



Voluntary Action Center

the Heart of Service in Boone County

NEWSLETTER



403A Vandiver Dr.

573-874-2273

www.vacmo.org

April-May 2010

Voluntary Action Center presents

9th Annual

Spring Into Action

Dinner, Awards Ceremony & Auction

Tuesday, May 25

5:30 p.m. to 8:30 p.m.

The Club at Old Hawthorne

6221 West Broadway



Spring is almost here! The Voluntary Action Center and its friends are springing into action to help raise awareness and money for VAC's programs and services. Make plans to join us Tuesday, May 25 for a wonderful evening of great food and excellent company!

This year VAC is pleased to honor Judy Carter with the Hazel Riback Award for outstanding service to VAC; John and Karla DeSpain with the Outstanding Community Service Award and Billy Boyce, Jr., Travis Burnett and Rob Christensen with the Heart of VAC Award. We are thrilled to recognize these amazing members of our community and hope you can join us as we celebrate their contributions to VAC and the residents of Boone County.



Roger Wilson will be our emcee for the evening. Guests will enjoy a delicious dinner, help us honor these deserving individuals and have the opportunity to support VAC's programs by purchasing auction items donated by local businesses. Tickets are \$60 and are available by calling VAC at 449-6959. For more information about the event or sponsorship opportunities, please contact Marissa Todd at 449-6959 or projdir@vacmo.org.

Celebrate Volunteerism!



National Volunteer Week

April 18-24 is National Volunteer Week. During this week, Points of Light Institute and HandsOn Network "Celebrate People in Action" by recognize outstanding volunteers all over the country who have made an impact in their communities. There are many local opportunities to get involved, so be inspired and volunteer this week! For more information on volunteerism visit www.pointsoflight.org.

Earth Day Festival

Looking for a volunteer opportunity? Come to the 2010 Earth Day Festival Sunday, April 25 from noon to 7 p.m. Learn about sustainable living and enjoy live music, food and all the volunteer information you can handle. Agencies and non-profit groups will have information about getting involved and making a difference in the community. Visit www.columbiaearthday.org for more information.



Columbia Volunteer Network Meeting & MU Spring Into Service Fair

The Columbia Volunteer Network will host a meeting on Wednesday, April 7 at 8:30 a.m. at the University of Missouri. This quarterly meeting will precede the Spring Volunteer Fair. The fair will take place from 10 a.m. to 1:30 p.m. in Stotler Lounge, located in Memorial Union. Students will have the opportunity to talk with local non-profits about summer service opportunities. For more information, contact Pat Fowler at 882-0628.

Upcoming VAC Events



Lunch in the Park

Voluntary Action Center is partnering with the Boone County/Columbia Health Department and Columbia Parks and Rec this year for the 10th annual Lunch in the Park program. The program begins on Monday, June 14 and runs through Friday, August 13. This program provides nutritious lunches to children 18 or younger during the summer months. These free lunches will be served at Douglass Park. Children are also provided with an educational program during the lunch hour. For more information, to volunteer to help serve lunch or to provide a program, contact VAC at 449-6959.

Tiger Treasures

Tiger Treasures is coming June 5 and VAC will once again be looking for volunteers. VAC receives a portion of the proceeds from Tiger Treasures based on the number of volunteer hours contributed in its name. Volunteers will be needed for collection during student move out, sorting of items and sales. Last year, VAC staff, board members and volunteers donated 110.875 hours, resulting in \$1,685 for Voluntary Action Center. More information will be coming, but if you are interested in volunteering for VAC, contact our office at 449-6959.



9th Annual Hero Awards



COLUMBIA DAILY
TRIBUNE



**Voluntary
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**Landmark
Bank**

Join the Voluntary Action Center, Columbia Daily Tribune and Landmark Bank on Tuesday, April 20 as we present the 2010 Hero Awards. This year there are seven award categories, the three original categories and four new awards. Over 50 nominations were submitted!

