

Thank you!

EACH YEAR, OUR DECEMBER issue of *CenterScope* highlights volunteers who contribute their time and skills to our organization. This past year, volunteers have planned and participated in fundraising events; mentored children, youth, and adults; and remodeled entranceways and ramps to make them accessible for clients. They have cut up bagels and oranges for Zoe's Race runners, washed dishes, listened as an adult told them their hopes and dreams for the future, served as a role model for a young person, tutored academic subjects, played basketball, and more. Most all volunteers say that they feel they have learned much and benefited from their experience.

There are nearly as many reasons why people volunteer as there are volunteers. Some volunteer because they wish to share their skills, others because they hope to gain experience in a particular area of interest. Some want the opportunity to give back to the community as a way of saying thanks for the opportunities and good fortune they have experienced in their life. Others want to make sure that everyone in the community is able to experience that good fortune in their lifetime.

Whatever their reasons, we are grateful. We couldn't do all that we do if it were not for the generosity and commitment of our volunteers. ■

Save the Date: Third Annual HowardCenter Curling Challenge

March 31, 2012

Cairns Arena, South Burlington

For more information about registration and fundraising for this event, visit www.howardcenter.org later this month. ■



Karen Allen checks off runners as they cross the finish line. Bill "Corn Boy" Allen working the grill.

Here's to You, Our Valuable Volunteers

EACH YEAR, WE HIGHLIGHT A few of the many volunteers who have contributed to our organization. We wish we were able to feature all those who volunteered this past year, but we are limited by space. We offer every volunteer our sincere thanks. We include six individuals here whose expertise and generosity have made a difference in the lives of those we serve. (For a full list of volunteers, please see page 4.)

Karen and Bill Allen

For three years, Karen and Bill Allen have played key roles in HowardCenter's Zoe's Race fundraiser. Karen, a Burlington-based lawyer, serves on the Zoe's Race Planning Committee and also volunteers on race day, helping to set up and register participants. Her husband, Bill, aka "Corn Boy," provides some of the food

on race day, but not just food—delicious, fresh corn that he grills.

Karen became involved with the event through her interest in running and her participation on the board of RunVermont, where she serves on several committees. In 2009, Karen met Erika Nestor, founder of Zoe's Race. Erika mentioned the idea of raising money through a fun run for families who receive support from HowardCenter and need to make accessibility accommodations for their children. Says Karen, "I thought it was a great idea and joined her at the first planning meeting."

It wasn't long after that Karen's husband, Bill, became involved. Bill's corn-roasting career began as an offering at friends' parties, but he

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**“I’ve always been comfortable helping out. You think I’m good at corn?
You should see me run an oyster bar!”**

—Bill Allen, Zoe’s Race volunteer

was quickly called upon by area non-profits to serve up roasted corn at fundraising events. It was a natural fit he says, “I like parties, and I’ve always been comfortable helping out. You think I’m good at corn? You should see me run an oyster bar!”

Karen also serves on the board of Cancer Patient Support Program. In addition, she and Bill volunteer each year for the Polar Express in support of the Vermont Children’s Trust Fund.

Harry Russell

Last spring, Harry Russell attended a training session for Project MEND (Mentoring for a New Day), a HowardCenter program that assists repeat male offenders within Chittenden County who have a co-occurring disorder of mental health and substance abuse. MEND participants are matched with a trained mentor who helps them address barriers to re-entry, such as education, employment, and housing.

Harry made the decision to volunteer for the MEND Program after learning about a childhood acquaintance who had assaulted a man, resulting in permanent damage. Following the incident, Harry says, “It got me thinking about helping inmates. I’ve done a lot of things I’m not proud of, but I haven’t gotten into trouble. I had loving parents. It could have gone a different way.”

Harry believes that being a good listener while someone talks about what’s going on in their life is crucial to recovery. He says, “Each time we tell our story and struggles, we may figure out something for ourselves. It’s important to be consistent, interested, and non-judgmental.” He recognizes the challenges inmates may have had to address and says, “I don’t want to be one more person who walks away.”

