



Polk County Nonprofits & Volunteer Opportunities



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Updated and edited by Lou and Bob Murch

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This publication is a collation of information gathered by the editors. Its purpose is to provide a starting point to help local residents who are interested in learning more about area nonprofits and other service organizations. If your organization would like to be included in any future editions, or your organization's information needs to be updated, please contact the editors. The Polk County Community Foundation provided funding for publication in order to promote philanthropy in our community, but is not responsible for the content.

The following individuals have contributed
to the expansion of this catalog under the direction of
Lou and Bob Murch

Dan Dworkin
Priscilla Eichelberger
Annie Ewing
Mary Hardvall
Al Haskell
Margaret Johnson
Norman Newell
Bob Shuford
Helen and Chuck Trevathan
Warren Watson
Nancy and Bob Worsnop

Table of Contents

4-H, Polk County Chapter	3
Adawehi Healing Center and the Adawehi Institute	3
American Association of University Women, Tryon Branch	4
American Field Service, Polk County Chapter	4
American Legion Auxiliary	5
American Legion, Post 250	5
American Red Cross, Polk County Chapter	5
Angel Flight Mid-Atlantic	6
Arc of Rutherford/Polk, Inc.	7
Babe Ruth Baseball	7
Big Brothers Big Sisters.....	7
Boy Scouts of America, Polk County	8
Carolina Classical School	9
Carson, Dr. Warren J. Scholarship Fund Board	9
Children's Theater Festival.....	10
Church Women United, Polk County Unit	10
Community Awareness Organization	11
Community Business Alliance (CBA)	11
Community Chorus, The	11
Community Health Connections	12
Congregational Church of Tryon (United Church of Christ)	12
Consumer and Family Advisory Council (CFAC)	12
CooperRiis	13
Democratic Community Action League (DCAL)	14
Episcopal Church of the Holy Cross	14
Felburn Nature Library	14
Fellowship of Christian Athletes, Polk County	15
FENCE	15
First Church of Christ, Scientist.....	16
Foothills Crime Stoppers	16
Foothills Humane Society, Inc.....	17
Foothills Mediation Center	17
Foothills Music Club	18
Foothills Village, The	18
Friends of the Band — Polk County High School	18
Friends of the Polk County Library	19
Genealogical Society of Old Tryon County	19
Girl Scouts of the USA, Polk County, Pioneer Council	20
Good Shepherd Homework Center	21
Gospel Express Ministries	21
Green Creek Family Life Center	21
Green Creek Volunteer Fire Department	22

Guardian ad Litem Program22

Habitat for Humanity, Thermal Belt23

Hospice of the Carolina Foothills.....23

Isothermal Community College, Polk Campus24

Isothermal Community College, Polk Campus — English as a
 Second Language Class.....25

Isothermal Planning & Development Commission — Ombudsman Program25

Kiwanis Club of Landrum26

Kiwanis Club of Tryon26

Landrum Branch Library26

Landrum Community Development Fund.....27

Landrum Recreation Center27

Landrum Schools28

Lanier Library Association, Inc.28

LaurelHurst/LaurelWoods28

Lions Club of Columbus28

Lions Club of Landrum29

Little League of Polk County29

Meeting Place, The29

Mill Spring Volunteer Fire Department30

New Vistas Behavioral Health Services.....30

North Carolina Big Sweep30

Operation Hope31

Pacolet Area Conservancy31

Pavillon International31

Polk County Chamber of Commerce32

Polk County Community Foundation33

Polk County Community Resource Council34

Polk County Council on Aging34

Polk County Courthouse Restoration & Endowment Committee35

Polk County Department of Social Services.....35

Polk County Extension Associates.....36

Polk County Extension Service36

Polk County First Responders37

Polk County Historical Association37

Polk County Literacy Council38

Polk County Pet Pals (Pet Therapy)38

Polk County Public Library38

Polk County Recreation39

Polk County Rescue Squad39

Polk County Schools39

Polk County Schools, Preschool ProgramsPrekindergarten.....40

Polk County Schools, Saluda Elementary School41

Polk County Sheriff’s Office41

Polk County Toy Run42

Polk County Transportation Authority42

Polk County Travel & Tourism Department42

Polk Soil & Water Conservation43

Polk Vocational Services.....43

Rotary Club, Thermal Belt43

Rotary Club of Tryon44

Ruritan Club, Green Creek.....44

St. Luke Christian Methodist Episcopal Church45

St. Luke’s Hospital46

St. Luke’s Hospital Foundation46

Saluda Fire & Rescue47

Saluda Public Library47

Saluda Senior Center47

Second Wind Hall of Fame.....47

Stearns Park Committee.....47

Steps to Hope, Inc.47

Stony KnollCommunity Library.....48

Sunny View Fire & Rescue.....48

Thermal Belt Amateur Radio Club Emergency Service49

Thermal Belt Business Wellspring (TBBW)49

Thermal Belt Community Tennis Association49

Thermal Belt Friendship Council.....50

Thermal Belt Outreach50

Thermal Belt Unitarian Universalist Fellowship51

Tipton Care Facilities, Inc.51

Town of Columbus Fire Department51

Tryon Arts & Crafts52

Tryon Concert Association.....52

Tryon Downtown Development Association53

Tryon Estates54

Tryon Fine Arts Center.....54

Tryon Fire Department.....54

Tryon Garden Club, Inc.55

Tryon Little Theater55

Tryon Painters & Sculptors55

Tryon Youth Center56

Tuba Christmas.....57

Upstairs Artspace57

Veterans of Foreign Wars57

Veterans of Foreign Wars, Polk County Memorial Ladies Auxiliary
to Post 9116 (Columbus Post)58

White Oak Manor.....58

Wolverine Football.....58

Women’s Club of Saluda59

Polk County Nonprofits & Volunteer Opportunities

This booklet includes nonprofit organizations in the greater Polk County area. Their contact information can be found on page 61.

4-H, Polk County Chapter

The mission of 4-H is to help youth, ages 5-19, acquire knowledge, develop life skills, and form attitudes that will enable them to become self-reliant, productive, and contributing members of society.

The 4-H Foundation is a nonprofit organization that helps fulfill the 4-H mission by raising funds for the local 4-H program and maintaining the 4-H Center, a 6½ acre educational facility. Each year, the 4-H Foundation sponsors two BBQ dinners, and a fundraising campaign to secure funding for the local 4-H program. Program materials, youth awards, and educational trips and contests are all funded by private donations.

