



# ACTION REPORT

ACTS 2006 Summer Edition

May 2006

## Honoring Our Volunteers



C. John Turnquist  
*ACTS Executive Director*

Whenever I get too full of myself, I love being reminded how dependent we are on the caring outreach of all of our friends and partners in the community. And April was a great month for such reminders.

It began with our annual dinner/meeting at Lake Ridge Baptist Church, a community of faith that has been providing its facility to us for events such as annual meetings and silent auctions at least since I joined ACTS in 2002. At this year's event, we applauded all of our volunteers, but also reserved special applause for special volunteers for each of our programs, including Evalee Ciuca, whose long-time work with the ACTS/Helpline Program merited this year's Howard Horner Volunteer of the Year award. Also, at that meeting, we elected seven volunteers to our all-volunteer Board of Directors.

Then, on April 27<sup>th</sup>, I was honored with an invitation to a bash put on by Beth Lewis, the Children's Program Coordinator for the ACTS/Turning Points Program, and by Sandra Chapman and Ty Davidson, who are the Coordinators at the eastern and western safe houses operated by Turning Points, respectively. About 100 folks were at this affair, many of

whom were volunteers being feted for the huge number of hours they had given to a wide variety of activities. We consumed copious quantities of marvelous victuals provided by our staff volunteer cooks in the beautiful room provided by St. Francis of Assisi Catholic Church, through the auspices of our good friend, Anne Tunney, who is the Director of Outreach for that parish.

Finally, on April 30<sup>th</sup>, more than 120 volunteers from four congregations came together in the spectacular sanctuary at First Mount Zion Baptist Church to raise their voices in praise (both individually and corporately) in the First Annual Benefit Church Choir Festival. Our friends in the Chancel Choir at St. Paul United Methodist Church, in the Sanctuary Choir at St. Elizabeth Ann Seton Catholic Church, in the Senior Choir at St. Matthew's Lutheran Church, and in the Men's Choir at First Mount Zion Baptist Church, showed almost-300 other folks in the sanctuary how much fun singing sacred choral music can be. And in being the catalyst for bringing all those folks out on a Sunday afternoon, they not only facilitated the collection of a significant amount of food for our Food Pantry, but also the raising of over \$3,700 for ACTS. And none of that would have been possible but for them and

for the caring generosity of the Rev. Dr. Luke Torian and all of our friends at First Mount Zion.

I recount these three examples, and that is what they are, namely, examples, of how we can serve more than 30,000 of our neighbors in need every year. Our staff works far harder and longer than I have any right to expect, and they accomplish results of consequence not only because of this work, but also because they work hand-in-hand with our almost-2,000 volunteers who gave us about 40,000 hours of their valuable time last year. We know all too well that old sports adage, "There is no 'I' in 'team'".

I have been told that I hit the keys on this keyboard too hard, and perhaps that is true. However, at least this afternoon as I write this piece, the loud "clicking" some folks hear is my two-finger applause for the partnership we have with each of our volunteers, who both individually and as a group are indispensable to our ability to serve. As I have told gatherings for some time now, we cannot thank our volunteers too much, or applaud them too loudly or too long.

C. John Turnquist  
*ACTS Executive Director*

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[www.actspwc.org](http://www.actspwc.org)



### Transitional Housing

Last month brought us one of our greater challenges here at the Emergency Assistance office in assisting a single mother and her 4 children. One of the children required a breathing machine every 4 hours. The family was abandoned by the husband and father who was the primary breadwinner. When he left, he also took the children's and the mother's documents. She had been unable to apply for jobs without

her identification. Through some unusual conditions at the utility company and the family financial crisis a very large utility bill was incurred. Because of the size of the bill and the family situation, the EA caseworkers spent extra time and effort to assist in paying the bill and reconnecting service. To assist in those efforts, 21 faith communities came together and Dominion Virginia Power Energy Share and ACTS funds were used to help pay 3/4 of this very

large bill. The family's electric service has been reconnected and the mother is hopeful to be working soon since she has received the necessary documents to work. On behalf of the family, ACTS sends its thanks and blessings for all of your support.