A life-long resident of Hinesburg, Harry is a member of the town volunteer fire department, and in the past, he has volunteered at Vermont Cares. His family owns and operates the Russell Family Farm in Hinesburg and runs a maple sugar business.

Ron O’Brien

Ron O’Brien and his wife Susan Ainsworth are no strangers to the construction and remodeling business. Together they own and operate two businesses, Olde World Artisans and Aging in Place Vermont. It is through the latter business which focuses on barrier free remodeling for disabled or elderly individuals that Ron became involved in construction projects for Zoe’s Race. Architect Christian Brown, who had worked on previous Zoe’s Race Projects, asked Ron if he would be interested in helping with the most recent 2011 construction projects.

Ron claims it was right up his alley. Recently, he worked with a firm in northern Virginia to produce and build models for retirement facilities. “As people age, they want to be able to stay in the same spot, the same house,” he says. His company is able to make that happen. For the Zoe’s Race projects, Ron provided upgrades for three families in Williston, Winooski, and Hinesburg. He remodeled two bathrooms and one entranceway to make them accessible and safe for HowardCenter clients. According to Ron, “The best part of the project is being able to make a difference. It’s not a great effort for me, but it makes their lives so much easier. It’s the least I can do, so why not do it?”

Ron is a strong advocate for accessible housing and works to influence construction organizations and industries. He shares his knowledge with numerous groups, including PACE (Program of All-Inclusive Care for the Elderly), VERG (Vermont Elderly Resource Group), and Rebuilding Together, to name a few.

Helen Pile

Originally from Scotland, Helen Pile came to the United States a little over a year ago when her husband received a job offer at Champlain College. While in Scotland, Helen worked as a social worker, helping young adults with mental health and developmental disabilities, including students with autism. Once in the United States, she knew that she wanted to volunteer while waiting to receive her green card. She was attracted to HowardCenter’s Jean Garvin School because of the school’s unique



approach to supporting teenagers. She was also interested in working with a younger age group. Previously, the clients she worked with were all over 21.

From February to June, Helen volunteered three days a week at Jean Garvin. The match was a perfect fit. She says, “I believe in the worth and potential of every individual, and staff at the Jean Garvin School do, too. They work hard to give students the skills and belief in themselves to be successful in life, and I love that.”

Helen helped students with academic work, including reading, math, and health class and was available to talk with students when they wanted to blow off some steam or just to chat. Helen says that she received invaluable support from the teachers. “I was supported by Garvin staff to educate myself further in strategies for supporting teenagers who are dealing with crisis.” Helen also has high praise for the students that she worked with: “They were intelligent, kind and funny. They taught me a lot about myself. . . I am very grateful for that.”

This year, Helen began working at Champlain Valley Union High School as a para-educator. However, she hopes to volunteer again for HowardCenter. “I encourage everyone who wants to volunteer for HowardCenter to do so. You won’t regret it, and you’ll meet some amazing people,” says Helen.

“The best part of the project is being able to make a difference.”

—Ron O'Brien, volunteer and owner of Aging in Place Vermont



Seth Mabley

This past spring, VCAM Interim Director Seth Mabley produced a 30-second public service announcement (PSA) to promote the 2011 HowardCenter Curling Challenge. Seth worked with HowardCenter staff to develop the focus of the piece which incorporated photos from the 2010 Curling Challenge. In addition, Seth coordinated the other elements, including the voice over and soundtrack, for the piece. The result was a fun and lively announcement that encouraged new participants to register for the event.

