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## Mother Moon Service Scholarship Application Due

The Community Foundation of Northeast Iowa invites 11<sup>th</sup> graders in the Cedar Valley to apply for the Mother Moon Service Scholarship. There are 11 high schools in the Cedar Valley eligible for the scholarship: Waterloo Christian School, Hudson High School, Cedar Falls High School, Northern University High School, Dunkerton High School, East High School, Columbus High School, West High School, Union High School, Don Bosco High School, and Valley Lutheran High School.

Each year, applications and scholarship brochures are distributed throughout area high schools. This scholarship is unique because it is designed for high school Juniors, and it is focused primarily on volunteerism. Those who apply for this service scholarship are awarded \$500 upon completion of their senior year of high school. After being selected, recipients are responsible for continuing to serve their communities, marketing the scholarship for the following year and advocating for volunteer service.

We are asking for your help in promoting the Mother Moon Service Scholarship to juniors you may know. Students who volunteer at your organizations would be great applicants. All application materials can be found online at [www.cfnea.org](http://www.cfnea.org).

Applications must be postmarked by March 5, 2010. If you have any further questions, please e-mail Kari McCann, recipient of the Mother Moon Service Fellowship at [kari.e.mccann@gmail.com](mailto:kari.e.mccann@gmail.com). Thank you for your support of the Mother Moon Service Scholarship.

## Mayors' Awards Call for Nominations



The Volunteer Center of Cedar Valley is accepting nominations through Friday, March 5 for the 2010 Mayors' Volunteer Awards and Top Teen Awards. The awards recognize individuals who have demonstrated an outstanding commitment to service through volunteerism in the Cedar Valley.

The Mayors' Volunteer Awards honor the exemplary contributions of individuals ages 19 and older who dedicate their time and talent to volunteerism in Cedar Falls, Waterloo and/or Evansdale. The Mayors' Top Teen Awards honor youth ages 13-18 attending a school in Black Hawk County.

All nominees and recipients will be recognized at special events on April 20 at the Five Sullivan Brothers Convention Center. Nomination forms are available online at [www.vccv.org](http://www.vccv.org) or may be requested by calling the Volunteer Center of Cedar Valley at 272-2087.

We have exciting things in store for **National Volunteer Week**, April 18 to 24, and would love to recognize YOUR activities and outstanding volunteers, also! Let us know what you're up to. Contact Anne Nass, [anne\\_nass@vccv.org](mailto:anne_nass@vccv.org) and share your plans!



## Join the VCCV as a Business Partner

At the Volunteer Center of Cedar Valley, we believe corporate initiatives that give back to the communities in which they operate and where their employees work and live, are reinforced by their alignment with an excellent volunteer and philanthropy program. The Volunteer Center of Cedar Valley is the primary resource for workplace-based volunteering and for engaging more companies and employees effectively in volunteer service. We help businesses develop and manage effective employee volunteer programs that meet company priorities, address employee interests and meet real community needs. Throughout the Cedar Valley, we are working with our corporate partners to improve lives and create positive change in local communities.



## Deductions for Volunteer Work

by Jill Boynton, Boston.com

Volunteering your time for charitable work is a worthwhile and commendable effort. But don't overlook some tax advantages too.

While your time spent working on behalf of a charitable organization is not tax-deductible, your travel expenses are. On your 2009 tax return you may deduct the miles you spent driving to and fro, or on behalf of, your volunteer duties at 14 cents per mile. This rate stays the same for 2010. Keep a log of your mileage as proof for the IRS. You can do this by keeping a mileage log in your car (available at Staples for a couple of bucks) or jot it down on your calendar after every trip.

In addition to mileage, uniforms necessary solely for your volunteer job, and meals and lodging are deductible (if the majority of the trip was spent on the volunteer effort - expenses for personal vacation or recreation, while part of the trip, are not deductible.)

The organization for which you volunteer must be a religious organization, federal, state or local government, non-profit organization, public park or recreation facility or public charity. War veterans' groups qualify too. More information is available in [IRS Publication 526](#).

## Welcome Board Member Abby Howie

Abby Howie has been in the Cedar Valley for about 10 years now, staying in the area after attending UNI. She has been in banking for 11 years now and with MidWestOne Bank for 2 ½ years.

Abby is the manager of the Waterloo office on Kimball. She currently lives in Waterloo with her husband, Adam, her 10 month old daughter, Avery and two dogs. She is currently involved with the Kimball Ridge Association, Friends of the Waterloo Public Library, and Partners in Education with the Waterloo schools and is a member of the Waterloo Jaycees and Cedar Valley Chamber.