The Feinstein challenge to collect food items and money for a matching grant ended April 30<sup>th</sup>. This has been our best collection effort ever and we thank the PWC schools, the

many churches, individuals and organizations that intentionally donated food during the grant period so that we could meet our goal. The final count was \$502,935.28 worth of food and monetary donations. Because of your efforts, the food pantry staff and volunteers can fill bountiful bags for our hungry neighbors.

**Frances Harris**  
*Emergency Assistance Director*



### Helpline

Together with Grace United Methodist Church, the Prince William County Office on Youth and the Virginia Department of Health, ACTS Helpline is pleased to sponsor a Suicide Prevention Community Awareness Event titled "Building Hope and Healing." The event will take place at Grace United Methodist Church in Manassas on Tuesday, May 23 from 9:30 a.m. until 4:00 p.m.

Keynote speakers for the

event are the Reverend and Mrs. Paul Tunkle, whose middle child of three died by suicide in 1997 at the age of 22. Rev. Tunkle has been an Episcopal priest for 21 years, serving congregations in Maine, New York, North Carolina, New Jersey, Louisiana and Maryland. He is currently rector of Church of the Redeemer in Baltimore. His wife, Judy, is a psychotherapist in group practice with Pastoral Counseling Services of Maryland. Together, Rev.

and Mrs. Tunkle have been professional facilitators of Survivors of Suicide support groups in Louisiana and Maryland. Judy has initiated bringing the ASIST suicide prevention program to Maryland, and has had articles published in the field.

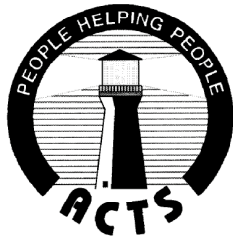
In the afternoon, Dr. James J. Crist from the Child and Family Counseling Center in Woodbridge will speak on "Adolescence and Depression." Afterward there will be a QPR (Question, Persuade, Refer)

intervention training.

We look forward to hearing the Tunkles and Dr. Crist share from their experience and expertise. The event is free, but registration is required. A free lunch catered by Kitchen Gourmet will be provided to registered participants. For information or to register, call Vicki Graham at 703 368-7886, or email at vickilynngraham@hotmail.com. We look forward to seeing you!

**Vicki Graham**  
*Helpline Director*

## Helpline Co-Sponsors Suicide Prevention Community Awareness Event



**Turning Points**

## A “Pretty Card” Can Make a Big Difference

Thank you to the many who participated in our Mother’s Day appeal. Most of you simply made a generous donation to the program and for that we are sincerely grateful, but a number of you recognized a significant woman or person in your life to receive a card and an acknowledgment that a gift to aid women and children fleeing domestic violence was given in their name. What an extraordinary tribute.

Several years ago I received a card from a small non-profit stating a gift had been made in my name by a friend of mine. Just a pretty card with a simple explanation yet I floated on it for days. To think she considered my friendship worthy of such a gift was a source of pride not only for myself but allowed me to consider my friend in a new light as well.

This year, as in the past, as cards were readied to be mailed to the designated recipients, I couldn’t help wondering who they were and what they were like; was this a caring parent, a loving spouse or a loyal friend? And, just as in the past, I assumed they must be very special to be receiving this pretty card with a simple explanation.

When we give generously In Honor or In Memory of a parent, a friend or a significant individual we pay tribute in a way that surpasses other gifts. It reminds us we are all part of a “community”. Whether it is a community of family or friends, we impart our values and beliefs, leaving a lasting impression. When we lift up others, they will in turn lift us up to help others who deserve our attention.