In any given year, VCAM may produce five to ten PSAs for area non-profits. However, Seth notes that, “Our strength lies in helping nonprofits produce their own media content.” Often this results in a short PSA, but VCAM also helps nonprofits produce longer videos, including 30-minute and 60-minute public access programs. One such show is *Unsung Heroes*, a program produced by HowardCenter staff member Susie Merrick which focuses on a specific HowardCenter program for each show. ■



During the United Way Spring Days of Caring, employees from NBT Bank volunteered their time to repair and paint furniture for the Baird School residential group homes. Pictured here, left to right, are Doug Dailey, Kerri Wolyneec, Paula Steele, Shannon LeClair, and Peter McCarthy, Vice President of NBT Bank and President of the HowardCenter Board of Trustees.



Earlier this fall, volunteers from IBM helped clean up around one of the Child, Youth, and Family Services residential homes. Thanks to the IBM team. Front row left to right: Michael McClintock, Gary Thompson, Randy Sheltra, and John Larose. Back row left to right: Mark Everts, Christopher Dattilio, and Wayne Lafley.

A Donation from You Means a Lot to the People We Serve

THROUGHOUT THE YEAR, WE receive donations from our friends near and far. We are happy to receive these gifts, because they help us to provide support to members of our community. Sometimes, donations arrive with a note attached about a specific service or support that the donor—or a friend or family member—has received. We appreciate receiving these notes, as they acknowledge the important work we do daily. We operate more than 50 programs and provide services for 15,000 individuals a year. Your contributions help us to continue our work.

Specifically, your donations

- Allow us to offer a sliding fee schedule for clients, with fees as low as zero for counseling visits or a visit with a psychiatrist.
- Provide a mentor for young children and teens.
- Purchase school supplies for children and youth enrolled in our schools.
- Prevent homelessness by providing security deposits and rental assistance for clients who receive support from our Developmental Services and Mental Health and Substance Abuse programs.
- Provide qualified crisis clinicians for First Call, our 24-hour child and family crisis line.

You may choose to make your gift in honor or in memory of an individual. Enclosed is a donation envelope, or you can make your donation online through our secure website at www.howardcenter.org. ■

“Each time we tell our story and struggles, we may figure something out for ourselves.”

—Harry Russell, Project MEND Volunteer

Volunteers from December 2010 to November 2011

ART HOP

Ashley Adams
Brooke Hiller
Julia Kimball
Jade Shaw
Pamela VanDeWeert

BIG NIGHT

Larry Asam
Frances Binder
Jessie Bradley
Diane Carrier
Kevin Cook
Cheryl Couture
Jody Davis
Katy Farnham
Carolyn Fundis
Myra Fundis
Carol Hanley
Karen Hussey
Betsy Kapner
Tracy Liebenow
Brian Littlefield
Lynnette Loges
James Moore
Delaina Norton
Annette Perras
Kesta Perras
Duane Peterson III
Jennifer Phalen
Tracy Schneider
Pamela Steece
Sandy Steingard
Emily Thurber
Pamela VanDeWeert
Angie Waldhauser
Ann Yandow
Barb York

COMMUNITY FRIENDS

MENTORING

Amy Alfieri
Becky Angeloff
Chris Antonicci
Melissa Audette
Nick Beahan
Judy Bergeron
Rachel Berube
Patti Brosseau
Gloriane Brown
Ken Brown
Melody Buschner
Brad Calabro
Renee Cartier
Cindy Chittenden
Larry Clarfeld
Luke Clavell
Gail Clook

Nancy Colbourn
Alissa Cote
Bethany Dandrow
Sally Dattilio
Donna M. Dec
Tom Dockery
Anna Dorey
Michael Dowling
David Ellenbogen
Jessi Engelke
Sheila Fazakerly
Peggy Frawley
Callie Frey
John Gallagher
Frank Gibney
Dennis Grage
Steven Habif
Emily Harwood
Jean Haverstick
Kristen Hayden-West
Rachel (Gillie) Hopkins
Irene Horbar
Sarah Jennings
Brianna Kim
Ann Laramée
Debbie LaRosa
Zoe Leas
Whitney Leighton
Michael Leugers
Carrie Lutz
Anne Macklin
Sue Macmillan
Martie Majoros
Bill Marks
Kelly McClintock
Nancy McGowan
Patty McMullen
Dianna Melville
Cathy Michaels
Prue Milnes
Dale Morway
Joanne & Howard Muehlberger
Danielle O'Brien
Grace PerLee
Jennifer Pike
Kaela Plant
Matthew Putnam
Susan Raymond
Nancy Rehm
Adam Repash
Lonni Rodgers
Kathy Roberts
Gail Rosenberg
Erica Rosenthal
Susan Rosle
Mary Ross
Katie Roy