Volunteer Needs: Many short-term and long-term volunteer roles are available including: serving as a 4-H Foundation Board member, assisting with BBQ dinners, teaching classes for 4-H youth after school or during the summer, serving as a judge for 4-H contests, or meeting regularly (twice a month) with a local 4-H Club.

Adawehi Healing Center and the Adawehi Institute

The Adawehi Healing Center (pronounced Ah-da-way-he) and the Adawehi Institute serve a two fold service in this community. Number one is to provide healing for the total person. Number two is to educate people in how to stay well. All ten of the healing practitioners address their clients healing needs from a whole body perspective, and all ten willingly bring their knowledge of health to their clients and the broader community.

The healing side of Adawehi includes two chiropractors (each bringing a different

technique), two massage therapists (one doing deep tissue emotional release work and the other doing relaxing hot stone massage), a colon hydrotherapist, an herbalist, a nutritional counselor, a color/sound/acupuncture therapist, a music and imagery therapist who works with children, and an energy balancing practitioner.

You are invited to visit our facilities at any time. Housed within two buildings, located off Fox Mountain road in Columbus, NC, is a Health Food Store, a gift shop, a fitness center and a movie rental store. Also you will find there books and CD's by the founder, Jackie Woods. Delve deeper by joining Jackie's onsite Awareness Classes or by attending our online class offerings of her teachings for both personal growth and professional continuing education.

This the place to go for personal growth classes, motivational workshops, yoga, tai chi, abs/toning, sacred dance, drumming, healthy cooking classes, aerobic self defense classes, astrological readings, nature awareness and music classes for children. Community events held at our facilities include dances, gourmet dinners, game nights, pancake breakfasts, movie nights and other gatherings for special occasions and holidays.

Volunteers are welcome to join us in preserving over 100 beautiful acres – complete with stream and walking trails designed for the full enjoyment of nature at its finest. Participation opportunities include gardening, maintenance of structures, land clearing and erosion control. We also have regularly scheduled “plant saves” that have kept thousands of native and endangered plants alive by successfully transplanting them to our land from sites scheduled for clear cutting by state wide developers. Every month we have two community work weekends where 60-

100 people join together in these healing preservation activities that are dedicated to bringing light to our planet.

American Association of University Women, Tryon Branch

The American Association of University Women (AAUW) Tryon Branch was chartered in 1987 and has approximately 55 members. The AAUW is open to all graduates who hold the baccalaureate or higher degree from an accredited college or university. In June 2005, at the National Convention in Washington, D.C., members voted to expand membership to include graduates holding an associate or equivalent degree from a qualified educational institution.

The AAUW Mission Statement is as follows: AAUW promotes equity for all women and girls, lifelong education and positive societal change. In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in the organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class.

The AAUW Tryon Branch meets the fourth Monday of every month from September through April at 1:00 p.m. at the Tryon Congregational Church Fellowship Hall. Educational and informative programs are presented at the meetings and are open to the public. Local writers, artists and musicians frequently participate. In addition to monthly meetings, members may participate in a Book Study Group, a Bridge Group and an International Cuisine Group.

To fulfill the AAUW mission, the Tryon Branch supports the AAUW National Ed-

ucation Foundation and the AAUW Legal Advocacy Fund. Locally, the Tryon Branch supports a scholarship program, funded by donations and fundraisers, for local eighth grade girls to participate in Clemson University's Summer Science, Engineering, Architecture Enrichment Program for one week. In 2005 the Tryon Branch sent seven qualified eighth grade girls from Polk, Landrum and Saluda Middle Schools to Clemson. Also, members produce a local and national Voter Guide, which is published by the Tryon Daily Bulletin and distributed throughout the Thermal Belt area. At our Christmas Lunch members bring wrapped gifts for Outreach Ministry. This year members are responding to requests from the Polk County Literacy Council for volunteers in teaching English on a one-on-one basis to elementary school children from foreign countries.

The AAUW Tryon Branch welcomes visitors and new members at its monthly meetings.

American Field Service, Polk County Chapter

American Field Service (AFS) is a worldwide organization with offices in over 50 countries. In each participating country, AFS is characterized by three levels of support: a professional staff, a volunteer national board, and local volunteers.

The AFS volunteer force throughout the world is composed of program alumni, their parents, former host families, educators and others who use their combined experience and enthusiasm to provide a safe yet challenging experience. In every country, staff and volunteers are committed to intercultural learning and subscribe to a common set of AFS quality program standards.

Since 1978, the Polk County & Landrum Chapter of AFS has been one of this country's most active chapters. The chapter has placed over 80 local students in exchange programs with host families all over the world. Scholarships are available to deserving students for the year-long program. In addition, the chapter has hosted a similar number of students who have come from 47 different countries representing every continent.

The AFS experience is indelibly life-enhancing for those who participate as hosts or students and it is enriching for all levels of volunteers.

Volunteer Needs: Volunteers are needed for local student contact as recruiters, advisors and interviewers. Most importantly, families are needed who want to experience the rewarding challenge of a son or daughter relationship with an engaging foreign personality. Other volunteer opportunities exist for those who would like occasional association with the foreign students by providing entertainment and transportation.

American Legion, Post 250

The American Legion is a federally chartered not for profit organization of veterans who served in the Armed Forces during wars and conflicts. Spouses of veterans form the American Legion Auxiliary.

Post 250, Tryon NC raises funds for scholarships, Boys and Girls State Leadership program and veterans temporary assistance for basic needs program administered by the Thermal Belt Outreach Ministries. State approved Bingo Game proceeds provide the funding

Post 250 meets the first Tuesday in the Post Hall.

Volunteer Needs: The Legion is an all-volunteer organization and its members are involved as volunteers in all its programs.

American Legion Auxiliary

The American Legion Auxiliary is a patriotic women's service organization of nearly one million members, founded in 1919 to support the work of the American Legion. The organization sponsors volunteer programs on both national and local levels. Unit #250 in Tryon supports the veterans by giving gifts to veterans in the area nursing homes on holidays and volunteering at OTEEN VA Hospital in Asheville. We give out poppies to honor veterans on Memorial Day. We enjoy working with children at the Halloween Stroll and the Christmas Stroll. We present a flag program to the schools and helped to supply the local schools with flags for each room. We tutor and read to children. We have made "Life Books" for foster children. We send three girls to Girls' State and we give out scholarships. We also have programs of community service.

All eligible women are welcome to become members of the American Legion Auxiliary. Eligible women include women veterans, grandmothers, mothers, wives, sisters, daughters, granddaughters and great granddaughters of deceased veterans or living American Legion members.

