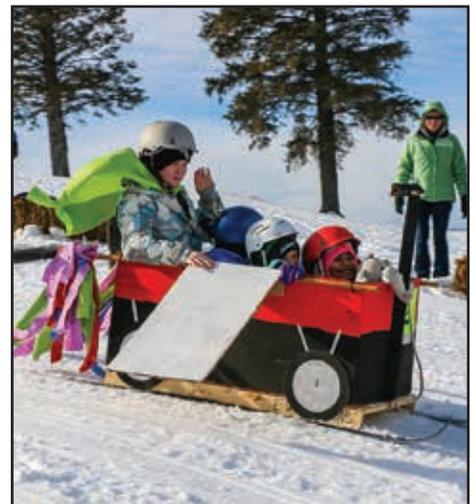
This year's annual Art Sled Rally was held on January 30, 2016 at Ridgeview Country Club and the weather was definitely in our favor with sunny skies and 40-degree temperatures. The Art Sled Rally is a time for Northwood students as well as members of the community to create

sleds and show them off while riding down the hill.

An "art sled" starts as a cardboard box before being transformed into a shark, boat, rocket ship or any other creatively decorated sled to whisk laughing riders down the hill. The only

limit is entrants' imagination and as many people as you can pile onto the sled.

The event is growing larger each year with more creative sled entries and we welcome people from the community join us next year!



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PRESIDENT'S REPORT



2015 was an eventful and successful year at Northwood. Once again, we served a record number of children and youth in our various programs. As I reflect on the year just passed, I evaluate our efforts

by how successful we have been in bringing our mission and vision to life. Numbers tell a part of the story, but not all of the story.

Evidence that we build brighter futures for the children and families is certainly present in the important things we keep track of - goals achieved, satisfaction ratings given, individual students' pre and post performance on key behavioral objectives, to name just a few. Good to know, objectively, that what we do makes a difference. Our agency's performance on those indicators would say that we have been quite successful, that we do a pretty good job.

Our work is also measured in other ways, harder to quantify but no less real, such as the genuine gratitude expressed by parents for the difference we have made with a son or daughter and their hope and conviction that there are better days ahead for their family. Numerous times over the course of a year, parents will contact me directly to express their gratitude for what we have done, for the dedication, commitment and competence of our staff, for the tremendous gains their son or daughter made in our care. Most of all, it seems to me, they are grateful for two things - they and their child gaining new skills, competencies and confidence and the hope and belief that the future will be better than the past. I get goose bumps each time I get one of those letters, phone calls or emails, and I am so proud of the people I work with and so grateful to be a part of something so important.

I hear about our impact from the students themselves. We have a cool little ritual in our residential programs. Kids who are leaving give a short speech at a special, monthly recognition dinner, and it usually goes something like this. "I did not want to come here. I was angry and confused

and resented being taken from my parents and friends and plopped down here. I had lots of problems and a real bad attitude - I was aggressive and depressed and didn't like myself much at all. Over time, I came to realize that the staff here really do care about kids, and I started to let them in, started to open up some and help me learn new skills. We did a lot of really cool things that I will miss - going to camp, playing on the basketball team, helping out at the animal shelter. Mostly, though, it is the people I will miss the most. Thanks for everything you did for me. I will never forget, and while I am happy to be going home, I'm really sad to leave." These speeches get me every time. I especially love to look at the staff as the kid's talk, to see the pride and satisfaction they take in each child's success.

Finally, we performed exceptionally well on our accreditation review last year - high marks, great performance on standards and objectives, why we even got reaccredited on an expedited basis, an amazing accomplishment, according to a letter I received from the Council on Accreditation staff. You know what tickled me the most? The review team, in their comments summarizing their findings during their five-day visit, made a number of comments about the culture at Northwood. These were three highly experienced executives and they talked about people's positive attitudes, how they seemed to genuinely like their jobs, how positive and committed to the kids they were. Hard to measure, but pretty powerful stuff. I was pretty proud.

2015 was a very good year, and 2016 is upon us. Wish us the best in our quest to help build brighter futures for all of the children and families we serve. We appreciate the support you provide us.

Thank you!

Richard Wolleat
President & CEO



Winter Fun On Ice

Brooms are not just for cleaning up! At the Merritt Park Ice Rink, the Husky team has been getting the brooms out for a game of broomball each Thursday night.

They were joined each week by a group of adult men from Minnesota Adult & Teen Challenge, also based in Duluth. During a game of broomball, all the participants slip and slide on the ice in hilarious fashion. It's a sport that teaches you to not take yourself so seriously, and have a friendly laugh at your teammates' awkward moves

as well! The Husky team was able to establish a sporting relationship with these adults, to the point that we are looking beyond broomball to help deepen this relationship going forward.