Daria Rutkowski-Nitsch
Neal Sand
Kayla Schutte
Bethany Scott
Jennifer Shatagin
Cassie Shorum
Ken Signorello
Amy Specter
Carmen Stafford
Carrie Stirewalt
Tyler Stoddard
Jason Storer
Stephanie Teleen
Christine Toomey
Dana Visser
Regan Wedenoja
Marilyn Welch
Marissa Wilkens
Chris Williamson
Lindsay Wood
Naomi Wright

COMPREHENSIVE CARE PROGRAM

Shelly Angolano
Susan Balboni
Kelly Bettis
Karen Blanchard
Sally Fleury
Mary Harton
Judy Hazen
IBM
Kelly Kimball
Shannon Kingsland
John Laro
Adam Leonard
Whitney Loy
Paige McCormick
Stephanie Meunier
Dorothy Morris
NBT Bank
Deanna Paluba
Laurie Lawrence-Pepin
Tim Pepin
James Perea
An Pham
Christina St. Pierre
Sam Sepah
Paula Steeple

CURLING CHALLENGE

Michael Abdo
Becky Allen
Rob Allen
Shilo Allen
Liz Alton
Aya Al-Namee
Deema Al-Namee
Sadie Allen
Bill Anderson
Ray Barnes
Carol Boucher
Joel Bradford

Natalie Bradford
Sima Breiterman
Nicole Broderick
Brian Brgant
Cathie Buscaglia
Brittany Bushey
Carrie Campbell
Cindy Carpenter
Rich Carpenter
Diane Carrier
Jim Carter
Susan Carter
Ned Castle
Mary Cenci
Patti Cilwik
Nate Cloutier
Dave Cogan
Dove Cogan
David Crouse
Hon. James Crucitti
Mitch Dehond
Tyler Derderian
Cathie Dinsmore
Connie Dollinger
Lauren Dunn
Jen Fabiano
Colleen Fiske
Meghan Fitzpatrick
Melinda Friendlander
Rose Friendlander
Ashley Frizzel
Sara Garvey
Chris Gillespie
Lt. Jim Goslin
Crystal Grant
Kathryn Gray
Rachel Hamm
Chris Hamlin
Hon. Mary Harlow
Laura Harris
Robin Harris
Jeff Hart
Morgan Hart
Kurt Heinchon
Jim Hessler
Jan Hilborn
Evelyn Hladik
Ben Houchen
Karen Hussey
Sam Johnson
Alyssa Jones
Lisa Jones
Hon. Ben Joseph
Raihan Kabir
Leslie Kaigle
Ella Kaplan
Jess Keller
Neharika Khandavalli
Michele Kiefer
Roland Kielman
Rolf Kielman
Michael Kupersmith

