



ALIVE! Wire

Alexandrians InVolved Ecumenically

Fall 2007

President's Message

It is indeed an honor and a privilege for me to be President of ALIVE! Although I am still very much on a journey of faith, I have found fellow travelers here at ALIVE!, people who live out their faith by helping those in need in our community.

One thing I like about ALIVE! volunteers is that we are all equal here. Whatever you do for a living, young, or old, employed or out of work; rich or poor, black or white, gay or straight, or anything else, you can be a welcome part of the organization. And frankly, we can never get enough volunteers. So if you are a person who has just a little time, and you are willing to open your heart, then ALIVE! has a place for you.

The one thing that ALIVE! has shown me more than anything else is that all material goals are really a false reality. Once we reject the materialistic things, then we humans can gift each other as God has gifted us. We no longer compete against each other; we work to help each other succeed. What a concept! Seems almost too simple, doesn't it?

To me, this is called living our beliefs. But we must take care to make sure that our gifts are properly channeled. And ALIVE!, with programs to provide food, shelter, furniture house wares, and financial assistance to the most needy in our City provides ample ways for us to live out our faith.

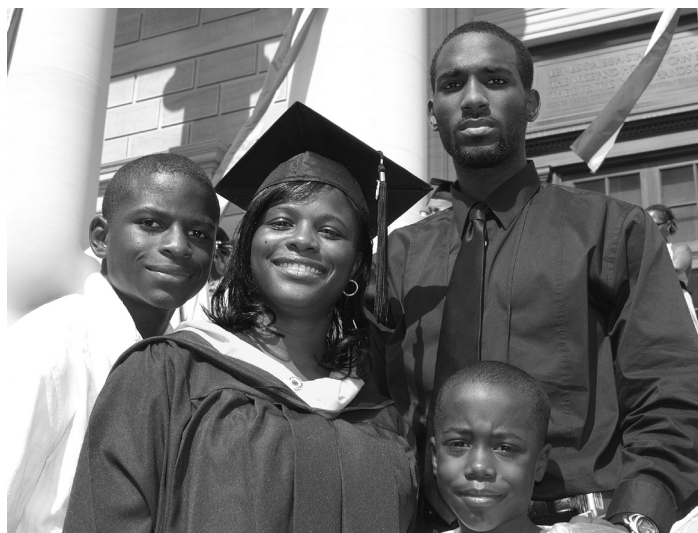
What are the kind of things we should be doing if we want to live the kind of life that God wants us to live?

So let's talk for a minute about those who are hurting, the needy, the disadvantaged, the homeless, the hungry, the lonely, the hopeless, and the helpless. What are we doing for them? Thankfully, due to the many wonderful volunteers and generous donors to ALIVE!, the answer is "plenty". But, unfortunately, the answer also is, "not enough".

When I see our elderly volunteers, for example, working hard to assist those in need, I see a Grace that is truly Amazing. And the youth who help at our Last Saturday



Once ALIVE! House Resident - Now College Graduate



For five years Towanda Stafford had been homeless, in and out of shelters, staying with friends, and unable to work or to care for her children. In August 2000, she came to ALIVE! House with her son, Marcus, while her older son, Da Juan, stayed with her mother in Maryland. It was to be an eventful six months. Towanda attended the Training Futures program to learn office skills. She received therapy, practiced financial management, and, most importantly, her son, Zion, was born with sickle cell anemia. Towanda moved on to the Adopt-A-Family transitional housing program, and with the encouragement and support of the Concerned Black Women of America, she attended Southeastern University and received an AA degree. This December she will graduate from Southeastern with a BA in Accounting. Towanda is happily married to Cecil Ross and living in Woodbridge. Her family is united and her sons are doing well in school and college. ALIVE! House is part of the road she traveled—a road of hard work and determination but brightened and sustained by the people who helped her along the way.

