

# Voluntary Action Center

the heart of service in Boone County

## NEWSLETTER



800 North Providence Road

573.874.2273

www.vacmo.org

June – July 2009

### Lunch in the Park

This program provides a free and nutritious lunch for youth ages 18 and under at Douglass Park, Monday through Friday, from June 15 to August 21 (except July 3) 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, fun and educational activities and entertainment will be provided by various groups each day, including the Library's bookmobile, City of Columbia Public Works, Girl Scouts, the Health Department healthy snack program, the CARE Gallery and the Red Cross. We are also grateful to have many volunteers helping out this summer, including two Kiwanis clubs, Rotaract, Assembly of God Youth, Boone Landing, Youth in Action and many others. With all of these great programs and volunteers, it's sure to be another summer of food and fun!

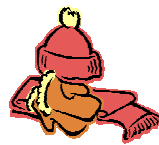


### Help Others Survive Missouri Weather...



#### WARM Up Columbia

It may be hot now, but it is time to plan ahead to help those less fortunate stay warm through the cold Missouri winter! VAC and Kathy Hull are collaborating to coordinate the 5th 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 or businesses can sign up to collect items over the summer, then VAC will pick everything up in September, and distribute them to the needy of our community before the first frost of fall.



In 2008, 2,466 coats and blankets were collected! The goal for 2009 is 2,600 items. For more information, contact Kathy at 443-3838 or blondmufan@aol.com.

#### And COOL Columbia Down!

The intense summer heat can be dangerous for those susceptible to it. VAC and KOMU-8 are collaborating this summer to provide fans for heat relief to low-income elderly and disabled persons, as well as families with children or pregnant women. This program is supported entirely by generous donations from the community. Monetary donations for new fans can be sent directly to the VAC office. To make a fan donation, drop off the new fan at VAC or at Lowe's (the KOMU Fan Club location).



In 2008, VAC distributed 108 fans to local families and individuals. For more information on donations, or to find out how to receive a fan, call VAC at 874-2273.

### Save The Date:

### It's CHRISTMAS IN JULY!

The spirit of giving makes July merry!



**DATE:** July 14, 2009  
**TIME:** 5:30 – 7:00 p.m.  
**PLACE:** Missouri United Methodist Church

To sponsor a low-income person for this festive holiday picnic, call VAC at 874-2273

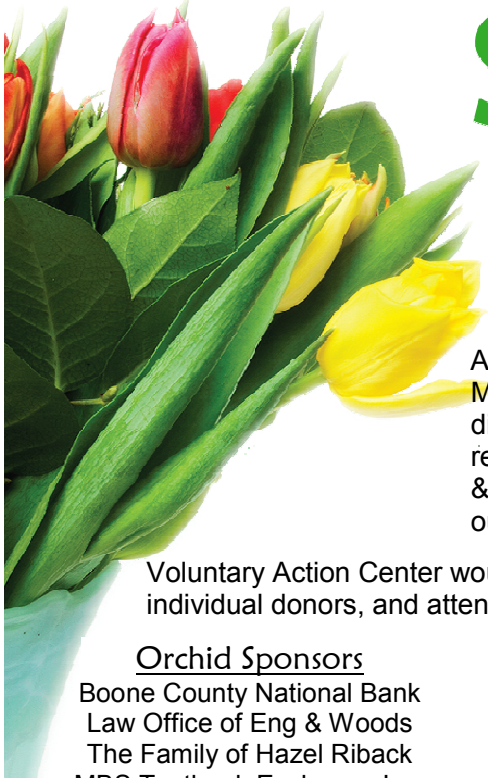
(see page 3 of this newsletter for more information)

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## VAC NEWS AND EVENTS

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# Spring into Action

was a great success!

About 150 friends of the Voluntary Action Center gathered on May 26 at the club at Old Hawthorne to enjoy great company, dinner and cocktails, bid on great auction items, and help VAC recognize Bob Duncan, Bo Fraser, Lynda Baumgartner, David & Jackie Pittman, and Gordon & Mickey Burnam for their outstanding contributions and service to our community.

