



Voluntary Action Center

the Heart of Service in Boone County

NEWSLETTER



403A Vandiver Dr.

(573) 874-2273

www.vacmo.org

April-May 2011

The Bank of Missouri Presents the 10th Annual Voluntary Action Center's *Spring Into Action*



Tuesday, May 24 — 5:30 p.m.
Chamber Ambassador Ribbon Cutting at 6:00 p.m.
The University Club — 107 Reynolds Alumni Center

With the arrival of spring, friends of the Voluntary Action Center (VAC) are once again preparing to *Spring Into Action* to recognize a few of the area's outstanding volunteers and to raise funds for VAC to continue providing services to those in need in our community. This year, we are very pleased to honor:

- ★ **Mike and Rockie Alden** (Outstanding Community Service Award)
- ★ **Harlan, Harlan & Still** (Hazel Riback Award for outstanding service to VAC)
- ★ **Brent Beshore** (Heart of VAC Award)

We hope you are able to attend the *10th Annual Spring Into Action* and help us celebrate their many contributions to VAC and to the residents of Boone County. Roger Wilson will serve as emcee, and Larry Atterberry will be the auctioneer. In addition, the Mizzou Botanic Garden will help this event with its spring theme by providing decorations.

Guests will enjoy a delicious Italian buffet, help us honor these deserving award winners, and have the opportunity to support VAC's important programs by purchasing great auction items donated by local businesses. Tickets for this event are \$60, and there are also many different sponsorship opportunities available. For more information, please contact Ron Schmidt at 874-2273, ext. 203 or projdir@vacmo.org.



**THE
BANK
OF MISSOURI**

Member FDIC

**2011 National
Volunteer
Week
April 10 to 16**



For more than two decades, Points of Light Institute has equipped nonprofit organizations to celebrate National Volunteer Week, providing visibility, thematic focus, and resources to enable them to commemorate this signature week of volunteer recognition.

Through various programs, Points of Light Institute recognizes volunteers and the tremendous impact they are making on our country's most critical challenges year-round.

To find a local volunteer opportunity, all you need to do is pick up a free Helping Hand catalog from VAC. With over 200 agencies listed, there are opportunities for all interests.



**Lunch In The Park
June 13 to August 12
at Douglass Park**

VAC, the Columbia/Boone County Health Department, and Columbia Parks and Recreation will once again offer this program that provides nutritious lunches to children, as well as educational programming, during the lunch hour. For more information, to help serve lunches, or to provide a program, contact VAC at 874-2273.



columbia earth day 2011
over 40 Years growing green

**Sunday, April 17
noon to 7:00 p.m.**

**at and around Peace Park
(rain date: Sunday, May 1)**

Learn about sustainable living, enjoy live music and food, and get all the volunteer information you can handle. Agencies and nonprofit groups will have information about getting involved and making a difference in the community.

You may visit www.columbiaearthday.org for more information. If you have any questions, you may call 875-0539 or email mail@columbiaearthday.org.

**Are You Smarter Than
A JA 5th Grader?
Thursday, April 28 — 5:00 p.m.
at the Courtyard Marriott
Fun - Food - Fundraiser**

Tickets for this event are \$20 for adults and \$10 for children under 12. There are also many different sponsorship opportunities available. For more information or to RSVP, contact Meredith Knopp at (636) 728-0707 (ext. 201) or at mknopp@jastl.org.



Items Needed

VAC is in need of the following items so that we may serve our clients better:

- | | | |
|---|-------------------|----------------------|
| ♥ nonperishable food
(canned, boxed, etc.) | ♥ school supplies | ♥ hygiene products |
| ♥ diapers | ♥ office supplies | ♥ cleaning products |
| ♥ baby formula | ♥ toilet paper | ♥ laundry products |
| ♥ fans (new or used) | ♥ paper towels | ♥ household products |

10th Annual Hero Awards



Please join the Voluntary Action Center (VAC), Columbia Daily Tribune, and Landmark Bank on Tuesday, April 12 as we present the 2011 Hero Awards in the following seven categories: Adults, Groups, Youth, Education, Healthcare, Community Protection, and Lifetime Achievement.

