

CAP Connection



A newsletter for volunteer alumni of the Christian Appalachian Project

Fall 2006

CAP serves more with group volunteers

In 2006, CAP has been taking a new approach to serving more people and better meeting the needs in the Sandy Valley and Cumberland Valley regions. Harold Underwood, Manager of Volunteer Life for the Sandy Valley Region, has been creating new ways for group volunteers to serve the people of eastern Kentucky.

“For years CAP has taken groups, but has put limitations on groups,” Harold said. Those limitations were driven by CAP’s ability to host them. Groups used to be restricted to no more than 10 – 12 people, only worked in home repair and CAP could only handle a group every other week. The groups were teamed with a CAP crew leader and two long-term volunteers, which would put 15 people on one job, more than was needed.

“People were saying we want to bring larger groups. We want to do more work while we’re there. Thirdly, we want to be able to bring younger groups,” Harold said. “If these folks are willing to come to eastern Kentucky to serve, we need to be taking them.”

Now groups of any size can schedule a time to serve from April through November to work on home repair as well as in other programs.

Harold said the results of this new approach have been positive. A few families decided to turn their vacation into a “missioncation” and

travel to Kentucky to volunteer with CAP. One family of three traveled all the way from Seattle, Wash.

When people are too young to use power tools or get on roofs, or there are enough volunteers on the housing sites, others are going into the homes of participants in the elderly and respite programs to clean, wash windows, paint rooms, do yard work or whatever else would be helpful. “We’re going in and doing things that we typically didn’t have the ability to do before,” Harold said. For example, a 56-member youth group was able to work on 18 jobs.

While the numbers can’t demonstrate the enthusiasm of the volunteers and the families they serve, they do illustrate the success of the new initiative. CAP served four families in July 2005 and served 31 families in

July 2006. In fiscal year 2005-06, 36 groups arrived with 300 – 350 volunteers. Harold says the goal for fiscal year 2006 -07 is to increase to 50 groups and 500 volunteers.

“We’re trying to totally break down the barriers and say whether you’re just two or three people or

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Six houses in six days. That was the goal of the Sandy Valley Habitat for Humanity Harmon’s Branch Blitz Build in September. One group sponsored each house, with CAP employees and volunteers working on the CAP-sponsored home. Bryan Byrd, the CAP Housing Manager who works out of the Hagerhill Office, put out a call to employees and volunteers to join the week of service. More than 50 people responded and spent anywhere from a day to the entire week on the CAP house site located eight miles north of Pikeville. And at the end of the week, six families had new homes and volunteers and staff had a strong feeling of accomplishment.

12 new volunteers commissioned in September orientation

During the week of September 10-15, CAP held its third and final orientation for 2006 at Camp Shawnee, which brought in 12 new long-term volunteers. They hail from all over the country and bring with them much enthusiasm for service. Here they are listed with their home state and program assignment. Front: Amy Nee (FL, Adult Ed); Helen Zudrell (FL, Healing Rain Substance Abuse Center); Lindsey Gasperic (WI, Camp Andrew Jackson); Katherine

Grimmett (GA, Housing); Jennie Tonkin (IL, Family Life CFDC); Danae Silva (MA, Martin Co. CFDC). Back: Don Schaeffer (IN, Housing); Kevin DeMaria (KY,

Housing); Liz Berling (KY, Outreach); Jennifer Luoma (NH, Elderly); Bruce Silva (MA, Housing); and TJ Sellner (MI, Adult Ed).



Alumni Highlight

Ken Stuber helps guide CAP's work

It's been 16 years since Ken Stuber first arrived at Camp Shawnee as a short-term CAP volunteer, but since that arrival he has channeled a stream of energy, talent and ideas into serving the people of Appalachia through CAP. Today, Ken works out of Mount Vernon as the Director of Missions, Planning, Research and Development.

Ken recalls that after his initial experience with CAP, he went home to Louisville. During that time, he says, "I was praying and trying to discern and the only thing I wanted to do was to come back to CAP so I did. As I volunteered, I really liked what I was doing and I didn't want to do anything else. It seemed natural to

stay with CAP."