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Notes from the Executive Director

Listening to my favorite NPR (National Public Radio) station recently during one of their fundraisers, I heard the announcer mention that he refers to the service they provide as the “Three I’s”. Those are, Immediacy, Impact and Investment. Well, not that I wasn’t interested in their request for listeners to call and make donations, but I quickly thought of ALIVE! and how those three “I’s” could also describe the services our amazing volunteers deliver to our clients and our community. Surely our Family Emergency Program volunteers are providing an Immediate response (usually the same day) to those who are without food and those who need emergency financial assistance. And, Impact? If we’re not there to help with food for the children or assistance with the rent, what would the impact be (hunger, eviction)? And, when I look at those beautiful children in our ALIVE! Child Development Center and realize the step up we are trying to provide them by providing a quality preschool education, I see an Investment of the highest order – our future.

The Fall fundraiser was a success for my favorite NPR station and I’m glad. I’m also glad it gave me an appreciation for the Immediacy, Impact and Investment that ALIVE!’s programs bring to Alexandria on a daily basis. *Ken*



*Ken Naser, ALIVE!'s
Executive Director*

Military Officers Association of America -- One Powerful Voice

The Military Officers Association of America (MOAA) has once again chosen to serve their community by hosting a special campaign on behalf of ALIVE! For more than ten years now, this unique campaign by MOAA employees is held annually during the Summer so as not to compete with the United Way campaign and it is devoted exclusively to ALIVE! The 2007 effort produced an increase in employee participation and a contribution of nearly seven thousand dollars.

Thank you, MOAA, for your generous and continued support!



ALIVE! Executive Director Ken Naser accepts campaign check from MOAA's President, VADM Norbert R. Ryan, Jr., USN-Ret.

CONTRIBUTION DESIGNATION CHANGE

In the past, ALIVE!’s CFC and United Way contribution codes have been the same. This year both organizations now have separate designation codes for ALIVE!. **Please make note of this important change.**



CFC
Code:
44658



United
Way
Code:
8352

President's Message continued from page 1

Food Distribution programs inspire all of us by their compassion and energy to make a difference in the lives of the strangers who line up for food. Or the donor who, after listening to me talk about ALIVE!, and how we really are making a difference, reaches into their purse or suit jacket and writes a large check to ALIVE! Both our volunteers and donors are finding through their involvement with ALIVE! something of immense value. They find that they possess the ability to do more than they think they can do, or at least more than they were doing before.

Indulge me for a moment and let me give you a personal example of what can happen when we put our faith into action.

Recently, I visited an elderly woman here in our City who had no furniture or housewares and who had been sleeping on towels on the floor. ALIVE! volunteers carried a wide assortment of furniture and housewares into her publicly financed apartment, a bed to sleep on, a table to eat at, pots and pans to cook with—right before her eyes and in a matter of minutes, we transformed her empty living space into a home. All that thanks to the work of ALIVE! volunteers and people like you who donate to ALIVE!

My sisters and brothers, you did that. You helped to do that for that person and so many others like her who live in our City. Do you know what happened next, after we turned her place into a home? She hugged me tight and wouldn't let go, crying out over and over: "Thank God for you, thank God for you."

Imagine the kind of warm, wonderful feeling you get when something like that happens. You realize, for that one moment at least, that perhaps you are living the kind of life that you really should be living.

Won't you consider volunteering for an ALIVE! program, or consider writing a check to ALIVE so we can continue our efforts to help those in need?