Voluntary Action Center would like to thank all of our corporate sponsors, auction donors, individual donors, and attendees for supporting VAC's services through their donations!

### Orchid Sponsors

Boone County National Bank  
Law Office of Eng & Woods  
The Family of Hazel Riback  
MBS Textbook Exchange Inc.

### Rose Sponsors

Commerce Bank  
Dave Griggs' Flooring America  
Kilgore's Medical Pharmacy  
Landmark Bank

### Tulip Sponsors

Gary and Sherry Forsee  
Dan Knight  
Law Offices of Edwin Orr  
Barbara and Terry Schlemeier  
Dan and Sandy Scotten  
Kim Stonecipher-Fischer

### Media Sponsors

Columbia Home & Lifestyle  
Missouri Employers Mutual

### Auction Item Donors

- Advanced Radiology
- Steve Alexander
- American Shoe
- Balls & Strikes
- Lisa Bartlett
- Bleu
- Boone County Fire Protection District
- Boone County National Bank
- Tootie Burns
- Club at Old Hawthorne
- Culligan
- Hemingway's Wine & Bistro
- Mayor Hindman
- Hoss's Market & Rotisserie
- Kent's Floral Gallery
- Lawn & Leisure
- MU Athletics
- N.H. Scheppers Distributing
- Orr Street Studios
- Pela Cura Spa Clinic
- Pilates of Columbia
- Anastasia Pottinger
- Soccer Pro
- Songbird Station
- Kim Stonecipher-Fischer, Melody Parry, Barbie Lindner
- Superior Lawn & Garden
- Sven's Swedish Kafe
- Tryathletics
- VAC Board of Directors
- Westlakes
- Wild Bird Center
- Nancy Wilson

Special thanks to the event planning committee:  
Susan McQuilkin, Kim England, Steve Alexander, Andrea Benna, Lea Evans, and Jolene Schulz



## **Student Board of Directors Representatives Graduate**

Every year, VAC invites two local high school students to join our Board of Directors. These 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 Emily Pintel from Hickman High School, and Jens Johnson from Rock Bridge High School, who are heading to college this fall. We thank them for their service to VAC and their involvement in our community and wish them the best in all their future endeavors.

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## VAC NEWS AND EVENTS

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### Share The Spirit at CHRISTMAS IN JULY!

VAC is working in conjunction with Saint Nick to bring Christmas to Columbia early this year! Christmas in July will provide a fun Yuletide picnic on July 14 from 5:30 - 7:00 p.m. at Missouri United Methodist Church for hundreds of low-income individuals. The donations that make this picnic possible will also help VAC meet the needs of local families throughout the year. This celebration/fundraiser is only possible through support from the community. This year, VAC will also be celebrating our 40th Anniversary with a ribbon cutting at the picnic!



### YOU CAN HELP!

Each \$10 donation you make will:

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

**To make a donation,  
call VAC at 874-2273**

*When you donate, everyone benefits! The diner you sponsor will enjoy a great meal, you could win a fabulous prize, VAC will receive much needed funding, and we will all be reminded of the ongoing needs of low-income families in our community.*

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### Cost Cutters "Pick Your Charity Week"

Cost Cutters will be hosting their second annual "Pick Your Charity Week" during the week of July 19-25 this year. Last year the event raised \$7,990 for the charities that were involved. Their goal for 2009 is to raise \$10,000.



Every customer who gets a haircut during the week of July 19-25 will be given a "ballot" listing each participating local non-profit. The customers can then check the box next to the charity to whom they would like to donate \$5.00 out of the cost of their haircut. There is no extra charge to the customer, as the \$5.00 is donated from Cost Cutters. Mark your calendars to visit Cost Cutters between July 19 and 25th, to help them reach their \$10,000 goal and support local non-profits, including VAC!

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### SCHOOL SUPPLIES

VAC plans to join forces this summer with Walmart to ask the community to *Stuff the Bus* with school supplies for low-income children in Boone County. The "buses" will be at all three Columbia Walmart locations from July 24 – August 7 to collect the 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 third annual *Stuff the Bus* a huge success!



