

The Heart Line: Taking the Pulse

Covering Volunteerism and Service Throughout the Commonwealth

February 2010 Edition

Welcome

Welcome to the February edition of the Heart Line newsletter, a publication by the Kentucky Commission on Community Volunteerism and Service (KCCVS).

We hope that the stories in this edition of the newsletter will warm your heart in this snowy month. This edition features the awesome results from the 2010 King Day of Service, a unique project that brings people together through food, a spotlight on KCCVS Commission Secretary Mary R. Steely and a reminder about the deadline for the 2009 Governor's Volunteer Awards.

Also, please do not hesitate to contact us if you have questions about any of our community service programs, such as AmeriCorps, the Governor's Volunteer Awards, the Volunteer Insurance Program, or the Volunteer Recognition Program.

2010 Martin Luther King, Jr. Day of Service

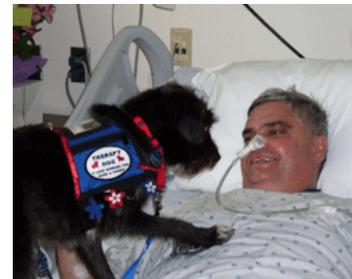
By Shannon Ramsey, KCCVS Media and Publications Specialist



Martin Luther King, Jr. Day of Service in Central Kentucky continues to grow! This year's event, "Blood, Sweat and Cheers," was led by the Central Kentucky Association of Volunteer Administrators (CKAVA) of which our very own Melissa Newton is president. Almost 500 volunteers participated in 30 projects across Central Kentucky on Jan. 18.

The outcomes of some of these projects include:

- Building 100 seedling planters; 30 tomato cages; 12, 5-lb. compost bundles; and 7 composters;
- Mailing and other administrative duties at the Lexington Children's Theater;
- Preparing 100 sandwiches and 40 bags of cookies for the Hope Center;
- Writing 84 letters to troops;
- Completing a Reflection Art project by citizensCREATE!;
- Cleaning the gym at and making decorations for Cardinal Hill Hospital;
- Preparing 200 care packages for the troops;
- Painting, cleaning, and furniture moving at LexArts;
- Clearing trails for Life Adventure Council;
- Cleaning early learning center and completing other community service projects for the Community Action Council;
- Visiting patients at the VA Hospital and a nursing home;
- Quilting for Build-A-Bed;
- Performing community service projects for the Carnegie Center;
- Packing food boxes for God's Food Pantry;
- Organizing office and conducting other administrative duties at the Kidney Health Alliance;
- Collecting donations for the Haiti Relief Effort; and
- Organizing blood drive at Kentucky Blood Center; collecting enough to save 156 lives.



These are just some of the quantifiable results with other projects yet to report! A big thank you to all the organizations and volunteers that participated in this year's King Day of Service.

Participating organizations in CKAVA's service day event include:

- Transylvania University,
- Lexington Children's Theater,
- Hope Center,
- citizensCREATE!,
- Cardinal Hill Hospital,
- Kentucky State University,
- Race for Education,
- LexArts,
- Community Action Council,
- Life Adventure Council,
- Lexington Rescue Mission,
- Child Development Centers of the Bluegrass,
- Catholic Charities,
- Living Arts and Science Center,
- Kidney Health Alliance,
- Carnegie Center,
- Love on a Leash,
- Central Kentucky Radio Eye,
- Build-A-Bed,
- God's Food Pantry,
- Lexington YMCA, and
- Kentucky Blood Center.



In addition, the KCCVS staff members heard about numerous other projects going on around the state. We are thrilled to see volunteerism alive and well in Kentucky and are hopeful that this annual event expands to even more locations across the Commonwealth in 2011.

The Wholesome Table

By V. McHenry-Hepner, AmeriCorps VISTA at Bluegrass Literacy



Begun in March 2009 by an AmeriCorps VISTA member serving at Bluegrass Literacy, The Wholesome Table, a service learning project, teaches refugees and other immigrants about healthy eating, food safety and cooking local foods.

Each two-hour session, taught by an assistant in the Nutrition Education Program, concentrates on one section of the food pyramid. Participants discuss nutrition, practice measuring in cups and ounces (as opposed to grams), and prepare and taste foods found in Kentucky. Volunteers discuss, encourage and work with participants. Volunteers make sure that everyone understands what is going on and that everyone has a chance to chop, measure, stir and cook.

During its first year, The Wholesome Table has brought together people from Iraq, Miramar (Burma), Bhutan, the Democratic Republic of the Congo, Turkey, Pakistan, China and Japan. In addition to cooking, participants make new friends and practice English.