American Red Cross, Polk County Chapter

The American Red Cross is a humanitarian organization, led by volunteers, whose mission is to provide relief to victims of disaster and help prevent, prepare for, and

respond to emergencies. It accomplishes this mission through 1,500 operating units, which include local chapters (Polk County Chapter), Blood Services regions, Tissue Services centers, stations on military bases and in military hospitals worldwide, a national headquarters, regional and area offices, and our national biomedical testing and research laboratories.

The American Red Cross Board of Governors formulates corporation policy and delegates governance authority to local volunteer boards of directors, consistent with corporate policy and external regulatory bodies. These boards respond to the service delivery needs of their local communities. This system enables the Red Cross to give prompt, efficient assistance.

The Polk County Chapter has one paid employee and many volunteers that help run the office and the programs and services that the chapter offers. Program activities include Armed Forces Emergency Services, Health and Safety Services, Disaster Services, Community Services, International Services, and Biomedical Services which include holding blood drives in several locations. The chapter has a team of trained disaster volunteers that are on call 24 hours a day to assist during any emergency that occurs in the county. They assist the people involved and provide food and nourishment to the emergency work-

ers. The chapter also has 15 disaster volunteers that are trained and go out on national disasters when needed.

Volunteer Needs: The chapter has a need for volunteers of any age, but especially youth. Assistance is needed in the following areas: blood drives, chapter office, health and safety services, and disaster services. The chapter also needs volunteers who speak Spanish.

Angel Flight Mid-Atlantic

Angel Flight is an established nonprofit charitable air medical transport agency. Angel Flight provides transportation to patients who have a legitimate reason for air transportation, cannot readily use other modes of transportation, have a verifiable financial need, and are ambulatory, and authorized by their physician for flight in light general aviation aircraft to an altitude of 7,000 feet.

Angel Flight Mid-Atlantic coordinates all flights originating in Virginia, Maryland, North Carolina, Kentucky, Tennessee, West Virginia, Michigan, Ohio, Pennsylvania and Delaware. Flights typically range up to 500 miles. Longer missions can be arranged linking different aircraft for a multi-leg-flight.

Angel Flight Mid-Atlantic pilots-in-command are instrument rated and their aircraft are equipped to fly in inclement weather. Yet, there are limits to the weather these pilots can safely handle. As a result, flights may be canceled at the last minute. The pilot is responsible for making this decision. Safety always comes first.

In addition to helping patients, Angel Flight pilots are available to transport blood, plasma, tissue, serums, organs or other "time critical" cargoes. Air transport



for non-medically related family or disaster situations where there are no other reasonable alternatives for families in need are also eligible.

Volunteer Needs: Angel Flight Mid-Atlantic needs volunteer pilots who own or are willing to rent aircraft and fly as pilot-in-charge (PIC). PIC's must have a minimum of a private pilot license with an instrument rating and a minimum of 250 hours PIC time and a minimum of 25 hours PIC in type. You will also be required to affirm that you will maintain aviation liability insurance whether you own or rent an aircraft you fly on missions, and obey all applicable Federal Aviation Regulations.

Arc of Rutherford/Polk, Inc.

The Arc of Rutherford/Polk, Inc. is a 501 (c)(3) charitable organization committed to empowering individuals and improving the quality of life for children and adults with developmental disabilities and their families through advocacy, education, and resource development. It is affiliated with the Arc of North Carolina and chartered with the Arc of the United States.

Currently, most of our chapters' efforts are centered around social activities for residents of Polk and Rutherford counties who have developmental disabilities and their families. These activities include a prom in the spring, a Fall Fun Festival with food and entertainment, and other events such as attending a baseball game in Asheville, a rodeo, bowling, or a camp day at Fence.

The Arc also sponsors occasional trainings for families and community members, such as a Life Plan Trust. A program presenting materials from a lending library with materials specially designed for per-

sons with developmental disabilities is planned for the near future.

Volunteer needs: New members are always welcome. Members plan and staff activities. Meetings are the third Saturday of each month at 10:00 a.m. Please call for location.

Babe Ruth Baseball

This organization operating in Tryon took over from the County Recreation Department about 13 years ago. It conducts programs for both boys and girls from 5 to 15 years old at Harmon Field. They conduct programs in the spring, summer and fall. Currently they support about 15 teams in the spring and all-star teams in the summer. Approximately 200 young people compete with teams from Inman, Chesnee, Campobello and Landrum in a program conducted by the Spartanburg District 1 Recreation Department. Volunteers include 12 board members and approximately 45 coaches. Paid umpires and field maintenance are supplied by each town. Fifty percent of the cost of a team's uniforms and supplies is covered by fees to the participants and the remainder by sponsors. There is a constant need for both sponsors and volunteers.

Big Brothers Big Sisters

Big Brothers Big Sisters is a nonprofit organization that recruits and trains volunteers to serve as responsible adult role models for children, ages 6-14, mostly from single parent families, or for elementary school students who need a little extra attention in school. BBBS works closely with parents and guardians to match every

child with the right Big. Every volunteer is screened, trained, and supervised, and staff supports each match to help ensure that the relationship will be safe and rewarding for everyone involved.

The Traditional community-based matches meet a minimum of twice a month to share in simple, low cost activities such as hiking, riding bikes, making crafts, or cooking. In the Mentors & Matches (M&M) school buddies program, matches meet once a week at school to work on assignments as a trusting friendship develops. Just one hour a week with a mentor during the school year can make a tremendous difference in the progress of a student in elementary school. Children in both programs show remarkable gains in school performance, self-confidence, behavior, relationships with others, and are less likely to abuse drugs and alcohol.

BBBS is supported solely through local donations from individuals, churches and civic groups, and through grants, foundations, and ongoing fundraising events in the community.

Volunteer Needs: Since more single-parent homes are without fathers, there is a greater need in the Traditional program for male volunteer "Bigs" to match with boys eager for a friendly guide. School buddies, ages 16+, are needed to help struggling elementary school students. As well as those enrolling to serve as mentors for children, we also need volunteers to serve on our local advisory council or to help with group activities, recruiting, promotion, and fundraising events. With just one part-time position currently funded, BBBS is de-



pendent on a strong volunteer base to provide these unique services to the children of Polk County and the Landrum area

Boy Scouts of America, Polk County

The Polk County Boy Scouts of America, Piedmont Council, provides an opportunity for youth to learn citizenship, build self-esteem and master life skills that will provide them with the knowledge and confidence to face the future. Traditional programs include: Cub Scouts (boys, ages 6- 10), Boy Scouts (boys, ages 11-18), Venturing (girls and boys, ages 14-21) and Exploring (girls and boys, ages 14- 18). Other programs include: Learning for Life (girls and boys, grades K-12), Drug Awareness, "Drugs: A Deadly Game", "Ethics in Action", and Youth Protection Training (for children and adults).

