



VOLUNTARY ACTION CENTER NEWSLETTER



City of Columbia



United Way

800 N. Providence, 65203

573-874-2273

www.vacmo.org

June – July 2008



LUNCH IN THE PARK

This program will provide a free and nutritious lunch for youth ages 18 and under at Douglass Park, Monday through Friday, from June 9 to August 15 (except July 4) from 11:30 a.m. to 1:00 p.m. No reservations are required to receive a lunch – just come to the park! In addition to the meal, educational activities and entertainment will be provided by the Library's bookmobile every Monday, the Conservation Department every Tuesday, the Humane Society every Wednesday, Girl Scouts every Thursday, and the Health Department will provide a healthy treats and snacks program on Fridays! We are also grateful to have many volunteers helping out this summer, including two Kiwanis clubs, youth from the Assembly of God Church, Rotaract, Boone Landing, Youth in Action and many others. With all of these wonderful programs and volunteers, it's sure to be another summer of food and fun!



HELP OTHERS SURVIVE MISSOURI WEATHER



WARM Up Columbia

It may be hot now, but it is time to plan ahead to help those less fortunate stay warm through the bitter Missouri winter! Kathy Hull is once again collaborating with the Voluntary Action Center to coordinate the 4th annual *Warm Up Columbia* summertime coat and blanket drive. Donations of gently used coats, blankets, and bath towels; and new mittens, hats, socks, and scarves will be accepted. Churches that want to involve their congregation in the collection effort can sign up, and then collect items throughout the summer. Donated items will be picked up in late summer and then distributed to the needy of our community and local not-for-profit agencies before the first frost arrives in the fall. In 2007, 2200 coats and blankets were collected. The goal for 2008 is 2,400 items! For information or if your church would like to help, contact Kathy at 443-3838 or Blondmufan@aol.com.



SAVE THE DATE

IT'S CHRISTMAS IN JULY!

The spirit of giving makes July merry!



DATE: July 15, 2008
TIME: 5:30 – 7:00 p.m.
PLACE: Missouri United Methodist Church
To sponsor a low-income person for the picnic, call VAC at 874-2273

(see p. 3 for more information)

And COOL Columbia Down!

In order to assist with heat relief this summer, VAC and KOMU-8 are collaborating to provide fans to low-income households with children, pregnant women, elderly, and disabled persons. Those in need of a fan should call VAC at 874-2273 for information. To make a monetary donation for fans, send cash or check to the VAC office. To make a fan donation, drop off a new fan at VAC or at the KOMU-8 Fan Club locations at Lowe's or Westlakes.



AGENCY OF THE MONTH



YOUZEUM™

The YouZeum is Mid-Missouri's first and only interactive health science center, offering fun and educational interactive exhibits on a range of health, wellness, fitness and nutrition topics.

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Hours

M-F 10 a.m. – 5 p.m.
(closed Tuesdays)
Sat. 10 a.m. – 8 p.m.
Sun. 1 p.m. – 5 p.m.

Admission

Age 14 & older: \$8
Age 4 – 13: \$5
Age 3 & under: Free

Contact

608 E. Cherry Street
Columbia, MO 65201
573.886.2006
www.youzeum.org
info@youzeum.org

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• Mission: To improve personal, family and community health by reaching a large, diverse audience with an engaging approach to health education.

• History: In 1991, the Boone County Medical Society Alliance envisioned an interactive health science center in Columbia. After receiving a strong endorsement from the Columbia Chamber of Commerce health committee, the group formed a 15-member task force and incorporated what was then known as the Health Adventure Center as a not-for-profit corporation. Between 1997 and 2002 the group elected a Board of Directors, worked with people in the health/medical community on exhibits, and secured support from the City of Columbia. In 2003, the U.S. Department of Education donated the 30,000 square foot historic Federal Building in downtown Columbia. In 2005, the museum's name, the YouZee logo and the tagline "It's all about you!" were unveiled. On May 1, 2008, the YouZeum celebrated its grand opening!

SPRING INTO ACTION A SUCCESS!