Welcome Abby!

## In the Spotlight - Cedar Bend Humane Society



Cedar Bend Humane Society

The Cedar Bend Humane Society commits itself to provide humane care for all animals

under its protection; to educate the community about responsible pet

ownership; and to advance the cause of kindness to all animals.

The Cedar Bend Humane Society uses volunteers in a variety of capacities which include: Adoptions at Hardees, Phone-a-thon, and the PETCO and PetSmart Project.

Many volunteer opportunities are available for volunteers age 18 and over. Potential volunteers should inquire about all requirements.



## In the Spotlight - Cedar Falls Historical Society

The mission of the Cedar Falls Historical Society is to engage the community in the preservation, education and celebration of our heritage.

The Cedar Falls Historical Society utilizes volunteers in a variety of roles such as: Administrative Assistant, Archivist, Board/Council Member,

Cleaning Person, Docent, Education Volunteer, Finance Specialist, Grant Writer, Grounds Keeper, Oral Historian, Publicity Volunteer, Research Historian, Special Events Assistant and volunteers for Standing Committees.

Volunteers must be age 16 and over.

Opportunities exist daily with flexible times.

Call the Volunteer Center of Cedar Valley for more information at 272-2087.



*Happy St. Patrick's Day from Lauren, Anne & Anne Marie!*



Volunteer Center of Cedar Valley  
2101 Kimball Avenue • Suite 1414  
Waterloo, IA 50702

## Join the VCCV for the 2010 "Appetite For Service" Dinner and Auction

Join the Volunteer Center of Cedar Valley on Saturday, March 27, 2010 from 6 - 10 p.m. at Sunnyside Country Club for an evening of fun and fine food!

An "Appetite For Service" consists of a select group of community leaders from the Cedar Valley are invited to "serve" during this memorable evening designed to raise funds for the Volunteer Center of Cedar Valley.

**You may become involved by becoming a Celebrity Server** by serving our gourmet dinner to eight of your most generous friends, becoming a creative celebrity server by doing whatever it takes to raise tips, sponsor your table of eight guests for \$750, decorate your table with a special theme of your choice, and competing against other Celebrity Servers to win the coveted "2010 Silver Tray of Service Award."

**Make a donation to our auction event! You are welcome to** donate an item for the silent/live auction held during the dinner event, or consider giving a monetary donation to the Volunteer Center of Cedar Valley.

**How does the Volunteer Center use the money raised?** We assist over 50 non-profit agencies by recruiting volunteers and helping them to build their skills in recruiting, managing, retaining, and recognizing volunteers. We also support a thriving service-learning program, encouraging youth to solve community problems through volunteerism in the Cedar Valley.

**For more information** contact Lauren Pellemounter at 272-2087 or [Lauren\\_Pellemounter@vccv.org](mailto:Lauren_Pellemounter@vccv.org).

2009 Servers



## From the Heart - The Waterloo Home Enhancement Project



**The Waterloo Home Enhancement Project**

Applications are being sought for qualified Owner Occupied Homeowners in Waterloo. The From the Heart: Waterloo Home Enhancement Project is a Co-Sponsor Agreement between various Waterloo Agencies, Community Members, and Group Workcamp Foundation. This partnership will lead to the repair and improvement of up to 65 homes in Waterloo, Iowa. Group Workcamps are weeklong home-repair projects involving volunteers from youth groups recruited by Group Workcamps.

During the week of June 27 - July 3, 2010, more than 400 senior high youth from across the nation will arrive with their youth groups in Waterloo, along with adult supervisors and Group Workcamps staff, to repair and/or paint up to 60-80 homes. The service is provided free of charge through the hard work of many volunteers.

### Who is Eligible?

- Residents living within Waterloo city limits who are financially unable to do the work themselves, older adults and/or persons with disabilities.
- Residents living within the city of Waterloo with homes in obvious need of repair.
- Waterloo residents who are living in the home as their primary residence and who are either buying the home or own the home.
- Waterloo residents who have no other means of getting the work completed.
- Waterloo homes where the environment will be socially and physically safe for the teen volunteers.