CATALOGUE FOR PHILANTHROPY

Dear ALIVE!,

We are delighted to inform you that ALIVE! has been chosen for inclusion in the 2007-08 Catalogue for Philanthropy: Greater Washington. Your organization is one of 68 chosen from a very competitive field of nearly 250 candidates. **Our Catalogue reviewers and staff believe that yours is one of the finest smaller charities Greater Washington has to offer!** (editor note: Emphasis added)

This is our Fifth Anniversary Edition and there are some exciting plans afoot. Today we embark on a year-long partnership with your organization, designed to create a wonderful Catalogue and to put you in touch with new donors throughout the Metro DC area.

www.catalogueforphilanthropy-dc.org/2007/alive_71744.htm

Child Development Center's Wish List

**COLD WINTERY WEATHER IS HERE!!!!
WE NEED INDOOR:**

Gross Motor Equipment

Set of 6 soft-play balls 31.95 PL47-117
Mini koosh balls 3.95 ea PL41-838 need 12
Soft Ring toss game set 29.95 PL10-249
Fun Gripper Dart Ball set 24.95 PL58-020
Set of 3 extra Dart Balls 5.95 PL42-267 (2 sets)
Fun Gripper Bowling set 34.95 PL11-081
Rainbow fast-track scooter board set of 6
129.00 PL86-747
Let's hopscotch rug set 74.95 PL10-570

**All items from the
2007 Play With a Purpose catalog**

Play With a Purpose
220 24th Avenue, NW
PO Box 998
Owatonna, MN 55060-0998
1-888-330-1826
www.pwaponline.com

*"I heard the voice of the Lord, saying,
Whom shall I send, and who will go for us?
Then said I, Here am I; send me." Isaiah 6:8*



AMERICAN PHYSICAL THERAPY ASSOCIATION ANNUAL CRAFT SHOW TO BENEFIT ALIVE!

December 5 - 11:00 AM – 2:00 PM



DON'T FORGET THE BIG CRAFT SHOW
SPONSORED BY APTA NUMEROUS EXHIBITORS WILL BE PRESENT

CATHERINE WORTHINGHAM ROOM
1055 NORTH FAIRFAX DRIVE
ALEXANDRIA, VIRGINIA 22314

**Help
ALIVE!
House!
Help the
Homeless!**



It's time to "step out" for ALIVE! House! So get your walking shoes on and join us on the National Mall on Saturday, November 17. Schedule of events: Metro opens at 6:00 a.m.; registration begins at 7:00 a.m.; program starts at 8:30 a.m.; the Walkathon at 9:00. We meet at the letter 'A' for a leisurely three-mile stroll, conversation, and comradeship! You can also register on-line at www.helpthehomelessdc.org. Just go to Virginia Beneficiaries and click on ALIVE! House. The cost is \$15 ages 25 and younger and \$25 for adults (\$30 on day of Walk). Can't walk? Please sponsor a House resident by writing a check to *Help the Homeless* and mail to/leave at the House. This is the only time ALIVE! House asks for financial support, and we need the income. It's over one-fourth of our budget. ALIVE! House wants you - to help us!

Welcome Dimitri! Welcome Back Drake!

ALIVE! House welcomes as its new director, Dimitri comes to the House from Christian Relief Services in Fairfax County where she was Project Director, Homes for the Homeless Transitional Housing and Safe Places Residential Programs. She has an MA in Counseling, and a Master of Public Administration degree. Dimitri's first priority is case management for the residents. Her education and experience will enable her to guide House residents toward their goals while supervising the overall program of the shelter.



Dimitri Warren

Dimitri is assisted by Drake Simpson who was Resident Manager from 2000 to 2002. Drake has returned to ALIVE! House and is there each night and on weekends. During the day, he is a City-Wide Attendance Counselor for DC Public Schools.

Corrections to Summer 2007 issue

The Piper, Marsha Bell, featured in last quarter's issue of ALIVE! Wire, was mistakenly identified as being from St. Rita's. She is actually a member of the Church of St. Clement. Maria Medrano was mistakenly identified as a member of Trinity UMC and is also a member of the Church of St. Clement. She was St. Clement's "Most Valuable Walker" this year with the largest number of pledges from St. Clement. Medrano and her six fellow St. Clement walkers raised close to \$1,000 for the CDC.



32nd Annual Turkey Trot!