**Tuesday,
April 12
4:00 p.m.
Stoney
Creek
Inn**

The reception begins at 4:00 p.m. at the Stoney Creek Inn (2601 S. Providence Road). Guests will be treated to delicious hors d'oeuvres by The Upper Crust, and musical entertainment will be provided. All nominees will be recognized and a winner will be named in each category. Each winner will receive \$400 for their non-profit organization. The cost to attend is only \$10. Please contact VAC at 874-2273 for more information.

Special thanks to the Judging Panel, which was chaired by Wally Pfeffer. Panel members included Les Borgmeyer, Ken Greene, Pam Gainor, Cheryl Jarvis, Bea Smith, and Bill Thompson.

2011 Hero Award Nominees

- ★ Kari Adam, Coyote Hill Children's Home
- ★ Dean Berry, Columbia Youth Basketball Association
- ★ Kathy Batt, Grant Elementary School
- ★ Anne Brooks, Cedar Creek Therapeutic Riding Center
- ★ Rhonda Byers and Dale Smith, C.A.R.E.
- ★ Megan Daniels, Alternative Community Training
- ★ June Edwards, RSVP of Boone County
- ★ Katie Elfer, Alternative Community Training
- ★ Melinda Elmore, Southern Boone Public Schools
- ★ Chuck Everitt, Columbia Youth Football League
- ★ Jean Finn, Lutheran Senior Services at Lenoir Woods
- ★ Richard Gray, Neighborhood Watch
- ★ Tracye Harmon, Columbia Police Department
- ★ Mariah Michas, Ronald McDonald House Charities
- ★ David Oliver, Alzheimer's Association
- ★ Steve Paulsell, Central Missouri Honor Flight
- ★ Stacy Peters, Lutheran Family and Children's Services
- ★ Kim Ponder, Southern Boone Chamber of Commerce and Southern Boone PTA
- ★ Joshua Sartin, City of Columbia Volunteer Programs
- ★ Marlowe Schlegel, Forum Christian Church
- ★ Carol Snively, The Center Project
- ★ Butler Stringfield, Columbia Independent School
- ★ Karen Taylor, Heart of Missouri United Way
- ★ Jackie Verdun, Meals on Wheels
- ★ Kitty Weirich, Central Missouri Humane Society
- ★ Benton Elementary K-Kids Club
- ★ Fairview Road Church of Christ
- ★ GAMMA
- ★ Kappa Kappa Gamma
- ★ MU Christian Medical-Dental Association
- ★ New Century Fund
- ★ Quest Intermediate Class
- ★ RAMS
- ★ State Farm Insurance Volunteers
- ★ TRYPS Children's Theater
- ★ VA Mortgage Center



Agency Spotlight



Sophia Smith, through Sophia's Helping Hand, has been serving Boone County's low-income citizens since 2009. Sophia's Helping Hand, which operates out of the United Community Cathedral Church at 5210 S. Cowan Rd., provides food, clothing, shoes, furniture, hygiene products, and other household items on an as available basis.

Hours of operation for Sophia's Helping Hand at the church are Monday through Thursday from 9:30 a.m. to 2:00 p.m. and the second Saturday of each month from 10:00 a.m. to 1:00 p.m. In addition, they also deliver to senior citizens and persons with disabilities who are homebound.

Sophia's Helping Hand plans to expand its services in the very near future by "taking their services to the people." Plans include dispensing non-perishable food and hygiene products to homeless individuals by setting up distribution locations in Downtown Columbia parking lots for a few hours each week.

Ms. Smith's long-term goal is to eventually set up a homeless shelter in Columbia. She continues to seek to "instill hope to those who don't know how to make it." Sophia's Helping Hand is always in need of volunteers and donations. You can reach Ms. Smith at (573) 355-8309.

