



ALIVE! Wire

Alexandrians Involved Ecumenically

Winter 2009

Simple Gifts

An elderly woman close to my heart is in need of help. She has spent her life giving: preparing banquets for friends and extended family, working as a professional nurse, and taking care of many additional patients on the side, as a relative, friend, or volunteer. Now, having had surgery herself, she needs some help – but she is having trouble with the very idea of receiving instead of giving. After weeks of anger, frustration, guilt, and apologies, she finally is starting to simply say “Thank you,” and accept the help she needs, knowing that she has given of herself in the past and having faith that she will give again in the future.

So it is with many of the clients who need ALIVE!’s services, some for the first time, during this period of high unemployment and economic distress. We tend to think of giving as the challenge, as a deliberate act of kindness, compassion, generosity, and, sometimes, personal sacrifice – something that is not easy. But sometimes receiving is just as hard. And often the person who is now receiving has given much and will give again. In fact, we know several former ALIVE! clients who make a point of helping current ALIVE! clients – through financial contributions, volunteer work, or simply spreading the word about the importance and value of ALIVE!’s services.

May ALIVE! continue to bring us together -
- givers who receive, recipients who give, and those who continue giving and giving, in generosity, good fortune, and gratitude.

Diana Day, President

The City of Alexandria continues to support ALIVE!’s efforts. On October 31st at the Cora Kelly LSF, Alexandria’s Mayor William D. Euille recognized ALIVE! and its many volunteers and presented a proclamation commending the Alexandria City Staff at the Cora Kelly Recreation Center who work tirelessly to make the Last Saturday Food Distribution possible each month.

Last Saturday Food Need Sets New Record

The Fall edition of the ALIVE! Wire carried an article on the increasing need for food and the ways that the Last Saturday Food Distribution (LSFD) adapts to try to answer those needs. Since that article was written, from July through October of this year, LSF provided groceries for over 34 percent more individuals than during the same period last year, and we expect that the need will grow as we approach winter and the holiday season.

Some of this increase in demand is coming from people who have never had to ask for help before. The Cora Kelly LSF site set a new record on October 31st, serving 1642 individuals in 372 households—91 of those families were getting help for the first time.

In September, Jean Moore, the Chair of ALIVE!’s Food Program, received a letter from one such person. Her letter reads:

Dear Ms. Moore:

Please forgive me for not writing you sooner in appreciation of ALIVE!’s Last Saturday Food Distribution program. I can’t thank you enough, and I would not want you to interpret my tardiness in writing to you as a reflection of a lack of gratitude on my part. The Last Saturday Food Distribution, particularly at the Church of the Resurrection, was of great help to me.

This was my first time in utilizing this service that was recommended to me by the Office of Community Services at the Alexandria Health and Human Services. I was there because I was in need of rental assistance and more.

This organization is obviously made up of extremely thoughtful and generous people who reach out to others that are facing difficult times. I feel truly blessed and it is with the utmost respect that I thank you for your service. I hope the City of Alexandria is truly grateful and helps to support your program. In closing, I know my appreciation for you is felt by the many, many other clients that are served and made to feel, “Yes, we can make it.”

God Bless You ALIVE!



A ceremony was held at Cora Kelly’s Last Saturday Food Distribution in October, when Alexandria’s Mayor Euille presented a proclamation to the Recreation Center’s staff. Pictured left to right are Frank Shafroth, Andrew Farmer, Mayor Euille, Sheba Reese, Angela Redfern, Cisco Fabian and Deborah Patterson.

Notes from the Executive Director



Ken Naser,
ALIVE!'s Executive Director

The Fall was a busy time for ALIVE! and a time that gave us lots of reasons to be grateful for the generosity of many individuals and groups. This is a good time of year to reflect on those. In September, the Del Ray Business Association started out with their First Thursday event by having a "Taste of Del Ray" for the benefit of ALIVE!'s food bank with several restaurants participating. The result was a very nice donation and a collection of food items for our food bank. Rob Krupicka and others hosted another food tasting event, "Alexandria Gets Fresh", at the George Washington Masonic Memorial. It featured a viewing of the film, "Fresh," samplings of many local food items prepared by local chefs and a lively panel discussion. Whole Foods Market on Duke Street held a Community Day for the benefit of ALIVE! during which a certain percentage of sales that day was donated to ALIVE! Halloween at the Gymboree on South Pickett Street was a great holiday party for the little ones in costumes. Participants were asked to bring a donation for ALIVE! - that was a nice treat.

