

January 2009

HANDS ON ASHEVILLE-BUNCOMBE MANAGED PROJECTS

New Project **NEW!**

Needs Project Coordinator (P)

#1 Meals for Hope*

New Choices is an empowerment program for displaced homemakers in need of counseling and assistance in order to achieve economic self-sufficiency. Volunteers assist in cooking and serving a meal for 15-25 women and children attending its bi-weekly meetings. YWCA provides all supplies.

Project Coordinator: Jason Ingle; 242-7616; jason@asvillehomebuyer.com
Project Dates & Times: 1/08 (Thursday); 5:30 - 7:30 pm
1/22 (Thursday); 5:30 - 7:30 pm
Requirements: 2-4 needed; ages 16+ welcome (13+ with adult supervision)

#2 Shake and Bake

Cook and serve a hot, homemade meal to the men staying at the ABCCM Veteran's Restoration Quarters & Inn. Take an evening to give back to those who have served our country and are now in need of assistance. Both men and women are encouraged to participate in this project.

Project Coordinator: Peggy Lewis; 231-9777; peggypagesinc@bellsouth.net
Project Date & Time: 1/14 (Wednesday); 5:30 - 7:30 pm
Requirements: 3-5 needed; ages 16+ welcome

#3 Cooking for Comfort*

Show support to hospice patients and their families by cooking and serving a meal at the John Keever Solace Center. This is a wonderful way to nurture these families and give them an opportunity to support one another while dining on a home-cooked meal.

Project Coordinator: Susan Enderle; 545-6453; sjenderle@aol.com
Project Date & Time: 1/24 (Saturday); 11:00 am - 1:30 pm
Requirements: 6-8 needed; age 18+ welcome (14+ with adult supervision)

#4 Cookie Night

Help bake homemade cookies for families who are staying at the Lewis Rathbun Center. The Rathbun Center provides free lodging for families from out of town who have a loved one in an area hospital. Supplies will be provided. Just bring some compassion and an appetite (sampling is encouraged!).

Project Coordinator: Bonnie Carlin; 301-0700; bonniecarlin@thehartlawgroup.com
Project Dates & Times: 1/12 (Monday); 7:30-8:30 pm
1/19 (Monday); 7:30-8:30 pm
**** Special MLK Day Project! ****

Requirements: 2-4 needed; ages 18+ welcome (ages 10-17 with adult supervision)

#5 Fair-Trade Stock-Up

Ten Thousand Villages is a non-profit, fair-trade retail store that sells handcrafted items made by artisans in more than 30 developing countries providing them with much needed income. Volunteers will assist with unpacking and pricing the merchandise so it can be placed on the sales floor.

Project Coordinator: Sharon Port, 687-3416; sharon_port@hotmail.com
Project Date & Time: 1/10 (Saturday); 1:00-4:00pm
Requirements: 2-5 needed; ages 16+ welcome (ages 14-15 with adult supervision)

#6 Pack & Sort at MANNA*

Help sort and pack food at MANNA Food Bank to be given to agencies serving hungry people in 17 Western North Carolina counties.
Requirements: 5-20 needed; ages 16+ welcome (5+ with adult supervision)

Project Coordinator: Debbie Beverly; 551-0667; dbeverly@charter.net
Project Date & Time: 1/08 (Thursday); 6:00-8:00pm

Project Coordinator: Anne Lanzi; 337-5145; alanzi@haywood.k12.nc.us
Project Dates & Times: 1/13 (Tuesday); 6:00-8:00pm
1/27 (Tuesday); 6:00-8:00pm

Project Coordinator: Vicki Greene; 255-0696; vgreene@unitedwayabc.org
Project Date & Time: 1/19 (Monday); 8:30-11:30am
**** Special MLK Day Project! ****

COMMUNITY REFERRAL PROJECTS

The following are just a few of the opportunities listed on our website. Visit www.handsonasheville.org to view the complete list, and to browse dozens of ongoing volunteer opportunities at area non-profits.

A) The Health Adventure - Family Day

The Health Adventure needs volunteers to assist with their "Family Days" program. Each "Family Day" event and its activities are planned around a theme. Ages 16+ welcome.

Project Date & Time: 1/03/09 (Saturday); 11:30am-2:30pm
Agency Contact: Lisa Driggers; 254-6373; lisa@thehealthadventure.org

B) Interlace Program - Meal Support*

Help prepare and serve a meal for the women and children who are attending a monthly Interlace meeting. Interlace provides transitional housing and services for women and children who are homeless due to domestic violence. Men and women are welcome and encouraged to attend. Please wear comfortable, casual clothing. 3-5 needed. Basic cooking skills required. Ages 16+ welcome.