VAC Services

VAC offers a wide-array of Family Assistance and Emergency Services, such as:

Financial Assistance with:

- ♥ MO birth certificates
- ♥ Driver's licenses/state I.D.s
- ♥ Prescriptions
- ♥ Medical/dental copayments
- ♥ Educational/employment programs
- ♥ Baby formula for WIC clients
- ♥ Gas for work and/or medical appointments
- ♥ Required work uniforms for new jobs
- ♥ Minor car repair for employed persons
- ♥ Enriching youth activities

Providing:

- ♥ Emergency food
 - ♥ Hygiene/household products
 - ♥ Diapers
 - ♥ CATS bus tickets
 - ♥ Clothing referrals to the Wardrobe
 - ♥ Fans (summer)
 - ♥ School supplies (August)
 - ♥ Christmas gifts and meals (December)
 - ♥ Volunteer information
- *Services are provided as funds are available. They are subject to annual address limits and casework evaluations.**

VAC Staff Changes

In March, VAC saw some familiar faces take on different roles. Ron Schmidt, went from Social Services Specialist to Project Director. Taking Ron's old position was Logan Park. Logan is a former VAC intern.



Community Events

Family Fun Fest's Teen Night will be held Wednesday, April 20 from 6:00 to 8:00 p.m. at Flat Branch Park. It will feature a talent contest, bungee run, art wall, activities and more.

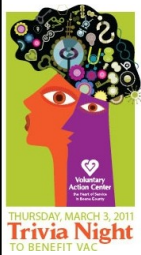
The Rotary Club of Columbia and The Blue Note are pleased to present the Fifth Annual **Show-Me A Cappella Concert** on Saturday, April 30 from 5:00 to 7:30 p.m. Tickets cost \$10 (\$5 for students), floor reserved tickets cost \$15, and sponsorships are available for \$100. The proceeds will benefit several local charities.

Kitchens in Bloom is a self-guided tour of four fabulous homes in Columbia that have recently remodeled kitchens. Held annually each spring, Kitchens in Bloom raises funds for Boone County Council on Aging. This year's tour will be held on Sunday, May 1 from noon to 4:00 p.m. at the homes of Mary Phillips, David McDonald, Mike and Amy Monahan, and Cavanaugh Noce and Cindy Neagle. Tickets are \$10 in advance or \$12 at the door.

Don't miss **Speaking of Women's Health**, which will include 10th Anniversary Celebration and Expo (Friday, May 6 from 3:00 to 8:00 p.m.), Main Stage Event (Saturday, May 7 from 8 a.m. to Noon), and Girlfriend Getaway (Saturday, May 7 from noon to 6 p.m.). For more information, email ColumbiaSWH@gmail.com or call 449-6644.

KMOS Kids Day is a free, family-oriented day of literacy-based, interactive learning centers designed around the concepts of PBS family viewing, reading and hands-on experiences. It will be on May 14 from 10:00 a.m. to 3:00 p.m. at the Holiday Inn Expo Center. For more information, call 1-800-753-33436 or email outreach@kmos.org.

CMCA's 3rd Annual **Riding Out Poverty** event is scheduled for May 21. Riders will depart the Martin Luther King, Jr. Memorial MKT Trailhead at 10:00 a.m. and travel to Katfish Katy's on the Katy Trail. Fees are \$30 for an individual and \$100 for a family or team of four.



Trivia Night An Enjoyable Success

VAC hosted its 2011 Trivia Night on March 3 at the Knights of Columbus Hall. One hundred and seventy-five people had a great time showing how knowledgeable they were about College Basketball, Music, Video Games, Movies, The Queen's English, Television, Famous Missourians, Logos and Slogans, Mythology, Airport Names, and VAC. The winning team, the Hot Trivia Tamales, was made up of employees and friends of Landmark Bank.