Bob L'Ecuyer
Don Lajoie
Paul Landerl
Raina Langevin
Kathy Larkin
Kim Laroche
Joey Larson
Amy Lawliss
Travis Lebel
Richard LeCompte
Bruce Lee
Blythe Leonard
Jan Lilborn
Qianyue Liu
Lynette Loges
Ed Lord
Chris Luczynski
Bob McKearin
Sean Maloney
Sharon Marrier
Chelsea Martin
Tonya Mason
Stacey Miller
Jen Mitchell
Ross Montgomery
Dean Mooney
Nancy Murphy
Lenora Myers-Nelson
Avni Nahar
Tom O'Connor
Meg O'Donnell
Tish Orr
Linnea Oosterman
Chris Pepin
Kathleen Peterson
Kesta Perras
Tim Perras
Marianne Phillips
Melanie Plummer
Adam Poulin
Dana Poverman
Phoebe Quayle
Sara Quayle
Marty Ramunno
Kathi Richardson
Scot Rose
Mike Rowe
Mark Schroeter
John Servin
Tammy Shannon
Catherine Simonson
Mike Sitko
Christine Smith
Dan Smith
Kathy Soulia
Amada Stebbins
Sandy Steingard
Debra Stenner
Pam Thompson
Pat Thornton
Emily Thurber
Laurie Troville

**“I believe in the worth and potential of every individual
and the staff at Jean Garvin School do, too.”**

—Helen Pile, Jean Garvin School volunteer

Bud Vana
Pamela VanDeWeert
Roxana Vaquero
Angie Waldhauser
Ken Ward
Becca Weisburgh
Matt Wohl
Bob Wolford
Ann Yandow
Hon. Pat Zimmerman
Kaitlin Zura
Marie Zura

HOLIDAY GIFT WRAP

Krissee Arnold
Kelly Baillargeon
Jamie Banghart
Annie Barone
Sarah Bartlett
Sheryl Bellman
Lesli & Rick Blount
Gavin Blumenthal
Christina Boerner
Melanie Brotz
Lynn Budnick
Cathie Buscaglia
Rich Carpenter
Susan Carter
Lyressa Chien
Mary Jo Childs
Tricia Coates
Beth Cole
Jill Collingwood
Irene Colvin
Meredith Conciatori
Brandi Corrigan
Melissa Daltry
Nancy Danforth
Dave DiElsi
Tracy Drake
Ali Dumeer
Cindy Edmonds
Rick Edmonds
Kevin Endres
Alissa Faber
Sara Farnsworth
Pam Hansen
Robin & Laura Harris
Hawk Lane Team
Beth Holden
Kathy Hudson
Alyssa Jones
Catherine Jones
Ella Kaplan
Jay Kasperian
Ellen Keane
Cathy Kelly
Kim Kirby
Lisa Kubotera
Adok Labal
Mary Landon
Kathy Larkin
Debbie Yuen LaRosa

Michelle Lefrancois
Lynnette Loges
Sean Maloney
Carol McNair
Rachel Mercia
Susie Merrick
Lenora Meyers-Nelson
Stacey Miller
Cathy Moulton
Louise O'Brien
Monica O'Melia
Bonnie Lee Paquette
Janine Paradee
Dana Poverman
Madeline Quesnel
Gail Rafferty &
David Beckett
Sam Renaud
Jennifer Rettew
Helene Rondeau
Marsha Schaffer
Hilary Scharf
Tracy Schneider
Angela Simpson
Aren Small
Dan Smith/Farm House
Barbara Stebbins
Jason Toothhaer
Lisa Tracy
Alison Treadway
Denise Tremaine
Mary Turba
Amber Ulmer
Ronel Verbeek
Christina Vetter
Tiffany Vezina
Neil & Vicki Wacek
Marlene Williamson
Michael Woll

HOLIDAY GIVING PROJECT

Anonymous (2)
Kym Asam
Ascension Lutheran Church
Patricia Austin
Cael Barkman
Ann Barton
Bud & Nancy Bigelow
Bio-Tek Instruments, Inc.
Barbara Barrett Bloom
Tawny & Ben Bloom
Rick & Lesli Blount
Marissa Bouffard
Michelle Boutin &
Jeremiah Vallieres
Katrina Breen & Staff
Irene Brimicombe
Bruegger's
Todd & Margaret Centybear
Champlain Valley
Association of Insurance
Professionals, Inc