November 22, 2007

10:00 to 11:30

Cora Kelly Recreation Center

In-person registration is 8:30-9:30am. Advanced registration and details available at www.pwba.org/events-1/copy_of_31st-annual-turkey-trot

Runners support ALIVE! by bringing non perishable food goods. Non-running volunteers are needed to help pack the donations and sort at the Food Closet. For further info and to volunteer call the ALIVE! Office at (703) 837-9321

A Great family tradition on Thanksgiving Morn'.

PLANNED GIVING

If you are required to take an IRA distribution, make it a tax deduction, too! Did you know – for 2006 and 2007, IRA owners age 70-1/2 or older can direct the IRA custodian to make a distribution directly to a charity? The distribution, up to \$100,000 each year, is federally tax-free and can be used to satisfy part or all of the required minimum distribution (RMD). Contact your financial advisor for more details.

LANDMARK MACY'S HELP "BAG HUNGER"

Many children look forward to the end of school and being able to 'have fun' in the summer months. But hunger is most prevalent during those months when children are not in school and the tendency for children to go hungry increases without the before-school programs. It is a very difficult time for low-income families, the homeless, and it's also a time when the food banks' supplies become seriously depleted. Macy's recognized this need and the opportunity to build community ties in many ways. 'Bag Hunger' is just one of the many programs Macy's has set up to give back to the community.

The kick off for 'Bag Hunger' began with a visit from Ken Naser of ALIVE! where he introduced the employees to the organization and what it means to the community. Ken mentioned several of ALIVE!'s out-reach programs and gave the employees much to think about.

Apparently the energy that came out of this introduction was contagious! Macy's associates collected food and donations to buy food, which was distributed to many needy families and children in our local community. In addition, cash contributions to buy food exceeded \$3,000. This year represents the tenth year this program has been in operation. The associates at Landmark Macy's are very proud to give back to the community and are pleased to join with ALIVE! to do so. They ask us to always remember that no amount is too small, a lending hand is always reached for and as a community working together, we can build a strong, healthy community.



State of the Furniture Committee Report

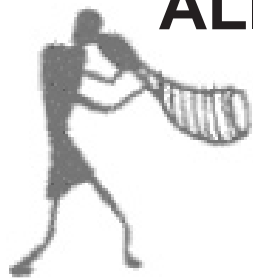
One statistic tells it best: this year we benefited from over 2,500 volunteer hours--a new record high for the committee. Those hours are more than 50% higher than a decade ago, which is as far back as my records go. Two decades ago, when I first volunteered with the committee, often the Saturday morning crew was two guys and a little red pickup truck. We didn't go out on holiday weekends, and from time to time we had to cancel a Saturday morning run altogether because we had no volunteers. Now we send out trucks every weekend-- one truck on holiday weekends; two on all others. In addition to the driver and shotgun, the trucks frequently leave with one, two, or even three volunteers in a chase car.

Of course, statistics can't tell the whole story. The good news is that the picture beyond the statistics is even more encouraging. Years ago, women seldom went out with the crews--nowadays, we seldom have a Saturday morning without at least one woman on each truck. Additionally, three of the committee's regularly scheduled drivers are women.

The trend for young volunteers is just as encouraging. "Back then" the volunteers were in their 40's, 50's and up. These days we have fathers with sons, mothers with daughters, Boy Scout troops, and church youth groups. Students at Bishop Ireton (BI) High School have connected with the committee to fulfill their required community service, including at times, members of their baseball, football, and wrestling teams.

In the final analysis, the furniture committee is only as good as its volunteers. So I am delighted to report to you that we

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ALIVE! & TEN THOUSAND VILLAGES

invite you to a

Community Shopping Night



Thursday, December 13th 7:00pm to 9:00pm

915 King Street

Come do your holiday shopping and 20% of your sale
will be donated to ALIVE!