In addition to the fun that was had, \$5,000 was raised to help VAC continue providing Family Assistance and Emergency Services to Boone County's low-income residents. Special thanks to N.H. Scheppers, Boone Tavern, Bleu, Flavor Factory, University Club, and Hy-Vee.

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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...

City of Columbia has numerous volunteer opportunities coming up this spring. If you are interested in helping with any of the following contact volunteer@gocolumbiamo.com. Tons of Trucks on April 6 at Cosmo Park, Kite Flying Day on April 9 at Douglass Park, Egg Hunt Eggstravaganza on April 23 at Douglass Park and Mayor's Challenge: Bike, Walk and Wheel Week May 16-21.

Clean Up Columbia will be held on Saturday morning April 9. This a great opportunity for volunteer groups, students, families and individuals to help keep our city beautiful. You can register by calling 874-7499 or go to volunteer@gocolumbiamo.com.

Earth Day 2011 will need many volunteers to help with a variety of projects on Sunday, April 17 at Peace Park. Shift times available are as follows: 6:45 to 9:15 a.m., 9:00 to 11:30 a.m., 11:30 a.m. to 1:00 p.m., and 5:30 to 7:30 p.m. Contact Mark Haim at 875-0539 or mail@midmopeaceworks.org to help.

Hershey's Track and Field Meet on Saturday, May 7 from 8:30 to noon at Hickman High School Track. Individuals and groups are needed to staff this event for kids 9-14. Contact volunteer@gocolumbiamo.com to help.

Junior Achievement of Columbia needs volunteers to present our programs in local elementary schools. Training and materials are all provided. For information on Junior Achievement visit www.jamvi.org and to volunteer, contact Meredith Knopp at (636) 728-0707 or email at mknopp@jastl.org.

KMOS PBS –TV is looking for volunteers for their annual Kids Day at the Holiday Inn on Saturday, May 14 from 10:00 a.m. to 3:00 p.m. to help set up, coordinate activities and take down. Help is also needed on Friday, May 13. Contact Louise Beasley at Beasley@kmos.org or call (573) 814-9208.

Komen Race for the Cure needs volunteers to hold leadership positions for the 2011 Race. Co-chairs are needed for the following committees – Overall Race, Volunteer, Fundraising, Finance, and Merchandise. Contact RaceChairKomenMidMo@gmail.com if interested.

Riding Out Poverty in Mid Missouri will be held on May 21 and is sponsored by Central Missouri Community Action. Volunteers are needed for a variety of team activities, which include promote, organize, and manage the event, including work prior to the event and assistance on the day of the race. If interested contact Kelley Lucero at 443-1100 ext. 1916 or Kelley-Lucero@showmeaction.org.

Special Olympics/Adapted Track and Field need volunteers through May 21 on Saturdays 9:30 to 10:30 a.m. at West Jr. High. Special Olympics/Adapted Bocce needs volunteers through May 19 from 6:00 to 7:00 on Thursdays at West Blvd. Elem. School. Both of these programs would like volunteers to commit for the season. Contact volunteer@gocolumbiamo.com or call 874-7499.

Stream Cleanup volunteers spend time in local streams removing urban litter and restoring the streams. All cleanup materials are provided. "Dump No Waste, Drains to Streams" decals are placed by volunteers on storm drains to educate citizens about storm water pollution. Contact 874-7499 or volunteer@gocolumbiamo.com to help.

You Can Make A Difference!