**Kay Mathews**  
*Turning Points Director*

# ART EXHIBIT AND AUCTION

**To Benefit ACTS**  
Presented by Azalea Fine Arts

**SATURDAY, JUNE 10,  
2006**

**PREVIEW AND RECEPTION**

**7:00 P.M.**

**AUCTION**

**8:00 P.M.**

**Door Prizes Hourly  
Heavy Hors d’oeuvres and  
Refreshments**

**TICKETS \$5.00**

**Potomac Place**  
**2133 Montgomery Ave.**  
**Woodbridge, VA 22191**

**Next Day Sale:**  
**1:00 p.m.-4:00p.m.**

**For Information, Call  
Joann Barron**



ACTS staff proudly poses with new Thrift Stores' truck: (From left) ACTS Executive Director John Turnquist, Thrift Stores Director Gary Friedman, Linda Heidle, Frances Harris, Rhonda Carr, Joann Barron, Michelle Farley, Peggy Sullivan, Joann Mower, Marie Stevenson, Nancy Caseman.



### Thrift Stores

The Thrift Stores are thrilled to finally have our new truck, named during its initiation ceremony the *H.M.T. Turnquist*. With bright new signage and a muscular hydraulic lift, the ACTS truck will be seen cruising your neighborhood, delivering goodies and

## ACTS Staff Christens *H.M.T. Turnquist*

collecting your generous donations.

We are very pleased to announce that Woodbridge Store Lead Assistant Rosie Cruces has just earned her U.S. Citizenship. Rosie came to America many years ago from Peru. She has worked long and hard to earn her new status. We are all very happy for her. Congratulations, Rosie!

Many of our generous donors, their congregations

and their communities are having or planning yard sales. We get many calls asking if we will take the leftovers. So this is a good time to remind everyone of our yard sale remnants policy. We are pleased to accept these items so long as they are in good, sellable condition and have *NO PRICING* on them. It will help us a lot if you sort your leftovers into boxes or bags by type (clothing, shoes, housewares, etc.)

before bringing them into the store. Also, if you have leftover furniture or major appliances, you can arrange for a pick-up of these items by calling 703 490-9697.

As always, thanks so much for your generous giving.

**Gary Friedman**  
*Thrift Stores Director*



## Homeless Shelter

Could you imagine NEVER having a place that you called home? Never having a room you can decorate and fix up the way you want to? At the Homeless Shelter we had a family of 5--a mom with 4 children who ranged in age from 16 to 5--who fit this description. The two teenage daughters had never had a room that they could call their own, but with the help of the ACTS Homeless Shelter Program, the family now has their own place and the girls have

a room to themselves.

It is hard to imagine never living in a place that, though rented or mortgaged, you basically could call home. But instead, you went from pillar to post, from friend to family; living here and there, because you never had the means to afford a place for you

# A Long Way Home...

*It is hard to imagine never living in a place you could call home.*

and your children.

It is sad to report, however, that this is only one of many stories like this. I am pleased to say that this one ends

happily. I am also delighted that the ACTS Homeless Shelter is here to assist families like this, but we could not do it without the

help of the community.

I want to thank all those who support us and made a way for this family to finally have a place to call home.

I know with your continued support that perhaps it won't be such a long way home for the rest of the families we serve.

Thanks Again!!

**Aletha Martin**  
*Homeless Shelter Director*



## Child Care

A young woman came into the Center looking for child care for her three-year-old. As I was showing her around, she said, "I remember everything about this place. I used to go here." I looked closely at her face and realized she did

look familiar. It turned out that she had attended the Center in 1988 and 1989. We found pictures of her leaving on the school bus for her first day of kindergarten in our old photo albums. She said she had good memories from those years and now was hoping to have her child attend also. This experience made me think about the many children who have "passed through" our program and how we have helped them and their families.

## Child Care Center a Safe, Happy Place

Recently I was going through pictures I had taken of the children in the Center now as we are preparing a new brochure for the program. As I looked at them, I noticed every child appeared relaxed, smiling and happy. It made me feel good that ACTS is able to provide them with a safe, comfortable place to be while their parents are working. It also allows them to socialize and make friends with other children from different backgrounds.

(At present we actually have children from fifteen different backgrounds!) It is wonderful to see them playing and learning together without a thought for their differences.

If you or anyone you know is in need of child care, please call 703 670-8808. Tuition assistance is available for qualifying families.

**Michelle Farley**  
*Child Care Director*

## WISH LIST

Cut this column off and take it with you on your next shopping trip.