As soon as the leaves started to turn, the Pumpkin Patch at Immanuel Church on the Hill started to turn orange as well. Pumpkin sales support local missions, including ALIVE! Just before Thanksgiving, several artists from the Torpedo Factory opened their studios to patrons and promised to designate ten percent of all sales to ALIVE! Marsha Staiger, Ann Barbieri, Gloria Logan, Caroline Emmet Heald and Marian Van Landingham displayed their latest works and raised needed funds and awareness for ALIVE! emergency programs. Walkers for ALIVE! House were on the National Mall for the Fannie Mae Help The Homeless Walk on November 21. Thanksgiving Day was once again the day of the Annual Turkey Trot sponsored by the Del Ray Business Association, assisted by the DC Road Runners, a very special event where runners are asked to donate canned goods for ALIVE!

And, even now the Fairlington United Methodist Men are out in their parking lot braving the elements to bring you fresh Christmas trees and to raise funds for their many missions, one of which is ALIVE!

Thank you to all who participated in, or supported these activities and events. ALIVE! truly is "rooted in community" as is evidenced by these many wonderful efforts done on our behalf. Ken

IRA Charitable Rollovers for ALIVE!

The IRA Charitable Rollover allows individuals aged 70 1/2 and older to donate up to \$100,000 from their Individual Retirement Accounts (IRAs) and Roth IRAs to public charities without having to count the distributions as taxable income. Since the IRA Charitable Rollover was enacted in August 2006, older Americans have made new contributions to their favorite nonprofits that benefit people every day. Act now to make an IRA contribution to ALIVE! today!

You Can Make a Difference in the Future of ALIVE!

Estate gifts and bequests are investments in the future, helping to continue the work of ALIVE! today and for generations to come. Like any other investment, an estate gift is an important decision that can give great personal satisfaction. We would be happy to talk with you or your financial planner about opportunities to make a lifetime gift to ALIVE!, through a bequest, life insurance, retirement funds, or other assets, that best serves your interests. Contact Ken Naser, ALIVE!'s Executive Director at (703) 837-9320 or execdirALIVE@aol.com for more information.

Food Program Wish List

Canned Meat
Tuna Fish
Complete Pancake Mix
(Needs Only Water)
Syrup
Dried Milk
Soup
Coffee and Tea
Money to buy fresh eggs,
meat and produce!



CFC
Code: 44658



United Way
Code: 8352

CDC Lead Teacher Garners Honors



ALIVE!'s Executive Director Ken Naser congratulates Carrie Diggins, Lead Teacher of the Child Development Center's Blue Room Class, on being inducted into the Phi Theta Kappa International Honor Society of Two-Year Colleges. Mrs. Diggins, who is working towards her Associates Degree in Early Childhood Development from Northern Virginia Community College, was recognized for her academic achievements. Congratulations, "Miss" Carrie!

CDC WISH LIST

Washable Dress up Clothes set \$170
 Doll Bed (3) \$50 ea
 Doll High Chair (2) \$45 ea
 Angeles Trike 12" (30) \$135 ea
 Laminating Machine \$270
 Cozy Sofa (3) \$180 ea
 Cozy Chair (3) \$110 ea
 Cozy Love Seat (3) \$155
 Washer/Dryer Combo (2) \$230



ALIVE House Wish List

Household cleaning supplies - all types
 Laundry detergent, bleach, spray starch
 Aluminum Foil
 Large Zip-Lock Freezer Bags
 Large Zip-Lock Food Storage Bags
 Air Freshener
 Children's Bubble Bath
 Tall Kitchen Trash Bags
 Small Bathroom Trash Bags
 Baby Wipes
 Facial Tissue
 Sanitary Napkins
 Please bring to :
 ALIVE! House
 125 S. Payne Street
 Thank you!

Help the Homeless!

Some brave and slightly damp ALIVE! House supporters participated in the West End Congregations' second Help the Homeless Mini-Walk, which was held at Ft. Ward on November 1st. Members from last year's congregations--Fairlington Presbyterian, Fairlington Methodist, Beth El Hebrew, and Immanuel Church-on-the-Hill--were joined this year by walkers from Church of the Resurrection and the Unitarian Universalist Church of Arlington. The walk benefited ALIVE! House, the oldest continuously-operated shelter for women and families in Northern Virginia. Other Mini-Walks were held at St. Rita and Grace Episcopal Schools and Old Presbyterian Meeting House.

