

# Volunteer Newsletter

ACS Fort Belvoir \* January–March 2010



U.S. ARMY VOLUNTEER CORPS—A TRADITION OF SERVICE

## Special points of interest:

Volume 1, Issue 1

- New Volunteer Orientation schedule
- VMIS Tips on “How to” Log Volunteer hours
- New Year’s Resolutions
- Valentine’s day History and Greeting Card Stats
- Volunteer Corner
- Recipe Corner

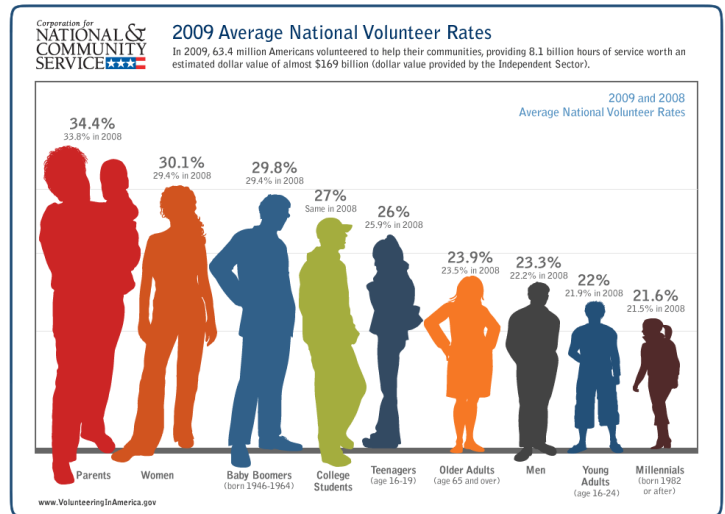
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## Who can Volunteer?

People of all ages and backgrounds who are responsible, enthusiastic, in good health and are willing to commit several hours a week to serving others. Whether you are a retiree or just have some extra time you would like to give back to your community.

Active volunteers come in both sexes and in all sizes, shapes, colors, and personalities. An active volunteer broadens the interests of the rest of the household by bringing them into contact with ideas outside the home and business. Volunteerism is an active example of willingness to cooperate and help others -- and when deemed necessary, to change the world to make it a better place in which to live.



### Ideal volunteers have:

- A genuine liking for people.
- Strengths in organizing and documenting their work.
- Active effort to promote human welfare.
- Computer skills or willingness to learn.
- Strengths in taking initiatives once the task is clearly understood.
- A willingness to learn.
- A persistently cheerful and positive demeanor.

### Why choose to be a volunteer?

- You want to help at a place that is important to you.
- You have been helped in some way by another volunteer or program and now, you want to give back to that same program.
- You want to meet others, and maybe make new friends.
- You want to learn something new.
- You hope that the volunteer experience will help you get a job.

# Volunteer Newsletter

## Volunteer Orientation Schedule January–March

Volunteer Orientation will be held on the following dates . Please pass along this information to whoever might be interested in making a difference by volunteering! Of, course, active volunteers are more than welcome to join Mrs. Henderson to refresh some key point son volunteering!



January	February	March
4 Jan @ 11:00- 12:30	10 Feb @ 13:00-14:30	9 march @ 11:00- 12:30
Location: ACS: White Room	Location: ACS: Blue Room	Location: ACS: Blue Room

These dates are subject to change. Please check with your Army Volunteer Corps office prior to attending. Phone Number: 703-805-1799. Signing up early for orientation is recommended!

## Easy VMIS

VMIS is our on-line record tracking system. Your personal information, as well as your volunteer hours, are stored in the database. Every month your hours must be certified by Ms. Henderson and, therefore, it is important that all volunteers log their hours. At the front desk you will find a log book where it is also possible to track your hours. VMIS is, however, faster since you can update it from the comfort of your chair! Here are a few easy-to-follow steps to learn to navigate VMIS.

To log your hours:

1. Log on to the Army Once Source web page:  
<http://www.myarmyonesource.com/default.aspx>
2. Click on **Update Profile**, top right corner.
3. **Log in** with your user ID and password
4. Position the mouse on the **Family Programs and Services** at the center of the page
5. Select Volunteering from the drop-down menu
6. Click on **Volunteer Tools**
7. Select **Service History**, in blue, left center side of the screen
8. The page will show the position/s you are currently volunteering in. Each line will have an Hours option. Select it.
9. Click on **Add for Open Dates**. A calendar of the current month will appear and you will be able fill it in with your hours.

### Live Chat:

Click the **Live Chat Support** link at the top of any Army OneSource page between 8am-8pm ET.

### Phone:

1-877-811-ARMY (2769).