The school supplies will be distributed to low-income children at the third annual community Back-to-School health fair on August 15. The fair prepares children from low-income families for the school year by providing vision, dental, asthma and health screenings; haircuts; school supplies; backpacks; and information on supportive services for families from local non-profit agencies.

The Voluntary Action Center Newsletter is published bimonthly by the Voluntary Action Center  
800 N. Providence, Suite 220, Columbia, MO 65203. Vol. 12 Issue 3 June – July 2009  
Visit [www.vacmo.org](http://www.vacmo.org) for more information about VAC's programs, or to sign up for VAC's e-newsletter.

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

***2009 HERO Award Winners!***



The 8th annual Columbia Daily Tribune HERO Awards reception was held on Thursday, April 23, recognizing all 27 individuals and groups nominated for the awards, and announcing the three winners for 2009!

Over the past five years, Karis Ann Crosby, the Youth winner, has been an active volunteer at TRYPS, positively impacting the lives of thousands of children. She has used her theatrical talents to enrich others' lives by bringing characters to life in plays, educational skits, and workshops, teaching children in theater classes, and organizing fundraisers. Karis' volunteer efforts also extend to other groups, including K-Life Youth Group,

Turkey Hill Bible Ranch Camp, and the Ronald McDonald Kids Cure Cancer Club fundraiser, which she founded and led. Karis has given endlessly of her time, effort, and compassion for others and developed a strong foundation for a lifetime of volunteerism.



The winner in the Group Category was the Aktion Club, a service group whose members are clients of Woodhaven Learning Center. They work under the guidance of local Kiwanis organizations. The Aktion Club has worked to make Columbia a more beautiful place by contributing many hours to Cleanup Columbia Day and the Adopt-a-

Spot Beautification Program. The group has also volunteered for the Salvation Army, Columbia Head Start, TRYPS, and other groups in Columbia. Aktion Club members show great dedication and enthusiasm for every task they undertake.



The winner in the Individual category was Max Lewis, a local attorney who provides legal representation *pro bono* for those unable to afford attorneys, and advocates for people with disabilities in local and state government. Max's quadriplegia has given him an uncommon empathy for people facing physical challenges, but has never been a barrier to his efforts to help people in need. He serves on the boards for Services for Independent

Living, Boone County Family Resources, the Columbia Housing Authority, and Mid-Missouri Legal Services, and developed and teaches an adapted gymnastics program for children with disabilities, helping build their strength and confidence. Max has displayed great strength and wide-ranging talents in his admirable and extensive volunteer efforts in our community.

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***Congratulations to all the 2009 HERO Award nominees!***





# WHAT'S HAPPENING THIS SUMMER?



## Art and Theater

"Blind" Boone Ragtime-Early Jazz Festival  
May 31, June 1-2 ~ Jesse Hall ~ [blindboone.missouri.org](http://blindboone.missouri.org)

### Art in The Park

June 6-7 ~ Stephens Lake Park ~ 10 a.m. – 5 p.m.  
[artinthepark.missouri.org](http://artinthepark.missouri.org)

### Shelter Gardens Concert Series

Sunday nights ~ June 14 – July 26 ~ 7 p.m. ~ Free  
[www.shelterinsurance.com/SPS/public/about\\_events](http://www.shelterinsurance.com/SPS/public/about_events)



### Arrow Rock Lyceum Theatre

*Hairspray, Annie, Hello Dolly* and more  
(660) 837-3311 ~ [www.lyceumtheatre.org](http://www.lyceumtheatre.org)

### Columbia Entertainment Company

*My Fair Lady* ~ 474-3699 ~ [www.cectheatre.org](http://www.cectheatre.org)



### Maples Repertory Theatre

*My Fair Lady, Murder by the Book, Little Shop of Horrors, Charley's Aunt*  
(660) 385-2924 ~ [www.maplesrep.com](http://www.maplesrep.com)