Chittenden County Regional
Planning Commission
Competitive Computing
Kathy & Tom Connolly
Martha J. Cooper
Courtyard by Marriott
Kathleen Davies & Friends
Davis & Hodgdon
Associates, CPAs, PLC
Annie Dunn
Cindy Edmunds
Essex Alliance Church
Executive Car Care
FAHC / Recovery Room
Nurses
First Congregational
Church of Burlington
Fletcher/CSI
Fletcher Free Library
Founders Memorial School
Eborah Frazer
Gap
GE Healthcare
Amanda Godette &
Roommates
Hackett, Valine & MacDonald
Hannaford #303
Patricia Harmeyer
Ms. Wendy Hatoum
Hazelett Strip-Casting Corp.
Her Look Enterprise
Beth Holden &
Out Patient Staff
HowardCenter Admin
Employees
Anya Hunter
Indigo
Coree & Ned Kirsch
Lane Press, Inc.
Cynthia Langley
Kevin & Rachel Lavallee
Liquid Measurement
Systems, Inc.
Maple Street Associates
Tracey Maurer
Maximus
Michael & Laurie McGrath
McSoley McCoy & Company
Merchants Bank
Susie & Ben Merrick
Sarah & Allan Merritt
Melodie Netrabile
New England Air Systems
Anne O'Neill
Elsie & R. Allan Paul
People's United Bank
Robin Pesci &
First Call Team
Duane & Laura Peterson
Pillsbury Manor
Joyce Place
Production Advantage, Inc.

Darcie Rankin
RSVP Knitters
Marilyn Richards
Charlene Roberge
Gail Rosenberg &
Tom O'Connor
PKC Corp
St. John Vianney Church
St. Michael's College of
International Studies
Santa Night
Roxanne & Russell Scully
Securshred
Michael Simoneau &
Geri Reilly
Angela Simpson &
Movie Night
Elizabeth Skarie
Kathy Speedy & Group
Christine & Christopher
Staffa
Sandra Steingard &
Scott Waterman
Deb Stenner & Keith Mintz
Stephen & Burns Salon
and Spa
Sylvie Van Sterthem
James Stuart
Test America
Marna & Steve Tulin
Sara Turner
Turning Point
Aimee & John Upchurch
UVM Animal Science
Department
UVM Campus Planning
UVM Continuing Medical
Education
UVM Golden Key Society
UVM Office of Clinical Trials
Research Staff
UVM Research
UVM School of Business
University Pediatrics—
Williston
VSAC
VTMEDNET - FAHC
VT Cancer Center @ FAHC
Liz Vezina
Melissa Vizvarie
Kate & Micah Whitman
Dew Wilde
Jill & Edward Wilkens
Willis Management
Sarah Zobel

PROJECT MEND

Dennis Delaney
Richard Kemp
Harry Russell

RESOURCE CENTER

Shannon Simmons
Ceara Voss

SUCCEED

Alyssa Barnett
Katherine Carmichael
Cody Couperus
Erick Crockenberg
Antonio Di Carlo
John Hines
Kaitlyn Lapan
Chelsea Levy
Crystal Paluba
Deirdre Phalon
Macey Shappy
Miles Sturgeon
Rebecca Sullivan

ZOE'S RACE

Bill & Karen Allen
Lesli & Rick Blount
Will Boardman
Sima Breiterman
Amy, Paul, & Emma Briody
Rebecca & Dan Bryden
Rich Carpenter
Michael Castelli
Alysia Chapman
Pascal Cheng
Mindy Clawson
Leslie Crawford
Katie Dorey
Markus Fankhauser
Sean Fitzpatrick
Heidi Fryzell
Chris Gillespie
Chad Haggerty
Ginny Hardy
Julia Kimball
Max Krauss
Kim Laroche
Mary McKearin
Flossie Miller
Meredith Mooney
Erika Nestor
Luke & Sam Nestor
Mike Nichols
Delaina Norton
Ron O'Brien
Bill Pence
Chris Pepin
Lisa Petersen
Jack Plunkett
Bob, Emma &
Jackson Radler
Andrew Richards
Mark Schroeter
Maya Shapiro-Miller
Annie Wohland
Michael Yassick
Kaitlin Zura

If you would like to make an online donation to HowardCenter, visit www.howardcenter.org. Your support makes a positive difference.

