



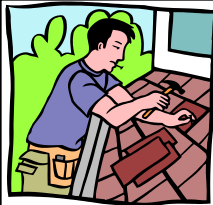
Voluntary Action Center

the Heart of Service in Boone County

NEWSLETTER



403A Vandiver Dr. (573) 874-2273 www.vacmo.org August-September 2011



10th Anniversary of 9/11 National Day of Service and Remembrance

This year marks the 10th anniversary of the 9/11 attacks, a moment that through tragedy brought together cultures, bridged differences, and united citizens of goodwill around the world in a spirit of unity and commitment. In tribute to all of those who were lost and the tens of thousands who rose in service, 9/11 has been designated a National Day of Service and Remembrance.

On September 10 and 11, the local United Methodist Churches, the City of Columbia's Office of Neighborhood Services, and volunteers will conduct repairs on homes of local residents who have code violations, but due to financial or health reasons, are unable to make these corrections.

For more information, contact Keith Vessel at 443-3111 or keith.vessel@moumc.org.

Back-to-School Health Fair

**Saturday, August 13
9:00 a.m. to 2:00 p.m.
Calvary Baptist Church
606 Ridgeway Ave.**

School is almost here, so it is time to buy school supplies and get annual checkups. For low-income families, this can be an expensive time of year, so local agencies are once again collaborating to ease this burden by providing health screenings and school supplies at the Back-to-School Health Fair.

Children grades K-12 will be able to get free backpacks and school supplies (while they last); dental, hearing, and vision screenings; as well as haircuts. Refreshments, games, and entertainment will also be provided. All children must be in attendance and accompanied by a parent or guardian.



School Supplies Needed

VAC is in need of school supply donations to help ensure that Boone County's low-income children are prepared for the upcoming school year. Donations of new supplies or money to purchase them are welcome at the VAC office (403A Vandiver Dr.). In addition, all three Columbia Walmarts will have barrels/boxes for new school supplies drop-offs. Also, businesses can do their own school supply drives. For example, Shelter Insurance and State Farm Insurance are doing drives this year.



Agency Spotlight



Care For Kids – it's what we do!

The Columbia Counseling Center is part of the Children's Foundation of Mid-America (CFMA), which is one of the largest private, residential, and community-based childcare agencies in the State of Missouri. Spread over several separate facilities in Farmington, Springfield, Moberly, St. Louis, and Columbia, the CFMA offers a continuum of services including inpatient and outpatient therapy and housing for troubled, neglected, and abused teens.

Founded as the Elmwood Presbyterian Orphanage in 1914, they responded to the need in the Farmington community after many parents had died working in dangerous lead mines. One year later, they welcomed their first residents. Over almost 100 years, a single orphanage has grown into the Children's Foundation of Mid-America, and they continue to expand their facilities and services.

The Columbia Counseling Center consists of three facilities and nine beds for housing adolescents. These young men frequently suffer from severe emotional illness, and have been in the foster system for several years. The services offered to them during their stay range from mental illness counseling and therapy to vocational testing and coordination, to ensure that as they leave the program, each person is ready to be independent, as well as manage their feelings with concrete skills.

The Columbia Counseling Center utilizes a Dialectical Behavioral Therapy model. This is used with their adolescents as well as families and young individuals in therapy to address an emotional imbalance or anxiety as they build on the support of their inpatient treatment or of the family itself. Each year, hundreds of children utilize their programs all over Missouri, including campuses separated by gender with schools, beds and several different types of counseling, even including play therapy.

For more information on the Columbia Counseling Center, you may call their office at 442-9916 or go online to www.care4kids.org.



Items Needed Year-Round

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

- | | | |
|-----------------------------------------------|----------------|------------------------------------|
| ♥ nonperishable food
(canned, boxed, etc.) | ♥ baby formula | ♥ hygiene products |
| ♥ diapers | ♥ toilet paper | ♥ cleaning and laundry
products |
| | ♥ paper towels | |

Community Events

Back-to-School Health Fair will be held on Saturday, August 13 from 9:00 a.m. to 2:00 p.m. at Calvary Baptist Church (606 Ridgeway Ave.). Children grades K-12 will be able to get free backpacks and school supplies (while they last); dental, hearing, and vision screenings; as well as haircuts. For more information, contact VAC at 874-2273.

