



THE HAVEN HERALD

Fall/Winter 2012

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WHERE PEOPLE FIND HOPE & DISCOVER POSSIBILITY



Did you ever wonder about the people who care about the Haven? If the Haven published a flashy slick popular magazine, who's photo would be smiling out at you? Where would we be pointing our cameras?

While we aren't going glossy, we think you might be interested in knowing

about some of the people who give so much to the Haven, and why they do it. In this issue we present a handful of the 4,500 people who help the Haven each year. You may know some of them; others you may be meeting for the first time. Together they are a powerful force and individually they each have their own story to tell. We also remember that there are many people among the Haven supporters who are very private in their sharing of themselves and their resources, and we are honored to know them and appreciate and respect the way in which they participate.

Each of us wishes to feel that what we do is important. Having a meaningful life is something that most value. How we spend our time and energy and money matters to ourselves, and hopefully to those who

matter to us. In that spirit people come every day to the Haven, dedicated to making a difference for the people of this community. The 30 members of the Haven staff; the 479 volunteers who make the services of the Haven reach so much further; the contributors who bring bags of groceries, packages of diapers, and well cared for clothing; the donors of large and small amounts of money who write deeply touching notes along with their checks, step forward because it is important to them to do so. In the act of helping others, they bring meaning to their own lives. This caring and generosity is important to our struggling neighbors who benefit from the hand up that they receive from others. "In their hope for survival, for moving to a better condition in life with new opportunities, the gifts from others generate hope and possibility for people in despair."



We hope you will enjoy these stories, and that you will accept our challenge to think about the way you feel about yourself when you help others through the Haven. Imagine the impact you can have on the community by giving of your time or your money. Dorothy Byrne, a longtime friend of the Haven, has invited us to challenge you in a very tangible way. On the last page of this newsletter you will see the details of her offer through the Byrne Foundation to match some gifts to the Haven. We would like to include you on the Honor Roll of participants that we share with the Byrnes in a few weeks. We would like you to feel the satisfaction that those featured here feel when they help.

And it would not be a Haven conversation without a sincere acknowledgement that the community created the Haven; the community sustains the Haven; the Haven reflects the best that is the Upper Valley. Thank you!
- Sara Kobylenski, Haven Executive Director

TURKEY DAY AT THE HAVEN

For those interested in helping to provide Thanksgiving meals to community members in need, we are looking for donations of the "Holiday 7" which include: stuffing, gravy, cranberry sauce, fresh or canned sweet potato or yams, instant mashed potatoes, pie filling and pie crust. We plan to make up bags with all 7 items and give them out on the Saturday before Thanksgiving with about 500 turkeys. For more information on how you can help, please contact Nancy Chase: nchase@uppervalleyhaven.org or 802.478.1855.

BARBARA COUCH, HYPERTHERM & COUCH FAMILY FOUNDATION

"There are very few resources in our area that are holistic in nature and have the ability to touch the entire family in so many deep ways. I first thought of the Haven as a temporary homeless shelter, but through the years I have come to understand that the Haven is a home in the fullest sense of the word. The Haven is not just for those who have hit rock bottom; it serves neighbors and colleagues within our communities in diverse and meaningful ways. We all experience hardships in life but many of us are fortunate to have safety nets in place - friends, family, financial resources - the Haven is there for those without a net.

I often see the Haven through the eyes of our Hypertherm associates, who receive three days of paid leave (Community Service Time) to give back to the community through volunteer work. I remember a time when I was thanking an associate for helping stock the Haven's food shelves and his response to me was 'It feels so good to stock the shelves I have taken from'. We don't always know where our co-workers go after work; what their lives look like. The big picture is different than we may realize. It is comforting to me as a business leader to know people have a place to call home and that our community cares deeply for its members."

Why does Hypertherm support the Haven? "Our associates love giving their time to the Haven. By providing Community Service Time for our associates we allow them to tiptoe into the waters of volunteerism; many of them are doing so for the first time. When they serve in the community, they come back to work with a new sense of fulfillment and purpose. And they get hooked. They become community engaged citizens for a lifetime."

Wearing her Couch Family Foundation hat Barbara comments: "I am in awe of the Haven and all that it does for our community. In addition to housing, the Haven addresses needs that are critical, from afterschool care to providing financial education to social justice concerns. The focus is on helping families move forward in life in a productive and sustainable way, so individuals have the means to move out of poverty toward economic stability. **"The Haven is not about providing a program or a space. It's about transforming lives. It's not about a beginning and an end date. It's all that falls in between."**



WHO HAVE YOU HELPED TODAY?

