



ALIVE! Wire

ALEXANDRIANS INVOLVED ECUMENICALLY

Fall 2012

President's Message

Ready for the New Year

It's a new year for ALIVE! - our fiscal year 2013 began on July 1, 2012 - and the need and requests for our services continue. Happily, ALIVE!'s volunteers, staff, and supporters are ready to do what we can to help meet the needs of less fortunate Alexandrians. Also, ALIVE! is well situated to provide opportunities for volunteers to come together to help others and an organization in which funders can be confident that their resources are put to good use and managed well.

One of the reasons ALIVE! is prepared to address both the emergency assistance needs (Last Saturday Food Distribution, Family Emergency, Furniture, and Housewares Programs) and the self-sufficiency needs (ALIVE! House and the Child Development Center) of our fellow Alexandrians is the effective leadership of Cheryl Malloy, whose term as President ended on June 30. Cheryl's commitment to ALIVE!'s mission and goals is demonstrated by the fact that, in her term as President, she volunteered in each of our programs, not occasionally, but frequently or on a regular basis. With good nature and humor, she guided us through the development and approval of ALIVE!'s Strategic Plan and the amendment of our Bylaws and Articles of Incorporation. Also under her leadership, our organization was strengthened by the addition of an Investment Committee, an Affordable Housing Committee (of which she is now co-chair), and a preliminary decision, later approved by the Board of Directors, to add a development professional to our staff. Since Cheryl continues to support ALIVE! in many ways, we can only hope that she will not be lured to Chapel Hill by the call of exciting UNC sporting events.

ALIVE! also is well positioned for the new fiscal year because it is supported by such a great group of volunteers. We say this all the time, and it's true. Some of our current volunteers have been with ALIVE! for over 30 years. Others are new to our organization and equally enthusiastic. I think it's fair to say that all are devoted to ALIVE!'s work. Many volunteers have specific skills and experience related to the area in which they volunteer. Others are willing to provide



Ellen Brown

2012 Helping the Homeless

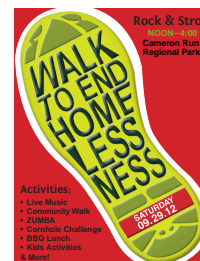
Our Golden Goal -- \$50,000
Challenged by loss of government funding,
ALIVE! House is determined to raise \$50,000
through the annual

Fannie Mae Help the Homeless program.
Celebrate our 40th year of providing shelter and
services for women and families by
showing your support for ALIVE! House.

Get out and get moving.

Encourage your congregations, friends at work
and in your neighborhood to
have a mini-walk or to join with
others such as the **West End
Congregations' Mini-Walk** on
October 28th at 1:30 in Fort
Ward Park. Other walks are being
organized as well.

Check out www.alive-inc.org, or
hthdc.org.



And Don't Miss

Acacia Rock & Stroll

Saturday, September 29th, 1-4 at
Cameron Run Park

Plan to participate in the community event that's
actually 5 mini-walks happening at the same time
under one heading: the **Acacia Rock and Stroll** -
benefiting 5 local agencies helping the homeless.

To find out more, go to
www.rockandstroll.net and register to walk for
ALIVE! House (VA003).
**More than a Walk,
it's a Picnic in the Park:**

food, music, games and T-shirt included in the fee.
Youth \$20/ Adults \$30 /Virtual Walkers \$35

Register on line & at the park.
Do it for ALIVE! House (VA 003).
See **YOU** There!

President's letter continued on page 3

Notes from the Executive Director

In April of this year, I was invited to speak at a lodge meeting of the Andrew Jackson Lodge 120, the local Masonic Lodge that meets at the George Washington National Masonic Memorial. At that time, one of the Masons asked what they could do to help. We discussed how our food distribution programs extend into the summer months, just like they operate in winter months, but, the difference, I explained, is that hardly ever do we have food drives held for our benefit in the summer. Shortly after that, I heard from Master Adam Duncan that the Andrew Jackson Lodge had committed to provide funding for our food programs in June, July and August this year. Adam has come by my office around the first of each of those months with a significant contribution from the Lodge. And, in July, a team of Masons volunteered to help with the Last Saturday Food Distribution at Cora Kelly.