### Maplewood Barn Community Theater

*Little Shop of Horrors, The Taming of the Shrew*  
[mbct.missouri.org](http://mbct.missouri.org) ~ 449-7517

### Missouri Theatre Center for the Arts

Numerous events and concerts throughout the summer,  
including the Hot Summer Nights Festival  
875-0600 ~ [www.motheatre.org](http://www.motheatre.org)

### MU Summer Repertory Theatre

*I Love You, You're Perfect, Now Change; Steel Magnolias; Comedies in Concert* ~ 882-PLAY  
[theatre.missouri.edu/summerrep.htm](http://theatre.missouri.edu/summerrep.htm)

### Orr Street Studios

Free art events every Tuesday night at 7 p.m. include  
Seeing Visions: Films on Orr about Art and  
Hearing Voices: Local Authors read their work

## Featured Summer Assistance Program

### Window Air Conditioner Exchange Program

**Where:** Central Missouri Community Action  
400 Wilkes Blvd, Columbia, MO 65203

**When:** the program begins on June 1 and continues as long as supplies of new units last.

**Eligibility:** all applicants must...

- be a City of Columbia electric customer
- have a broken or inefficient window unit to exchange
- have an annual household income of less than 200% of the federal poverty level.

**Contact:** 443-8731 ext. 201

## Family Activities

### National Trails Day

June 6 ~ 5K/10K run/walk at Stadium access of MKT  
Nature Expo at Forum Nature Area ~ 9 a.m.

### Mid-Missouri PrideFest

June 13 ~ Stephens Lake Park ~ 11 a.m. – 7 p.m.

### Juneteenth Days

June 13 & 14 ~ Douglass Park ~ 3 – 8 p.m.

### Connecting for Children Retreat

June 13 & 14 ~ 443-8706 ext. 230  
[rebecca-karlinsky@showmeaction.org](mailto:rebecca-karlinsky@showmeaction.org)

### RAIN Salute to Life Walk

June 14 ~ Stephens Lake Park ~ 10 a.m. ~ 875-8687

### Family Fun Fest: Stream Extravaganza

June 17, 6 p.m. ~ Flat Branch Park

### Co-ed Mud Volleyball Tournament

June 20 ~ Columbia Career Center Ag. Field ~ \$25/person  
benefits Big Brothers/Big Sisters ~ must be 18 to play

### Fire in the Sky

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



### Family Fun Fest: Around the World

July 15, 6 p.m. ~ Flat Branch Park

### Show-Me State Games

The largest state games in the nation  
July 17-19, July 24-26, July 31 & Aug. 1-2 ~ [www.smsg.org](http://www.smsg.org)



### Boone County Fair

July 20-26 ~ Boone County Fairgrounds  
5212 N. Oakland Gravel Road

## Fun for Kids & Teens

### "Reel Time" with Kids Fishing Clinic

June 6 ~ 9 a.m. – 1 p.m. ~ Bass Pro Shop ~ 884-6861

### U.S. Cellular Movies in Flat Branch Park

*Madagascar Escape 2 Africa* ~ June 12, 9 p.m.  
*The Tale of Desperaux* ~ July 10, 9 p.m.

### Mid Missouri Soap Box Derby

June 14 ~ 7th & Broadway ~ 8 a.m. - 5 p.m.  
[www.midmosbd.org](http://www.midmosbd.org)

### Lunch in the Park

June 15 - August 21 (Monday - Friday) ~ Douglass Park  
Free lunch and entertainment 11:30 a.m. - 1:00 p.m.

### Go Skateboarding Day!

June 20 ~ Columbia Skate Park at Cosmo Park ~ 2-5 p.m.

### Museum of Art and Archaeology

Kids Series ~ Summer Thursdays ~ [maa.missouri.edu/](http://maa.missouri.edu/)

### Columbia Career Center Summer Camps

Ages 9-18 ~ [www.career-center.org/summer](http://www.career-center.org/summer) ~ 214-3803



## ATTENTION ALL VOLUNTEERS!

**VAC's Lunch in the Park:** serve lunch to kids at Douglass Park from 11:30 a.m. – 1:00 p.m. on weekdays this summer. Contact Cindy Mustard, 874-2273 or [dir@vacmo.org](mailto:dir@vacmo.org).