DENISE ANDERSON, HAVEN BOARD MEMBER

"I had bought cheap frozen meat for my three children with the last of our money and we all got food poisoning. We were incredibly sick but I couldn't afford to take my kids to the doctor and I knew I didn't have any money left for our next meal. As I was literally mopping up our sickness from the floor I decided that was enough; something had to change. Hours later I walked into the closest school I could find and said 'I am going to be a lawyer'. The woman laughed and said 'There's no way you can do that with three children, no money and only half a college education'." That school administrator had no idea who she had just challenged... "I was divorced with three children and pregnant with a fourth. I realized the choices I had made along the way were mine, and I could choose something different. It was at that time I decided to



let my parents back into my life. They were able to help me with the children so I could travel an hour each way to law school. I am so lucky to have had them; the morals and values they lived by were at my core and when I

dug deep those things saved me." Denise got her law degree at age 34, worked for 23 years in labor and employment litigation and in that time she built her own multi-million-dollar litigation firm. After meeting her professional goals, and at a time when all of her children were grown and living away from home, Denise made another choice: family first. She gave up her practice, moved to NYC to be close to all of her children and pursued her passion for pastry arts and culinary management. A few years later her son Erik asked her to come to Hanover, NH to consult with him on making changes to the Bagel Basement (now Metro Café). She packed one suitcase, planning to stay for a few months, and has never left. Family first.

"I chose to become a member of the Haven's Board of Directors because I am a Haven story."

If people don't have family they have to get that support through the community. I remember feeling like the whole world was against me. That's when someone shuts down. I want to be a part of a safe environment like the Haven where people don't just survive, they thrive. I have made an excellent choice!"

WE MAKE A LIVING BY WHAT WE GET; WE MAKE A LIFE BY WHAT WE GIVE.

SARAH WATERS, AMERICORP VOLUNTEER

Perhaps the most meaningful moments at the Upper Valley Haven are those that occur quietly, all around me, on a daily basis.

"No matter where I am, or what I am doing, my time at the Haven is a lesson in the resilience of the human spirit; the ability of people to bounce back in the face of incredible odds."

At the Haven, I have found that hope is like a light that shines in the darkest corners of a room and spreads until it envelops everything around it. Every day I work with volunteers who interact directly with those who turn to the Haven for food, shelter, clothing, etc. There is something about the simple, human exchanges which brings to mind Ghandi's assertion that "love is the strongest force the world possesses..." A kind word and a helping hand are powers whose effects

work wonders within the walls of the Upper Valley Haven.

Not only do I enjoy working with the volunteers in community services, I also enjoy time with the individuals who live in our shelters, because I am able to talk to them with the ease that comes from having shared a similar situation. I have known homelessness - I have lived it - and when I speak with guests I can provide an understanding ear and a little bit of insight into their situation, drawing from my own and the resources that helped me to get to where I am now, as well as kind words of support or just a pair of hands to hold a baby in my lap. It is during these moments when I feel particularly helpful because I get the chance to interact face-to-face with some of the strongest people I have ever met.



IRENE UPDATE

More than a year later, the Haven continues to work with those who have not yet recovered from the impact of Tropical Storm Irene. As the wounds begin to fade from the landscape, not everyone has had the resources and opportunity to heal. We continue to meet those needs with our Upper Valley Strong partners. To learn more about how the Haven is working with other community partners to help people recover, go to www.uvstrong.org.



HOUSING SOLUTIONS REAL ESTATE

"It goes around and around... Everyone keeps winning." Matt McIntyre and Carol Robert of Housing Solutions Real Estate have certainly created this dynamic in their professional and personal lives.

"Our business is putting roofs over people's heads. Everyone needs one, and there are so many in our community who don't have a place to call home."

Carol and Matt wanted to make an impact, so they narrowed their philanthropic focus to the Haven. "Before we donated a little here, a little there until our donation budget ran out. We didn't have a specific philanthropic focus, so it was harder to feel good about the impact we were making. Now with our focus on supporting the Haven, we know we are making a real difference in people's lives." Matt and Carol cook a meal for the guests at the Hixon House Adult Shelter once a month; they created theuppervalley.com website to bring traffic to their business, but donate 100% of the advertising proceeds to the Haven; and they are also sponsors of our annual fall concert. At their office on Allen Street in Hanover, NH there's a window display of colorful clay houses from Essence-of-Art, a not-for-profit located in North Conway, NH that employs developmentally disabled artists who create them. They give them away as closing gifts and also sell them to folks who notice them in the window. Guess where the proceeds go? To the Haven of course! For more information, visit www.hs-re.com or stop in to see Carol and Matt and their ambassador Duke, the blind dog who greets everyone coming through their door.