*Seventh Annual Spring Into Action
Dinner, Awards Ceremony, and Auction
May 28, 2008*

Orchid Sponsors

MBS
Kilgores
First National Bank
Boone County National Bank

Rose Sponsors

Commerce Bank
Dave Griggs Flooring America
Eng and Woods
Anne Smith

Tulip Sponsors

Dan Knight
Premier Bank
Putnam Interiors and Pavilion
The family of Hazel Riback
Barbara and Terry Schlemeier

Additional Sponsors

Columbia Home & Lifestyle
Missouri Employers Mutual

Auction Item Donors

Al Abbadessa	Lawn and Leisure
Bangkok Gardens	Lodge of Four Seasons
Bleu	Maples Repertory Theater
Boone County Fire Protection District	Missouri Life Magazine
Business Times Company	Mizzou Athletic Dept.
Columbia College	Perry Chevrolet
Jim and Sally Estes	Gary Pinkel
Flat Branch Pub and Brewing	Anastasia Pottinger
Gary B. Robinson	Ragtag Theater
Christina & Alex George	Salon Nefisa
Isle of Capri Casino	Sycamore
Kent's Floral Gallery	Club at Old Hawthorne
	Wine Cellar & Bistro
	Youzeum



Special thanks to the
Planning Committee

Susan McQuilkin
Kim England
Jolene Schulz
Krista Myer
Jackie Walters
Christina George

VAC NEWS AND EVENTS



SHARE THE SPIRIT – IT'S CHRISTMAS IN JULY!

The Voluntary Action Center is working in conjunction with Saint Nick to bring Christmas to Columbia early this year! Christmas in July will provide a Yuletide picnic for hundreds of low-income individuals, and help VAC meet the needs of Boone County families throughout the year. This celebration/fundraiser is only possible with support from the community.

WHEN: July 15, 2008, 5:30 p.m. – 7:00 p.m.

WHERE: Missouri United Methodist Church Fellowship Hall

YOU CAN HELP!

Each \$10.00 donation you make will:

- ★ Provide a meal and an evening filled with the Holiday spirit for a person in need.
- ★ Enter you in a drawing for great prizes!
- ★ Help VAC continue to serve the people needing clothing, emergency food, shelter, prescriptions, uniforms, transportation, and youth enrichment.

If you choose to buy a ticket, everyone benefits! The diner you sponsor will enjoy a great meal, you could win fabulous prizes, VAC will receive much needed funding, and we will all be reminded of the ongoing needs of low-income families in our community.

What A Deal – Give A Meal! To purchase tickets, call VAC at 874-2273.

STUFF THE BUS

With: School supplies for kids in grades K – 12

Where: Columbia Mall

When: July 16 – 30



This summer Columbia Mall and VAC will join forces to ask the community to *Stuff the Bus* with school supplies for low-income children in Boone County. Students at Fairview Elementary School are currently working hard designing, building, and decorating “buses,” which will be placed at the Columbia Mall from July 16 – 30 to collect supplies. Everyone is encouraged to purchase and donate new school supplies for children grades K-12. Help equip local youth with the tools they need to succeed in school and make our second annual *Stuff the Bus* a huge success!



The school supplies will be distributed to low-income children at a Back-to-School health fair on August 2, which will prepare children for the school year by offering vision, dental, asthma and health screenings; haircuts; school supplies; backpacks; and information on supportive services for families from local non-profit agencies.

Student Board of Directors Representatives Graduate

Student members of the VAC Board of Directors fill a vital role and provide a unique perspective. Their enthusiasm and dedication are a great example for all of us. Congratulations to Kate Boyd (Rock Bridge) and Anne Schauwecker (Hickman), who are heading to college this fall. We thank them for their service and wish them all the best in their future endeavors.



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**Columbia Daily Tribune & Voluntary Action Center
congratulate the**

2008 HERO Award Winners!



P.E.T. Project (Personal Energy Transportation) is a volunteer-powered, faith-based, worldwide humanitarian organization that began in a Columbia garage twelve years ago. The P.E.T. project makes three-wheeled, hand-cranked carts for people who have lost the use of their legs due to landmines, polio, birth injuries, leprosy, poor nutrition and even crocodile bites. Many cart recipients have previously crawled on the ground or relied on someone else to carry them. Since 1995, P.E.T volunteers have built more than 10,000 of these carts. And, in the year 2007 alone, over 1,700 carts were built and shipped by 46 weekly volunteers who work on an assembly line to build them. The P.E.T Project volunteers truly understand and recognize how to help persons in need.

