

# actionreport

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## A Note of Thanks to CAC...

"I am so grateful for CAC. They have helped my family beyond what I expected. It is a blessing to know that others are so willing to help my family. Every community needs a place like this, very friendly, helpful. They offer a lot."

- A CAC Client

## CAC Summer Camp Program Enriches Lives

### Send a Kid to Camp Campaign

With CAC's assistance Michelle had a meaningful summer camp experience that she otherwise wouldn't have been able to enjoy.

The Sandy Springs 6th grader, who likes to sing and dance, enrolled in the Atlanta Workshop Players day camp through the CAC Summer camp program at the suggestion of her mother.

At the end of the camp week, Michelle was surprised when she was selected as the best camper of the week for her effort and performing skills. The prize: another week at the same camp for free!

"I had fun and I learned things," said Michelle. "It was a great experience."



An Atlanta Workshop Players camper with her mother.



Two campers enjoy an outdoor program.

In 2009 CAC sent 200 disadvantaged children to summer camps, but a shortfall in funding threatens to reduce the number of children we can assist this summer. Your donation can provide children with camp experiences again in 2010.

Since 1999 CAC has partnered with more than 30 camps to provide safe and meaningful summer camp opportunities to children of low income families in our community. The program allows children ages 3 to 18 to attend a camp of their choice at minimal cost to the family. For more information contact Sarah at [yep@ourcac.org](mailto:yep@ourcac.org).

Please help us Send a Kid to Camp with your donation of:

- \$250 for 1 week of overnight camp
- \$100 for a required camp physical
- \$50 for camp equipment, clothing, supplies
- \$25 for transportation to camp

Donate online or send your check to:  
Community Action Center  
PO Box 501298, Atlanta, GA 31150



CAC intern Gilliana Mendoza, left, meets with a camper.

## St. John's Project Exceeds Expectations

A unique food drive for CAC by St. John's United Methodist Church in Sandy Springs resulted in enough packaged boxes of food to provide for more than 6000 meals.

Project Feed 5000, in which congregation members filled boxes with food that would feed a family of four for three days, kicked off on Ash Wednesday and concluded at Easter. The Lenten program refers to the miracle of Jesus Christ feeding 5,000 people with just five loaves of bread and two fish, in the book of Matthew.

The church surpassed its goal of filling 139 boxes to feed 5000 people and filled 167 boxes by Easter. The blessed boxes were donated to CAC in April.



Stan Stockdale, left, the church's mission committee chair, and CAC volunteer Bishop Womack unload boxes of packaged meals.



Boxes of meals packaged by church members sit at the altar waiting to be blessed.

The food, which was distributed by CAC to families, came at a critical time of the year when food pantry supplies are typically low.

St. John's is one of CAC's 26 member congregations in the Sandy Springs/Dunwoody area. Thank you St. John's members!

## CAC Donation Wish Lists

Our Thrift Boutique, which gives clothes to the needy, and our food pantry are low on the following items:

### Food

- Spaghetti Sauce
- Drinks
- Potatoes
- Canned meats (tuna, chicken)
- Dried milk/regular milk
- Peanut butter/jelly
- Paper towels
- Toilet Paper



### Clothing

- Women's summer shoes
- Women's costume jewelry
- Boys summer clothes  
Sizes 4 - 16
- Children's shoes



## CAC 2010 Board of Directors

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## Retired Dunwoody Couple Enjoys Helping Others



Jack and Lynn McLaughlin of Dunwoody both volunteer at CAC.

She interviews clients needing assistance; he picks up donated food from restaurants so clients can take home prepared food.

Helping people in times of crisis is nothing new to CAC volunteers Lynn and Jack McLaughlin of Dunwoody. Lynn has a background in human services including more than 10 years as a social caseworker. Her husband Jack was a DeKalb State Court Judge for 17 years and currently serves as a part time Sr. Judge of the State Courts of Georgia.

Members of Dunwoody United Methodist, Lynn learned of CAC through the church bulletin. She started volunteering for CAC 6 years ago when the agency moved into its current building. Lynn plays an integral role as a lead client intake volunteer and also schedules volunteers to staff the center each month.

"I enjoy and get a lot of satisfaction out of helping people in need and if they can become self sufficient with our assistance that's a plus," said Lynn.

With more free time on his hands following semi-retirement, Jack signed on as a volunteer in CAC's Food Pantry in 2009. He offered to pick up donated food from Chipolte, and he soon enlisted two other Chipolte restaurants and a Starbucks to donate excess prepared foods that he picks up three days a week.

"One of the great things about this job are the intangible rewards," said Jack.

The McLaughlin's have been married for 18 years and enjoy spending time with Jack's four grown children and four grandchildren. They also like to garden, read and travel. Lynn likes to cook and often brings her turkey chili to CAC for the volunteers and staff to enjoy.

## Member Congregations

Apostles Lutheran Church  
Church of St. Andrew Presbyterian  
Church of the Redeemer  
Congregation B'nai Torah  
Dunwoody Baptist Church  
Dunwoody Community Church  
Dunwoody United Methodist Church  
Episcopal Church of the Atonement  
First Baptist Church of Sandy Springs  
Holy Innocents' Episcopal Church  
Kingswood United Methodist Church  
Mt. Vernon Baptist Church  
Mt. Vernon Presbyterian Church  
New Hope Church  
North Atlanta Church of Christ  
North Springs United Methodist Church  
Northwest Unitarian Universalist Congregation  
Rivercliff Lutheran Church  
Sandy Springs Christian Church (DOC)  
Sandy Springs United Methodist Church  
Second Church of Christ, Scientist  
St. John United Methodist Church  
St. Jude the Apostle Catholic Church  
St. Luke's Presbyterian Church  
Temple Emanu'el  
Temple Sinai

## Join the Hundreds of Volunteers at CAC

CAC needs volunteers in all areas of the center. We especially need volunteers to work in the food pantry and drivers to pick up food on Mondays, Wednesdays and Fridays from multiple locations. Volunteers are also needed to make phone calls, respond to phone messages and do data entry. Volunteers would ideally be able to work on a regular basis such as once a week. More than 200 volunteers keep the agency operating on a daily basis, join us and help members of our community when they need it the most. Contact Liza at [volunteers@ourcac.org](mailto:volunteers@ourcac.org).