NORWICH PARTNERS & THE CHILDREN'S FUND

When asked why Norwich Partners LLC supports the Haven Jenny Williams harkened back to a comment she heard from a Haven Board member: "I don't want to be part of a community that doesn't take care of its people". Jenny and David Leatherwood, along with another silent partner, formed The Children's Fund of the Upper Valley in 2005. Leatherwood, a hotel developer since 1991 and CEO of Norwich Partners LLC, had a longtime ambition of donating a percentage of his hotel profits to charity. "We wanted to model good corporate behavior and make a difference in the lives of children in our local community. Our main philanthropic priorities are CHaD, combatting childhood obesity, and basic human needs. We strive to give high-risk children opportunity. Some of our current projects with local schools focus on building self-esteem through physical fitness and healthy choices. Why the Haven? We support well-



managed organizations with leaders who are committed to helping those less fortunate." Norwich Partners and their investors know the importance of giving back to a community in which their business thrives so that its people can too. For more information contact Jenny at jenny05055@gmail.com or visit childrensfunduv.org.

MICHELLE STANLEY, VOLUNTEER

While I am volunteering at the Haven you will see me with a smile on my face - I know how much a smile can make a difference in someone's day. It mattered a lot to me when I lived for a short while at the Haven when I was a child. And it mattered to me that the Haven gave us a real Christmas that year, as my brother and I were secretly afraid that being homeless meant that we could not have the special dinner and gifts that children dream about.

My path was not easy even with help from the Haven. I dropped out of high school, became a parent at a young age, and struggled to make it on my own. I am now married, have a strong family with 5 children, and I'm finally working towards the success I always wanted. My dream of going to college has become a reality. I'm a student at the Community College of Vermont working towards a double major in Early Childhood Education and Human Services. Everything I went through has given me more strength and helped me become more successful. **"I am proud to go from receiving shelter at the Haven when I was 10 years old to helping provide services to others in need."**



ROB SENNOTT, FORMER BOARD MEMBER

I know what it is like to be homeless. I was in my early 20's and just barely employed as a carpenter during the recession. I found a place to live: an abandoned chicken coop that I "remodeled". Even though it was about 40 years ago, I still remember the feeling of what it was like to wonder where my next meal was going to come from.

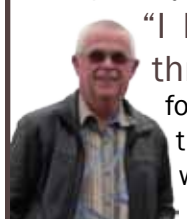
"After 9 months of living in a chicken coop, I made two promises to myself: That I would succeed and I would help others succeed."

Now, I have my own real estate consulting company. I've been fortunate and can help others. I first heard about the Haven 12 years ago and have always been impressed with how the Haven is a community of people helping others. I served on the board for six years and have seen the Haven continue to grow and strengthen their programs. Not only does the Haven help more than 11,000 individuals but the staff members really care about doing the right thing. I am glad that I'm in a position to help others in need by donating time and resources to the Haven.



MATT SENGER, MONTHLY DONOR

Homelessness is something that has always been an area of focus for me. Before I moved to the Upper Valley, I was a volunteer tutor for an organization providing services to the homeless in Washington DC. When I moved to the Upper Valley, I wanted to give back to the local community and the Haven's mission aligned with my priorities. I believe what makes the Haven unique is that it provides a holistic approach to helping those who are homeless and struggling with poverty.



"I have chosen to give to the Haven monthly through auto-pay deductions." It is more sustainable for the Haven because they need funds year round to deliver their services, and it allows me to balance the load. It is wonderful to be able to help the Haven in this way.

JULIA HEALY, VOLUNTEER

"It's not necessarily about someone's work ethic. It has to do with opportunities presented in your life."

"I first heard about the Haven through the Ray School and its Haven Helpers. I had the chance to meet the volunteers and see the Food Shelf first-hand, and the more I saw the more I wanted to be a part of this community organization. The Haven offers so much hope and positive change." Julia also joined the Holiday Dance Committee (now the Mud Ball) which later voted to have the event benefit the Haven for a sufficient time to make a long-term impact. "My interactions with families that came through the Food Shelf ignited this fire inside of me. I wanted to help homeless veterans and others. I got to know a woman who had two children and a baby, and had crippling arthritis with no health insurance for treatment. She was trying as hard as she could and it just wasn't enough. I kept thinking that could have been me." I made a decision to get more personally involved and applied to UNH's Masters of Social Work program. I am now in school part-time focusing on PTSD.



