

CAP Connection

A newsletter for volunteer alumni of the Christian Appalachian Project

Winter 2008



CAP becomes a family tradition

It's been happening since CAP's earliest days—one family member volunteers in Appalachia then others follow. Brothers, sisters, mothers, fathers, they've all followed in the footsteps of the first **Footit, Uschold, Beardslee, Gabriel, Klister** and so many others. In the 1970s, Father Beiting told volunteers, "The power to change Appalachia does not lie in the government or agencies or organizations. It is within the family." Whether the family is the giver or receiver, the blessings seem to multiply.

It's still happening with CAP today. When **Tonya**

Witt came to volunteer in the 1990s, she was the first member of her family to do so. Like any volunteer who enjoys their experience, Tonya returned to her family in Kansas and shared her enthusiasm for CAP and the region.

Younger sister **Kaylynn** had finished school and was working in massage therapy when she decided she wanted to do volunteer work. She didn't look at any other organization.



Kaylynn and Kylee Witt are sisters who have both volunteered with CAP.

Hearing about Tonya's experience and the close friends she made convinced Kaylynn that CAP was the organization for her. "It was an adventure to come to Kentucky," Kaylynn says.

While Tonya volunteered in adult education, Kaylynn found a position to match her interests in the Elderly Services program. She says she developed more character the longer she was with CAP. She also learned how to love and meet people where they are.

In June, another member of the Witt family traveled to Kentucky to see what CAP was all about—youngest sister **Kylee**. Unlike Kaylynn, Kylee was drawn to home repair projects so she volunteered short-term in Housing and loved that experience.

Theresa Gullett, Manager of Elderly and Respite Services, worked with Kaylynn and has observed other brothers and sisters volunteering. She says it takes a special person with unique gifts for each position at CAP. Siblings who talk about (Continued on page 2)



Ann Sandhoff and husband Kevin Black live in London, Kentucky.

Alumni Highlight: Kevin Black

Alum enriches his community through CAP

Like many other volunteers before him, Kevin Black says he came to CAP and, "I fell in love with Kentucky." That love was so strong that even after he returned home to South Carolina following his 1996–1998 volunteer commitment, he ended up returning to the people and mountains he so loved. "The good experience I had with CAP also helped to draw me back," he says.

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CAP assists medical mission

No health insurance? No money? It's not a problem when Remote Area Medical (RAM) comes to town. CAP has partnered with this nonprofit organization that offers free health services around the world.

According to CAP Community Consultant Betsy Carroll, CAP provided volunteers, water (Continued on page 4)

Alumni Highlight: Alum enriches his community through CAP

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As a volunteer, Kevin drove a truck for the old Attic store in Berea and served in home repair while living in Jackson and McCreary Counties. He says community living was a growing experience for him. He still remembers Father Beiting telling the volunteers that if they were to go out and serve the community, they needed to be able to work together. Although he calls himself a loner, Kevin stepped into community life and learned that truly no one is an island to him or herself. He needed his house mates as much as they needed him.

Send us your news, message, memories or prayer requests

Please send us any message you would like to share in an upcoming edition of the CAP Connection to: Volunteer Program, 4192 North Wilderness Rd., Mt. Vernon, KY 40456 or volunteer@chrisapp.org.

Name:

Phone:

Street address:

City:

State: Zip:

Years you volunteered:

E-mail:

Your message:

Upon returning to Kentucky, Kevin worked at the Oneida Baptist Institute as a house parent. He later spent a week volunteering with CAP again in McCreary County and his approach to community started to evolve anew. That's when Kevin began spending more time with another former volunteer, **Ann Sandhoff, '97-'99**.

Although he had met Ann when they were both volunteers, they were only acquaintances. While Ann was working for the McCreary County School system and Kevin got a job with

CAP becomes a family tradition

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their volunteer experience can help family members who come after them find the volunteer role that best utilizes their talents. "If another sibling has been here then they know more about it," she says.

Theresa also points out that parents are sometimes nervous about their son or daughter going to an unknown place to do volunteer work. If one child has already tried CAP, it makes the parents



Tonya Witt

the Bennett Center in London, they began to spend time hiking together. As Kevin says, hiking those trails eventually led to hiking up the aisle in 2006. The couple now lives in London and Ann works as a speech pathologist for the Corbin Independent Schools. Kevin took a job with CAP in 2004 and is now a Housing Crew Leader in McCreary County.

What about his volunteer experience still resonates with Kevin today? After all the twists and turns in his life in the past seven years, he says, "The biggest thing I learned was to have faith that God will provide."

feel more secure when a sibling makes the same choice.