Bill Klett volunteers for Boone Hospital Home Care Hospice, using his positive attitude, love of life, dedication, enthusiasm, encouragement, and compassionate listening skills to help terminally ill individuals and to provide support to their families. Bill



had first-hand experience with this need when his wife was sick with cancer. He has now been able to use his understanding to help others through their stressful and painful experiences. With his constant availability and unexpected hugs, Bill knows how to give his heart to volunteerism by putting others first. Bill is a true HERO to many people in the Columbia community and it is without hesitation that Bill was honored for his noble efforts to bring comfort to so many.

Congratulations to all of the 2008 HERO Award nominees!



Within a four-year time span, Dylan has volunteered for 112 local volunteer projects, groups and organizations. His volunteer service totals 362 hours. He originally became involved in community events as an avenue to meet new people, but helping those less

fortunate has become a driving force within the heart of this young man. A few of the groups who have benefited from Dylan's services include March of Dimes, True/False Film Festival, VAC's Lunch in the Park, Art in the Park, Humane Society, West Junior and Hickman High School clubs and Show Me State Games. Dylan has established a strong firm foundation of civic mindedness and the makings of a lifelong volunteer.

WHAT'S HAPPENING THIS SUMMER?



Arts & Nature

Art in The Park

June 7-8 ~ Stephens Lake Park ~ 10 a.m. – 5 p.m.
artinthepark.missouri.org

National Trails Day

June 7 ~ 5K/10K at Stadium access of MKT
Nature Expo at Forum Nature Area ~ 9 a.m.

“Blind” Boone Ragtime-Early Jazz Festival
June 1-3 ~ Missouri Theater ~ blindboone.missouri.org

Arrow Rock Lyceum Theatre

Cats, West Side Story, Big the Musical, Proof and more
(660) 837-3311 ~ www.lyceumtheatre.org/

MU Summer Repertory Theatre

Cabaret, Sanders Family Christmas, Comedies in Concert
882-PLAY ~ theatre.missouri.edu/summerrep.htm

Shelter Gardens Concerts

Sunday nights ~ June 15 – July 27 ~ 7 p.m. ~ Free

Maplewood Barn Theater

Proof, Plan 91, Lysistrata
mbct.missouri.org/ ~ 449-7517



Fun for Kids & Families

Twilight Festivals

Thursday evenings in June ~ The District
6 – 9 p.m. ~ Free ~ www.twilightfestival.com/

“Reel Time” with Kids fishing clinic

June 7 ~ 9 a.m. – 1 p.m. ~ Bass Pro Shop ~ 884-6861

Lunch in the Park

June 9 – Aug. 15 ~ M-F ~ 11:30 a.m. – 1 p.m.
Douglass Park ~ lunch & activities for kids

Outdoor Cinema Series

The Birds ~ June 13, 9 p.m. ~ Stephens Lake Park ~ \$3
Some Like It Hot ~ July 11, 9 p.m. ~ Stephens Lake Park ~ \$3

Mid-Missouri PrideFest

June 14 ~ Stephens Lake Park ~ 11 a.m. – 7 p.m.

Juneteenth Celebration

June 14 – 15 ~ Douglass Park ~ 2 – 8 p.m.

QUEST Student Academy

June 16-20 ~ 9 a.m.–12 p.m. ~ ages 8-10 ~ YouZeum

Senior Games

June 19-22 and August 16-17 ~ www.smsg.org

Go Skateboarding Day!