Approximately 280 youths participate in the Polk County program through 10 scout units. Approximately 80 adult volunteers work at all levels of the program. The Scouts provide more than 600 hours of community service each year.

Volunteer Needs: Volunteer opportunities are available for any adult, age 21 or older, who is interested in the Scouting Movement and would like to have a long lasting affect on our leaders of the future. Volunteer positions are available at the local, district and council providing a variety of services.

The training of adult volunteer leaders is key to providing a consistent and quality program to our youth. That is why every adult volunteer is provided the opportunity to receive free training for his or her duty. In South Carolina the Palmetto Council provides similar programs.

Carolina Classical School

Carolina Classical School is an interdenominational classical Christian school. We are a not for profit 501(c)(3) Corporation and depend on generous donations to support our programs.

The school uses a classical model of education that respects the natural stages of a child's development, incorporates hands-on learning experiences, and nurtures creativity and thinking skills. The facility is set on 25 beautiful acres of meadow, woods and stream at the foot of White Oak Mountain in Columbus, North Carolina.

Our classical curriculum is designed to instill a core content of knowledge in all subjects with emphasis on how to think and how to learn, endowing students with the essential skills that apply to all future educational, vocational and life choices. The enriched curriculum at Carolina Classical School is presented in a caring and supportive environment by experienced, friendly faculty whose task is their passion and their calling. Our faculty is dedicated to equipping students with knowledge, discipline and virtue for success in the classroom and beyond.

From K-6, our classical methods and core content allow students to master basic skills and acquire foundational knowledge. Opportunities for learning and development expand in the middle school years in an interdisciplinary framework that includes literature, history and logic. Classes include: language arts with a phonics-based reading program, classic children's literature, early study of Latin and Spanish, bible study, grammar, math and science, history and geography, formal logic (middle school), technology (middle school), art and art history, music, fitness for life program (PE), and service opportunities.

Volunteer Needs: Storytellers, youth pastors, artists, musicians, and retired teachers have all volunteered at Carolina Classical School.

Carson, Dr. Warren J. Scholarship Fund Board

The Dr. Warren J. Carson Scholarship Fund Board was established in 1998 to honor this outstanding local citizen by granting, in his name, scholarships to deserving young people. The Board's objective is to help enable them to continue their education in appropriate institutions in fields of their interest and potential. The Board's goal is to broaden opportunities for meaningful, satisfying professional, technical and trade careers, and thereby help them become productive citizens with expanded earning capacity, increased self-esteem, and with the potential of inspiring and influencing others.

The Board feels that by helping young people, they are helping not only those individuals, but also the larger society. The Board feels that each young person who is empowered to live a better, more productive life through a Carson Scholarship may well empower others — perhaps family members, future spouses and children, as well as the greater community. The good multiplies.

In selecting Carson Scholarship recipients, the Board works with educational and other professionals as appropriate. The Board requires written statements from the candidates and conducts multiple, in-depth interviews with the candidates to determine the ambition, enthusiasm, goals, commitment and their probability of satisfactory achievement.

Volunteer Needs: Volunteers are needed to help with student interviews and evaluations, various areas of professional contacts, publicity, communications, typing, fund-raising, scholarship recipient follow-up and many other unexpected needs of the organization.

Children's Theater Festival

Created in 1977 under the umbrella of the Tryon Youth Center, the Children's Theater Festival is a nonprofit, all-volunteer organization dedicated to educating children about the arts and enriching their lives through exposure to a variety of artists. During the organization's annual Super Saturday activities in March, cultural entertainment involving theater, dance, music, mime, story telling, magic, acrobatics and other art forms are presented to children and their families at nominal costs. When possible, the organization also sponsors artists to work with local schools allowing children to participate with the performers in their field of expertise.

The Children's Theater Festival is governed by a Steering Committee (Board of Directors) and operates under a General Chairman with various sub-committees chaired by members of the Steering Committee. The organization is dependent upon contributions from local businesses, civic clubs, and residents received during an annual fund drive. These funds allow the organization to present approximately ten different performers on Super Saturday at a cost of \$1.00 per ticket, a price which has not changed since the organization's inception. Additional performers entertain the crowds on the street.

Volunteer Needs — The Children's Theater Festival operates entirely with vol-

unteers. Approximately 10 volunteers serve on the Steering Committee, and another 100 individuals serve on various sub-committees or work during Super Saturday. Volunteers are selected to represent various segments of our community and on the basis of their knowledge, interest and association with the arts. Interested individuals should apply to the Chairman.

Church Women United, Polk County Unit

Church Women United (CWU) is an ecumenical women's movement that brings together women of diverse races, cultures and traditions in closer Christian fellowship, prayer, advocacy and action for peace with justice in the world. CWU in the United States was begun in 1941 and today engages twenty-five million women representing Protestant, Roman Catholic, Orthodox and other Christian women. The movement is biblically based and models shared Christian faith. CWU is faithful in affirming the love of God for all peoples and providing opportunities for spiritual growth.

Each year CWU sponsors three ecumenical worship celebrations: World Day of Prayer on the first Friday in March; May Friendship Day on the first Friday in May and World Community Day on the first Friday in November. Celebration places are published in local newspapers. All Christian women are encouraged to attend these celebrations and any other meetings held through-out the year. Participation in CWU is voluntary; there are no dues.

Volunteers are needed to help with the services and to host the services.

Community Awareness Organization

The Community Awareness Organization was formed in 2003 to promote effective involvement in community life in such areas as education and recreation and to strengthen community pride. The CAO is active in the “Adopt-A-Highway” program and the Neighborhood Watch Program. The CAO also acquired speed limit signs and school bus signs in the community of approximately 30 families.

CAO meets monthly and is open to citizens on Pea Ridge Road from Coxe Road to North Highway 74, Abrams-Moore Road. They are currently applying for 501(c)(3) nonprofit organization status.

Community Business Alliance (CBA)

The Community Business Alliance (CBA) is a membership organization for the support and development of Mountain Microenterprise Fund Alumni certified in Polk County, North Carolina. For 17 years, Mountain Microenterprise Fund has been committed to celebrating the spirit of small business ventures.

The purpose of the CBA is to support the business aspirations of its members within the framework of best business practices and MMF goals, develop and maintain positive relationships with the business, government, and education communities in Polk County, NC and surrounding areas. Other objectives are to initiate and support new approaches for business success in Polk County, and to sponsor networking and educational opportunities for small, developing businesses in our region.