The Mini-Walks were part of the Annual Fannie Mae Help the Homeless program which culminated in the Walkathon on the National Mall on November 21st. Proceeds from the Walkathon and Mini-Walks represent of 25% of the ALIVE! House annual budget. Final results will be announced in February. Thanks to all who contributed to this great effort to support our shelter!



Saying Happy Holidays & Helping Our Neighbors Through ALIVE!

Don't know what to give a friend or family member for the holidays? Want to reduce the frenzy of gift-giving and advocate for a simpler lifestyle? Want to share your faith and blessings with those less fortunate around you while honoring a friend or relative? Whatever your reason, by purchasing a gift through ALIVE! you are directly benefiting families in Alexandria who need your help.

PURCHASING A GIFT IS SIMPLE:

1. Review the following list of "gift" suggestions.
2. Cut out and Fill in the order form.
3. Write a check payable to ALIVE! for the total amount. And mail your check and order form to ALIVE!, 2723 King Street, Alexandria, VA 22302
4. For each purchase, you will be sent a gift card with an envelope and an insert describing your chosen gift.

ALIVE! HOLIDAY GIFT ORDER FORM

(Please Print Legibly)

Your Name: _____

Your Address _____

Phone Number _____

Email Address _____

Item Number	Quantity	Cost	TOTAL

GRAND TOTAL \$

Instead of a gift selection, we would like to make a contribution in the amount of \$_____ to be used where needed most.

ALIVE! Programs and Descriptions of Gifts

A. ALIVE! House ⇒ Temporary housing for women and families in emergency and transitional situations. ALIVE! House provides 6-12 months of shelter, support, and help developing life skills for up to four homeless families at a time.

1	Bus tokens or Metro Fare cards	Provide transportation for a formerly homeless woman to get to class or a job interview.	\$ 8
2	Ice cream treats	Provide an ice cream treat for displaced children living in ALIVE! House with their mothers.	\$10
3	Dress for Success	Purchase a gift card to a local store to help a formerly homeless woman buy professional clothes to enter or re-enter the workforce.	\$50

B. Child Development Center (CDC) ⇒ A full-day preschool and early childhood education facility serving up to 38 children of working, poor Alexandrians throughout the year. Tuition and fees are based upon the parents' ability to pay.

1	Hats & Gloves	Purchase a hat and gloves/mittens to allow a child to play outside comfortably even on the coldest of days.	\$15
2	Shoes	Growing feet need new shoes often. Help two families by providing new sneakers for two children.	\$25
3	Nutritious Food	Learning to eat and enjoy healthy food is important for preschoolers. Provide materials for one class to plan and prepare two nutritious snacks.	\$35
4	Books	Help make reading at home a habit with the purchase of a set of beginning reading books for a child, selected by the CDC's social worker.	\$40
5	Cassette players/listening centers	The CDC needs 3 cassette players/listening centers for children's use to read books and play educational games during free time. Purchase one for a classroom, providing this learning opportunity for the children.	\$75

C. Housewares ⇒ Donated housewares, including lamps, towels, sheets, dishes, silverware, pots, and pans, delivered on Saturdays.

1	Towels	Purchase new bath and kitchen towels for a family moving into an apartment from a battered women's shelter.	\$35
2	Children's Books & Games	Buy a basket of books, games and stuffed animals to make the children in a family moving from a homeless shelter feel at home in their new apartment.	\$40

D. Family Emergency Program ⇒ Assistance with rent, utilities, and medical expenses, as requested by social service agencies or clergy of member congregations. Also donated canned and packaged food, for a week of meals, delivered by volunteers to approximately 100 families each month.

1	Eggs	Provide a dozen eggs each for five families in need as a primary source of protein.	\$9
2	Medication	Provide the co-payment for a senior citizen otherwise unable to afford to fill prescriptions.	\$50
3	Utilities	Help a minimum-wage family pay for a portion of their winter heating bill for one month.	\$75

E. Furniture ⇒ Donated beds, tables, chairs, chests, and other useable furniture, picked up and delivered by volunteers to ten to twelve families each weekend.

1	Beds	Help one child currently sleeping on the floor of an empty apartment by buying a single box spring and mattress.	\$100
2	Gas	Provide enough gas for one truck to pick up and deliver furniture to twelve families in need.	\$50

F. Last Saturday Food Distribution ⇒ A supply of surplus fresh produce and staple foods distributed by volunteers once a month to serve approximately 650 families each month referred by social service agencies and ALIVE! congregations.