ALIVE! serves more than 16,000 Alexandrians annually with shelter; low-cost early childhood education and childcare; financial help for rent, utilities, medical care and other critical needs; emergency food; and deliveries of donated furniture and housewares. Visit the ALIVE! Website at www.Alive-Inc.org.

Ten Thousand Villages is a nonprofit, fair trade store featuring handcrafted gifts and holiday decorations made by artisans in Africa, Asia and Latin America.

ALIVE! House WISH LIST

Alarm clocks - clock radios with alarm function
Blankets, washable, new or gently used, twin bed (x-long if possible)
Bus Tokens
Cleaning Supplies
Cold Remedies
Cooking Knives
Couch Pillows
Counter top Oven
Crock Pots
Cutting Board
Detergents - small sizes of dishwashing & laundry detergents
Diapers, Size 3 & Good Night Pull Ups
Hand-cranked radio - with AC adaptor to charge cell phones (\$49.95!)
Laundry supplies: dryer sheets, bleach, amonia, softner
Metro Cards
Outdoor Thermometer
Pizza Cutter
Radio/CD Players
Rice Cookers
Space heater - safe for children
Trash bags - large and tall kitchen
Treat Cards - ice cream, fast food restaurants, movies, etc.
Umbrellas
VCR/DVD Players

Furniture Committee *continued from page 5*

are in very good shape. Of course, this doesn't happen by accident. I want to thank every one involved; the pioneers who nearly 40 years ago had the vision; the congregational representatives, past and present for the efforts; Pam Goodell, Chair of the Volunteer Committee, for energizing the volunteer efforts throughout ALIVE!. I thank the committee's core of volunteer warehousepersons and drivers for their vital support. Most of all, I thank God for letting us do a little bit to make His world a better place.

Then there are my personal favorites: students from Bell Multicultural High School in DC. I started recruiting my students for Saturday morning furniture runs shortly after I began teaching at Bell nine years ago. In keeping with the school's name, I've had Vietnamese, Mexican, El Salvadoran, and Ethiopian helpers. Some have already gone on to graduate from college, others married. When I see them, they invariably ask, "Are you still doing that thing with ALIVE!" on Saturday mornings?" One of my dear students brings his young bride from Vietnam to work on a Saturday morning with the Furniture Committee as an important stop on her "Welcome to America" tour. Talk about volunteer spirit!

Sierra Club Donates Energy-Saving Lights to Low Income Families by Carolyn Cason



A joint project by ALIVE! and the Sierra Club has begun placing energy-efficient bulbs in the hands of hundreds of families who apply for emergency assistance. The idea behind it is to get people to use compact fluorescent lights (CFLs) in their homes, where the CFLs can cut lighting costs, as well as reduce the heat generated by old-style incandescent bulbs.

"Since mid-summer, we've distributed nearly 1,000 of the cost-saving CFL bulbs through our Family Emergency Program," said ALIVE! Executive Director Ken Naser. These bulbs save significant amounts of electricity compared with traditional incandescents and are much cooler than the finger-scorching bulbs they replace. They cost much more to purchase, however, they pay for themselves in energy savings within a few months. Families that install them will pay lower monthly bills to light their homes.

"Sierra Club grants pay for the bulbs," said Naser, "and our volunteers include a small start-up packet of CFLs with each batch of emergency supplies, so that families can put them into the light fixtures they use most often. We think it can help families start to save permanently on their electricity bills and be one more tool to help them gain financial control of their lives."

The idea began with local resident Carolyn Cason. "I started using these bulbs myself this year, and was so impressed by them that I wanted to find a way to help get them in the hands of those who could least afford them," Cason said. "I realized that the \$2-\$5 that stores charge per bulb might seem too high to many families, while the monthly energy savings are not as easy to see at first. There have been times when I struggled with my monthly bills, so I appreciate how tough it can be to pay more for something right now even if the result is long-term savings."