Upon his return he lived in what was then the Stanford volunteer house in Lincoln County and worked in Outreach and Housing in Casey County. He later moved to Madison County and helped build the Jackson Volunteer House before becoming an employee after three years of volunteer work.

Since that time, Ken's responsibilities have grown and he's moved through various positions in the organization to his present role as a director where he addresses multiple tasks. These include studying the feasibility and need for new programs, helping to chart where programs are and where they will go in the future. He feels he's putting to use his strengths in analysis and data.

Ken says changes at CAP have been subtle over the years and the organization has remained focused on helping people. During the past couple of years, the organization has changed to a more regional approach to its work that Ken feels makes it more flexible. "The decisions that need to be made are more local and we can respond quicker. Plus with the team ap-



Group volunteers

(Continued from cover)

whether you're 40 people if you want to come, we're going to try to work you in," he says.

One result of this expansion is the need for a group volunteer house. Groups have stayed at local churches or other places in the past but Harold wants to establish a new house solely for group use. There are already two long-term volunteers who are contributing by cooking for the groups.

Where there's a need, CAP tries to fill it. Harold believes volunteer groups are one way to do that. "We are able to impact more families. We are actually in people's home and doing more things than we've ever been able to do before."

proach, I think, hopefully it will be more broad-based services rather than each individual program doing its thing," he says. "Each individual director should have the flexibility to tailor their program so it can fulfill the needs of the more local kind of area rather than a centralized program trying to meet the needs of both sides."

Through all the work Ken has done with CAP, the rewards have *(Continued on page 5)*

From across the mountains

Marie (Uschold) Winker, '85, '86 – '88, wrote in response to the Summer 2006 CAP Connection note from George Pehler asking if anyone remembers the salt water showers at Camp Shawnee. "I do! I remember when the well was dug and found to be salt. I remember how all the faucets corroded quite rapidly and we hauled water in milk jugs from the park at the bottom of the hill." Marie's daughter Rachel is now in seventh grade at the same school where her sister Becca is in ninth grade. "Now I am trying to start getting caught up on everything that has been let go for years due to illness and homeschooling!" *We extend our sympathy to Marie who also shared with us that her father died unexpectedly in the spring.*

Mildred Wright, multi-year volunteer, lives in Livermore Falls, Maine. **Sue Funderburke**, also a multi-year volunteer, visited her recently and she reports Millie celebrated her 94th birthday, "and is still just as pretty as she was when I met her in 1995." Millie is a member of the Red Hat Society, a social group for women.

James Bowman, multi-year volunteer, and his wife Jocelyn live in Harwich, Massachusetts. He enjoys attending Mass and many hobbies and is rebuilding an old VW bug for his teenage granddaughter.

Shannon (Bristow) Newsom, '94 – '95, and her husband Andrew operate a catalog ordering company called *Wisteria*. In each catalog, they highlight one non-profit organization. She has included **Vi Ellis**, '90 – '96, a 79-year-old former CAP volunteer, who started the Mount Vernon Community House in Rockcastle County. Vi is

now working with troubled youth through the Community House Youth Center. In another issue, *Wisteria* told the story of Fairhill Center in Cleveland where older adults and families can find and give assistance in Cleveland, which is where former CAP volunteer **Mary McNamara**, '94 – '96, works.



Sharon (Hodge) Boaz, '94 – '96, and her husband David welcomed their first child, Natalie Mae, on September 9. Shannon, David and Natalie live in Carrollton, Ky. where she is pastor at Carrollton United Methodist Church.

Jon and Heather (Culhane) Field, '95 -'96 welcomed another child to their family in August. Catherine is their sixth child and the family lives in Charles City, Iowa. You can reach them at jonheatherfield@yahoo.com.

Sister Marguerite Blackburn, '96 – '97, received a Governor's Recognition Award in April from Vermont Governor James Douglas in Montpelier. She has volunteered for 10 years in the Green Mountain Foster Grandparents Program and assisted in the library at Christ the King School in Rutland after teaching primarily kindergarten and first grade there and in other southern Vermont Catholic schools for 46 years. Congratulations!

