

St. Michaels Youth Mission Endowment Program

Newsletter **September 2022**



Michael James Ancona
1975-1994



Michael David Mower
1970-1992

Your Youth Endowment Fund At Work

**SUICIDE &
DEPRESSION
PREVENTION
WORKSHOP**

Special Programs



Youth Activities



Local Outreach



Student Scholarships



Camper Grants

Reaching Out Touching Lives



Seminar Support



Scouts



Mission Trips



Vacation Bible
School

Since 1996

*Eagle Scout
Environment
Mission El Salvador*

International Outreach



Lutheran Camps



*Caroline
Furnace*

Since 1996, the Saint Michaels Youth Endowment Fund has distributed over \$100,000 in grants and gifts in support of Christian youth programs in accordance with the Fund's slogan, "A Debt to the Past; an Obligation to the Future".

This year saw Saint Michaels provide funds for a Seminary, grants to the two Lutheran Camps – Mar Lu Ridge and Caroline Furnace, a Suicide Prevention Seminar held here at St. Marks, and financial support for St. Marks Boy Scout Troop 881.

With the passing of Erland Herfindahl, the St. Michaels Youth Endowment Fund Board of Directors lost its Secretary; a valued member; and a faithful friend who, with a life well lived, championed the poor and down trodden locally, nationally and on at least 3 continents. His latest and last request was to support youth church programs in war-torn Ukraine...a request satisfied by a grant from St Marks Endowment Fund he so loving served.



In Memory of Erland Herfindahl

Erland Herfindahl, 42, who died on Saturday, August 6, 2022, at Mayo-St. Mary's Hospital in Rochester, Minnesota of a rare form of liver cancer. He was born March 7, 1980 in Starbuck, MN, the son of Hege and Grant Herfindahl. Erland grew up on the family farm north of Benson. Every summer he would join his family in Norway, so growing up, he was fluent in two languages.

Erland attended Macalester College in St. Paul, majoring in Economics; studied abroad in Kenya, where he met the love of his life, Esther Mbula Kaloki. They married at Lake Hazel Church in Benson, MN on May 23 2003. Erland and Esther had two boys, Nils Muendo and Ove Mwendwa. The family often went to visit their Kenyan relatives, so the boys grew up speaking Swahili as well as English.

Erland worked for Thrivent for a while before attending the University of Minnesota, St. Paul, where he got his masters in Applied Economics. He was hired by the International Trade Commission in Washington, D.C., as a researcher, later as a U.S. Trade Representative, working for the Office of the President as a trade negotiator, covering Africa and later also Asia. In 2020, Erland was appointed by the Office of the President to be head trade negotiator with the European Union. He then moved to Brussels, Belgium, with his family.

Erland was a dedicated family man. He was involved with St Marks, where they volunteered feeding the homeless and helping with the youth program. Erland was on the church council and secretary for the St Michael Endowment Fund. But life is not fair. A vibrant, healthy young man gone to the Lord's mansion of many rooms. He is survived by his wife, Esther, sons Nils and Ove. The St Michaels Endowment Fund misses his participation and contributions greatly.

Mental Health Education Program: Ending the Silence



St. Michaels Youth Endowment Fund partnered with the National Alliance on Mental Illness (NAMI) hosting a mental health education program, "Ending the Silence." On May 14, 2022, a two- hour program was followed by lunch. Twenty teens and adults attended separate sessions lead by experts from NAMI.

The student presentation covered the warning signs of mental health conditions, resources available, and how to help yourself or a friend. The presentation for adults who care about youth covers warning signs of mental health conditions in teens, resources available, how to start the conversation around mental health with teens, and how to work with school staff to best support a child with mental health challenges. More information about NAMI and their education programs for the identification of symptoms and prevention are available here: [Families and Friends - NAMI NORTHERN VIRGINIA \(nami-northernvirginia.org\)](https://www.nami-northernvirginia.org)



In May, **Grace Casola** resigned from her position as Youth and Family Program Director at St. Marks and from the St. Michaels Endowment Fund Board. As a recent Seminarian graduate, her continuing education program involves a year-long internship assignment, and she will be moving to another state. With deep regrets the Board accepted her resignation and thanked her for three years of excellent service and many meaningful ideas.