Goal setting, decision-making, and behavior are guided by the following qualities and principles: unity through diversity, consensus through communication, integrity through honor, relationship through trust, partnership through accountability, expansion through possibilities, persistence, and wisdom. Matters concerning any member’s private or business affairs are kept strictly confidential. It is this bond of friendship and trust that makes the CBA so successful.

At Mountain Microenterprise Fund (MMF) our fundamental commitment is to economic empowerment. We prioritize working with women, people of color, lower-income individuals, and rural people so they can help themselves to realize their dreams of owning their own businesses and increasing their family incomes.

MMF is a non-profit in its 17th year of helping Western North Carolina residents start small businesses. MMF came to Polk County in January of 2002 by way of funding provided by the Congregational Church through the Polk County Community Foundation and other grant resources.

CBA welcomes volunteers and encourages donations.

Community Chorus, The

The Community Chorus is a nonprofit organization that gives two concerts a year. The net proceeds from these concerts go directly to the Rotary Club of Tryon to support scholarships for Polk County and Landrum High School students.

Volunteer Needs: The Community Chorus welcomes new volunteer singers.

Community Health Connections

Community Health Connections, an affiliate of St. Luke's Hospital, is a licensed in-home aide service, located and serving Polk County and the upper South Carolina residents since 1989. Community Health Connections provides non-institutional personal care, healthcare and related services designed to encourage independent living in a cost effective, patient-centered and high-quality setting. Programs offered include a Bath Aide Program; Personal Care Management; Private Duty In-Home Aides; Personal Care Services; CAP/DA Services and Title Programs. While providing thoughtful assistance, encouragement, and reassurance for you and your family, the In-Home Aide may perform some or all of the following activities: help with bathing, toileting, dressing, skin and hair care; assistance with walking and exercising; meal planning and preparation; light housekeeping, and laundry; grocery shopping, errands, transportation and companionship. All in-home aides work under the direct supervision of Registered Nurse(s). A staff member is available to answer your questions or take a referral 24 hours a day, 7 days a week.

Congregational Church of Tryon (United Church of Christ)

The Congregational Church of Tryon has played an active role in the Tryon area since 1891. It is a church of great diversity, with members coming from a wide background of religious perspectives. Nevertheless, the church affirms the congregation's common unity as Chris-

tians, emphasizing the right of each person to follow his or her own spiritual path, while sharing together a common commitment to worship of God, a desire for spiritual growth, and a dedication to the service of others.

The Congregational Church is an ecumenical, open-minded, people affirming, mission oriented church. Possessing a congregational form of church government, we are proud to be part of The United Church of Christ with 1,600,000 members in over 6,300 churches nationwide.

The Congregational Church encourages fellowship and caring friendship. The Fellowship Coffee, following Sunday worship, gives people a chance to meet and converse with others. Dinners and special programs are held periodically for the church family.

Volunteer Needs: Members of the congregation participate in a number of volunteer activities, including Women's Fellowship, Youth Fellowship, Church School and a variety of local, national and international community service projects.

Consumer and Family Advisory Council (CFAC)

CFAC is the Consumer and Family Advisory Council of the Western Highlands Area Authority, a management entity which provides management and oversight of services for consumers and their families in the areas of mental health, substance abuse, and developmental disabilities in the North Carolina counties of Polk, Rutherford, Henderson, Buncombe, Transylvania, Madison, Mitchell, and Yancey. The purpose of the CFAC is to ensure meaningful participation by consumers and families in shaping the development and delivery of

public mental health (MH) developmental disabilities (DD) and substance abuse (SA) services in the eight county region.

It is our job to monitor services, make recommendations, and advise the Western Highlands Network so that the necessary services are provided, gaps in services are identified, the quality of services is maintained and consumers and families have a voice in the development of services, policies and procedures.

Volunteer opportunities: Meetings are held once a month in Asheville. Members must represent one of the eight counties listed above, and be a consumer or family member of someone receiving mental health, substance abuse, or developmental disability services. Prospective members will be sent an application and interviewed by the Membership Committee.

CooperRiis

CooperRiis is a healing farm community near the crossroads of Route 9 and Highway 108 in Mill Spring, NC. Its mission is to help individuals with mental illness or emotional distress to recover functional and fulfilled lives.

CooperRiis serves 36 residents at a time as well as, currently, an additional 35 in its several off-campus facilities for those who graduate after an average 6 month stay. It has served a total of 135 people (as of January 13, 2006) people since it opened. The CooperRiis Clinical Program includes individual psychotherapy, group therapy, family support and education, wellness counseling, psychoeducation, and ongoing psychiatric evaluation and medication monitoring. Our licensed clinical team is complemented by 50 other staff, many of whom also live within the CooperRiis

therapeutic community. Several are full-time volunteers; some part-time volunteers are from Polk County.

Each resident participates in one of five work training programs including house-keeping, farming/gardening, art barn, kitchen and bakery work, and wood shop. CooperRiis practices and teaches residents sustainable, environmentally sound farming practices. Its nutritionist and chefs help residents to prepare nutritionally balanced meals and to understand how food impacts physical and mental health. The work training program is designed to prepare residents for future work, school, or volunteer activities.

CooperRiis also seeks to tap into and release creative energy through its arts program, various recreational activities, and through other group programs and activities. It also encourages and supports residents to further their education through in-house tutoring, G.E.D. programs, and participation in local college classes.

Area residents, Don and Lisbeth Cooper, led a volunteer effort to create and open CooperRiis on June 15, 2003 as a 501(c)(3) nonprofit organization. They fundraised \$10M in donations enabling CooperRiis to open debt-free and are committed to raising additional donations to support CooperRiis scholarships to more than 50% of residents after their first two months of residency; in FY06 these will total more than \$1 million.

Local Needs: Volunteers for our recreational, creative educational and work programs. Positions for internships with local employers. Donations to help with local scholarships.



Democratic Community Action League (DCAL)

The Polk County DCAL is an ideas and action group. With the support of our Executive Committee, we raise awareness of important local, state and national issues through projects, letter writing and community outreach campaigns. Encouraging civic responsibility and community activism is the cornerstone of our organization. We also support other local organizations through group participation in events such as the PACWalk, local festivals, Outreach Ministry and TLT activities.

Volunteers are needed for our Adopt a Highway project, Warmth Initiative (winterizing homes of those in need), letter writing and other community outreach projects.