Doris White, '98, of Florida has been working on her own to create health care bags consisting of shampoo, deodorant, toothpaste, toothbrushes, combs, lotions, soap, etc. She writes: "I also make slippers, quilts, pajamas, purses for walkers and heart pillows." She is an RSVP volunteer who works with Big Brothers/Big Sisters, NuHope, Woodlawn Elementary School and the Children's Advocacy Center. Last year she tallied 677 volunteer hours. She is the receptionist for the Children's Advocacy Center. She also sews, visits and runs errands for the elderly.

Rebecca Russo, '98 – '00, works in Dayton, Oh. as a case manager at a nonprofit social service agency that serves primarily the senior population. She writes: "I recently was accepted into the University of Cincinnati's School of Social Work where I hope to complete a masters degree, eventually! I am looking forward to the next CAP reunion and hope to see all of my housemates there!"

Andy and Kristen (Docter) Beardslee, '00 -'01, report that Kristen is finishing her Masters in Special Education from Xavier University. She's doing her student teaching at Loveland Early Childhood Center in Cincinnati where she teaches children in kindergarten and first grade who have special needs. Andy is a full time student at the College of Mount Saint Joseph where he has begun work on a Doctorate in Physical Therapy. Andy writes: "We keep in touch with our CAP friends by spending a week in Home Repair (usually during WorkFest) and of course my pilgrimage to the annual (and infamous) Manly Man Weekend.

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From Across the Mountains

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Angela Ehm, '00, '01, '02 - '03 joined the Missionary Sisters of the Precious Blood in Pennsylvania in January, 2006. She writes: "I never wanted to be a nun, but I felt God knocking at my door. I am learning lots and am under the grace and peace of God."

Kelly Martin, '00 - '02, married Drew Hicks on August 26, 2006 in Appleton, Wisconsin. Kelly and Drew live in Menasha, Wisconsin.



Kristi (Witek) Butler, '00 - '01, and her husband Todd welcomed a son, Jonas Edward, into their family on August 30, 2006. Kristi and Todd live in Owensboro, Kentucky, and Todd teaches at Brescia University. Kristi is staying at home full-time to be with her son.

Kelly (Parsley) Miller, '02 - '03, and **Vinnie Miller**, WorkFests, '00 - '03, met through



From left to right: Angela Ehm ('00, '01, '02-'03), Joy Westcott ('02-'03), Vinnie Miller (WorkFest '00 - '03), Kelly [Parsley] Miller ('02-'03), Laura Wick ('02-'04), Heather Rhodes ('02-'03).

catholicmatch.com. Vinnie browsed Kelly's profile, then Kelly browsed his profile. Kelly says that when he mentioned his favorite charity is CAP, she emailed him to find out if he was talking about the Christian Appalachian Project. "That's the main reason I emailed him!" Kelly writes. "When he emailed back to say that yes, he meant Christian Appalachian Project and that he had been to CAP's WorkFest, I was so excited! Our relationship grew from there! We went on several dates and I knew pretty quickly that I wanted to marry Vinnie. About a year after we met, he proposed! We were so delighted to have several CAP friends at the wedding because we believe it was CAP that brought the two of us together. We have now been happily married for almost four months!"

Jackie Farrell, '03, lives in Gloucester Point, Virginia and works at a golf course in Williamsburg. She likes to paint and grows an organic garden.

Kristina (Giesting) Rancanelli, '04, and John Racanelli were married June 17, 2006 at St. Louis Catholic Church in Batesville, Indiana.



Kristina works as an engineer for Cummins, Inc and John is a pilot for Piedmont Airlines, a subsidiary of US Airways. They live in Columbus, Indiana.

Carolyn Hudon, '04 - '05, lives in Plymouth, Massachusetts. She makes rosaries and other pieces of jewelry. She also ministers to her elderly neighbors.

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Alumni Reunion:
June 29 -
July 1, 2007!

Food

 Fun

 Friends

**CAP will host the next
 volunteer alumni re-
 union in Mt. Vernon, so
 spread the news and
 mark your calendars.
 More detailed informa-
 tion will follow in the
 next newsletter**

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Leanna Immel, '04 - '05, graduated from Santa Clara University with a 4.0 grade point average and her primary teaching credential. She is now teaching third grade at Montclair Elementary School in Los Altos, California.