The reception starts at 4 p.m. at the Stoney Creek Inn. Guests will be treated to delicious hors d'oeuvres by Upper Crust. Musical entertainment will be provided by Michael Will. All nominees will be recognized and a winner will be named in each category. Winners receive \$400 for their non-profit organization. The cost is only \$10. Contact the Voluntary Action Center at 449-6959 for more information.

Special thanks to the Judging Panel, chaired by Lynda Baumgartner. Panel members are Pam Gainor, Ken Greene, Steve Hollis, Gail Hubbell, Wally Pfeffer and Bea Smith.

2010 Hero Award Nominees

Adult

Marion and Shirley Ballard
Liz Bolin
Donna Buchert
J.D. Calvin
Gary Duncan
Bobbi Jackson
Charles Jacobson
Laura Jost
Alan Marshall
Cindy Mutrux
Myrna Myers
Peggy Platner
Traci Scardina
Norma Smith
Diane Stelzer
Demetria Stephens
Janelle Varvaro
Jackie Verdum
Barbara Willingberg

Youth

Sophi Bones
Zeb Charlton
Angela & Amanda Huhman; Liz &
Libby Burks
Jimmy Hunter
Katy McDonald
Rock Bridge Reaches Out
Warren Szewczyk

Education/Literacy

PTA of Jefferson Jr. High
John Rapp
Stand by Me
Karen Taylor

Community Protection

Kevin Carr
Stan Hudson

Group

Alpha Delta Pi
Bluffs Auxiliary/Bluffettes
Boone Landing
Columbia Builds Youth
Delta Tau Delta
Foundation for the Higher Good
Great Rivers Council of BSA
Karis Community Church
Lutheran Family Foster Parents
HTCC Helping Hands
The Rock
SCORE
SNAP
State Farm Ins. Volunteers

Healthcare

Millie Bolman
Christine Chang/Deborah Filer
Cast of Window Panes
Lindy Tarwater

Lifetime Achievement

Virginia Bzdek

Dan Scotten

Joseph Wilson

Agency Spotlight



Mustard Seed Fair Trade opened in October of 2008. Their mission is to engage the local community in the principles and practices of fair trade. The store was started by three women from the Karis Community Church, Christina Weaver, Becca Brauer and Ann Daughtery. Several women from the church took a trip to Uganda where they came face to face with the effects of unfair trade practices. Upon returning from Uganda, the three women decided to open a fair trade store in Columbia and Mustard Seed was born.

Fair trade is an international issue that is becoming more prominent. Fair trade practices assist marginalized artisans in Latin America, Southeast Asia, Central Africa and other developing regions around the world. Many of the people in these areas struggle to make a living because of unfair labor practices. Fair trade assures these artisans of fair wages and safe working conditions, allowing them to greatly improve their quality of life. According to the Fair Trade Federation's website, fair trade does this by:

- Creating opportunities for economically and socially marginalized producers
- Developing transparent and accountable relationships
- Building capacity
- Promoting fair trade
- Paying promptly and fairly
- Supporting safe and empowering working conditions
- Ensuring the rights of children
- Cultivating environmental stewardship
- Respecting cultural identity

To learn more about Mustard Seed:

Jessica Canfield, Executive Director
25 S. 9th Street
Columbia, MO 65201
449-6166
info@mustardseedfairtrade.org
www.mustardseedfairtrade.org

Jessica Canfield is the Executive Director and only paid employee. The organization is run by a small board of directors composed of founders Christina Weaver and Becca Brauer, in addition to three other community members. The store is staffed entirely by volunteers. The store is open Monday through Saturday from 10 a.m. until 6 p.m. Because the store is staffed completely by volunteers, there are many opportunities to help fulfill their mission. Volunteers run the register, arrange displays, help select and process new inventory, assist customers, and participate in off-site sales. Additionally, Mustard Seed offers unique internship and advanced volunteer opportunities in all areas of business development (management, finances, marketing, merchandising, etc). Interested volunteers may stop by the store or visit the website to pick up a volunteer application. Jessica will then arrange for a meeting to learn more about individual volunteer interests in order to best place volunteers according to their strengths and abilities.