The Huskies look forward to partnering with Minnesota Adult & Teen Challenge in future events, including aspects of volunteer work, continued recreation, and community engagement. Until then... keep your broom on the ice!

"Nothing is Impossible"

Alyssa joined the Timberwolves team at the end of July and has come a long way since beginning her journey. She is working towards earning her level 2 and got a job in the kitchen to learn new skills. At first, she was nervous because she had never had a job or filled out a job application, but with the help of staff members she filled it out, got an interview and was hired. When asked what motivates her, Alyssa said being a good role



model to her brothers and sisters because she doesn't want to fail for them and wants to be a good big sister. She told me when she was 12 her favorite word was impossible, so she finally looked it up one day. She says this quote is what she lives by, "nothing is impossible, because the word itself says I am possible" and this is still what she holds true to believing today.



Barnes & Noble Book Fair

Over the recent holiday season, Barnes & Noble at the Miller Hill Mall held a book drive and chose Northwood Children's Services as the recipient. Customers were asked if they wanted to donate a book at checkout and the response was overwhelming. Through the generous donations of the public, Northwood received over 2,900 books. "We are fortunate that they chose our organization and kids," said Kathleen Wolleat, Special Events and Marketing Coordinator. "We all know that reading is one of the most fundamental skills for children, or anyone, to succeed in school and life. We appreciate the public's generosity."

Bear Team Volunteers

Those who work at the Union Gospel Mission in Duluth say that volunteers are their everyday heroes. The whole idea behind volunteering is to bring some moments of happiness into someone else's life without asking for anything in return. The Bear team has been volunteering at the Mission during the week. "I like volunteering because it really helps me stay focused on what I need to do. I really like helping people," said Ethan. This sense of achievement and building relationships are just two of the many benefits the Bear team has experienced through their service to the community.



From Feast To Fun



The Cheyenne team worked hard to raise money during the annual Pancake Feast in December of 2015. There were a few different ways that the team earned money: they went door to door selling tickets and had a craft and bake sale during the event. The team sold homemade tie-blankets and made puppy chow during cooking groups prior to the event.

The Cheyennes worked at the booth as well as served pancakes. They seated people from the community, took their breakfast order, and cleared the spot when they left. The whole team worked hard from the start all the way to the end of the event. The team decided to use some of the money they earned to go on a trip to Nickelodeon

Universe at the Mall of America. The rest of the money from this event will be used to do fun activities throughout the rest of the year.

The team made their trip to Nickelodeon Universe and went on many of the rides including the Log Chute, Sponge Bob Roller Coaster, and the Fairly Odd Parents Coaster. The Cheyenne boys were some of the most respectful kids waiting in line that day as they remembered the Cheyenne motto of SAFETY + RESPECT = FUN. This a wonderful experience that the Cheyenne team, staff and students alike will remember forever.

Fishing Lake Of The Woods

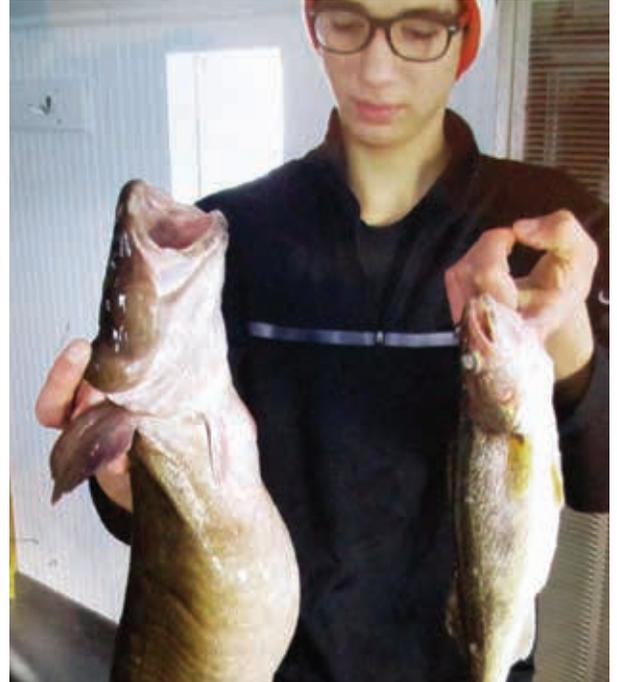
In February, the Eagle team took a trip to Arnesen's Resort on Lake of the Woods. Fred, Nate (Eagle staff) and Wade Paulson (Northwood's Maintenance Supervisor) brought four Eagle team students to experience ice fishing in a sleeper house.