The volunteers will spend five days repairing housing units for homeowners located in the distressed parts of the Waterloo and are either: **Elderly, Low-income, or Physically Disabled.**

The types of repairs this project will work on are: porch and step repair & limited construction, wheelchair-ramp construction, interior and exterior painting, weatherization & caulking, light carpentry, siding repair. Please complete the application and return application by **March 12, 2010 at noon** to: **Operation Threshold, From the Heart, 405 Chestnut Street, PO Box 4120, Waterloo, IA 50704.**

**Applications will be reviewed on a First Come First Served Basis! To be eligible for consideration please return ASAP.**

Applicants meeting the deadline will be contacted by a representative of From the Heart in April regarding your application. **For more information please contact Janet Wessels, Waterloo Housing Authority at 233-0201.**

**Volunteer Center of Cedar Valley  
2101 Kimball Avenue • Suite 1414  
Waterloo, IA 50702**

## Member Agencies

Allen Hospital  
Alternatives Pregnancy Center  
American Red Cross — Hawkeye Chapter  
Aspire-Therapeutic Riding Program  
Big Brothers Big Sisters  
Birthright  
Boys and Girls Club  
Catholic Worker House  
Cedar Bend Humane Society  
Cedar Falls Historical Society  
Cedar Falls Lutheran Home  
Cedar Falls Public Library  
Cedar Falls Radio Emergency Club  
Cedar Falls Senior Center  
Cedar Falls Tourism and Visitors Bureau  
Cedar Valley Arboretum & Botanic Gardens  
Cedar Valley Hospice  
Cedar Valley United Way  
Community United Child Care Centers  
Country View  
Department of Human Services  
Exceptional Persons, Inc.  
Family & Children's Council  
Friends of the Waterloo Public Library  
Gallagher Bluedorn Performing Arts Center  
Girl Scouts of Eastern Iowa and Western Illinois  
Grout Museum District  
Hartman Reserve Nature Center  
Hawkeye Adult Literacy Program  
Hawkeye Valley Area Agency on Aging  
Jesse Cosby Neighborhood Center  
Make-A-Wish Foundation of Iowa  
Northeast Iowa Food Bank  
North Star Community Services  
Operation Threshold  
Our Shepherd's Closet  
Parkview Nursing & Rehabilitation Center  
Pathways Behavioral Services  
People's Community Health Clinic  
Pet Pals  
Positive Steps of Northeast Iowa  
RSVP  
Salvation Army  
Silos & Smokestacks  
Together for Youth  
Waterloo Community Schools  
Waterloo Convention & Visitors Bureau  
Waterloo Jaycees  
Waterloo Leisure Services  
Waterloo Senior Center  
Waverly Senior Center  
Western Home Communities  
Wheaton Franciscan Healthcare  
YMCA  
YWCA

Volunteer Center of Cedar Valley thanks our  
Business Partners!  
*Bertch Cabinets, Isle Casino Hotel Waterloo and  
Struxture Architects*

## Volunteer Opportunities

### One Time Events

**Cedar Bend Humane  
Society Phone-a-thon**  
March 1 - 4  
Cedar Bend Humane  
Society

**Maple Syrup Festival**  
March 6 - 7  
Hartman Reserve Nature  
Center

**CPR Sunday**  
March 7  
American Red Cross—  
Hawkeye Chapter

**Cultural Luncheon Series**  
March 9  
YWCA

**Spring Break Exhibit  
Space Monitor**  
March 15 - 21  
Grout Museum District

**Spring Break Get-away  
Assistant**  
March 16, 18, 19  
Grout Museum District

**Cedar Bend Human  
Society Adoptions at  
Hardees**  
March 20  
Cedar Bend Humane  
Society

**Special Programs  
Assistant - National  
History Days**  
March 25 - 26  
Grout Museum District

### Long Term

**Hospitality Specialist**  
Cedar Falls Tourism &  
Visitors Bureau

**Fall Harvest Festival**  
Cedar Valley Arboretum &  
Botanic Gardens

**Family/Patient Volunteer**  
Cedar Valley Hospice

**Closet Organizer**  
Country View

**Clerical Assistant**  
Department of Human  
Services

**Children Services Lunch  
Server**  
Exceptional Persons, Inc.

**Program Committee  
Member**  
Family & Children's Council

### Volunteer Center of Cedar Valley Staff

Lauren Pelleymounter - *Executive Director*  
Anne Marie Kofta - *Program Coordinator*  
Anne Nass - *Communications Coordinator*

### Our Mission

The mission of the VCCV is to promote and support effective volunteerism; to serve as the resource and coordination center for volunteers and a catalyst in building coalitions and community partnerships.

Phone: 319-272-2087  
Fax: 319-272-2088  
E-mail the Editor: [Anne\\_Nass@vccv.org](mailto:Anne_Nass@vccv.org)

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