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nutrition begins with meeting people where they are at. "I can teach people about the food pyramid and cholesterol and the dangers of fatty acids, but I'll likely need to start with the tried-and-true tricks to get your kids to eat their vegetables."

For the past eight months, Karen has volunteered with the FPA's Operation Frontline, which offers nutrition and cooking classes to low-income adults and families at risk of hunger and malnutrition. Karen started at Operation Frontline in order to fulfill a practicum requirement for her Masters program at Bastyr University. And even though she has long since graduated, Karen continues to teach nutrition with Operation Frontline. During each class, Karen gives a short lesson in nutrition, after which students work with volunteer chefs to prepare a healthy, tasty meal. Once the meal is cooked, students get a chance to taste it and Karen uses that time as an opportunity to talk about the nutritional aspects of the meals.

"Karen is passionate about nutrition and supporting people in their own pursuit of health and well-being," says Cherie Berthon, program coordinator for Operation Frontline. "She injects students with a sense of nutrition, a sense of self care and a sense of empowerment."

Volunteering with Operation Frontline has been a rewarding experience for Karen who has recruited a number of friends at Bastyr to participate. "I've met some fantastic people," says Karen. "By working with Operation Frontline you find that it's from people who need you the most, that you learn the most."

**Sometimes It's Simply About Money**

Karl Frunz is amazed at the way society falsely assumes that people know how to manage their money. "People treat it like it's supposed to be intuitive knowledge, even though few



Karl Frunz provides training to our clients in money management

people ever receive tangible training in money management."

And Karl knows a thing or two about money – as a management consultant with Washington Mutual he helps Fortune 500 companies plan their investments.

As a volunteer at the FPA for the past two years, Karl has taught a seminar called "Your Money – Your Choices" to low-income people who are struggling to gain economic security in their lives. These four-hour seminars, which are presented in conjunction with Share Our Strength, focus on family finance and home economics issues such as budgeting and cash flow, opening and managing a bank account, understanding credit and setting financial goals.

"My students are usually in a position where they have to manage every penny," says Karl. "They usually don't have much money, but they have goals for where they want to be in five years. My job is to give them the tools and the understanding to get there."

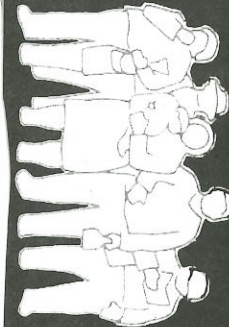
Karl learned about the opportunity to teach these seminars through Washington Mutual's *Committed Active Neighbors* Program, which lists volunteer opportunities with local non-profits such as the FPA. In addition to teaching seminars, Karl is working with FPA staff and other volunteers to create a study guide and monthly mentoring sessions where people can come back with follow up questions on their finances.

"This work is empowering," says Karl. "If we help empower the people around us, we come away with a better and stronger community. It's a mutually empowering relationship," he says.

Karl also sees volunteering as an opportunity to use his more creative side and to give people an outlet for skills they don't normally get to use. "You make your cash in one place," he says. "But volunteering offers you another place where you can make harmony with your heart."



Karen Kennedy teaches classes in nutrition and well-being



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