MIA & HER FAMILY, FORMER SHELTER GUESTS

Mia's face lit up as she described her exciting 6 day trip to Washington, DC for the Junior National Young Leaders Conference. She explained that the schedule was very tight with so much to do. "You had to listen," she said. The trip was hard with a lot of walking but she didn't mind because she got to see all the interesting memorials.

Four guides led the students through several exhibits. After each tour the students were able to submit an evaluation of their guide and their experience. During the various outings there were leadership focus groups. The students talked and played games focusing on history. The games involved competition, making posters, and speaking aloud to others. Mia admitted she had stage fright but did her very best.

Mia is still processing all that the trip taught her and how she will be using what she learned in school and later on. She feels she now has more strength to talk in front of others despite her stage fright. Additionally, Mia explained **"Before, I wanted a good education and I still do but now I want to make sure I use that education to help other people."**



She wants to be more like Mary Beth Tinker who fought for her rights and the rights of other. At thirteen, Tinker decided to wear a peace patch with her friends to protest the war in Vietnam and was suspended from school for refusing to remove it. The students and their families fought through a four-year court battle that ended in the Supreme Court decision Tinker v. Des Moines which protects the constitutional rights of students.

It was clear from her energy and enthusiasm in telling her stories that Mia gained a great deal from her special time in Washington, DC. Mia won the opportunity through her school work, but she would not have been able to go except through the generosity of Doug Loudon, a Haven Board member and donor who heard her story.

Mia's family stayed in the Byrne House Family Shelter at the Haven for 3 months this summer before moving into permanent housing. Pictured below is her mother, GC, who donated a fruit tree to the Haven after her family moved out of the Shelter. They wanted to give something that would keep giving to the Haven each year.



WAYS TO HELP THE HAVEN

COVERED BRIDGES HALF MARATHON

Many thanks to the 50 runners on the Haven's 2012 Covered Bridges Half Marathon team! Together they raised more than \$20,000 to help those struggling from poverty, homelessness and hunger. If you are interested in running on the Haven's 2013 team, please contact Karina at kmcnamara@uppervalleyhaven.org.



GOLF TOURNAMENT

The Haven's 2nd Annual Golf Tournament took place on Friday, September 14 at the private Montcalm Golf Club in Enfield, NH and raised more than \$27,000! Held on a beautiful September day, more than 100 people enjoyed the exclusive course. Special thanks to Andrew Sigler, Montcalm staff, tournament sponsors and volunteers.



CHEFS OF THE VALLEY

On the first Sunday in May, more than 250 people gathered to taste the finest cuisine from more than 25 gourmet chefs in the Upper Valley. The Quechee Club was a perfect setting; topped with a gorgeous day and first-class musical entertainment by The Cyn Barrette & East Bay Jazz trios. We hope you will join us in May of 2013!



FALL BENEFIT CONCERT

Thank you to the many sponsors of the Haven's 2012 Fall Benefit Concert! Special thanks to our leadership sponsors: Peter & Jane McLaughlin, King Arthur Flour Company, Housing Solutions Real Estate, Dead River Company, Everett Rich Agency, Green Mountain Power Community Fund Mission, Ledyard National Bank, Mascoma Savings Bank, Northwoods Excavating, and Barrie Sellers.



Visit our website to see the Haven's FY12 annual report!
www.uppervalleyhaven.org

BOARD OF DIRECTORS

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GIVING TO THE HAVEN

Over 70% of the Haven's revenues come directly from individuals who make donations by cash, check, credit card or gifts of stock. **We couldn't do it without you!**

For a limited time...

BYRNE FOUNDATION
will offer at **1-for-2 MATCH** for each:

- 1) **NEW GIFT** of \$50 or more from an **INDIVIDUAL**, or \$150 or more from a **BUSINESS**
- 2) gift of \$50 or more made by a **REPEAT DONOR** whose first gift to the Haven was made in calendar year 2011 or 2012

3) **INCREASED GIFT OF \$250** or more

(Example of a 1-for-2 match: A \$100 gift becomes \$150 for the Haven. Now's the time to make the greatest difference for those in need. Thank you!)

Please help us meet the challenge to raise an additional \$100,000 for the Haven!

YOU CAN CREATE A LEGACY AT ANY AGE

- At **25** list the Haven as a beneficiary of your **RETIREMENT PLAN**
- At **35** name the Haven as a beneficiary of your **LIFE INSURANCE POLICY**
- At **55** name the Haven as a beneficiary of the residue of your **ESTATE PLAN**
- At **65** make a **GIFT** that will provide you with **INCOME DURING RETIREMENT**



Scan the QR code with your smartphone to make a gift today!

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