Episcopal Church of the Holy Cross

The Episcopal Church of the Holy Cross is a parish church of the Episcopal Diocese of Western North Carolina, the Episcopal Church in the United States of America, and of the Worldwide Anglican Communion. Holy Cross was founded in 1883 under the leadership of the Rev. Milnor

Jones. Holy Cross, the town of Tryon and the surrounding Foothills region have an intricately woven history of ministry. Located on historic Melrose Avenue, the Holy Cross congregation has worshipped in three structures: a simple wood frame building built in 1884, an Arts and Crafts style building built in the early 1900s which is now the chapel, and the present stone church built in 1954.

In this community of faith, diversity is valued and unity practiced in all aspects of parish life. Pastoral care and service to one another, compelling and spirited worship, prayerfulness and sound preaching and teaching of the Gospel in the inclusiveness of the Anglican tradition are the basis of life as a church. Fueled in mind, body and spirit, Holy Cross members are active in every aspect of the wider community, volunteering for service in virtually every organization in the Tryon and Foothills area. In addition, the choral music program at Holy Cross has long had a reputation for excellence in its contribution to worship in a uniquely beautiful building. Outreach and service to others in and out of the immediate church family are also important parts of the life of the church with resources raised through the Canterbury Faire, the annual B&B Sale, Youth projects and the distribution of endowed funds.

Felburn Nature Library

The Felburn Foundation is a non-profit private foundation endowed by J.Phil Felburn established with commitments to protect and maintain areas of natural significance, provide educational facilities and research funds in nature related fields, and create an interest in the public toward

the protection of sensitive and endangered natural areas.

The Felburn Foundation Nature Library was established in 1983 and is an outlet used by the foundation to educate and interest others in the importance of preserving nature. The private reference library of natural history provides books, videos, journals and related nature materials. The library is illustrated with permanent collections of rocks and minerals, seashells and others. There is no fee for library use. The hours of operation are 10am to 4pm on Monday, Wednesday and Friday.

Volunteer opportunities include: librarian, collection management, scrap-booking, and writing.

Fellowship of Christian Athletes, Polk County

The Fellowship of Christian Athletes (FCA) is a Christ centered, Bible based, spiritually nurturing, church involved, school identified, athletically focused, volunteer intensive, U.S. bordered, and faith financed organization. The mission of FCA is to “present athletes and coaches and all whom they influence, the challenge and adventure of receiving Jesus Christ as Savior and Lord, serving Him in their relationships and in the fellowship of the church.”

The local FCA accomplishes this mission through:

- Camps — a week of inspiration and perspiration for athletes and coaches with their families through Sports, Coaches, Leadership and National Camps
- Huddles/Memberships — The backbone of FCA’s school-year program giving athletes a positive peer group to nurture Christian growth and service; Polk County

High School and Tryon Middle School both have active huddles

- Adult Chapters — Providing adult fellowship while giving FCA’s Huddles stability through personal and financial resources
- Development — The task of staff and volunteers to supply the administrative, programmatic and financial foundations for the ministry

Volunteer Needs: All that the FCA does is through their volunteers, whether it be a coach on campus or a parent in the community. The FCA needs churches, parents and individuals to support the coaches and student/athletes in the local schools.

FENCE

FENCE, the Foothills Equestrian Nature Center, is a nature education and outdoor recreation center consisting of nearly 400 acres of open space in the heart of Tryon’s

Hunting Country. Established in 1984 to “enrich the quality of life for the community through education, recreation and preservation in nature studies and equestrian activities”, in the words of its Mission Statement, the property is open to the public year-round, offering programs focusing on the enjoyment and preservation of the Foothills’ natural heritage. These programs include weekend hikes, gardening workshops, herbal workshops and other nature-themed programs. In addition to activities held in the FENCE Center’s classrooms and meeting spaces, a public school outreach program called Project FENCE now reaches over six thousand elementary



school students in Polk and Spartanburg counties with a nature education curriculum approved by both North and South Carolina departments of education. FENCE also offers TROT, Therapeutic Riding of Tryon, a therapeutic horseback riding program for children and adults sanctioned by the North American Riding for the Handicapped Association (NARHA). The program serves riders in Polk, Spartanburg, Greenville and Rutherford counties with weekly riding classes especially tailored for riders with physical, emotional and developmental challenges, taught by NARHA-certified instructors with volunteer help.

Volunteer Needs: FENCE employs a small paid staff but relies heavily on volunteers to plan and conduct its programs, as well as help with administrative functions. It is governed by a entirely volunteer-based board of directors working with a salaried Executive Director.

First Church of Christ, Scientist

In 1918 a small group of Christian Scientists began holding informal meetings for the purpose of reading the weekly Lesson-Sermon. The group gradually increased in size, and in the spring when winter tourists left, those remaining would generally drive to Hendersonville to meet with another informal group in the village.

In 1933 the local group rented the Lanier Library, and held Sunday morning church services and Sunday School during the entire year. They continued on this basis until 1951, when their first services were held in their new building and present location at 93 New Market Road. Dedication services were held in October of



that year. A Reading Room was opened in the lower level of the church building in May 1951.

In 1968 the Reading Room moved to its present location at 35 South Trade Street, into a building which was a gift from one of the church members. Currently the Reading Room is open on Monday, Wednesday and Friday from 10 am to 2 pm. It provides the whole community not only a “quiet room” where one may read, study or rest, but a wide variety of both denominational and non-denominational materials may be borrowed or purchased in the sales room, which serves as a book store and lending library.

Church services and Sunday School are held on Sunday morning at 10:30 am. Wednesday evening testimonial meetings are at 5 pm.

A loving invitation is extended to everyone to attend the church services, and to visit the Reading Room.

Foothills Crime Stoppers

Foothills Crime Stoppers is a volunteer, nonprofit organization serving Polk County and the Landrum-Campobello area. Crime Stoppers assists all law enforcement officials in the task of preventing and solving crimes by offering rewards

for information leading to the arrest. Citizens may call our unrecorded and untraced phone number: 800-847-7119 to provide a tip about a crime or crimes. They do this without revealing who they are. The caller is issued a secret number. If the tip leads to an arrest, seizing of drugs, or stolen property, or leads to the solution of an unsolved crime, the caller is eligible for a reward. The reward is paid through the secret number without anyone ever knowing the tipster's identity.

Foothills Crime Stoppers will assist local crime prevention efforts (i.e., neighborhood watch programs) to keep our communities safe. Crime Stoppers has a board of directors that decides the amount of and issues the payment of rewards. Funds are raised from local businesses and a yearly campaign. Crime Stoppers also receives support from the "Unrestricted Fund at the Polk County Community Foundation."