The resort transported the team and all of our supplies a mile and half to our sleeper houses on the frozen lake. The resort used Geo Tracker's from the 1990's to help with transportation. Each sleeper house is equipped with two bunk beds, oven, furnace, card table and chairs. Eight ice fishing holes are pre-drilled and bait was supplied for our three day stay.

When we arrived to our destination, the boys hurried to get situated and began fishing. During the team's three day stay, we caught over 40 fish. They were a mixture of walleye, perch, and Burbot (Eelpout).

The Eelpout were the highlight of the trip for the boys. As they reeled them to the top of the hole, they were unsure of what it was and how to hold it. With the Eelpout's slimy skin and tendency to wrap itself around your arm, it is considered by many anglers to be the "ish" of fish. Wade Paulson's experience helped to identify the fish, gave the boys a lesson on how to fillet, and then mixed up a batter, in which he used to coat the fish and fried them up for dinner. We had a mixture of walleye and Eelpout Tuesday night.

The boys fished all day and night. They often took breaks to sing songs, play cards and board games, and enjoyed each other's company. The weather for our three day stay was below zero with a 25 mile per hour wind. The boys had a great time and they were all thankful for the experience. A special thanks to Wade Paulson. This was his second year on this trip and he made it very easy for the boys and staff.



18th Annual Golf Tournament Fundraiser

Mark your calendar for our upcoming 18th Annual Golf Tournament fundraiser on Monday, July 11, 2016 at Ridgeview Country Club. Monies raised through this tournament help send our children to camp in August. You can participate as an individual, or get a team together and join us for a fun filled day. There are several sponsorship levels and donations of items and services are accepted for our silent auction and raffle. For more information on participation, or how you can help, please contact Kathleen Wolleat at 728-7196, or email her at kwolleat@northwoodchildren.org.



Meet Rosie

Meet Rosie - a student on the Evergreen team. Rosie absolutely loves school and has learned many new skills such as writing her name and correctly spelling new words. Rosie enjoys reading and is always eager to learn new things.

She gets all 'S' days on a regular basis and has improved in many classes, such as math. Rosie works

hard to make it to class on time and completes her AM duties in a timely fashion every morning.

There is no doubt this young lady has shown great promise and nothing will stand in her way of learning new and interesting things.



Merritt Creek Intensive Day Treatment Program

Excitement was high, hot chocolate steaming, and the treats quite tasty. Family and friends arrived to a warm welcome to Merritt's annual Christmas presentation. Merritt's music teacher, Kelli Marlow, worked with students for months on a multitude of performances that represented traditions from Nigeria, England, Mexico, France, Finland, and Germany. The student's confidence and esteem grew as they developed skills such as vocals, acting, teamwork, motor skills, instrumentals, and use of humor. Practicing up to five days a week, some students found talents they never knew they had while others perfected skills they had

learned in the past. Furthermore, some presentations were done in different languages: German, French, and Spanish. Staff was most proud of the sheer amount of courage it took our students to perform in front of a full house, more than 100 people. Narrators did a wonderful job leading the audience through their Christmas journey around the world. The comical pilot matched with the sarcastic stewardess did a phenomenal job bringing the audience to roaring laughter and cheers. It truly was a beautiful Christmas presentation and a wonderful opportunity to bring friends and family together to celebrate the ongoing growth of the students.

Attention: We Have A Stowaway!

What started as just another day at the Little Learner's Enrichment Center turned into an exciting science lesson at the end of gym time.

It all began when Little Learner's student, Tyler, ran up to staff shouting "My pet!" To everyone's surprise, Tyler opened his hands to reveal his pet lizard, "Toothless." As it turns out, "Toothless" had escaped from his cage the night before and could not be found. Apparently, he had crawled into Tyler's coat pocket sometime after his great escape and had stayed there over night and most of the day!

The clever little lizard must have heard how much fun it is to come to the Little Learner's program! He took a long bus ride and hung out for play centers, lunch, and gym time before finally making his appearance. Staff had all the kids gather around so that Tyler could introduce "Toothless", the bearded dragon. After a quick phone call, Tyler's mom quickly arrived to take the curious creature back home to his nice warm cage. After all, Duluth winters are no place for bearded dragons!



Tyler holds his pet lizard, "Toothless", the bearded dragon.