Judy Harhai of Sandy Springs has volunteered at CAC since 1997.

## Thanks to Our Many Supporters

**We thank the many donors and in-kind supporters who give to CAC throughout the year including businesses, foundations, civic organizations, schools and residents. Please visit our website for more information on these supporters.**

**[www.ourcac.org/sponsor.html](http://www.ourcac.org/sponsor.html)**

## Sandy Springs Christian Group Goes Hands-On at CAC

CAC didn't have enough volunteers to open on weekends until a group from Sandy Springs Christian church offered to take the job.

Since October 2009, about a dozen volunteers from Sandy Springs Christian have staffed all areas of the center the first Saturday of each month, except on holidays, from 10 a.m. to 1 p.m.

The church's outreach committee was looking for a hands-on volunteer project. Committee member Greg Peterson heard that CAC was looking for weekend volunteers and suggested the idea to his group before approaching CAC Executive Director Tamara Carrera.

"We're very happy to do this, we think it's a good project and Tamara seems happy with it so it's a win-win for everybody," said Peterson.



The Sandy Springs Christian members were trained to work all areas of the center; the reception desk, client interviewing, the food pantry and the thrift shop. Each month up to 12 volunteers consisting of a regular core group assist people in need of financial assistance, food and clothing. They are also available to take donations of food and clothing.

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### Certificates and Smiles



Students graduated in April from CAC Adult education winter session classes. English class students included Daniel Robikfar of Iran, left, Luz Conde of Colombia, and Virginia Ngaruiya of Kenya with teachers Bruce Donnelly and John Peterken. CAC enrolls about 300 people a year in adult education classes.

### Students Give Time



Student volunteers from left, siblings Max, Frida and Luis Godinez of Sandy Springs, Robert Cohen of Marietta, Bishop Womack of Sandy Springs and Stephen Goldstein of Marietta give time volunteering at CAC during their school breaks and summer vacations. They work in all areas of the center.

### Flower Power



Forty volunteers worked at CAC one Saturday in April as part of Leadership Sandy Springs' annual Volunteer for a Better Sandy Springs Day, a community-wide service day. Ryan Todd, left, and Eric Peehler of Dunwoody Community Church, Joe Nagel, LSS site captain and Brian Marvel also of Dunwoody Community Church planted flowers around the center among other tasks.

## YES! I WANT TO SUPPORT THE COMMUNITY ACTION CENTER!

To invest in my community I (we) enclose a gift of: Total Pledge: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Donor \$25    Friend \$50    Partner \$100    Advocate \$250    Benefactor \$500    Patron \$1,000    Pacesetter \$2,500    Sponsor \$5,000

Donor's Name \_\_\_\_\_

In Honor of \_\_\_\_\_

In Memory of \_\_\_\_\_

Please Notify \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Please help CAC by receiving newsletters by email only \_\_\_\_\_



# CAC SPRING SPRINT

5K and 2K races & other family fun after the race



**LAUREATE MEDICAL GROUP**  
Medical Excellence. Compassionate Care.



Runners of all ages participated in the 5K event!



Edward Guzman, left, owner of EForce, a bicycle shop, donated the top raffle prize, a G-Force electric bike won by Kathy Beleckis of Dunwoody.



Laureate Medical Group was the presenting sponsor of the 2010 Spring Sprint. Pictured from left are Dr. Rachael Delfavero; Dr. Rachna Relwani; Dr. Kara Pepper and Alisa Winters, Registered Dietitian.



Jennifer McCormick and Evan Lazzara of Whole Foods gave runners and fair-goers healthy snacks and drinks.



Many families participated in the race, and some brought their pets!



Runners arrived early to register and get their numbers.



Runners from Sandy Springs Christian Church Greg Peterson, left, Andy Torbert and Gary Peterson medaled in various categories.



CAC Board member and 2010 Vintage Affair Chairwoman Catherine Lautenbacher and her children ran the race together.



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## UPCOMING EVENTS AT CAC:



### School Supply Drive

July 1 – August 1

Help a needy child be prepared for school. Visit [www.ourcac.org](http://www.ourcac.org) for a list of needed supplies.

## The 8th Annual Vintage Affair

*CAC's Premier Fundraising Gala!*

**Saturday, October 16, 2010**

The Retreat at Villa Christina

Black Tie Optional



## Get Involved with CAC!

### Volunteer

Food Pantry  
Thrift Shop  
Adult Education Teachers

### Donate

Food  
Clothing  
Home Goods  
Financial Support

### Sponsor

Events  
Programs

### CAC is located at:

1130 Hightower Trail • Sandy Springs, GA 30350

### Mailing Address:

PO Box 501298 • Atlanta, GA 31150

Business: 770-552-4889

Helpline: 770-552-4015

Fax: 770-552-4339

[info@ourcac.org](mailto:info@ourcac.org)

**CAC brings the community together to prevent hunger and homelessness in the Sandy Springs/Dunwoody area.**

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