- Baby Wipes
- Underwear / Socks
- Wash Cloths
- Tooth Paste
- Peanut Butter
- Cereal
- Spaghetti Sauce
- Canned Meat
- Instant Potatoes
- Macaroni and Cheese
- Napkins
- Plastic Ware
- Diapers
- Pillows / Blankets
- Sheets
- Soap
- Jelly
- Oatmeal
- Noodles
- Dry Beans
- Soup
- Powdered Milk
- Paper Cups
- Paper Plates
- Paper Towels
- Zip Lock Bags
- Shampoo
- Jam
- Baby Food
- Tuna
- Rice
- Canned Fruit
- Pentium III Computer
- Ink Jet Printer
- General Office Supplies

Call Joann Barron  
703 441-8606 Ext. 13

## THANK YOU



### Transitional Housing

What a glorious season to begin anew! Spring shows us how to give birth to many flowering possibilities! ACTS Transitional Living offers classes each Monday evening for our smallest participants, and I am always amazed at the bright and eager outlook our kids have when they are entering the classrooms. The kids in our program come to class with such a high energy that impels the staff and volunteers to go above a hundred percent in preparation.

April's theme in our classrooms was "How to live in a community." Our kids learned that being a good neighbor is an act of kindness. Our volunteers, Laura Moody, Mary Mock, Phillip Mock, and Rose Mock have helped to make an environment that is supportive and nurturing, which is very conducive to achieving academic success.

Homeless children are:  
 \* Nine times more likely to repeat a grade  
 \* Four times more likely to

# Children's Program Sees Impressive Results

drop out of school

\* Three times more likely to be placed in a special education program; and

\* Two times as likely to score lower on standardized test ...than non-homeless children.

When homeless children learn in a supportive and nurturing environment they show remarkable gains in as little as six months, with increased scores in math and reading.

In sum, ACTS Transitional Living Children's class serves as a vehicle through which children can develop untapped skills, improve their self esteem and confidence, and cultivate healthy friendships with their peers. This grade marking period, we have seen vast improvements in all academic areas in 10 out of 11 children. Those 10 children went from below average to average levels. It's exciting to see school age kids have fun while increasing their knowledge base in language arts, math and science.

*The service we render to others is the rent we pay for our room on earth.*  
 -Wilfred Grenfell

How did we get such impressive results? With the support of our Volunteers, our dedicated and highly skilled Tutor, Annette River, and our illustrious Child Service Coordinator Lisa Hickman. Great Job!

*A kind word is like a Spring Day.* -Russian Proverb

**Rhonda Carr**  
Program Director

**Volunteers  
Recognized at  
Annual Meeting**

Congratulations to the individuals who were named Volunteer of the Year in their respective programs:

**Development:** Mary Chipolla; **Emergency Assistance:** Linda Harris; **Helpline:** James Mitchell; **Homeless Shelter:** Saunders Middle School, Ashland Elementary School **Thrift Stores:** Thelma Green; **Turning Points:** Kavita Singh, Janet West, JoAnne Westoff; **Howard Horner Award:** Evalee Ciuca

And a very special thanks to KC Farrow and the Art Honor Society of Forest Park High School for the beautiful bowls that were auctioned off to benefit our Food Pantry.

**ACTS Newsletter  
Now Available  
Electronically**

ACTS is definitely in the 21<sup>st</sup> Century! We know there are those of you who might prefer to receive your newsletter by email rather than by "snail mail." As of our last edition, the *Action Report* was available in its complete form on our website, [www.actspwc.org](http://www.actspwc.org).

We would now like to give you the option of having it sent to your inbox, in full color, rather than your mailbox. If you would like to take advantage of this opportunity, please send an email to:

[acts\\_volunteer@comcast.net](mailto:acts_volunteer@comcast.net) and we will add you to our e-list.

If 1,000 of our members opt for an electronic newsletter, we could save approximately \$2500 each year in printing and mailing expenses!

Your newsletter will arrive in PDF format, for which you will need Adobe Reader, which is a free download to your computer. Simply go to [www.adobe.com](http://www.adobe.com) and follow the link to download Adobe Reader.