June 21 ~ 2 – 5 p.m. ~ Columbia Skate Park at Cosmo Park

Columbia Youth Triathlon (Ages 8-17)

June 28 ~ 8 a.m. ~ Wilson's ~ 874-7460 ~ \$25

Fire in the Sky

July 4 ~ 6:30 p.m. ~ Memorial Stadium



Show-Me State Games

The largest state games in the nation
July 18-20 and 25-27, & Aug. 1-3 ~ www.smsg.org

Boone County Fair

July 21-27 ~ Boone County Fairgrounds

Columbia Career Center Summer Camps

Ages 10-18 ~ www.career-center.org/summer ~ 214-3803

Museum of Art and Archaeology

Kids Series ~ Summer Thursdays ~ maa.missouri.edu/

Featured Summer Activity

Missouri Theatre Center for the Arts

The Missouri Theatre was originally opened in downtown Columbia in 1928, and was one of Columbia's central entertainment gathering places until it closed for renovations and restorations almost a year ago. This summer the theatre has planned numerous concerts to celebrate its grand re-opening, and the unveiling of the beautiful renovations and restorations. Concerts and festivals planned include Hot Summer Nights, “Blind” Boone Ragtime-Early Jazz Festival, the New York Gilbert & Sullivan Players' Pirates of Penzance, and much more. Call 875-0600 or visit the website, www.motheatre.org, for the calendar.



VAC Youth Enrichment Fund (YEF)

YEF provides financial assistance for youth to participate in extra-curricular activities that will enrich their lives, including summer camp, art classes, sports programs, and more. If you need financial assistance with a summer activity for your child, call VAC at 874-2273.

This fund relies entirely on donations and contributions from the community. Simple ways to help:

- Enjoy great barbeque and homemade pies at Olivet Christian Church's 51st Anniversary Chicken and Mutton Barbeque on Saturday, June 21! A portion of the proceeds will benefit YEF.
- Benefit YEF while grocery shopping! To contribute to YEF every time you shop at Schnucks, pick up an eScrip Community Card and select “VAC Youth Enrichment Fund” as your organization. A percentage of your purchases will benefit YEF every time you use the card.

Thank you for supporting this wonderful program!



ATTENTION ALL VOLUNTEERS!!

Golden Jubilee Art in the Park: help at Stephens Lake Park on June 7 & 8. E-mail Crystal Payne, cryspayne@yahoo.com or call the Columbia Art League, 443-8838.

Tee Up the Summer: help young golfers ages 8-17 from June 10 – July 15 at the LA Nickell Golf Course on Tuesdays at 8 a.m. Contact 874-7499 or volunteer@GoColumbiaMo.com.

Youzeum: assist with fundraising, events, gift shop, tours, exhibit demonstrators and more. Contact Tia Felts, 886-2006, or visit www.youzeum.org.

Columbia Housing Authority: help with Paquin Tower game nights on Thursdays from 6-8 p.m. Contact Carrie Brown, 443-2556, ext. 1276 or CBrown@ColumbiaHA.com.

Missouri Theatre Center for the Arts: numerous volunteer opportunities throughout the summer, including Hot Summer Nights. Contact Sarah Skaggs, 875-0600 ext. 208 or sarah@motheatre.org.

Show-Me Games: help out at the nation's largest state games. Contact Jean Hough, 884-2946 or HoughJ@missouri.edu.

Columbia Housing Authority: assist youth with homework; help adults with office and computer skills training, math, reading, and personal development; and mentor financial management/homeownership classes. Contact Ron Schmidt, 443-2556, ext. 1112 or rshmidt@columbiaha.com.

American Red Cross: volunteer for Disaster Teams, Armed Forces Emergency Services, and Health & Safety programs. Contact 445-9411 or information@redcross-boone.org

RSVP of Boone County: a variety of volunteer opportunities available for experienced adults 55 and older. Call Cynthia Jobe, 442-7238.

Boone County Council on Aging: assist seniors with yard work and mowing. Call Diana, 443-1111.

Friends of Rock Bridge Memorial State Park: assist with the quarterly newsletter as a writer, copy editor, or publisher using Publisher 2007. Contact Meredith, 815-9255 or mjdonlsn@aol.com.

Centro Latino de Salud, Educacion y Cultura: help with the summer children's programs. Spanish proficiency not necessary. Contact Courtney Wright, 449-9442 or esl.wright@hotmail.com.

Alternative Community Training: assist disabled persons with arts and crafts, community integration, and socialization. Contact Sharla Hylar, 474-9446 ext. 209 or sharla4act@socket.net.

Boone Hospital Center: help in the Gift Shop in various shifts on the weekends. Contact Barb Shettleworth, 815-3205 or bshettle@bjc.org.