**Columbia Art League:** help at the **Art in the Park** festival on June 6 & 7, or with projects in the gallery throughout the year. Contact Diana Moxon, 443-2131 or [artleague@centurytel.net](mailto:artleague@centurytel.net)

**MU Veterinary Medical Teaching Hospital:** greet and assist clients and their pets in the reception area during the week. Call Sue Worsowicz, 882-7821.

**American Heart Association:** copy 5 communication books for the organization (22 hour time commitment necessary) before June 17. Contact Regina Pauley, 446-3000 ext 3107 or [regina.pauley@heart.org](mailto:regina.pauley@heart.org).

**Missouri State Historical Society:** mend and prepare historic newspapers for microfilming. Contact Seth Smith, 882-1180 or [smithset@umsystem.edu](mailto:smithset@umsystem.edu).

**Columbia Regional Hospital:** help with mail, in the gift shop, in registration or as a waiting room assistant. Contact Kay Perry Wheeler, 875-9218 or [perryka@health.missouri.edu](mailto:perryka@health.missouri.edu).

**Family Fun Fest:** help with this new summer festival for families from 6-8 p.m. on the third Wednesday of each month. Contact 874-7499 or [volunteer@gocolumbiamo.com](mailto:volunteer@gocolumbiamo.com).

**Family Counseling Center:** help with office work, yard work, minor home repairs, and curriculum development. Contact Shauna, 443-2204 or [skammerich@fccmo.org](mailto:skammerich@fccmo.org).

**Household Hazardous Waste Collection:** greet, direct traffic, and distribute recycling information on the first and third Saturdays from April - November. Two shifts are available between 9 a.m. and 1 p.m. Contact [pw-volunteer@GoColumbiaMo.com](mailto:pw-volunteer@GoColumbiaMo.com).

**Columbia Farmers Market:** work on the Pavilion project, greet customers at the Saturday market, or help with special events. Contact Casey, 823-3663 or [informationcafe@gmail.com](mailto:informationcafe@gmail.com).

**Columbia Housing Authority:** tutor children, help with recreational activities, train adults on computer skills, help in the food pantry, assist seniors with light housekeeping. Call 443-2556.

**Hospice Compassus:** seeking caring volunteers for the hospice programs. Contact Dale Willis, 443-8360 or [dale.willis@hospicecom.com](mailto:dale.willis@hospicecom.com).

**Special Olympics:** help with tennis beginning June 3 or golf beginning on June 4. Volunteers should be willing to help throughout the season. Contact [volunteer@gocolumbiamo.com](mailto:volunteer@gocolumbiamo.com).

**Marine Parents.Com:** sort donations for care packages to be sent to deployed marines on Thursdays from 10 a.m. to 3 p.m. Contact Eric Sims, 449-2003 or [eric@marineparents.com](mailto:eric@marineparents.com).

**Youzeum:** help with fundraising, events, gift shop, tours, exhibit demonstrators and more. Call Tia Felts, 886-2006 or visit [www.youzeum.org](http://www.youzeum.org) for an application.

**Preferred Hospice:** help terminally ill patients all over central Missouri. Contact Terra Welch, 499-4540 or [twelch.col@preferredhospice.com](mailto:twelch.col@preferredhospice.com).

**Rainbow House Emergency Shelter:** help with children's activities, office work, yard projects and home maintenance. Contact Lori Stoll, [lstoll@rainbowhousecolumbia.org](mailto:lstoll@rainbowhousecolumbia.org) or 474-6600.

**Douglass Baseball League:** seeking coaches, assistant coaches and umpires for the 2009 season. Contact 874-7499 or [volunteer@gocolumbiamo.com](mailto:volunteer@gocolumbiamo.com).