Foothills Humane Society, Inc.

The Foothills Humane Society, Inc. is a private, nonprofit organization supported solely by public donations and augmented by adoption fees, fundraising activities and bequests. It receives no government funding. It is dedicated to sheltering stray, homeless and abandoned animals and placing healthy animals in appropriate homes. It provides financial assistance for area residents in need of its spay and neuter program. It provides programs for educating the public in responsible pet ownership. It reaches into the public and private school systems effecting an untapped and deeply important supply of youth volunteers, thus encouraging young

children to learn the close association of animals, humans and the environment. The shelter is located on Little Mountain Road, halfway between Highway 14 and Peniel Road.

Volunteer Needs: Volunteers are needed on a daily basis at the shelter for cleaning, washing dishes, bathing animals, walking and socializing dogs, answering phones, greeting visitors and many other necessary chores. There are also volunteer positions available for the various fundraising activities put on by the Society during the year. Publicity plays a very important part of our organization, as keeping our animals in the media gives them that extra chance of being adopted. Volunteers can take animals to the various public functions, increasing their visibility and opportunity for a happy home. Call the Shelter to see what you can do!

Foothills Mediation Center

The Foothills Mediation Center is a nonprofit organization, committed to promoting the resolution of disputes through mediation. The Center's mission is twofold: first, to aid the Court System by providing an alternative method of resolving conflict in appropriate cases and thereby reducing an ever-increasing case load, and, second, by improving human relations in the community at large. The Foothills Mediation Center serves McDowell, Polk and Rutherford Counties.

Mediation is a voluntary and informal process in which two specially trained mediators facilitate settlement discussion between parties. Any settlement is voluntary. The mediator does not impose a decision upon the parties. In mediation the parties

themselves decide whether, and how, to settle the dispute.

The mediation center is developing programs that are changing the behavior of people. Behaviors can be changed as to how people handle their conflicts whether in their family, school, work or community.

Foothills Mediation Center offers Community Mediation, Family Mediation, Court Mediation (Civil and Criminal) and School Mediation. Programs accept referrals at all levels – from intake to disposition. Clients are individually screened and interviewed prior to acceptance. All services are confidential, voluntary and free of charge.

Volunteer Needs: People interested in volunteering for the Foothills Mediation Center must take 20 hours of mediation training and training in other areas if needed. Must be a good listener, not be judgmental and have no criminal background. Donations to fund the above activities are always welcome and much needed.

Foothills Music Club

The Foothills Music Club was organized in 1988 by Lesley Oakes for people who have been associated with music in many capacities throughout their lives. It encourages members to keep their musical skills honed through performing at least once a year, as a soloist, an accompanist or in an ensemble.

Each spring the club invites music students to audition for scholarships to further their study of an instrument or voice. Donations from members and other friends of music fund these scholarships.

The Foothills Music Club is an affiliate of the Tryon Fine Arts Center.

Foothills Village, The

The Foothills Village is a nonprofit organization that is working to insure that options for aging at home within Polk County are not limited. The organization's goals are to create alternatives to retirement communities, nursing homes, and extended care facilities and to provide options that will allow seniors to remain in their homes as they age. We serve our members by organizing and managing a corps of volunteers, contractors, and service providers to enable members to continue to cope with the issues of independent living and also organize social activities for members with their peers. The organization has collected agreements from contractors who have indicated a desire to provide services to Foothills Village members on a timely basis. When requested, we assist with scheduling services for its members on an as-needed basis.

Volunteer needs: The Foothills Village utilizes a corps of volunteers to provide help and assistance to seniors with activities including, but not limited to: minor repairs and maintenance; paper work; housekeeping; personal grooming; meal preparation or delivery; transportation; computer functions; and other services as needed. Seniors always welcome visitors, especially those with pets capable of making friends with strangers.

Friends of the Band — Polk County High School

The Friends of the Band (F.O.B.) is a nonprofit organization composed of parents, grandparents, teachers, friends and anyone who is interested in contributing to our youth in the PCHS band programs.

The F.O.B. supports the band members and staff through monetary contributions as well as time and energy. The band requires an amazing amount of manpower to be able to perform and compete. We do everything from building and painting competition props, to selling BBQ, to putting seat covers on stadium bleachers before a football game.

Our organization is the main reason our band is able to travel to competitions. With 4 to 5 competitions every weekend for 5 weeks, we need people to help as chaperones, taking care of uniforms and helping with getting equipment on and off the field.

We are proud to be a part of this “Grand Champion” band. In 2005, we received 2 Grand Championships during competition season, with “superior” ratings in all 4 competitions.

The F.O.B. also takes care of band camps during the summer. This involves volunteers from all areas. We also help with fundraisers. Anyone can donate or help a band member that is participating in any fundraiser.

Volunteers Needs: The F.O.B. would love to have anyone whose talents include carpentry, sewing, painting, donating, fundraising and enjoys helping our youth develop memories and achievements that will last a lifetime.

Friends of the Polk County Library

The Friends of the Polk County Library serves the community by jointly sponsoring book sales, lectures and programs and publishing a newsletter with the library. Annual dues for the “Friends” are \$7 for an individual, \$10 for a family and a life

membership is available at \$100. Dues and book sales provide funds for special purchases by the Friends of the Library. Some Friends volunteer at the Polk County Library shelving returned books and videos, manning the desk and maintaining periodicals and newspapers, but ALL Friends contribute support to the Library.

The Friends of the Polk County Library are members of the North Carolina State Friends of the Library. The Friends recently raised over \$1,250,000 for the new library building currently under construction.

Volunteer Needs: The greatest volunteer need is for shelving returned books, periodicals and videos. One or more hours a week is a big help. Shelf reading and help at the check-out desk are other volunteer needs.

Genealogical Society of Old Tryon County

The Genealogical Society of Old Tryon County, established in 1973, is a nonprofit organization created and maintained for the purpose of gathering, compiling, publishing and permanently preserving the histories and genealogical records of the area which encompasses and surrounds the original Tryon County. It is our responsibility to protect and add to the records of history. In so doing we are the Keepers of Time.

A Rich Heritage – Down the Great Philadelphia Wagon Road, Warrior’s trails, Indian and Buffalo trails came the immigrants from Pennsylvania, New York, New Jersey, Virginia, Maryland, Delaware and other places.

These early settlers came into Rutherford County lured by “Greener Grass”. Many made this area their home and some

were here only briefly before heading South and West, but they left their trails. This makes Rutherford County a storehouse of information for more than 3500 pioneer families who were here in the 1700's and 1800's.