Stephanie Brown, the UK Nutrition Education Program Assistant who teaches the class, puts it this way:

"I think the best part of Wholesome Table is bringing so many different people together over one thing we can all relate to...food. We gather to speak, to learn and to work. Along the way, we create the 'meal' that we will then all share. Amazingly there is always enough, even when we have many more participants than we planned on. Maybe it's like that around the world when people share a meal. Food is the common denominator, though our spices or cooking methods may differ greatly. Gathering around a meal connects people everywhere, something to which we all relate. I think the opportunity to practice the language and learn more about American culture in this setting of hospitality and sharing is perfect. I'm proud that the Extension Office and the Nutrition Education Program can provide the 'education' aspect to this table. It is certainly a good fit for our program, which focuses on helping people make healthier food choices and get the most of their food budget dollars. Personally, I am thrilled to be part of this very eclectic and welcoming group."



In addition to linking Bluegrass Literacy and UK Extension, The Wholesome Table has also brought together the talents and interests of several organizations: Kentucky Refugee Ministries, Sullivan University's Culinary Club, Woodland Christian Church and St. Raphael's Episcopal Church's Daughters of the King.

Participants in the Wholesome Table talk about the fun they have, the new foods and cooking techniques they learn, and the chance to practice their English in a low-stress situation. Participants are beginning to share their own recipes, and plans are under way to build a multilingual recipe collection.

Lavenia Baxter, an experienced Bluegrass Literacy volunteer, has this to say:

"Volunteering with the Wholesome Table Project has been a joy. The participants are so appreciative of both the cooking lesson and the socialization. They want to learn about the American way of cooking, and they also want to share the way they do things in their countries. It has been a learning experience for everyone."

Like any good recipe, The Wholesome Table begins with good ingredients, and the result is something better than the sum of its parts.

Commissioner Spotlight: Mary Rothenburger Steely

By Shannon Ramsey, KCCVS Media and Publications Specialist



Mary Rothenburger Steely was appointed by Governor Steve Beshear to the KCCVS in 2008. A very active commissioner, Steely is an AmeriCorps grant reviewer, Governor's Volunteer Award judge, member of the By-Laws Committee and she was recently named Secretary for the commission.

Steely is a graduate of Eastern Kentucky University with a degree in history. She is currently pursuing a master's degree in Guidance and Counseling from Murray State University. Steely grew up in Shelbyville, but now resides in Sebree, where she is an adult education instructor at Webster County's West Kentucky Educational Cooperative. She is also the Sebree School Academic Team Coach.

Steely has been married to Leland Steely, a Murray native, for 15 years. They met through 4-H when they were both area representatives on the State Teen Council. The couple continues to serve as 4-H volunteers, and their two children, 13-year-old Sarah and 9-year-old Walter, are both actively involved with 4-H.

Her family is her source of motivation. Steely desires to be remembered as a great wife and mother – a concept that seems so simple, although we all know it's not. Other simple, but not easy, concepts that guide her in life is practicing what she preaches and not sweating the small stuff.

In her spare time, Steely enjoys watching Adam Sandler movies, listening to all genres of music, connecting with friends and family on Facebook and scrapbooking. She also enjoys reading; two of her favorite authors are Mitch Albom and Nicolas Sparks. Her family attends Henderson Church of Christ and volunteers at St. Anthony's Hospice.

A former AmeriCorps member, one of Steely's main goals as a commissioner is to make the AmeriCorps members' year of service worthwhile and rewarding.

"I am so proud of the amazing service that our AmeriCorps programs provide and the role I get to play as a commissioner," Steely said. "We have a very good commission, representing many diverse groups and perspectives."

The commission appreciates Steely's spunk and her willingness to be involved in so many different aspects of the commission. We are also thankful for the unique insight that her background as an AmeriCorps member brings to the table.

Governor's Volunteer Awards: Deadline Feb. 22



I'm not sure about you, but all this snow has really thrown us off track at the KCCVS office. I hope that in all the flurry of activity you haven't forgotten about nominating a special volunteer or group of volunteers for the 2009 Governor's Awards for Outstanding Volunteer Service!

Nominations must be received via e-mail or postmarked by 4 p.m. on **Monday, Feb. 22, 2010.**

Visit the KCCVS website, <http://chfs.ky.gov/dfrcvs/kccvs/govawards> to download nomination forms, information and other helpful resources.

This year we have relied solely on electronic distribution, so I need your help! Please forward a reminder to your contacts, post on your website or bulletin board and tell your friends.

Thank you,

Shannon L. Ramsey

"Life's most urgent question is: What are you doing for others?"

- Dr. Martin Luther King, Jr.

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