At the September meeting of the ALIVE! Board of Directors, Adam Duncan, Master of the Andrew Jackson Lodge 120, presented ALIVE! with the Community Builders Award "In recognition of outstanding service to the community." Ken



Pictured (left to right) are Adam Duncan, Master, and Dennis Dunston, Future Master, presenting the first check for \$1000 to ALIVE! Executive Director, Ken Naser.

October is ALIVE! at Reunions



Reunions, a specialty shop of distinctive antiques, home furnishings, gifts and accessories, is a long-time supporter of ALIVE!. Owner Barbara Watts has announced that ALIVE! will be Reunions' 2012 Community Charity and will receive 5% of the store's October sales. They also will be encouraging customers to donate canned goods at the shop for ALIVE!'s food pantry. Be sure and stop by for your early holiday shopping. Their blend of old and new merchandise changes daily so there's always something new to see. Reunions is located in the Centre Plaza Shopping Center between Quaker Lane and Kenwood Avenue.

ALIVE! CDC Wish List

Simple Green cleaner -- 1 gallon size
(available at Home Depot)
Liquid bleach -- unscented 1 gallon size
Dawn liquid detergent
Scrubber sponges (two-sided)
Unscented baby wipes
Lysol spray -- regular scent
Large rolls of paper towels
Liquid hand soap

Trinity United Methodist Women's Flea Market

Saturday, September 29th
9:00 AM to 2:00 PM;
2911 Cameron Mills Rd.

ALIVE! will receive a portion of the proceeds.
For further information contact Linda Coleman,
(703) 671-0245 or Linda.L.Coleman@verizon.net



ALIVE!

President: Ellen Brown, Community Representative
Vice President: Deborah Patterson, Washington Street UMC
Treasurer: Rick Glassco, Immanuel Church-on-the-Hill
Recording Secretary: Eric Winakur, Agudas Achim Congregation
Kenneth D. Naser: Executive Director
Kathy Richards: Editor, ALIVE! Wire

Harris Teeter Helps TIE Up Savings for the Child Development Center

Are you looking for an easy way to donate to ALIVE!'s Child Development Center?

Harris Teeter's Together in Education (TIE) program provides that way. TIE is a fund raising program for schools (public and private-preschools through 12th grade).

When customers purchase select Harris Teeter Brand products using their VIC card, Harris Teeter contributes a percentage of those purchase dollars to the schools of the customer's choice. Schools can then use the money on anything they see fit. At the CDC, TIE receipts have been used for classroom supplies, like art supplies and beginning literacy materials.



One Step Sign Up Process

Starting August 1st each year, parents and community members are able to link their VIC cards to their school's Together in Education school code (#6383 for the CDC). Simply give the cashier your VIC Card and the CDC's TIE code (#6383) during checkout. Or go to harristeeter.com and click on "Together in Education." It is as simple as that.

This sign up process must take place each school year, therefore, if you already participate, you must sign up again. The CDC will be linked to your VIC card until May 31 of next year. You can link your VIC card to up to five schools, and Harris Teeter will evenly distribute funds to the schools. Special promotions are available where you can earn even more money for the CDC.

President's letter continued from page 1

muscle, delivery services, organizational skills, and much more. ALIVE! is so fortunate to have this kind of volunteer support. We also are grateful to have a new Volunteer Coordinator, Cara Negrette, to help us expand and take the best advantage of our cadre of regular and occasional volunteers.

Further, while ALIVE!'s staff is still relatively small, it is skilled, resourceful, and devoted to serving our clients. Theirs is challenging work, and we appreciate their role in ALIVE!'s success.

Finally, ALIVE! has donors we can count on. Donors provide food, furniture, housewares, vans, cleaning supplies, books, toys, and more. And, of course, we are dependent on funding from individuals, foundations, congregations, corporations, and government sources. We are endlessly grateful to those who have supported us in the past – some over a long period of time – and hope to be able to increase donations from all sources in order to be able to continue and expand the services ALIVE! provides.

If you've read the ALIVE! Wire over the years, you've heard a lot of this before, and you may well be a big fan of ALIVE! already. However, it's important to remember these good things about ALIVE!, and we hope you'll spread the word. This year we will focus on the implementation of our Strategic Plan to expand the services ALIVE! offers. To do this we need financial and other support and people who want to participate. If you have suggestions of individuals or groups who may want to volunteer, or for increasing funding, please contact the ALIVE! office and let us know. We're ready for the new year, and we'd like to have your help.

Ellen Brown, President of ALIVE!



