



## SOMEONE TO SHOW YOU THE WAY

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He could have chosen the “easy” route. Many of his peers in the rough-and-tumble neighborhood of Walnut Park where he grew up chose that route, only to find that the short-term “easy” often led to the long-term “hard” of prison or death.

Eighteen-year-old Luke Nelson spoke candidly of the challenges he faced early on from peer pressure. “I saw a lot of my friends going the wrong way, and for a while, I slipped into doing only what was necessary, being okay with being average, and I had to get out of that stagnant mindset,” he said. With a strong support team, he did just that.

This spring, Luke-the-National Guard-Reservist, will be heading to college, majoring in Aeronautical Engineering, at Missouri University of Science and Technology in Rolla, MO. His “forward-thinking” approach to life, unusual in a young man his age, manifested itself early with his determination to get his family back involved with church. His mother, Caryon Nelson, spoke fondly of a 7-year-old Luke running down the road to the church, insisting that *he* wouldn’t go unless the *entire family* accompanied him. They did, and the support their church has provided for Luke has been priceless. He had people to “show him the way.”

Support came from other sources, as well. Luke said the most influential person in his life is Derek Novel, his Godfather and mentor through the St. Louis Mentorship program. “He felt that I could be somebody, stayed on me when I was slacking, and helped me find my direction.”

CWAH has played a part in Luke’s growth for more than 10 years. Along with his mother, Luke attended numerous classes at CWAH, including Computer Applications, Financial Management, Jewelry Making, African Arts, Culinary Skills and many others. Luke believes he has been able to apply the principles of all the classes to his “everyday life” and feels they helped him forget about some of the other challenges in his life. “CWAH was a big release and an outlet for me,” especially the opportunities to travel and experience so many historical places.

Most importantly, Luke’s mother, Caryon, provided all the resources she could to help him stay on track and never gave up on him. “It’s important to keep your children involved in church as well as in other activities outside of school. The parents should participate in those activities *with* them and keep God first,” she says . . . showing them the way. Luke’s advice; “Don’t do what’s easy . . . in school, work or life in general. *Anybody* can do what’s easy.”

Finding your way “out” is a challenge. But with some *help* along the way, it’s a challenge that we can all meet. A new year; an opportunity to make a new start, a good place to start is CWAH!

***“For every one of us that succeeds, it’s because there’s somebody there to show you the way out.”***  
– Oprah Winfrey

## Thank You, You, and You!!!

Their faces say it all, wonderment, hope, and appreciation are the looks we see on the faces of the children their parents and the volunteers that assisted us this year during our People Against Poverty Campaign.



The backing of the community is incredible and greatly valued. As we enter into the year 2019 with all that is going on throughout the world, we remain persistent in our commitment of providing hope to those in need.



Thanks for all you do to help us live up to that promise.

On behalf of our Board of Directors, staff and the families we serve, we salute each of you.

## St. Louis Chapter of Chums,

Ms. Bazzle proudly models her new coat, donated by the St. Louis Chapter of the Chums. Their organization donated 75 coats, along with hats scarves and gloves to the families at CWAH.



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# CWAH Black History Month Benefit Jazz Concert

## Grammy Award Winning Trumpeter

### Keyon Harrold

Raised in Ferguson, Missouri, Keyon has developed a reputation as one of the world's most sought-after, emotionally electric young trumpeters on the scene.

A graduate from the famous Mannes Jazz Program at the New School University, Keyon is an eclectic trumpeter/music producer/arranger/songwriter that who has been featured on nearly 100 albums ranging from jazz, R&B, pop, gospel, blues and hip-hop.

Keyon has toured and recorded

with or produced for some of the world's best artists and ensembles like Jay-Z, Beyonce, Common, Erykah Badu, and Lauryn Hill to name a few.

Also performing:

**Mr. Jeffrey Anderson, Bass**

**Mr. Adam Maness, piano**

**Mr. Montez Coleman, drums**

**Ms. Anita Jackson, vocals**

*All proceeds benefit the Institute for Modern American Music*



**February 17, 2019**  
**BB's Jazz, Blues & Soups**  
**700 S. Broadway**  
**St. Louis, MO 63102**  
**314-436-5222**  
[www.bbsjazzbluessoups.com](http://www.bbsjazzbluessoups.com)  
**Doors open at 4:00pm**

## Reserve Your Spot Today

 <p style="text-align: center;">The Institute for Modern American Music          Students (5<sup>th</sup> – 12<sup>th</sup> Grade)          Beginner Classes Available Drums and Piano</p>  <p><b>Michael Carosello, piano</b></p> <p>Saturdays: 12:00pm – 1:00pm</p> <p>February 2nd and 16th, 2019          March 2nd and 16th, and 30th 2019          April 6<sup>th</sup>, 13th and 27th 2019          May 4, 2019 Recital</p> <div style="background-color: #8b4513; color: white; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"> <p>Cost  <b>\$5.00</b>              Per class</p> </div>	 <p style="text-align: center;"><b>Come Join the Band!!!</b>          Students 6<sup>th</sup> – 12<sup>th</sup>          Intermediate and Advance  <span style="color: red; font-weight: bold;">FREE!!!!!!!!!!!!!!!</span></p> <p><b>Instructor:</b>          Jeffrey Anderson and Jerome "Scrooge" Harris</p>	 <p style="text-align: center;">Community Women Against Hardship          Institute of Modern American Music</p> <p>SATURDAYS: 10:00AM – 11:30AM</p> <p>February 2<sup>nd</sup> and 16<sup>th</sup>, 2019          March 2nd and 16<sup>th</sup>, and 30<sup>th</sup> 2019          April 6th, 13<sup>th</sup> and 27<sup>th</sup> 2019          May 4, 2019 Recital</p> <p style="text-align: center; color: red; font-weight: bold;"><i>For more info: Call (314) 289-7523</i></p>
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## Community Women Against Hardship

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E-mail:

[communitywomenstl@yahoo.com](mailto:communitywomenstl@yahoo.com)



*Providing Hope for Those In Need*

We're on the Web!  
[www.cwah.org](http://www.cwah.org)

### *The Mission*

*To provide personalized and evidence-based programs and services to enable families struggling with poverty to become more self-sufficient*

### *The Vision*

*To be a respected national model for helping families become self sufficient*

Helping children achieve success begins with helping parents become successful. Community Women Against Hardship's Parent Opportunity Program helps low to moderate income families gain success in the most important ways that support children: achieving economic and personal stability, improving their standard of living, and becoming better parents and strong, stable community members. Participants identify, set and ultimately meet goals through engaging in our educational and developmental classes which focus on interpersonal and family relationships, education, job readiness, entrepreneurship, personal fitness and nutrition, and mental health. Our approach - focusing on quality and not quantity - ensures greater success and results in improved self-efficacy, parenting skills, community involvement and initiative in the lives of women and men, who then positively impact families and the larger community.

## SAVE THE DATE

### Community Women Against Hardship 15<sup>th</sup> Annual Walk Athon and Health Fair

Saturday, MAY 18, 2019

Tower Grove Park  
4256 Magnolia –  
Grand Entrance –Son of Rest Shelter  
For More Information:  
314-289-7523

8:00 Registration  
Choose 1k, 3k, or 5k  
Non-competitive walk/run  
Health Screenings, Resource Information  
and more ...



**Food, Fitness and Fun - Come and Enjoy!**