The **NFL Punt, Pass, and Kick Competition** will take place at Cosmo Park Football Field #4 at 9:30 a.m. on Saturday, August 13. This is a free event. Contact the Columbia Parks and Recreation Department at 874-7460 for more information.

Family Fun Fest: Summer Fun will be held on August 17 and September 21 from 6:00 to 8:00 p.m. There will be entertainment for the whole family including activities, music, bounce houses, facepainting, and more. For more information, visit www.gocolumbiamo.com.

The **9th Annual Step Forward Day** will be held Saturday, August 20 and everyone will meet at the Tiger Plaza on MU campus. Step Forward Day was started in an effort to increase awareness of and participation in service opportunities. If you are an agency interested in being a part of this program, contact Jasmine Whitlow at 882-8585 or email at leadership@missouri.edu. A project information form must be submitted by August 5.

The Boone County National Bank's annual **Roots N Blues N BBQ Festival** will be held in downtown Columbia on September 9 and 10. For more information, go to www.rootsnbluesnbbq.com.

The 34th Annual **Heritage Festival** will be held on September 17 and 18 from 10:00 a.m. to 5:00 p.m. at the Historic Nifong Park. This free event features entertainment on three stages, cowboys with chuckwagons, traditional tradesman and artisans, great food, and much more! For more information, call 874-7460 or visit www.gocolumbiamo.com.

The 2nd Annual **Komen Race for the Cure** will be held on Sunday, September 18 at the Mizzou Sports Park. The Susan G. Komen Race for the Cure Series, the largest series of 5 k runs/fitness walks in the world, raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship, and honors those who have lost their battle with the disease. August 22 is the last day to register and be guaranteed a shirt on race day. Visit www.KomenMidMissouri.org for more information or to register today!

Phoenix Programs will host a **Fringe Festival Off-Broadway Entertainment Showcase and Trivia Night** on September 22 from 5:30 to 9:30 p.m. at the Parkade Center. This is a FUNdraiser to celebrate hope and freedom as part of National Recovery Month during the month of September. All money raised will go to individuals seeking long-term recovery from substance use and mental illness. For more information, call 875-8880 or go to www.phoenixprogramsinc.org.

**The Voluntary Action Center Newsletter is published bimonthly by the Voluntary Action Center
403A Vandiver Dr., Columbia, MO 65202 Vol. 14 Issue 4 August-September 2011
Visit www.vacmo.org for more information about VAC's programs or to sign up for VAC's e-newsletter**



Boone County National Bank

Member Central Banccompany

Presents the 20th annual Christmas in July

Over 350 people gathered at Missouri United Methodist Church on Thursday, July 28 for VAC's 20th annual Christmas in July Picnic, which was sponsored by Boone County National Bank this year. Guests enjoyed a festive picnic complete with a visit from Santa Claus himself. This year, generous donors contributed over \$23,000.



Thanks to all the donors and volunteers who made this event possible, including Gerbes, Hy-Vee, Columbia Entertainment Company, True/False Film Festival, The Marc Salon, Hollywood Theatres, Andy's Frozen Custard, B&B Bagel Company, Bangkok Gardens, Buckingham's, G&D Steakhouse, HuHot Mongolian Grill, Jimmy's Steakhouse, and Shakespeare's Pizza!

A very special thanks to Boone County National Bank, Suzanne McDavid, and Missouri United Methodist Church. Boone County National Bank's Presenting Sponsorship has made this year's Christmas in July the most successful ever, which will in turn allow VAC to better meet the needs of it's clients. This year, Suzanne McDavid and Missouri United Methodist Church, took on most of the organization of the actual event, such as getting food donated, decorating the church, securing Santa, serving the food, and cleaning up afterwards. Without their great help, there is no way this event would have ran so smoothly.

Lunch in the Park

VAC, the Columbia/Boone County Health Department, and Columbia Parks and Recreation collaborate each year to offer the Lunch in the Park program that provides nutritious lunches to children, as well as educational programs, during the summer. Started in 2001, the program at Douglass Park provides approximately 4,000 healthy lunches to children each year. Lunch in the Park continues until Friday, August 12.