Ken Stuber helps guide CAP's work

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remained the same. "Seeing people helped, that's probably the best reward," he says. Although Ken doesn't get into the field as often as he did when he was a volunteer, he lead a WorkFest crew this past spring and helped with September's Habitat Blitz Build (see page 1).

Another reward, Ken says, is working in a Christian organization where the profit motive isn't pulling at the employees, who he finds good people to work with.

From his need and data analysis has grown a pilot program for women at the substance abuse and domestic violence shelters to learn to rebuild computers. "We're going to try a pilot program to see how that goes and I'm excited about that." He hopes the participants will become more comfortable with the

computer and take away some of their fear of the "black box" while building their confidence.

When he leaves the office, Ken carries his spirit for serving home. He and former volunteer AnnMarie (Rapino), '92 - '93, have been married for 11 years and have four children who range in age from five to 10. The family lives just outside of Berea and is a member of St. Clare parish. Ken even helped his children learn about service when they assisted in building flower boxes for Madison County's Habitat for Humanity.

Ken encourages former volunteers to return to visit and volunteer again. He says, "I think they'll find a

New street names bring CAP flavor to The Valley

You might have noticed a change in the address of some CAP properties in Mt. Vernon. CAP was able to come up with the street names located in the "Family Life Center" area of the Valley, so that they reflect a bit of CAP's character and history. The road that runs in front of Rainbow Respite and Family Life Abuse Center is now called Beiting Lane. The road that takes people to the Rockcastle Volunteer house is now Volunteer Way. Look for the new signs during your next visit!

Long-time CAP friend moves home

"God must love me an awful lot to have brought me here." Judy Costello

Judy Costello arrived at the Mt. Vernon Volunteer House for a summer volunteer experience in 1995. She had just retired as a teacher. Thankfully, Judy stayed for much more than a summer. In September of this year, after more than 10 years of service in the Mt. Vernon community, Judy moved home to Leominster, Mass. In those 10 years, Judy was both a long-term CAP volunteer and a Community Volunteer, a volunteer at the local hospital, Our Lady of Mt. Vernon church and the local jail. The list could go on and on of places in the Mt. Vernon community that Judy

supported with her time. Thank you Judy for being a model of service. We are sure going to miss you.

Contributed by
Mary
McNamara, '94 -
'96.



Diana Bond, '98 - '99, Judy Costello, '96 - '98, Kathy Kluesener, '73 - '80, and her daughter Anna Lei enjoy dinner at Papa Leno's in Berea.

Send us your news from across the mountains

Your former volunteer friends want to know what you're doing these days! Please send us any news you would like to share. We'll publish your news in an upcoming edition of the CAP Connection. Send to: Kathy Kluesener, Volunteer Program, 4192 North Wilderness Rd., Mt. Vernon, KY 40456 or volunteer@chrisapp.org.

Name: _____

Street address: _____ State: _____

Zip: _____ Phone: _____ E-mail: _____

Years you volunteered: _____

Your news: _____

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Contact CAP at: 1-800-755-5322, www.chrisapp.org

volunteer@chrisapp.org

Welcome
new alums

We welcome the following individuals who finished their volunteer service with CAP within the past few months.

Gerald "JD" Bellamy
Tobiah Bingham
Henry "Hank" Brady
Hannah Brock
Whitney Brown

Jason Dossett
Kathleen Frank
David Gonzalez
Therese Gonzalez
Josh Green
Mariano and Amber Hernando
Jeff Hurt
Greg Klister
Louis Kluesener
Patrick Kluesener
Stephanie Linder
Racheal Lindsey
Deanna Mullins
Michael O'Brien

Daniela Siefert Porembka
Matthew Price
Brian Rehme
John Schmitt
Eleanor Shepard
Myla Sparks
Kathy and Mike Stephens
Danielle Stern
Cara Sukolsky
Pattie Taylor
Dale and Fay Troutman
Paula and John VanDomelen
Brandon Wilson
Kristen Zappalla

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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