Make-A-Wish Foundation: serve as a speaker, event staff, committee member, fundraiser, or wish grantor. Contact Katie Enger, 816-889-9474 or kenger@kc.wish.org.

Douglass Bulldog Baseball Program: volunteer as a coach or umpire for a few hours each week in May, June & July. Contact Debra, 874-7499 or volunteer@GoColumbiaMo.com.

Preferred Hospice: provide companionship to a hospice patient. Call Lydia, 1-866-852-3310.

Rainbow House Emergency Shelter: help with daily activities and care of the children, light office work, outreach, special yard/home projects and home and general maintenance. Contact Lori Stoll, lstoll@rainbowhousecolumbia.org or 474-6600.

Ronald McDonald House: assist in guestrooms, family rooms, and common areas, or host snack drives, meals or deep clean guestrooms. Contact Jennifer, 443-7666 or jennifermiller@socket.net.

SHARE: pack and carry food boxes to cars for the elderly and disabled. Call Shirley Hargis, 449-1771.

The Wardrobe: help sort items and hang clothing. Call 442-3260.

YOU CAN MAKE A DIFFERENCE!



June 2008




Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1 Ragtime/Jazz Fest. Points of Light Conference Begins	2 Ragtime/Jazz Fest.	3 Ragtime/Jazz Fest. Burrell Behavioral Health Open House	4	5 Twilight Festival	6 RAW Re-entry Simulation	7 Art in the Park National Trails Day "Reel Time" Fishing
8 Art in the Park	9 Lunch in the Park Begins City Proposal	10 City Proposal Hearings UW Executive Dir. Mtg. BCRAA Mtg.	11 VAC Board Meeting City Proposal Hearings	12 Twilight Festival	13	14 Mid-MO PrideFest Juneteenth Celebration
15 Juneteenth Celebration	16	17	18	19 Twilight Festival Senior Games	20 Senior Games	21 Go Skateboarding Day! Senior Games Summer Begins
22 Father's Day	23	24	25 Basic Needs Coalition Mtg.	26 Twilight Festival Disaster Prep. Drill	27	28 Columbia Youth Triathlon
29	30					



July 2008



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
		1	2 Volunteer Network Meeting	3	4 Fire in the Sky VAC closed Independence Day	5
6	7	8	9 VAC Board Retreat	10	11	12
13	14	15 VAC Christmas In July Picnic	16	17	18 Show Me Games	19 Show Me Games
20 Show Me Games	21 Boone County Fair Opens	22	23 Basic Needs Coalition Mtg	24	25 Show Me Games Artrageous Fridays	26 Show Me Games Caira's wedding!
27 Show Me Games	28	29	30	31	<i>Congratulations Caira & John!</i> 	

**VOLUNTARY ACTION CENTER
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Newsletter Editor
Caira Bolen – Social Worker
Christina Montgomery – Social Worker
Jenn O’Laughlin – Admin. Assistant

The **Helping Hand Catalog of Volunteer Opportunities** (free) and the Fall 2005 **Directory of Social Services in Boone County** (\$20.00) are available at VAC! If you are looking for a way to volunteer or need information about social service agencies, call 874-2273 or stop by the office for a catalog or directory. VAC is currently updating the **Directory of Community Services for Boone County**. The 2008 Directory should be completed by this fall.

Future Fairs & Festivals:

Aug. 2 Back to School Health Fair
Aug. 8 Mature Living Festival
Aug. 7-17 Missouri State Fair in Sedalia, MO
Aug. 27 MU Volunteer Fair
Sept. 20-21 Heritage Festival
Sept. 27-28 Columbia Festival of the Arts
Oct. 3-4 Roots 'N Blues 'N BBQ Festival



Boone County Disaster Preparedness Drill



Boone County is planning an emergency drill in Columbia on Thursday, June 26, to ensure that the community is prepared for any potential natural disasters. The disaster response plan includes evacuation, mass care, sheltering, provisions for food and supplies, medical care, and a plan for a Volunteer Reception Center to organize the influx of volunteers. When a disaster occurs, there are always numerous people willing to lend a hand, but organizing them and matching them with the area of greatest need is always a challenge. Volunteering for this drill will help the community prepare for situations that might arise if a natural disaster does occur in our area. Contact Cindy Mustard at 874-2273 for information.

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