Lunch in the Park would not be possible if not for the many groups and individuals who help serve the lunches and provide the informative programming. Thank you to: Assembly of God Youth Group, Boonslick Kiwanis Club, C.A.R.E Gallery, City of Columbia Public Works' Stream Cleaners, City of Columbia Public Works Volunteer Program, City of Columbia Youth in Action, Columbia Downtown Kiwanis Club, Columbia Fire Department, Columbia Sunrise Southwest Rotary Club, Daniel Boone Regional Library Bookmobile, First Presbyterian Church Mission Committee, Girl Scouts, Golden K Kiwanis Club, Lodge of the Rising Sun, Missouri United Methodist Church Teen Youth Group, Missouri United Methodist Church Youth Group, Wilkes Blvd. United Methodist Church, Yvonne Ball, Anne Braisted, Curtis "Boogie Man" Brown, Tina Ehrhardt, Drew Floyd, Michael Frost, Logan Park, and Tierra Whitaker.





Warm Up Columbia

VAC and Kathy Hull are partnering once again to help Warm Up Columbia

this fall. If your business or organization would like to host a coat/hat/blanket drive, please contact Kathy at blondmufan@aol.com to schedule a pick up. Items collected at churches and businesses will be picked up the last week of August. For more information, contact VAC at 874-2273.

20th Annual Volunteer Fair

**Wednesday,
August 31
9:00 a.m.
to 2:00 p.m.
Lowry Mall
MU Campus**



VAC, University Y, and Alpha Phi Omega are sponsoring the 20th annual Volunteer Fair, which is a great way to recruit new volunteers for your organization. If you are interested in having a table at the fair (the cost is \$25), contact Cindy Mustard at VAC (449-6959) or Julie Alexander at University Y (882-1550). There will be a ribbon-cutting at 9:00 a.m. to celebrate this being the 20th annual fair.

Tentative New Christmas Program Sign Up Procedures

VAC's Christmas program, started in 1984, is a collaboration of hundreds of community volunteers, faith organizations, businesses, and individuals that collects and distributes food and gifts to over 1,000 Boone County families each year.

This year, the sign up process is going to be new and improved. Tentative procedures for low-income Boone County families with children 18 and under to sign up include:

- Sign up will occur in late September through mid October in the VAC office during regular business hours
- There will be a lottery system, so there is no advantage to being one of the first ones to sign up



More information will be available by the first week of September.

Summer Fan Program

VAC's Summer Fan Program is in its 23rd year of helping low-income Boone County residents beat the heat. Since mid-May, VAC has handed out nearly 250 fans. Last year, a record 336 fans were distributed to those in need, while 220 were given out in 2009 and 108 in 2008. The need keeps going up.

A special thanks is extended to KOMU-TV8 and Lowe's for sponsoring the KOMU Fan Club. VAC has received over 140 donated fans that were dropped off at Lowe's so far this year. This is already more than double what was received in all of 2010. Another special thanks to Home Depot for selling VAC \$15 fans for only \$10, which means a \$10 donation instantly turns into a \$15 value.



EXPERIENCE THE JOY

VOLUNTEER

Volunteering to help with the Joplin Tornado: If you have time to help with the worst tornado disaster in our State, call the United Way's 211 (dial 211 from a landline telephone or 800-427-4626 from a cell phone). This is the national number for volunteering or making donations for the victims in Joplin.

The Roots N Blues N BBQ Festival will need many volunteers for a variety of tasks. All volunteers will receive a T-Shirt and a one-day pass to the festival. Shifts are four hours in length and there is a one-hour mandatory training (August 2 or 30) at Mojo's. Contact volunteers@rootsnbluesnbbq.com or register at rootsnbluesnbbq.com/volunteers.

Hickman High School has a variety of volunteer opportunities for the summer to help get students ready for the fall on August 9 to 11, and August 16. Contact Christal Jackson at CJackson@columbia.k12.mo.us to help. More opportunities will be forth coming.

The Back to School Fair will need many volunteers on Saturday, August 13 from 8:30 a.m. to 2:30 p.m. at Calvary Baptist Church. Volunteers will help with registration, youth activities, school supplies, etc. Shift times will be available. Call Cindy Mustard at 449-6959 or email cindymustard2@gmail.com if you can help us get kids ready for school.