1	Holiday Turkeys	Provide a 10 lb. turkey to a family for them to enjoy a traditional family meal during the holidays.	\$10
2	Beef Stew	Purchase a case of beef stew (24 cans) as a quick, nutritious dinner for twelve families.	\$20
3	Tuna	Purchase a case of tuna (48 cans) to provide two dozen families with an alternative source of protein.	\$35
4	Meat and cheese	Surplus meat and cheese can be purchased for 12 cents per pound from area food banks. Help ALIVE! provide 400 lb. of much-needed fresh protein to supplement canned food.	\$48

ALIVE! In the Beginning...

On October 6th ALIVE! Board Members, volunteers and supporters gathered at Grace Episcopal Church to celebrate the founding of ALIVE! in 1969. Founders Elaine and Bob Peoples, Jean and Bob Young, Ann and Harry Williams, as well as Connie and Bud Hart were honored as part of ALIVE!’s Fortieth Anniversary Celebration. They were there in the beginning and Elaine Peoples and Bob Young shared some stories about the early years.

Elaine Peoples summed up her comments with: “The theme of tonight’s dinner, ‘Passing the Light’ is very significant for me. In psalms and scripture, light represents the presence of God, the direction and guidance of God.... ALIVE! has always been a commitment born of a belief that those in need will be provided for through people who hear God’s call to serve. Many, many people have come and gone through the years, each contributing his or her skills and compassion to ALIVE!’s work. ALIVE! changed my life, strengthened my faith and made me more trusting of my fellow humans. For I believe that each of us is born a child of God and deserves to live with respect and dignity. My wish for all of you tonight is that the light of God’s love through the work of ALIVE! may shine for you for many years to come.”

Approximately 125 people gathered for the pot luck dinner and recommitment to ALIVE!’s mission to put faith and love into action where it is most needed—directly meeting the essential basic needs of our City’s most vulnerable citizens. A number of past Presidents attended including Muree Reafs who traveled all the way from Nevada and Dan Shea from Colorado. It was a wonderful event that was chaired by Vivian Webb, ALIVE!’s Corresponding Secretary.

Past presidents (R to L) Bill Willis and Dan Shea greet longtime volunteer Don Mela of Beth El Hebrew Congregation before the dinner.



Rev. Robert Malm of Grace Episcopal got the program started.



Seated at the Founders Table were (R to L) Bud Hart, Elaine and Bob Peoples, Bob and Jean Young, Ann and Harry Williams, Alys Krisman and Connie Hart.



Clergy in attendance included (L to R) Rev. Lowell E. Schuetze of Good Shepherd Lutheran, Rev. Frank Hull of St. Joseph’s Catholic, Rev. Mitzi Manning of Fairlington UMC, Rev. Gerry Creedon of St. Charles Catholic, Rev. John C. Cregan of Blessed Sacrament Catholic, Dr. Anne Gavin Ritchie of Church of the Resurrection, and Rev. Patrick Crerar of Grace Episcopal.



The founders symbolically lit candles held by representatives of original member congregations, who then passed the light on to the rest of the gathering. Shown here from (L to R) are Bill Harris of First Baptist, Mike Oliver of Church of St. Clement, Rev. Mitzi Manning of Fairlington UMC, Barbara Currie of Immanuel Church-on-the-Hill, Rev. Lowell Schuetze of Good Shepherd Lutheran, Mike Diffley of St. Mary’s Catholic, Louise Anderson of Westminster Presbyterian, Linda Coleman of Trinity UMC, Beth McFarland of Fairlington Presbyterian, Rev. John Cregan of Blessed Sacrament, Doris Mela of Beth El Hebrew Congregation and Al Barke of Agudas Achim Congregation.

Remembering a Friend of ALIVE!

We are giving thanks for, and celebrating the life of, a long-time supporter of ALIVE!. Margot Gallagher was, by profession, a social worker. In April 1990, after a successful career working at Carpenter's Shelter and elsewhere, she began work as a Community Services Specialist for Alexandria's Department of Human Services. In that capacity, she worked with ALIVE!'s Family Emergency Program volunteers on a daily basis seeking financial assistance and emergency food for her clients.....clients who she cared about as if they were members of her own family.