Wolverine Team Strives For Excellence

This quarter brought a lot of positive change to the Wolverine team. The Wolverines continue to strive toward team excellence and throughout the quarter showed that they are capable of great things. The Wolverine students have continued to work on their teamwork as well as working hard on becoming good role models for their peers. On Halloween, the Wolverines dressed up as different colored crayons demonstrating that it's okay to be different.



Running Club

At the Main and West campuses, dozens of kids participate in weekly training runs while learning about control, patience, effort, and confidence, along with important assets that they can take with them when they leave Northwood. Between the two campuses in 2015, they were able to compete in over 10 races. We are looking forward to the upcoming running season with many 5K's on the horizon, as well as two Bear team students who will be running Grandma's Half Marathon in June!



Memorial Giving

You can help sustain our program and the services we provide to disabled children with a memorial gift. Honor the memory of a special person by investing in the future of one of our children. The family of those whose memories you have honored are notified of the contribution by an appropriate card. No dollar amount will be indicated on the notice sent to them. Your name, and those whom you honor, will be listed in the Northwood Newsletter.

Thank you for your support!

Memorials

Given By:

In Memory Of:

Beth Brown
Gretchen Karkoska
Janet Haynes

Jeanne Vecchi
Trevor Reichel
Donald K.

Ann C. Anderson

Haynes, Ph.D.
Alvina M. (K.)
Carlson

Barbara Hammer
Charles & Janice Gerchman
Liz and Mary Gorski
Janice Antila
Irene Skoglund

Jim Krikelas
Eric Gerchman
Lois Krebs
William Antilla
Ralph Skoglund
Christmas

Marilyn Bero

Memory
Harry

Marilyn Bero
Gretchen Karkoska

Dorvinen
Gene Engeseth
Ted & Audrey
Williams

Tributes/Honor Gifts

Given By:

In Honor of:

Mrs. Margaret Fracassi

Lauren Borndal

Gwen Nelson

Samuel Plys
Birthday

Sharon Hahn

Carole Hahn –
Christmas Gifts

Ruth Tiffany

In loving tribute
to Fred Tiffany
who spent two
years for
behavioral
problems in the
early 1960's

Carol Best

Priscilla and
Robert Knighton
Birthdays

Wish List

- Baseball & Softball Equipment
- Yard Games
- Basketballs
- Bicycles/Helmets
- Board Games
- Books K-12
- Musical instruments
- Stuffed Animals
- Roller blades
- Frisbees
- Puzzles
- DSLR Cameras

Request Memorial Gifts

Instruct the funeral director to insert the following in the obituary notice: The family suggests contributions be sent to Northwood Children's Services 714 W. College Street, Duluth, MN 55811

Telephone Your Gift

To improve our services to you, Northwood accepts memorial gifts by telephone. The same day you call your gift in, we'll mail a beautiful acknowledgment card to the bereaved family so that the message of your thoughtfulness arrives without delay. You can then mail your memorial gift to Northwood. To phone in your memorial gift, call Clare at (218) 625-2668.

Leave a Lasting Legacy

By naming Northwood Foundation in your Will, you can guarantee that your legacy of caring for troubled and abused children will continue for generations to come. Here are some specific language options for how you may desire to specify your gift:

FIXED AMOUNT: (I give, devise, and bequeath the sum of \$ _____ to the Northwood Foundation.)

SPECIFIC PROPERTY: (My _____, I give and devise to the Northwood Foundation.)

PERCENTAGE OF RESIDUE: (_____% of the rest, residue and remainder of my estate, I devise and bequeath to the Northwood Foundation.)

CONTINGENCY: (In the event _____ does not survive me, I give to the Northwood Foundation.)

These samples are suggestions only. Legal documents should always be prepared by your attorney. The Northwood Foundation's legal address is 714 W. College St., Duluth, MN 55811-4910

Northwood Children's Services is a 501 (c) (3) nonprofit charitable organization. Gifts are tax deductible under the full extent of the law.

MEMORIAL AND HONOR GIFTS
Your remembrance will help restore the life of a needy child

\$ _____
Amount

Given By (please print) _____
(NAME)

(STREET ADDRESS)

(CITY) (STATE) (ZIP)

In Memory/Honor (circle one) of _____
(NAME)

(STREET ADDRESS)

(CITY) (STATE) (ZIP)

Send cards to _____
(NAME)

(STREET ADDRESS)

(CITY) (STATE) (ZIP)

Please send me Memorial Forms **Book of 6** **Pad of 25**
Mail to Northwood Foundation, 714 West College Street, Duluth, MN 55811- 4910