The Gateway Chapter of MS needs volunteers to serve as rest stop captains for the 2011 Bike MS Race on September 10 and 11. There will also be other opportunities to volunteer for this race as they are expecting 3,300 cyclists. Contact Aaron Boone at 489-7940 or aboone@nmsscolumbia.org for more information.

The Foundation for the Higher Good needs volunteers to hold leadership positions on various committees for the 2011 Make A Difference Week (October 15 to 22). Help is needed with sponsorships, event planning, volunteers, fundraising, and marketing. E-mail Crystal@makeadifference.me or call 239-9326 to get involved.

Boone Junction Work Day will need many volunteers on August 20 at the Boone Junction Historical Village at Nifong Park to help with scraping and painting two buildings. Morning and afternoon shifts are available. Contact volunteer@gocolumbiamo.com for all the details.

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.

Hospice Compassus is looking for caring volunteers for their hospice programs. Contact Dale Willis at 443-8360 or dale.willis@hospicecom.com to make a difference.

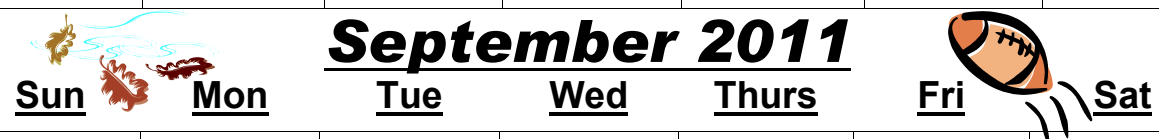


August 2011



<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
	1	2	3	4	5	6 •Office of Cultural Affairs Poster Party
7	8 •BCRAA Mtg.	9	10	11 •Bridges out of Poverty	12 •Bridges out of Poverty •Last day of Lunch in the Park	13 •Back to School Health Fair
14	15	16	17 •Basic Needs Coalition Mtg.	18 •CPS begins	19	20 •9th Annual Step Forward Day
21 •MU begins	22 •United Way Director's Mtg.	23 •Activities Mart	24 •Warm Up Columbia Pick Up	25	26	27
28	29	30 •MU Volunteer Fair •Interfaith Mtg.	31			

September 2011



<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
				1	2	3
4 •Labor Day •VAC Closed	5	6	7	8 •Chamber QMB	9 •Roots N Blues N BBQ •Bike MS	10 •Roots N Blues N BBQ •Bike MS •Day of Service and Remembrance
11 •Day of Service and Remembrance	12 •BCRAA Mtg.	13 •VAC Bd. Mtg.	14	15	16	17 •Heritage Festival
18 •Komen Race for the Cure •Heritage Festival	19	20	21 •Basic Needs Coalition Mtg.	22	23	24
25 •Tentative VAC •Christmas Sign Ups Begin	26 •Tentative VAC •Christmas Sign Ups	27 •Tentative VAC •Christmas Sign Ups	28 •Interfaith Mtg. •Tentative VAC •Christmas Sign Ups	29 •Tentative VAC •Christmas Sign Ups	30 •Tentative VAC •Christmas Sign Ups	



**Voluntary
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

VAC 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
- Lynn Cole
- Lea Evans
- Bob Fisher
- Susan Gowin
- Shatenita Horton
- Gwen Jones
- Paul LaRose
- Rev. Raymond Massey
- Suzanne McDavid
- Dianne Orton
- Cathy Scroggs
- Andrea Shelton
- Scott Sutherland
- Lin Teasley
- Llona Weiss

VAC 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

Looking Ahead...

- ♦ **The Mature Living Festival to benefit BCCA at Parkade: 10/7**
- ♦ **MU's 100th Homecoming: 10/15**
- ♦ **Warm Up Columbia at the Armory: 10/22**
- ♦ **Mission Fair at First Presbyterian Church: 10/23**



Keeping Up With VAC On The World Wide Web

Want to keep up-to-date with the happenings at the Voluntary Action Center (VAC)? You can sign up for our e-newsletter (<http://www.vacmo.org/index.php/page/newsletter-sign-up>), LIKE us on Facebook (<http://www.facebook.com/pages/Voluntary-Action-Center/45203766941>), follow us on Twitter (<http://twitter.com/#!/vacmo>), or look us up on our web-site at www.vacmo.org.



Join the conversation and be the first to know about new programs, events, and other exciting things happening at VAC.