April 2011



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
					1 •April Fools Day	2
3	4 •Hero Awards RSVP Date	5 •General Municipal Election Day	6 •Columbia Volunteer Network Mtg. •Tons of Trucks	7	8	9 •Clean-Up Columbia •Caring For Columbia
10 •National Volunteer Week Begins	11 •CASA Baseball/ Softball Clinic (also on 4-18)	12 •BCRAA Mtg. •Hero Awards	13 •VAC Bd. Mtg.	14 •Best of Columbia •Job Point/ALM Comedy Night •Boots 'N Bids For Kids	15 •Tax Day (Traditional) •True North's Little Black Dress Event	16 •National Volunteer Week Ends •MU Black and Gold Game •Mizzou Adventures in Education
17 •Palm Sunday •Earth Day (Celebration)	18 •Tax Day (Actual) •RSVP Seniors for Seniors Prom	19 •Passover	20 •BNC Mtg. •Family Fun Fest's Teen Night	21 •Athena Awards	22 •Good Friday •Earth Day (Actual)	23 •Eggstrava- ganza
24 •Easter	25	26	27 •Administrative Professionals Day •Not For Profit Consortium •Interfaith Council	28 •Are you smarter than a JA 5th grader? •Great Shake Out Drill	29 •Arbor Day	30 •Show-Me A Cappella Concert



May 2011



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1 •Earth Day (Celebration Rain Date) •Kitchens in Bloom	2	3	4	5 •Cinco De Mayo •PIE Week Begins	6 •Speaking of Women's Health	7 •Speaking of Women's Health •Hershey's Track & Field
8 •Mother's Day	9	10 •BCRAA Mtg.	11 •VAC Bd. Mtg.	12 •PIE Week Ends	13	14 •MU Graduation •KMOS Kids Day
15	16 •Bike, Walk, & Wheel Week Begins •VAC Summer Fan Program Begins	17 •Spring Into Action RSVP Date	18 •BNC Mtg.	19	20	21 •Ride Out Poverty •Bike, Walk, & Wheel Week Ends •Special Olympics Track
22	23	24 •Spring Into Action	25 •Interfaith Council	26 •Chamberopoly	27	28
29	30 •Memorial Day •VAC Closed	31				



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Action Center**

the Heart of Service
in Boone County

**Voluntary Action Center
403A Vandiver Dr.
Columbia, MO 65202**

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

Return Service Requested

**VOLUNTARY ACTION CENTER
BOARD OF DIRECTORS**

- President: Alex George
- Vice President: Shawn Barnes
- Secretary: Andrea Benna
- Treasurer: Rick Ravenhill
- Past President: John Dean
- Jason Becking
- Billy Borgmeyer
- Leigh Britt
- Will Chann
- Lynn Cole
- Brian Cottle
- Ryanne DeSpain
- Lea Evans
- Bob Fisher
- Susan Gowin
- Shatenita Horton
- Gwen Jones
- Rev. Raymond Massey
- Suzanne McDavid
- Dianne Orton
- Jolene Schulz
- Cathy Scroggs
- Andrea Shelton
- Scott Sutherland
- Lin Teasley
- Llona Weiss

STAFF

- Executive Director: Cindy Mustard
- Project Director: Ron Schmidt
- Finance Administrator: Amy Myers
- Social Services Specialists: Christina Montgomery and Logan Park
- Administrative Assistant: Judi Bloss



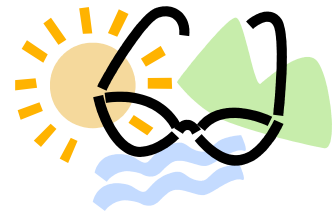
VOLUNTEERS
Make a World of Difference

VAC tabulated the number of volunteers and hours donated to agencies, churches, schools, and organizations in Boone County in 2010.

Ninety-four organizations reported that **102,853 volunteers** donated **2,372,923 hours** of service for a total value of **\$49,475,448.30** last year! Thank you to the many volunteers who serve!

Coming this summer...

- ♦ **VAC Summer Fan Program:** Mid May
- ♦ **Art in the Park:** June 4-5
- ♦ **Lunch in the Park:** June 13- August 12
- ♦ **Project Homeless Connect:** July 27
- ♦ **Christmas in July:** July 28



The **Directory of Community Services** has been updated and is now available at the Voluntary Action Center (VAC) office at 403A Vandiver Drive for \$25.