DINE & DONATE

**To Support:
Alive!**

**Invite family, friends and neighbors
to Lone Star Steakhouse™**

**Lone Star Alexandria, 3141 Duke Street
703-823-7827**

**Saturday, October 20, 2012
11:00 AM - 10:00 PM**

**Mention ALIVE! to your server and Lone Star
will donate 15% from your dinner receipt to ALIVE!**



**CFC Code:
44658**



**United Way Code:
8352**

He Told A Friend About ALIVE!, And So On And So On

By Linda Coleman, Chair, Family Emergency Program

Do you remember that TV commercial a number of years ago about some stupendous shampoo wherein the commercial urged us to try it, then tell two friends who will each tell two friends and so on and so on? It's called viral marketing. Well, in a way, my fellow volunteer Al Barke got a bit of viral marketing going awhile back.

Just about everyone who volunteers with ALIVE! knows Al. He serves as Agudas Achim's Congregational Representative on ALIVE!'s Board of Directors. He packs emergency food orders for our Family Emergency Program during the week and was instrumental in involving Agudas Achim congregants in our Furniture Program (and does a lot of that program's heavy lifting, too!). He also volunteers for our Last Saturday Food Distribution Program. But, Al does more. He talks it up about ALIVE!.

Al's longtime friend, Glenn Sutton, is the Senior Vice President of Federal Management Partners (FMP), a management consulting firm located on North Beauregard Street in Alexandria. Following a casual conversation Al had with Glenn, Al and I were invited to meet with FMP staff and tell them about ALIVE!'s various programs. That

was in March of 2011. Before that month came to an end, FMP employees were volunteering for ALIVE! (and doing so during office hours with the boss's blessing!).

Every month since then, various FMP employees have volunteered to deliver emergency food to the homes of hungry Alexandrians one Monday each month for our Family Emergency Program. And, in August of this year, several FMP employees volunteered at Last Saturday Food Distribution's Church of the Resurrection site.

FMP is committed to helping support and improve the community through various activities and donations. To support community outreach efforts, FMP has participated in many other activities in addition to ALIVE!'s. For instance, employees have volunteered for the Ronald McDonald House, Servathon, the Capital Area Food Bank, Homeless Animal Rescue Team, and others. The firm has raised over \$27,000 for various outreach efforts such as the Haiti and Japan earthquake relief efforts and Breast Cancer research and outreach. ALIVE! is proud to be associated with such a community-minded firm and grateful for their continuing support.

As you read this, please think about Al and how his casual conversation with his friend Glenn led to so many of FMP's staff learning about and volunteering for ALIVE!. And who knows how many others have learned about ALIVE! from conversations with FMP's staff? Do you have a friend you can talk to about ALIVE!? And then that person can tell two friends, and so on and so on. You get the picture...viral marketing!



Some of the FMP volunteers who have volunteered for ALIVE! Programs.



VOLUNTEERS ARE A WORK OF HEART!

ALIVE!'s Executive Director, Ken Naser, has a plaque over his desk with the words "Volunteers are a Work of Heart." This summer we have really experienced the love and dedication of our many volunteers during some long hot hours. The "derecho," that hit Alexandria on Friday, June 29, and blacked out much of the City, was a good example. In addition to showing up to unload trucks that night, loyal volunteers were present the next morning at the three Last Saturday Food Distribution sites to fill grocery bags and give out food to the 638 families that were there for assistance. The West End site at Church of the Resurrection had no power at all and the East End site at Cora Kelly had no air conditioning, but both were able to serve their clients thanks to ALIVE! volunteers who cared enough to show up.

The other ALIVE! programs have experienced the same dedication. Each weekday, Family Emergency Program volunteers deliver bags of food to hungry Alexandrians who can't leave their homes. On weekends, the Furniture Program picks up and delivers furniture to families that have nothing to sit or sleep on. Sometimes these volunteers are working under very hard conditions as they carry needed items up flights of stairs. ALIVE! volunteers have been doing all this for decades and we say thank you for your faithfulness. We couldn't do it without each and every one of you!

Food Committee Volunteer Opportunities

Over the past decade, ALIVE!'s Food Committee operations have expanded tremendously in terms of both scope and volume. The all-volunteer committee now provides more food (and other services) to more families than ever before. This leaves committee members -- all of whom are volunteers -- stretched thin. They need volunteers with a variety of talents to step forward and lend them a hand -- the sooner the better.