Spring Events



Bring your children out for the annual Egg Hunt Eggstravaganza on Saturday, April 3 from 12-1:30 p.m. in Douglass Park. Kids will enjoy other activities including coloring, face painting and games.

Have you ever wanted to sit in the driver's seat of a fire truck or climb in the back of a dump truck? Now is your chance at the Tons of Trucks event, Wednesday, April 7 from 4-7 p.m. in the Rainbow Softball parking lot in Cosmo Park. Trucks and other vehicles of all shapes and sizes will be on display. This is a free event held rain or shine.

The Cinderella Project will hold a Prom Dress Drive "Shopping Day" on Saturday, April 10 from 11 a.m. to 3 p.m. at the Armory Sports Center. Young ladies will receive a free formal gown of their choice to wear at their high school prom. For more information contact cinderellaproj@gmail.com.

Kite Flying Day is Saturday, April 10 from 12-2 p.m. in Douglass Park. Bring the family and participate in fun and a few kite flying contests. A limited number of kites will be given to children that do not have one to fly.



The Fourth Annual Show-me "A Cappella" event is Friday, April 16 at 7 p.m. Come down to the Blue Note and see wonderful performances by college groups from MU, Stephens College and Truman State. Tickets are \$10 (\$5 for students). Reserved floor tickets are available for \$15 through Rotary. Proceeds benefit several local charities including Voluntary Action Center, Big Brothers Big Sisters and the PET Project. Contact prestonjo@missouri.edu for more information.

The MU Graduate School presents Mizzou Adventures in Education on Saturday, April 24 from 10 a.m. to 2 p.m. at Jesse Hall. This free family event features child-friendly events like art, chemistry and music. Visit gradschool.missouri.edu/adventures for more information.

The 9th Annual Mayor's Challenge: Bike, Walk & Wheel Week will take place May 1-7. The kickoff event is Saturday, May 1 in Flat Branch Park. Events will occur throughout the week. Visit www.getaboutcolumbia.com for a full listing of events.



Columbia Parks and Rec, KPLA 101.5 & U.S. Cellular present Movies in the Park. Grab a blanket or low lawn chair and come enjoy an unforgettable evening of cinema. The first movie, Up, will be shown Friday, May 14 at 8:45 p.m. Cost is \$1 per person; children 12 and under are free.



The annual Salute to Veterans Memorial Day Parade is Monday, May 31 at 10 a.m. The airshow will be at the Columbia Regional Airport on Saturday and Sunday, May 29-30. This is a free event. For more information visit www.salute.org.

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Visit www.vacmo.org for more information about VAC's programs, or to sign up for VAC's e-newsletter.



ATTENTION ALL VOLUNTEERS!!

Volunteers and walkers are needed for the Walk MS event on Saturday, April 24 beginning at noon at Cosmo Park. For more information contact Cathy Hicks at 442-8822 or visit www.gatewayMSwalk.org.

Clean Up Columbia is Saturday, April 24. This is a great volunteer opportunity for groups, clubs and other organizations. Email volunteer@gocolumbiamo.com for more information or to sign up for a site.

Central Missouri Community Action needs volunteers to assist in transferring and assigning files to a paperless computer system. Call 442-6837 ext. 25 or email Megan-Lee@showmeaction.org.

Mid-Missouri Affiliate of Susan G. Komen for the Cure is seeking volunteers to help on the planning committee for Mid-Missouri's inaugural Race for the Cure, September 19. Call 445-1905 or email RaceChairKomenMidMo@gmail.com for more information..

Columbia Housing Authority needs volunteers to help children with homework or activities, train adults on computers, help with the food pantry and assist seniors and the disabled with housekeeping. Call 443-2556.

Columbia Hospitality Corps is seeking volunteers to staff the Lake of the Woods Visitors Center. Contact volunteer@gocolumbiamo.com if you can help.

