



# Heartland Combined Federal Campaign

## The CFC Insider

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### Dare to Care—A Hero Lies Within You

When times are tough and people are struggling, who do we turn to? When a fire strikes or an illness befalls a family member, who do we call. Which hero will help you? Will it be Superman, Batman, Iron Man?? All you have to do is look in the mirror to see the Hero Within You. Your community needs that hero now.

You can be a Hero for thousands of people this year, by continuing to give back to your charity through CFC. Each of us have been affected by the economy this past year, but now is not the time to step back and say “maybe next year”. The fact is by ignoring the problem, we make it worse. This very moment non-profits are being overwhelmed by the number of people seeking help, many for the very first time. The agencies’ dedicated professionals are working long hours and stretching their limited resources to help as many people as they can, but here are some examples;

- Redemptorist Social Services has already provided utility assistance to more than 1,100 clients this year, compared to 854 during all of 2007. That’s a 29% increase with more than two months left in the year.
- Harvesters reports requests for food from area homeless shelters, food banks and group homes are up more than 50% over this time last year. 43% of the clients served are children.
- Community Service League tracks cases where they are unable to meet client requests for help. They call them “Unmet Needs.” Through the end of September this year, the dollar value of requests for help they could not meet totaled \$651,890. That’s a 98% increase over the first nine months of 2007.
- Perhaps even an organization you work with has been severely impacted by the current economic conditions.

You can see why it is so important that we respond to the issues we are facing as a community. Federal employees have responded to economic challenges in the past and we believe you can and will do it again. See “Why CFC” on page 2 on how you can help.

#### Dates to Remember:

- **November 12, 2008**  
**2008 CFC Campaign Ends**
- **January 21, 2009**  
**Awards Breakfast**
- **June 6, 2009**  
**2009 Day of Caring**

For more details go to [www.heartlandcfc.org](http://www.heartlandcfc.org)



### Search the Online CFC Catalog of Caring for the Right Charity for You

Helping out good causes is something many people like to do. For these people, this help can be in the form of money or volunteer work. Since there are many different types of charities in existence (local, regional, national, international), it is always a good idea to know which ones you want to help out.

But how do I find a charity that I want to help? Lucky for you, this search is as easy as going online to the [CFC Catalog of Caring](#).

Within the Online Catalog you can search alphabetically, by the services each non-profit supplies, through keywords, or by location (local, national, international). With so many different charities to choose from, it is helpful to have an easy search to narrow down your preferences. That way your money is hitting the groups that you are most passionate about. Check out the online Catalog today!



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## Your CFC Donations - Queen Bey, Campfire Girl

Many of you may have heard of Kansas City's world famous Blues and Jazz singer Queen Bey. But few of you may know of her connection to the CFC.

With autumn comes bonfires, but for Queen Bey, it was always about campfires and becoming a Camp Fire Girl. Queen Bey was born in the late 30's to a poor family in a poor neighborhood in Kansas City, Kansas. Given her rough start in life, it's no wonder she was quiet, withdrawn and very shy. Then, one day in school, a woman came into her classroom and asked, "Who wants to be a Camp Fire Girl?" Bey's mother gave her permission to join and a whole new world opened for the 10-year-old girl.

"We learned about patience and perseverance and working together to finish a project," Bey said. "Camp Fire taught us about sacrifice, togetherness and leadership. We learned how much a group can accomplish, with the right leaders."

She didn't know it at the time, but her Camp Fire experience also gave her something else – confidence. The young girl began speaking up in groups, singing in front of people and trying new things, without fearing she might fail. From this confidence stemmed a successful singing career that is still going strong after 48 years.

Bey has wonderful memories singing blues and jazz all over the world. She's entertained governors and ambassadors of foreign countries. She's proud of the fact Prince Charles likes her music and even has one of her CDs. But, Queen Bey is just as proud of her experience as a Camp Fire Girl.



### Why CFC?

### A Little goes a Long Way

There is a tremendous need across the region this year, but you can make a difference. Every non-profit, regardless of the service which they provide are seeing slightly lower donations, yet there are still individuals who need to eat, animals to be saved, medical research to be done and/or ecosystems to be restored as well as so many more charitable needs. The need for these services do not decrease because of the economy, in fact for the most part they increase. As federal employees we have jobs which are more secure than others in our community, and are in one of the better economic positions to help our communities. We must lead the way.

**Here are some examples of what \$12 a month/\$6 a pay period provides:**

- 720 meals to emergency food recipients from a food pantry.
- 497 meals delivered to low-income elderly people.
- Provide noon meals for 90 seniors.
- 2.5 hours physical therapy for a child with Cerebral Palsy.
- Back to school supplies from backpack to pencils for 4 kids
- 2.5 children's physical exams and immunizations.
- Send a youth to camp for four days.
- 5 nights of shelter for a homeless person.
- 10 winter coats for kids who need them.
- Make a stairway handicapped accessible for 2.5 elderly or disabled persons so they can remain in their homes
- 12 sets of special utensils and dinnerware for children with cerebral palsy.

**As you can see it does not take a lot to change someone's life. Is that \$12 less a month going to change you? Dare to Care, find that Hero inside you, give through CFC.**



## Caribbean Cruise Giveaway



The Heartland Combined Federal Campaign will be giving away a Caribbean Cruise again this year. This giveaway is sponsored and provided by GEICO Insurance and Prairie Ridge Travel. Three finalists will be picked by random draw at the end of the campaign. The finalists will be invited to participate in the final drawing at the CFC Awards Breakfast in January, 2009. You are automatically entered by making a donation through your Pledge Card.

The purpose of the contest is to generate excitement and increase participation in the CFC for the benefit of the local, national, and international charities listed in the CFC Catalog for

Caring. Therefore your contributions to the campaign are requested and appreciated.

For more details, go to the Heartland CFC Website.

**Enter today for your chance to sail the high seas!**

**Left-**  
Our 2007 winner-Darrell Robinson from Dept of Homeland Security - National Benefits Center (center) being congratulated by the other finalists