Grants and Awards

Pathways to Responsible Fatherhood

HowardCenter was recently named as one of several organizations to partner with the Visiting Nurse Association (VNA) of Chittenden County through a Pathways to Responsible Fatherhood grant. Through a special initiative created by the grant, DaPPPer Dads (Dads as Parents, Partners, Providers), HowardCenter will work with area providers to offer a comprehensive approach to parenting, including parenting, relationship, and workforce education for low-income fathers in Chittenden County.

Vertex Pharmaceuticals Hep-C Circle of Care

HowardCenter Safe Recovery Program recently received a \$48,000 grant from Vertex Pharmaceuticals Incorporated to coordinate services for individuals with chronic Hepatitis C. Safe Recovery will collaborate with Infectious Disease Nurses from Fletcher Allen Health Care (FAHC) to improve comprehensive care services and to increase cure rates. Services will address both physical and mental health issues, as well as other needs, such as housing, food, drug treatment options, and incarceration prevention.

Viola W. Bernard Foundation

Viola W. Bernard Foundation awarded HowardCenter a \$10,000 grant to fund the introduction of the PAX Good Behavior Game in the Baird School. The focus of the grant is to assist children with serious mental health needs. Introducing the Good Behavior Game in the Baird School will provide an innovative, evidence-based approach to improving classroom conditions so that children increase emotional and academic attainment.

Comer Foundation

Comer Foundation awarded HowardCenter a \$12,500 grant to fund harm reduction activities at Safe Recovery. Funds will be used to purchase syringes and other safer injection supplies. In addition, the grant will help Safe Recovery keep pace with the growing demand for services.

IBM Energy Grant

This past summer, IBM awarded the Vermont State Colleges (VSC) system a \$100,000 grant for an energy efficiency initiative to help HowardCenter and Vermont Technical College (VTC) reduce their energy use by at least 5 percent annually. Based on energy management strategies developed at IBM Burlington, the initiative will benefit from the input and partnership of VTC students, faculty and staff, HowardCenter staff, the Vermont Manufacturing Extension Center, and IBM volunteers.

According to Todd Centybear, HowardCenter Executive Director, "HowardCenter is committed to this project because when we achieve our goals of a 5 percent reduction in energy use as well as significant monetary savings, we will have more money for programs and will have reduced our carbon footprint as a large agency. We are grateful to IBM for their leadership in this effort, which has the potential to benefit individuals and organizations well beyond HowardCenter." ■

Our Mission

HowardCenter improves the well-being of children, adults, families, and communities.

Child, Youth & Family Services

Developmental Services

Mental Health & Substance Abuse Services

CenterScope
Martie Majoros
Editor

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United Way of Chittenden County

HowardCenter is a United Way member agency.

This publication is available in accessible formats.

If this issue is addressed to someone who no longer works with your organization, please notify us of the address correction at HowardCenter's Development Office, 802.488.6911.

“HowardCenter is clearly my largest volunteering effort outside of our club.”

—Mike Sitko, President, Green Mountain Curling Club



Left: Rolf Kielman (left) with members of his curling team, Stonetown.

Above: Mike Sitko (left) and friends from the Green Mountain Curling Club.

Curling's Dynamic Duo: Volunteers on Ice

ROLF KIELMAN AND MIKE SITKO bring enthusiasm, talent, expertise, and good humor to HowardCenter's Curling Challenge. Since the first Challenge in 2010, Rolf and Mike, and a host of other volunteers, have been involved in planning and organizing the annual fundraising event in support of HowardCenter programs.

Rolf, an architect with TruexCullins Architecture and Design in Burlington, first became involved with the event through his interest in curling and his membership on the board of trustees for South Burlington's Cairns Arena. The Arena has hosted the event since it began, and each year Arena staff take on the monumental task of preparing the ice with the official curling markings.