She brought the idea for the donation program to Bruce Parker, Global Warming Chair for the Sierra Club's Mount Vernon Chapter, and to the ALIVE! Board. Both Sierra Club and ALIVE! saw how a grant program could help more families adopt this simple way to cut energy use. Parker encouraged her to apply for grants from the club's local chapter foundation, as well as the national office, and both offices awarded grants for the project earlier this summer. "Carolyn's project is getting CFLs to people who cannot afford to buy them, and in the process, is both helping them conserve energy and educating them about the importance of reducing greenhouse gas emissions," said Parker. "This is an essential part of a strategy we must pursue if we are to have any chance of avoiding the worst consequences of global warming."

Since then, Cason has been regularly buying the bulbs and delivering them to ALIVE!'s Family Emergency Program. She also prepared flyers to be include with each CFL packet that explains this "Smart Lights" program and benefits of using the spiral lights.

"A big part of ALIVE!'s mission is not only to help families through a rough patch," said Naser, "but to also help them learn new ways to manage their expenses. Showing them the cost-cutting advantages of CFLs is, at first glance, a small thing, but it can show them how to spend less on lighting bills for the rest of their lives. That's a real victory for them and will help stretch our Family Emergency budget for how much we can spend on utility assistance."



HOLIDAY EVENTS at DOWNTOWN BAPTIST CHURCH



212 S. Washington Street
Alexandria, VA 22314
703.549.5544

CHRISTMAS IN OLD TOWN XVIII December 1 and 2

December 1: 10:30 a.m. - 1:30 p.m. *"Walk Thru Bethlehem"*
(See the Old City, Manger Scene with Live Animals!)

"Keep the Receipt"
A Christmas Musical Comedy

2:00 p.m. - *"Keep the Receipt"*
(Senior Adult Reception following the matinee)

December 2: 11:00 a.m. - *"Keep the Receipt"*
7:00 p.m. - *"Keep the Receipt"*
(church-wide reception to follow)

No tickets required. All events are free!



ALIVE! Wire

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Alexandria, VA 22302
703-837-9300
www.alive-inc.org
E-mail: alivetoo@aol.com

Nonprofit Organization
U.S. Postage Paid
Alexandria, VA
Permit Number 567



ALIVE!, founded in 1969, is a nonprofit organization devoted to helping Alexandrians facing emergency situations become self-sufficient members of the community. ALIVE! has grown from a handful of organizations and volunteers to a vigorous organization of 41 congregations and many volunteers.

ALIVE! offers Alexandrians in need help through ALIVE! House Shelter, Furniture, Housewares, Food Pantry, Family Emergency, Child Development Center and Last Saturday Food Distribution Programs.

Contact ALIVE! at
703- 837-9300
E-mail : AliveToo@aol.com
www.alive-inc.org

Fall 2007 Calendar

October

- 2 Fairlington Presbyterian
- 27 Last Saturday Food Distribution: Church of the Resurrection, Cora Kelly Recreation Center and Ladrey Senior High Rise.

Food Collection: Alexandria Church of the Nazrene, Beth El, Del Ray UMC, Fairlington Presbyterian, First Christian Church, Meade Memorial, St. James UMC, St. Mary's

Furniture Collection: Fairlington UMC, St Joseph's

November

- 13 Annual Recommitment and Volunteer Recognition Potluck Dinner at Beth El Hebrew Congregation

Food Collection: Blessed Sacrament, Christ Church, Church of the Resurrection, Convergence, Good Shepherd Lutheran, Grace Episcopal, St. Paul's Episcopal, St. Joseph's, Trinity UMC, Westminster Presbyterian

Furniture Collection: Christ Church, Church of St. Clement

December

- 4 Board Meeting - Baptist Temple
- 15 Last Saturday Food Distribution: Church of the Resurrection, Cora Kelly Recreation Center and Ladrey Senior High Rise.

Food Collection: No Food Collection

Furniture Collection: Good Shepherd Lutheran, First Christian Church