**Boone County Council on Aging:** mow lawns for seniors. Call 443-1111.

**The Wardrobe:** sort and hang the clothing and other items. Call Carol Smith, 442-3260.

## YOU CAN MAKE A DIFFERENCE!





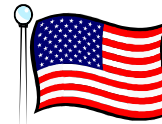
## June 2009



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b> Ragtime/Jazz Fest.	<b>2</b> Ragtime/Jazz Fest.	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Art in the Park National Trails Day "Reel Time" Fishing Safe Kids Day
<b>7</b> Art in the Park	<b>8</b> City Proposal Hearings	<b>9</b> City Proposal Hearings UW Executive Dir. Mtg. BCRAA Mtg.	<b>10</b> VAC Board Meeting City Proposal Hearings	<b>11</b>	<b>12</b> Movie @ Flat Branch Park	<b>13</b> Mid-MO PrideFest Juneteenth Celebration
<b>14</b> Juneteenth Celeb. Shelter Concert Soapbox Derby RAIN Walk	<b>15</b> Lunch in the Park Begins	<b>16</b>	<b>17</b> Family Fun Fest: Stream Extravaganza	<b>18</b>	<b>19</b>	<b>20</b> Go Skateboarding Day! Mud Volleyball Game
<b>21</b> Father's Day Shelter Garden Concert	<b>22</b>	<b>23</b>	<b>24</b> Basic Needs Coalition Mtg. Interfaith Mtg.	<b>25</b> Athena Awards	<b>26</b>	<b>27</b>
<b>28</b> Shelter Garden Concert	<b>29</b>	<b>30</b>				



## July 2009



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
			<b>1</b> Volunteer Network Meeting	<b>2</b>	<b>3</b> VAC closed	<b>4</b> Fire in the Sky Independence Day
<b>5</b> Shelter Garden Concert	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Movie @ Flat Branch Park	<b>11</b>
<b>12</b> Shelter Garden Concert	<b>13</b>	<b>14</b> VAC Christmas In July Picnic BCRAA Mtg.	<b>15</b> Family Fun Fest: Around the World	<b>16</b>	<b>17</b> Show Me Games	<b>18</b> Show Me Games
<b>19</b> Show Me Games Shelter Garden Concert	<b>20</b> Boone County Fair Opens	<b>21</b>	<b>22</b> Basic Needs Coalition Mtg	<b>23</b>	<b>24</b> Show Me Games	<b>25</b> Show Me Games
<b>26</b> Show Me Games Shelter Garden Concert	<b>27</b>	<b>28</b> VAC Board Retreat	<b>29</b> Point in Time Homeless Count	<b>30</b>	<b>31</b>	

**VOLUNTARY ACTION CENTER  
BOARD OF DIRECTORS**

**President:** John Dean  
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**Past President:** Cathy Scroggs  
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**Finance Administrator:** Nancy Duncan  
**Social Worker:** Ron Schmidt  
**Social Worker:** Christina Montgomery  
**Administrative Assistant:** Amy Myers

**VAC Publications**

The **Helping Hand Catalog of Volunteer Opportunities** (free) and the **Directory of Social Services in Boone County** (\$20.00) are available at VAC! If you are looking 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 Helping Hand Catalog**, which lists local agencies and organizations that utilize volunteers. All listings are free, and many agencies find vital volunteer assistance through the catalog. Contact VAC if you know of any agencies in need of volunteers who are not currently listed in the catalog.

**Looking Ahead:**

- Aug. 7 Project Homeless Connect
- Aug. 15 Back to School Health Fair
- Aug. 13-23 Missouri State Fair in Sedalia, MO
- Aug. 22 Step Forward Day
- Aug. 26 MU Activities Mart
- Aug. 28 Mature Living Festival
- Sept. 2 MU Volunteer Fair
- Sept. 18 Final Airing of Pepper & Friends
- Sept. 19-20 Heritage Festival
- Sept. 25-26 Roots 'n Blues 'n BBQ Festival



Return Service Requested

Nonprofit Organization  
U.S. POSTAGE  
PAID  
Columbia, MO 65201  
Permit No. 141

**Voluntary Action Center**  
**800 North Providence, Suite 220**  
**Columbia, MO 65203**