**ACTS Board of Directors**

C. John Turnquist  
*Executive Director*

John Donohoe  
*Board President*

Sherry Dunphy  
*Vice President of Administration*

Karen Smith  
*Vice President of Programs*

Richard Zinn  
*Secretary*

Harold Deadman  
*Treasurer*

Doris Armstrong  
Stephen A. Bamberger  
David M. Bohannon  
Chris Caseman  
Norma Fields  
Howard Horner  
Venus Miller  
Paul Moessner  
Robert Mouw  
Robert Peetz  
Lawrence A. Pemberton  
Buck Waters  
Charlotte M. Williams  
Laurie Wilson

*ACTS Board Meetings are held on the second Tuesday of each month. All ACTS Members are invited to attend. Please call for place and time.*

**The ACTS  
Homeless Shelter  
is seeking to fill our**

**Night  
Manager  
Position**

**Interested candidates  
Contact Aletha Martin  
703 221-3188**

**ACTS Phone Numbers and Hours**

Main Office	703 441-8606	Fax 703 221-3585
		M-F, 8:30 AM - 4:30 PM
Child Care	703 670-8808	M-F, 6:00 AM - 6:30 PM
Emergency Assistance	703 221-3186	M-F, 9:00 AM - 3:00 PM
Homeless Shelter	703 221-3188	24 Hours
Helpline	703 368-4141	24 Hours
Teleten/Phone-a-Friend	703 368-8069	M-F, 3:00 PM - 7:00 PM
Ayuda Con Ternura	703 368-6544	M-F, 6:00 PM - 10:00 PM
Transitional Housing	703 441-8606	Ext. 34
Nurturing Parenting	703 441-8606	Ext. 15
Thrift Store I (Dumfries)*	703 221-3298	M-Th 10:00 AM - 4:30 PM,
Thrift Store II (W'bridge)*	703 490-9697	F-Sa 10:00 AM - 7:00 PM
Turning Points	703 221-4951	24 Hour Crisis Line
	703 221-4460	Office
Volunteers	703 441-8606	Ext. 19
Development	703 441-8606	Ext. 13
Newsletter Editor	703 441-8606	Kathy Graydon

*\*Dumfries Thrift Store Donations accepted. May close due to over capacity or weather.  
\*Woodbridge Thrift Store Donations Please call in advance.*

*Tu-F 10:00 AM - 4:00 PM  
Sat. 10:00 AM - 2:00 PM  
M-Sa 10:00 AM - 4:00 PM*



## ACTS 2006 MEMBERSHIP

Help bring hope to families in need by becoming a member of ACTS. With your membership you will help thousands of your neighbors in Prince William County obtain food, clothing, financial assistance, and counseling within the six service programs of ACTS. As a member you will receive the ACTS newsletter and be eligible to vote for the ACTS Board of Directors.

***Your contributions are tax deductible.***

Members agree to work to alleviate local suffering and meet emergency needs of people, without consideration of religious creed or ethnic background.

**Visit our website at [www.actspwc.org](http://www.actspwc.org)**

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone No. \_\_\_\_\_

Email Address (opt.) \_\_\_\_\_ Congregation (opt.) \_\_\_\_\_

New Membership    Renewal Membership    Gift Membership

**Enclosed is my check for:**    Family \$25    Individual \$15    Student \$10    Senior Citizen \$10  
 Friend \$50    Sponsor \$120    Silver Sponsor \$300    Gold Sponsor \$600    Other \$ \_\_\_\_\_

Does your employer have a matching gift program? \_\_\_\_\_

**Please mail checks to: ACTS, P.O. Box 74, Dumfries, VA 22026**

American Express, Discover, VISA and MasterCard are also welcome.

I would like my credit card billed monthly   Amount per month \$ \_\_\_\_\_    One-Time Gift \$ \_\_\_\_\_

Credit Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

Please send me information about planned giving.    Please send me information about volunteer opportunities.



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DUMFRIES, VA 22026

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RETURN SERVICE REQUESTED



A United Way / CFC Member Agency

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