

Kathy Miller...

up to no water at a small hotel in a run-down city, and washing Katie's hair with the freezing cold mineral water out of the little refrigerator...Being stranded for hours on a train in a blizzard on the Romanian plains while we made up stories of bandits and abductions...Getting into cars with perfect strangers who we were pretty sure were from a program we were going to visit, but we couldn't be positive since they didn't speak

English. We sat in the back seat giggling and planning our escape, if necessary, knowing that our mothers would be appalled.

It has been an incredible ride, but as with all start-up companies, it was time to take the foundation to the next level. Our good fortune was being introduced to Sheila Anderson at the Child Abuse Prevention Center. She liked us, we liked her, and the deal was struck. Lift the Children

has benefited tremendously because of our association with the CAP Center. Their network of professional expertise has allowed Lift the Children to become a more effective agency. Back in 1998 we had no idea that our little brainchild would grow into a respected organization that has made such a difference in the lives of so many children. I'm proud of where we've been and thrilled with where we're going. I hope that you are, too.

CAP Center Board President Ray McNally takes a turn at the drums he donated to the boys in Lift the Children's Long Term Foster Care program in Sighisoara, Romania.



Nurses at Rusesu Hospital in Bucharest participate in an activity during the Lift the Children training. CAP Center trainer Lisa Sutter is in the background.



Misi, Matei and Florin (l-r) show off their talents in the kitchen as they prepare pizza for Lift visitors.



An agency of the Child Abuse Prevention Center
www.liftchildren.org

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If you would like to make a tax-deductible donation to Lift the Children, please use the enclosed envelope, or visit our Web site to donate online.

WHERE IN THE WORLD IS LIFT THE CHILDREN?

An update from Deputy Director Katie Smith

Throughout the past year I've heard from friends and supporters that they miss the news and information from *Lift Your Spirits*, our Lift the Children newsletter. "Where did you go?" people have asked. "What are you doing now?"

We didn't really go away, it just seems that no one knew where to look for us. Once Lift the Children joined the Child Abuse Prevention Center (CAP Center) in January 2006, Lift the Children articles have been incorporated into the CAP Center newsletter. But many of our supporters simply didn't recognize that we had become part of something larger; we seem to have gotten "lost" in the CAP Center. The purpose of this *Lift Your Spirits* edition—the first of many more—is to let you know that we are alive and well, doing the great work we have always done. Although there was a hiatus in our communication with friends and supporters, there was certainly no hiatus in our work.

Lift the Children remains fully involved with our five Romanian partners. Our direct services include long-term foster care and group homes for siblings separated by the orphanage system; family style care for abandoned HIV+ children; a pre-school and parent education family resource center; services for children with special needs, including those in foster care and those who remain with their natural families; and transitional care for older youth exiting the orphanage system. Our programs share two primary goals: to prevent

child abandonment and abuse through family strengthening and to create opportunities for children and youth already abandoned.

Our move from Auburn into the CAP Center, located in North Highlands, has provided Lift the Children with a large network of professionals who contribute their expertise in child abuse prevention and family strengthening. In the past 18 months, we have trained Romanian social workers and health professionals on topics ranging from child abuse identification and response to responsive, relationship-based care of infants and toddlers. The Cap Center's experienced training team and pro bono assistance from our network helps us keep costs low.

We're doing what we have always done, but we're doing it better. We continue to provide financial assistance, but unlike many other international organizations supporting children's causes, our funding also includes training and education for the wonderful folks working on the ground in Romania. As both a funding and programmatic partner, Lift the Children feels a responsibility—an obligation in fact—to ensure that services are delivered by educated, dedicated professionals. With the breadth and depth of our own training capacity, we hope to expand our assistance in 2008.

I want to express my deepest appreciation for your loyalty and generosity over the years. Your support provides the underpinning for all our work with children in desperate circumstances.



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A MESSAGE FROM KATHY MILLER

Co-founder of Lift the Children and board member of the Child Abuse Prevention Center



When it was decided to restart *Lift Your Spirits*, Katie Smith asked me to write a little something about the transition that we have gone through this past year and a half. In fact, she threatened me with severe penalties if I didn't get it done. She just knows me too well.

Now that Lift the Children resides under the umbrella of the CAP Center, my "hands-on" role at the foundation has ended, although I still do serve on the Center board of directors. I think that the past nine years from start-up to acquisition can be compared to any new corporation. With the help of a supportive board of directors, Katie and I started the foundation from absolute scratch. In fact, we scratched our heads a lot as we struggled with all the early issues of where to begin, what to do, and how to do it. Uncharted territory didn't even begin to describe our future.

Besides visiting many programs and giving the thumbs up/thumbs down to each other, we grappled with the many logistical and process-centered issues of starting a new "company". There was a great deal of work, fear and doubt, but there was even more laughter and satisfaction. Just writing budgets was a huge challenge because a \$1,200 grant converted into 26,400,000 Romanian lei. We spent way too much time counting the zeroes before concluding that we'd skip the lei part, and from then on deal only in dollars.

A few vivid memories of our travails... all of them accomplished while laughing until we couldn't breathe: Pushing giant boxes of goods loaded on top of our rolling suitcases through the gravel alongside a train at 5:30 in the morning. Then fighting them up onto the train while terrified that the train would leave one of us behind...Waking

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