Mustard Seed Fair Trade needs volunteers to run the register, assist customers and organize merchandise. Call 449-6166 or email info@mustardseedfairtrade.org.

Rainbow House Emergency Shelter needs volunteers to help with activities and child care, office work, outreach, home projects and maintenance. Contact Lori at 474-6600 or email lstole@rainbowhousecolumbia.org.

Ronald McDonald House Charities seeks volunteers for a variety of duties, including event, family room and house volunteers, video production and editing. For more information call 443-7666 or email jennifermiller@socket.net.

St. Francis House needs volunteers to interact with residents, help prepare meals and other activities at the shelter. Call Ruth at 443-1927 or Steve at 875-4913.

The Hershey's Track & Field Meet will be held the morning of Saturday, May 1 at Rock Bridge High School. Volunteers are needed as timers, measurers, recorders and runners. Call 874-7499 or email volunteer@gocolumbiamo.com to get involved.

YOU CAN MAKE A DIFFERENCE!



April 2010



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
				1 Census Forms Due	2	3
4 Easter	5	6 Election Day! Business Showcase	7 Col. Vol. Network MU Service Learning Fair	8 UW Allocation Update Best of Columbia	9	10 Caring for Columbia
11	12	13 BCRA Mtg.	14 VAC Bd Mtg.	15 Coyote Hill Boots 'n Bids for Kids	16	17
18 National Volunteer Week Begins	19	20 Hero Awards	21 Administrative Professionals Day	22 ATHENA Banquet Earth Day	23	24 Clean Up Columbia
25 Earth Day Festival	26 UW Agency Presentations	27 UW Agency Presentations	28 Interfaith Council Basic Needs Mtg.	29	30	



May 2010



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
						1 Speaking of Women's Health Conference
2	3	4	5	6 Partners in Education Kick-off	7	8
9 Mother's Day	10	11 BCRA Mtg.	12 VAC Bd. Mtg.	13 Partners in Education Breakfast	14	15 MU Commencement
16	17	18	19	20	21	22
23	24	25 Spring Into Action	26 Interfaith Council Basic Needs Mtg.	27	28	29
30	31 Memorial Day					




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403A Vandiver Dr.
Columbia, MO 65202**

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

**VOLUNTARY ACTION CENTER
BOARD OF DIRECTORS**
President: John Dean
Vice President: Alex George
Secretary: Lynn Cole
Treasurer: Bob Duncan
Past President: Cathy Scroggs
Steve Alexander
Shawn Barnes
Jason Becking
Andrea Benna
Billy Borgmeyer
Leigh Britt
Brian Cottle
Kim England
Lea Evans
Susan Gowin
Jackie Hawks
Gwen Jones
Raymond Massey
Suzanne McDavid
Susan McQuilkin
Mark Monroe, M.D.
Diane Orton-Howard
Rick Ravenhill
Molly Read
Jolene Schulz
Andrea Shelton
Andrew Spaedy
Scott Sutherland

STAFF
Executive Dir.: Cindy Mustard
Project Director: Marissa Todd
Finance Admin.: Nancy Duncan
Social Services Specialists: Ron
Schmidt & Christina Montgomery
Admin. Assistant: Amy Myers



VOLUNTEERS
Make a World of Difference

VAC has tabulated the number of volunteers and hours donated to agencies, churches, schools, groups, and organizations in Boone County in 2009. 119 organizations reported in that 94,997 volunteers donated 2,311,689 hours of service, a total value of \$46,811,702.25! Thank you to the many volunteers who serve!

Coming this summer...



- ◆ Tiger Treasures, June 5
- ◆ Art in the Park, June 5-6
- ◆ MO State Senior Games, June 10-13
- ◆ Christmas in July, July 15
- ◆ Show-me State Games, July 16-18;
July 23-25

Looking for a volunteer opportunity? Pick up a Helping Hand catalog! With over 200 agencies listed, there are opportunities for all interests. This free resource is available at VAC's office, so call or stop by today.