If interested in any of the opportunities below, contact ALIVE!'s new Volunteer Coordinator, Cara Negrette, at volunteers@alive-inc.org or 703-837-9300 ext 2.

Project Manager: Gleaning

The Food Committee has identified local produce gleaning opportunities but has been unable to exploit these opportunities. The Project Manager for Gleaning would pull together the transportation, volunteers and storage space needed for a sustainable program to support existing Food Committee operations.

Volunteer Coordinator (Last Saturday Food Distribution):

The Food Committee is looking for an individual to join the committee as its volunteer coordinator. This individual would work with ALIVE!'s volunteer coordinator to ensure that the three monthly distribution sites are adequately staffed. He or she would accomplish this by recruiting volunteer groups for each site and distributing call-ins as needed. Work can be done from home by email and phone.

Group Opportunities:

The Food Committee is seeking groups of 6 to 20 individuals to serve at two of the Last Saturday Food Distribution Sites: Ladrey Senior Residence (300 Wythe Street) and Church of the Resurrection (2280 N. Beauregard). Groups can be congregation, school (age 16 and over), company, club or community based. These groups would bag and distribute nonperishable food and fresh produce from 8:30 to 12:30 at one of the two sites each last Saturday (January through October and mid-December -- eleven times annually). This is a good opportunity for groups seeking a meaningful, recurring activity to help establish a volunteer tradition in their organizations.

37th Annual Alexandria Turkey Trot 5-Miler!

Please join us on Thanksgiving morning, November 22nd from 8:15 to 10:15, for an ALIVE! tradition. Runners support ALIVE! by bringing non-perishable food to donate. Volunteers are needed to collect, sort and pack the donations for delivery to our food warehouse. The more workers there are, the quicker we finish. It can be lots of fun for the whole family! Registration details for the five mile race are available on line from the sponsors, the Del Ray Business Association and the DC Road Runners Club.
< <http://www.alexandriaturkeytrot.com> >

The race will begin and end at George Washington Middle School, Mount Vernon Avenue and East Braddock.



DreamDog Foundation - Helps ALIVE!

The DreamDog Foundation, a local non-profit organization dedicated to a hands-on approach to literacy and bringing learning to life, shared the group's latest "Kids Empowering Kids" program with ALIVE! DreamDog brought



middle-school kids from its "Do the Right Write Thing!" camp to beautify the garden beds at ALIVE!'s CDC. The program focuses on doing the 'right' thing through community service projects and then the "write" thing through creative writing exercises. The teens cleared, weeded, planted and mulched so now the beds greet our students and visitors with flowers when they come to school. The DreamDog Foundation brought two teams of kids to make a difference and help make our world (and our building) a more beautiful place!

Please visit DreamDog Foundation at www.Dreamdog.org.





Alternative Giving Helps ALIVE! Help Our Neighbors Gifts That Keep Giving

Trying to decide what to give a friend or family member this holiday season? Want to make it easy while sharing your faith and blessings with those less fortunate and honoring a friend or relative at the same time? Whatever your reason, by donating to ALIVE! you will directly benefit families in Alexandria who need your help.

Gifts of \$10 can buy Metro Fare Cards for a formerly homeless woman to get to class or a job interview. \$20 could purchase more than 100 pounds of meat and cheese for families in need. \$15 would buy a hat and gloves for a child in the Child Development Center. \$45 can provide pots and pans for a family moving into a new apartment from a battered women's shelter. And \$50 would purchase enough gas for one truck to pick up and deliver furniture to six families in need.

When we receive your donation, we will send you a gift card, explaining that a gift has been given in the recipient's honor, as well as an envelope for you to present to the person or family you chose.

To contribute, please write a check payable to ALIVE! and send it with the following form to:

ALIVE!
2723 King Street
Alexandria, VA 22302

ALIVE! Holiday Gift Order Form

Name: _____

Address _____

Number of Gift Cards for You to Send Recipients _____



Food Program Wish List

Canned Meat & Tuna
Canned Spaghetti Sauce
Peanut Butter & Grape Jelly
Cereal
Complete Pancake Mix
Syrup
Baby Food
Crackers
Jell-O
Coffee and Tea
\$Money to buy fresh eggs and meat\$



ALIVE!'s new Volunteer Coordinator, Cara Negrette, meets with Executive Director Ken Naser to discuss volunteer needs.