For the past two years, Rolf has fielded a team of four, giving him a chance to try out the sport. He says, "I thought that curling was something I could do when I got older... and now I've discovered that this is not an easy sport. Beyond

actually participating in the tournament, curling seemed like a unique and wonderful wintertime activity with a tourney that could significantly help the good work HowardCenter performs in the community."

As the chair of the Curling Challenge committee, Rolf serves as a liaison with the Arena, emcees the event, collects items for prizes, and on occasion, has been known to serve pizza to the fans and participants in the stands on the day of the event.

In addition to serving on the board of Cairns Arena, Rolf volunteers for COTS (Committee on Temporary Shelter), the Fleming Museum, 52 Kids Foundation, and the Hinesburg Village Steering Committee. While he enjoys all his volunteer activities, he says, "My big volunteer sideline is performing wedding ceremonies for my good friends." He's officiated at four ceremonies in the past year, including a Tango Wedding. "Great fun," says Rolf.

By day, Mike is an Electric Design Engineer at IBM in Essex Junction. After hours he is a curling enthusiast and President of the Green Mountain Curling Club (GMCC). For Mike, HowardCenter's Curling Challenge represents an opportunity to do what he enjoys, participate in a fun event, and raise money for a great cause. He says, "I really love teaching and experiencing that moment when it suddenly comes together for the new curlers, when their experience changes from just trying to learn to clearly having fun." One of the main objectives of the GMCC is to promote the sport of curling throughout Vermont. Mike says, "The Curling Challenge has been a great way to do this, and at the same time it contributes to a great local cause: HowardCenter."

Mike admits that planning for the event has its challenges, and last year, Mike arranged for assistance from the Rutland Rocks Curling Club. The Rutland Club generously loaned two sets of stones for the event, and several members volunteered to teach and coach new players. In addition, for the past two years, members of the GMCC volunteered as coaches and teachers for the event. Mike says that the best part about the Curling Challenge has been meeting a whole new group of energetic people, including those who plan the event, those who volunteer, and those who participate.

In the past, Mike has volunteered for the Travis Roy Wiffle Ball Tournament at Little Fenway in Essex Junction. "But, HowardCenter is clearly my largest volunteering effort outside of our club," says Mike. ■

By the Numbers

FOR A SMALL STATE WE VOLUNTEER a lot. According to the Volunteering in America study for 2008-2010, Vermonters are very generous. Highlights from the study indicate:

- A total of 183,200 individuals volunteer.
- 36.2% of residents volunteer, ranking the state sixth among the 50 states and Washington, DC.
- Volunteers provided 20.9 million hours of service.
- 41.3 volunteer hours per resident, ranking Vermont 10th among the 50 states and Washington, DC.
- \$446.6 million of service contributed.

Most likely these figures will be higher for 2011 when the volunteers who contributed after Tropical Storm Irene have been included.

How Do We Measure Up?

It appears that volunteer statistics from HowardCenter show that we are keeping pace with the statewide use of volunteers:

- 585: Number of volunteers from December 2010 – November 2011.
- 9,000: Estimated number of HowardCenter volunteer hours for December 2010 – November 2011.
- \$17.54: The value of one volunteer hour, according to 2009 national research.
- \$157,860: Total volunteer value for one year. ■

Celebrate Sober

Plan ahead.

Identify potentially stressful situations ahead of time. Recognize that even some happy situations may cause someone to overindulge.

Plan activities that don't involve alcohol or drugs.

Choose to spend time with friends who want to celebrate substance-free.

Take care of yourself.

Be sure to get enough sleep, eat well, and exercise.

Serve alternatives to alcohol.

If you are hosting a holiday get together, make sure there are several non-alcoholic beverages, such as soda, seltzer water, fruit juices, or "mocktails" (cocktails without the alcohol). ■