Please feel free to contact your Volunteer office by calling **703-805-1799** if you encounter difficulties or have questions. Or visit our office in ACS Room 10

**COMING SOON:** February 2011 VMIS Hands on Training with volunteer supervisors, check back for specifics. Dates will be arranged by program.



**Army Family Action Plan  
Issue Management System**

## YOU CAN NOW SUBMIT YOUR AFAP ISSUES ONLINE!

1. Login to <http://www.myarmyonesource.com>
2. Click Army Family Action Plan
3. In the Right corner Under Army OneSource Header **CLICK Submit Issue**

# Happy New Year!

## New Year Resolutions

A New Year's resolution or a commitment is done to make your new year a better one. If someone makes resolutions to reform a habit, then there are people who want to make changes in their lifestyle. These promises are made on New Year's Day, the first day of a brand new year. These resolutions are supposed to be either fulfilled or abandoned by the end of that year.

### Popular New Year Resolutions

- Volunteer to Help Others
- Donate to the poor more often

- Become more environmentally responsible
- Lose weight
- Get Fit
- Concentrate more on studies
- Become more assertive
- Become more cost-effective
- Quit smoking, drinking and other such habits
- Get a Better Job
- Eat Right
- Get a Better Education
- Get out of Debt
- Save Money
- Get a Better Mark on the Report Card (such as 90% up)
- Reduce Stress

- Take a Trip
- Be more independent
- Learn something new
- Be Less Grumpy

These resolutions made during the New Year have a religious connotation. This secular tradition started during Judaism's New Year, Rosh Hashanah, when one was supposed "to reflect upon one's wrongdoings over the year and both seek and offer forgiveness." This ritual helped in one's self-improvement annually. Following this tradition, today everyone makes their own resolution every New Year, be it on the 1st of January or by late January, and set their goals.



***One resolution I have made, and try always to keep, is this: To rise above the little things.***  
~John Burroughs

***Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man.***  
~Benjamin Franklin

# Happy Valentine's Day

## St. Valentine's Day

### Roman Roots

The history of Valentine's Day is obscure, and further clouded by various fanciful legends. The holiday's roots are in the ancient Roman festival of Lupercalia, a fertility celebration commemorated annually on February 15. Pope Gelasius I recast this pagan festival as a Christian feast day circa 496, declaring February 14 to be St. Valentine's Day.

### Tradition of Valentine's Cards

Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging hand-made cards on Valentine's Day had become common in England. Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's

cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. According to the Greeting Card Association, 25% of all cards sent each year are valentines.



***Approximately 141 million Valentine's Day cards are exchanged annually, making Valentine's Day the second most popular card-sending holiday after Christmas.***

**We're on the Web!**



[www.belvoirmwr.com/acs/](http://www.belvoirmwr.com/acs/)



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# Volunteer Corner

## Volunteer Opportunities

Are you looking for a volunteer opportunity?

Do you know some one who is?

Then you are in the right corner: ACS Program Managers are constantly looking for new minds to help them achieve the ACS Mission.

Among the programs that are in need of volunteers:

1. Army Community Service—Employment Readiness
2. Outdoor Recreation
3. Fort Belvoir Library
4. USO
5. Army Community Service- army Family Team Building
6. Army Community Service— I & R

For additional information or latest available positions please email

Mrs. Faithleen Henderson- [Faithleen.Henderson@us.army.mil](mailto:Faithleen.Henderson@us.army.mil)

# Recipe Corner

## Paula Dean's Spicy Black-Eyed Peas



*Eating black-eyed peas on New Year's Day is thought to bring prosperity.*

Prep Time: 30 min  
Cook Time: 1 hr 0 min  
Level: Easy  
Serves: 8 servings

### Ingredients

- 4 slices bacon
- 1 medium onion, chopped
- 1 (16-ounce) package dried black-eyed peas, washed
- 1 (12-ounce) can diced tomatoes and green chilies

- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon freshly ground black pepper
- 3 cups water

In a large saucepan, cook the bacon until crisp. Remove the bacon, crumble, and set aside to use as a topping for the peas. Sauté the onion in the bacon drippings until tender. Add the peas,

diced tomatoes and green chilies, salt, chili powder, pepper and water. Cover and cook over medium heat for 45 minutes to 1 hour, or until the peas are tender. Add additional water, if necessary. Serve garnished with crumbled bacon.



It's a Southern Tradition to eat Black-Eyed Peas on New Year's Day for Good Luck and Prosperity. Black-eyed Peas symbolize wealth because they look like coins and Prosperity because they swell when cooked. Peas are typically served with Collard Greens, which represent money, and Cornbread which represent gold.