Alexandrians receiving food from ALIVE! between June and July, 2012

	Households	Individuals
June	716	2241
July	703	2340

ALIVE! House Happenings..

By Kevin Heanue, Chair, ALIVE! House Program

We are reestablishing the ALIVE! House Committee, seeking new members to join a small core group who have been stalwarts. We are at a challenging crossroads. Our service to woman and their children who are in at risk situations remains exceptional. We provide a caring supportive environment to four families at a time, year round, but our program is currently at risk. The federal government has established a priority for "housing first," putting people who are homeless in housing and then providing them with supportive services. Because of this change, the ALIVE! House program, characterized as transitional, no longer qualifies for federal assistance.

Our history has been to work with mothers and their children who are at risk and provide an array of supportive services that are tailored to keep them from destitute situations. In recent years our residents/clientele have included mothers who have had substance abuse problems and are at risk of losing custody of their



ALIVE! House Wish List

Laundry Detergent

(hypoallergenic/free and clear kinds)

White Non-Toxic Glue Sticks

24 Pack of Crayons

School Uniform Shoes

Gift Cards or "Gently Used"

School Uniforms

(white tops and navy bottoms)

Pencils (Regular No. 2 and large

Kindergarten types)

Erasers

1 inch 3-ring Binders

children. We also have women who have lost custody of their children and who have been through rehab and are recommended by social service agencies to regain child custody in a supervised environment. More recently, we have had women in abusive situations, who need a supportive environment where they are safe and can enter the workforce with their children in appropriate childcare or school environments.

Nicole Goodman is our highly qualified and effective Alive! House Director. She works with each family, mothers and children, and engages the Alexandria social service community to help our clients overcome problems, achieve stability, meet educational goals and progress, mother and children, toward independence.

We are looking for a few new members who will support our spring Sidewalk Sale and fall Walkathon, join in opportunities to support individual families, help explore additional funding opportunities, and help us confront the changing federal priorities that, although well intentioned, put our program at risk. The committee meets quarterly.

If you would like to learn more or to volunteer, call or e-mail Kevin Heanue, ALIVE! House Program Chair at 703-549 7039, or kheanue@comcast.net.

Then 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

ALIVE! WIRE

ALIVE!
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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

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ALIVE!, founded in 1969, is a nonprofit organization devoted to helping Alexandrians facing emergency situations or long-term needs become capable of assuming self-reliant roles in the community. ALIVE! has grown from a handful of organizations and volunteers to a vigorous organization of 42 congregations and hundreds of volunteers.

ALIVE! offers Alexandrians in need help through ALIVE! House Shelter, Furniture, Housewares, Emergency Food and Financial Assistance, 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 2012 Calendar

OCTOBER

- 2 ALIVE! Annual Recommitment and Volunteer Recognition Potluck** 7:00 PM, Emmanuel Episcopal Church, 1608 Russell Road
- 20 Dine and Donate** to support ALIVE! at Lone Star Steakhouse, 3141 Duke Street
- 28 Mini-Walk for Help the Homeless** to support ALIVE! House, 1:30 PM, Ft. Ward Park, 4301 W. Braddock Road
- 27 Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center and Ladrey Senior High Rise
Food Collection: Beth El, Del Ray UMC, Downtown Baptist, Fairlington Presbyterian, First Christian, Meade Memorial Episcopal, St. James UMC, and St Mary's Catholic
Furniture Collection: Fairlington UMC, Good Shepherd, St. Joseph's Catholic

NOVEMBER

- 13 ALIVE! Board Meeting** 7:00 PM, Downtown Baptist Church, 212 S. Washington St.
- 22 37th Annual Turkey Trot**, Thanksgiving morning, 8:15 to 10:15, Geo Washington Middle School
Food Collection: Blessed Sacrament, Christ Church, Church of the Resurrection, Good Shepherd, Grace Episcopal, Trinity UMC, and St. Joseph's Catholic, St. Paul's Episcopal, Westminster Presbyterian
Furniture Collection: Christ Church, Church of St. Clement

DECEMBER

- 4 ALIVE! Board Meeting** 7:00 PM, Good Shepherd Lutheran Church, 100 W. Luray Ave.
- 15 Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center and Ladrey Senior High Rise
Food Collection: All donations are gratefully accepted
Furniture Program: First Christian, Good Shepherd, and St. Joseph's Catholic