For family volunteers, the benefit isn't only on the front end when they get good advice about where to volunteer, it's also afterwards when they have someone who understands with whom to share their experience. "It's nice to be able to share that with your family because it's hard to help them understand what it's like if they don't come here," Kaylynn says.

So the Witt family came. As did the Uscholds, the Klisters and so many more who keep following in the footsteps of those who came before them to strengthen and extend CAP's mission, serving families in Appalachia for years to come.

Send us your e-mail address!

The Volunteer Office has started an e-mail list for alumni to help you stay in touch with CAP news, events, reunions and how you can assist in recruiting volunteers. If you would like to be added to the list, please send your name, volunteer program, house, years of service and e-mail address to Amblynn Allen at aallen@chrisapp.org. You can also indicate if you would prefer to receive the CAP Connection via e-mail.

From Across the Mountains

Our congratulations and best wishes to **Tonya (Mulrooney) Gratz, '02 – '03**, who married Tony Gratz in Monroe, Wisconsin in August. Tonya is currently a technician for the Green County, Wisconsin Land Conservation Department.



Pictured with Tonya are (front) Edna O'Brien-Backe, '02 – '03 and Jo'e Lightner Short, '01 – '03; (back) Jen Eich, '01 – '03, and Amy Schill, '03 – '05.

Short-term experience; Long-term impact

One week can change a life. That's what a participant in Mount Vernon's Adult Education program at the Rockcastle County Jail discovered in July when studying with one-week volunteer **Kristen (Docter) Beardslee, '00-'01**. Kristen, a former long-term volunteer who reconnected with CAP this summer, worked with this student who had identified herself as dyslexic. Kristen's training in special education allowed her to introduce the student and other teachers to new ways of overcoming these obstacles during her one week of volunteer service.

H.B. Lee, short-term summer volunteer 1988, recently wrote about her memories of volunteering at Emmaus House. When free from her duties, she especially enjoyed sitting on the porch with residents and still has a photo of herself with Sally Isaacs. She still remembers good times with Betty Turpin and Nora Chapel, with whom she remains in contact.

About 15 years ago, H.B. retired and moved from central Illinois to the Blue Ridge Mountains in northeastern Tennessee. She's volunteering again, this time with the animal shelter in Johnson City. H.B. has walked more than 3,000 dogs and has adopted four



H.B. Lee and the three-thousandth dog she has walked.

dogs herself. She also enjoys hiking, quilting and caring for the flowers and fruit trees in her yard.

Condolences

Our condolences to the family of **Charles Beresford**, who recently visited CAP and was accepted to begin a long-term volunteer position in January. He died on October 21 in Houston, Texas.

Thank you

Thank you to everyone who has assisted our traveling volunteer recruiters, Amy Schill and Amblyn Allen, during the past few months. We especially want to thank:

Caitlin Myers summer '08
Lora Biesenthal summer '08
Laura LeCompte '07-'08
Jen Luoma '06-'07
Stephanie Linder '05-'06
John Schmitt '05-'06
Katie Klister '03-'04
Lindy Meer '03-'04
Amanda Dobrevich '03-'04
Kelly Hicks '00-'02
Andy and Kristen Beardslee, '00-'01
Mary Henschel summers '97, '00-'08
Diann Brand '95-'97
Linda (Etzel) Hoopes '94-'95
Mary McNamara '94-'96

CAP assists medical mission

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and food to clinics in McCreary and Pike Counties as well as Huntsville, Tenn. The Pike County clinic, which took place on a weekend, provided \$124,000 worth of services to approximately 680 people. All medical professionals and RAM organizers donate their time; supplies are provided by companies or purchased with donations.

Volunteers are gearing up for the next mission in December. For more information about RAM, go to <http://www.ramusa.org/index.html>.

Welcome Christian Partners!

CAP recently welcomed a new component to the management structure, that of Christian Partners. It now serves as an umbrella for volunteer life, mission groups and recruiting functions. All people who "partner" with CAP as volunteers, church donors or volunteer groups are joining under this umbrella which unites present staff under the direction of former volunteer Randy Beckham. Additionally, Robbie Pentecost, a Sister of St. Francis, joined the department bringing with her a wealth of experience that has already impacted recruitment, volunteer life and church groups.



CAP was overjoyed to welcome another record-breaking group of volunteers at our September orientation who are already busy building upon your service to the people of Appalachia.

Volunteers assist hurricane evacuees

CAP partnered with the American Red Cross to assist the 1500 evacuees who took shelter at the convention center in Louisville during Hurricane Gustav. Under the leadership of Sherry Buresh, CAP's Disaster Relief team operated a 24 hour-a-day shower trailer and laundry services for the evacuees until they could safely return to their homes again.

CAP Connection is published quarterly by the CAP Volunteer Program. If you have news to share or story ideas to suggest, please send them to one of the following:

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