Margot's generosity of heart and spirit went way beyond her chosen career field. Her life was all about helping those in need, and volunteering with ALIVE! was just one way she gave back to her community. Margot and her husband, David, were "regulars" at ALIVE!'s Last Saturday Food Distribution (LSFD) at the Ladrey Senior High Rise in Old Town, and Margot was known to make calls to her children and grandchildren the day before a scheduled LSFD to encourage them to join her and David at Ladrey. And they did.

Margot passed away on October 26th after a long battle with cancer. And, knowing it would have been her wish, 12 members of her family volunteered at LSFD - Ladrey on October 31st in her memory.

*" 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

Celebrating the Life of Ruby J. Tucker



Ruby Tucker photographed with current CDC Director Pam Blankenship in 2008 at an ALIVE! board meeting at First Agape.

On September 20th, the City of Alexandria lost a leading citizen and ALIVE! lost an advocate and guiding light. Ms. Ruby Tucker worked at ALIVE!'s Child Development Center (CDC) for over 20 years and served twelve of those years as the CDC's Director.

Hired in the mid-seventies as a Teacher's Aide, she enrolled in the Early Childhood Education Program at Northern Virginia Community College and, at 57 years of age, earned an Associate in Applied Science degree and was quickly promoted to teacher and eventually Director of the CDC. Ruby was instrumental in securing accreditation for the school and became a working member of the National Association for the Education of Young Children (NAEYC).

When she retired in 1995, Alive!'s President Bill Noonan wrote, "Ruby Tucker is one of those rare people of whom it can be said that when God formed them, He destroyed the mold. Generous to a fault with her time, money and talents, Ruby has been the foster mother of more than a dozen children and has been active in her church, Alexandria politics, her neighborhood and school affairs, including the T.C. Williams Booster Club."

Her obituary in the "Alexandria Gazette" noted that she was a former president of the Lynhaven Civic Association, where she was known as the "Queen of Lynhaven" because of her longtime advocacy for the neighborhood. She was also an elections chief for the Cora Kelly Precinct, a member of the Alexandria Senior Services Agency board of directors, and an officer of the First Agape Baptist Community of Faith.

She is survived by her husband, Eugene Tucker; two daughters Patricia Tyler and Wanda Tucker of Alexandria; and a host of other relatives and friends.

During the 2009 George Washington Birthday Parade in Alexandria, Ms. Ruby rode with Executive Director Ken Naser as part of ALIVE!'s Fortieth Anniversary Celebration.



ALIVE! Wire

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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

Winter 2009-10 Calendar

January

- 5 Board Meeting – 7 pm; First Baptist Church, 2932 King Street
- 30 Last Saturday Food Distribution: Church of the Resurrection, Cora Kelly Recreation Center and Ladrey Senior High Rise
- Food Collection: Downtown Baptist, Ebenezer Baptist, First Baptist, Immanuel Church-on-the-Hill, St. Rita Catholic Church
- Furniture Program: St. Rita Catholic Church and Commonwealth Baptist

February

- 2 Board Meeting - 7 pm; Trinity UMC, 2911 Cameron Mills Rd.
- 27 Last Saturday Food Distribution: Church of the Resurrection, Cora Kelly Recreation Center and Ladrey Senior High Rise
- Food Collection: Beth El Hebrew Congregation, Del Ray UMC, Emmanuel Episcopal, Fairlington Presbyterian, Alexandria Assembly of Baha'is, Roberts Memorial UMC, and St. Andrew UMC
- Furniture Program: Beverly Hills UMC and Fairlington Presbyterian

March

- 2 Board Meeting - 7 pm at Immanuel Church-on-the-Hill, 3606 Seminary Rd.
- 27 Last Saturday Food Distribution: Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey Senior High Rise
- Food Collection: Alexandria Church of the Nazarene, Alfred Street Baptist, Beverly Hills Community UMC Church of St. Clement, Commonwealth Baptist, St. James UMC, Third Baptist, Washington Street UMC
- Furniture Program: Old Presbyterian Meeting House and First Agape Baptist Community of Faith

ALIVE!

President: Diana Day, Unitarian Universalist Church of Arlington
Vice President – Cheryl Malloy, Good Shepherd Lutheran Church
Treasurer --Rick Glassco, Immanuel Church-On-The-Hill
Recording Secretary – Jann Masterson, Convergence: A Creative Community of Faith
Corresponding Secretary – Vivian Webb, Blessed Sacrament Catholic Community
Kenneth D. Naser – Executive Director
Kathy Richards – Editor, ALIVE! Wire