Project Date & Time: 1/12/09 (Monday); 5:00-7:00pm
Agency Contact: Christa Phillips ; 285-0622; cphillips@wncchs.org

C) Interlace Program - "Kids' Corner" Childcare*

Spend quality time with children while their mothers attend a monthly Interlace meeting. Play games, read books, do crafts and have fun with the children. Interlace provides transitional housing and services for women and children who are homeless due to domestic violence. Please wear comfortable, casual clothing. 2-6 needed. Ages 18+ welcome.

Project Date & Time: 1/12/09 (Monday); 6:15-8:30pm
Agency Contact: Christa Phillips ; 285-0622; cphillips@wncchs.org

D) Riverlink - Rain Garden Project

Help RiverLink remove invasive species and trash and prune back plants in a rain garden behind the AMF Bowling Center in the Kenilworth area. The rain garden is located next to Ross Creek. Through this maintenance, the garden will have the ability to absorb storm water runoff and filter out sediments and pollutants from nearby parking lots and roads. Wear comfortable, outdoor work clothing. Gloves and tools provided. 5-10 needed. Ages 10+ welcome.

Project Date & Time: 1/19/09 (Monday); 1:00-3:00pm
Agency Contact: Ron Katz; 255-0696; rkatz@unitedwayabc.org

E) Western Carolinians for Criminal Justice - Cut the Risk Project*

Volunteers are needed to meet at the WCCJ office to assemble gift baskets and then deliver them to participating stylists as a way to say thank you for helping out this event. Casual dress expected. Volunteers will require a car for delivering gift baskets to salons of their choice. Project can accommodate 15 volunteers, and is particularly good for groups of friends to participate in together. Youth ages 16-17 welcome with adult supervision. Ages 18+ welcome.

Project Date & Time: 1/19/09 (Monday); 8:00am-12:00pm
Agency Contact: Tracy Hyorth; 828-776-1884; outnaboutwnc@bellsouth.net



As the volunteer program of the United Way of Asheville and Buncombe County, Hands On Asheville-Buncombe is committed to the United Way's mission to strengthen our community by helping people improve their lives and care for one another. Hands On makes it easy to lend a hand and help others in our community by volunteering with local nonprofits. Agencies with Hands On projects are not necessarily funded by United Way. Projects which are connected with agencies that receive United Way funding are noted by an asterisk (*).

January 2009

Numbers and Letters Correspond to Projects Listed Inside the Newsletter

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 A
4	5	6	7	8 #1 #6	9	10 #5
11	12 #4 B C	13 #6	14 #2	15	16	17
18	19 MLK Day #6 #4 D E	20	21	22 #1	23	24 #3
25	26	27 #6	28	29	30	31

Hands On Asheville-Buncombe, a program of United Way, makes it easy to lend a hand and help others in our community by volunteering with local nonprofits.

Visit www.handsonasheville.org and choose the volunteer opportunity that works for you: your passions, your skills, your schedule. Many projects last just 2-3 hours, occur on evenings and weekends, and don't require a long term commitment.

Whether you want to volunteer on your own or with your family, business, or faith community, Hands On Asheville-Buncombe makes it easy to connect with others who care about issues that are important to you—and together make a difference.

An Affiliate of:

Hands On Asheville-Buncombe A program of United Way

50 S. French Broad Ave., Asheville, NC 28803

Phone: 2-1-1

Fax: (828) 255-8004



Email: info@handsonasheville.org Website: www.handsonasheville.org

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and Buncombe County

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January 2009

MLK Day: Make it a Day ON, Not a Day Off!

Civil rights leader Martin Luther King, Jr. recognized the power of service to strengthen communities and achieve common goals. To honor his legacy, Martin Luther King Jr. Day is recognized as a national day of service. This year MLK Day will be celebrated on **Monday, January 19th**, just one day before the historic inauguration of President-elect Barack Obama.

Hands On Asheville-Buncombe is excited to partner with local nonprofits to offer several fun and meaningful volunteer opportunities in Asheville to remember Dr. King's legacy and his call to service. It was recently announced that even Obama and Biden will perform a service project on MLK Day, and urge others across the country to follow their lead to honor Dr. King. The following are just a few service opportunities that you can join to mark this special holiday in our community.

Make MLK Day a Day ON, not a Day OFF!

- Pack and sort food donations at Manna Food bank
- Help RiverLink maintain a community "Rain Garden"
- Create and deliver gift baskets to supporters of WCCJ
- Bake cookies for families staying at the Lewis Rathbun Center

For more details on these and other volunteer opportunities, visit

www.handsonasheville.org

and follow the *Martin Luther King Jr. icon on our home page.*

Special Thanks to Our Sponsors