Extensive records are available for the counties of Rutherford, Polk and Cleveland, and up to date information of most other North Carolina counties. Information is available on the States from which most of the immigrants came and to which they migrated.

The Society has gathered publications from over 80 different Genealogical Societies, over 650 family history genealogical books plus more than 3500 books on North Carolina history including court proceedings, birth and death certificates, marriages bonds and license, cemetery records and census records. Copies of the early land grants in Old Tryon County and Rutherford County are also available.

Currently we are in need of a permanent home as our location is for sale by the town of Forest City. The Society maintains a library open 9:00 am to 2:00 pm on Wednesday, Thursday and Friday and Saturday from 1:30 to 4:00

Volunteer Needs: The library is staffed with volunteers and we can always use additional volunteers to assist researchers and help with our projects.

Girl Scouts of the USA, Polk County, Pioneer Council

The purpose of Girl Scouting is to inspire girls with the highest ideals of character, conduct, patriotism and service that they may become caring and resourceful citizens. These qualities are emphasized in the

Girl Scout Promise and Law and through four program emphases: developing self-potential, relating to others, developing values and contributing to society. If you multiply the number of girls' lives who have been touched by Girl Scouting by the number of their family and friends — then the far-ranging impact of the Girl Scout movement becomes clear.

The Pioneer Girl Scout Council serves a five-county area: Polk, Rutherford, Cleveland, Gaston and Lincoln Counties. Girls can participate in troop activities and council-wide program events, including GirlSports, camporees, and science and literacy projects.

Girl Scouts range in age levels from Kindergarten to High School. Volunteers play a vital role in Girl Scouting serving as role models for the girls either as troop leaders and assistant leaders, or program, membership, and community relations volunteers.

Volunteer leaders are needed for all age levels, and volunteer opportunities are available for program activities and committees.





Good Shepherd Homework Center

The Good Shepherd Homework Center offers students a supervised location to do homework. It is designed to provide homework assistance, tutorial help when needed, homework related activities and encouragement to develop a positive sense of self-respect, confidence and enthusiasm for learning and to go a little further than the assignment requires. Students in grades one through nine are currently enrolled.

Volunteer Needs: Volunteers supervise the homework assignment of one or more students — depending on the number of students and volunteers present. Anyone who has had children, grandchildren or worked with children has the needed skills for homework supervision and tutoring. The Center is open Monday-Thursday, 3:15-4:30 pm, following the school calendar. Volunteers usually come one day per week but any time given is welcomed.

Gospel Express Ministries

Matthew 28:19 "Go Therefore and make disciples of all the nations"

This verse summarizes the evangelistic outreach of Gospel Express Ministries, currently located between Tryon and Columbus. It was founded in Lancaster County PA in 1984.

The initial focus was on prison ministry, however it has expanded into a multi-faceted ministry with five family ministry teams and a variety of support personnel. Besides prison and church services, Gospel Express is also involved in community tent revivals, support chaplaincy programs, a rather comprehensive Bible course ministry to prisoners throughout the US and Canada, and a daily radio commentary. The organization has also expanded in recent years to the African countries of Ghana, Uganda, and Kenya.

Gospel Express is a non-profit 501 (c) (3) faith based entity.

Volunteers – assistance can be used with (but not limited to) large mailing projects, labeling Bibles for prisoners, and prison crusade volunteers. Call the office for current needs.

Green Creek Family Life Center

The Green Creek Family Life Center was established in 1996 after Green Creek First Baptist Church purchased the former Green Creek Elementary School. The Family Life Center operates under the guidance of a 9-member Board of Directors formed by the Church.

The Green Creek Family Life Center offers a walking track, ball field, gymnasium, cafeteria and a 6-room building. The cafeteria can be used for class or family reunions or any other special event.

Presently there is a substation of the Polk County Sheriff's Department in one of the rooms. A sewing class offered through Isothermal Community College is in another room. A conference room is set up in a third room. Cultural activities include community theater and music performances.

A rural medical clinic serves 3700 to 4000 residents. Polk County Transportation transports needy patients to this clinic. A housing facility for senior adults is now in operation. Both single family and duplex units are designed to meet the needs of low and medium income families. A daycare center will operate 5 days a week for senior adults as well as disabled persons of lesser age. Support programs, i.e., cafeteria, recreation programs and therapeutic programs are available for them. A playground area for children 10 years of age and under has been built.

Volunteer Needs: Volunteers are needed to help develop and sustain the programs planned by the Green Creek Family Life Center. Donations to fund the above activities are always welcome.

Green Creek Volunteer Fire Department

The Green Creek Volunteer Fire Department is an all volunteer organization that provides fire protection services to the Green Creek community. Our fire department covers the largest district in Polk County, along with providing mutual aid services to our surrounding communities, including South Carolina.

The Department was founded in 1964. At this time, we currently have 2 stations and 8 fire trucks. The main station, located at 8645 Highway 9 South, houses our office and meeting rooms and will soon provide an emergency shelter for the community. Our substation located on Chesnee Rd, houses 4 other fire trucks. At present time, we have 38 members with several having been in the department for more than 20 years.

The members of the Green Creek Fire Department take pride in serving the people of the community and are committed to making a difference and keeping families safe. Our members are trained year round to provide a skilled response in dealing with many emergency situations.

Volunteer Needs: The department is always accepting new members that are willing to put forth the extra effort it takes to be in the Green Creek Fire Department. We also have a junior program for ages 15-18. Although they have different qualifications, they receive the same training and can respond to calls.

Guardian ad Litem Program

The Guardian ad Litem program provides trained volunteers to investigate alleged cases of child abuse or neglect brought before the Court. The program serves youth from birth to age 18. The volunteer works with an attorney to make recommendations that are in the child's best interest and then monitors the case to ensure compliance with the Court's orders.

Volunteer Needs: Volunteers must be at least 21 years old and have the flexibility to appear at court hearings on the child's behalf. Some volunteers may be used in other capacities, such as office duties. There is no minimum educational requirement. There is a need for volunteers in all counties in North and South Carolina.

Training is provided by the local GAL office.

Habitat for Humanity, Thermal Belt

Thermal Belt Habitat for Humanity is a nonprofit, non-denominational, Christian organization whose goal is to build affordable, energy-efficient houses on a nonprofit basis for sale, mortgaged without interest, to low or moderate income families who could otherwise not acquire decent shelter.

No government money is sought or used for building construction. Construction funding is solely by private gifts from individuals, churches, foundations and from Resale Store profits and from current homeowner mortgage payments.

For details regarding eligibility for potential homeowners contact Habitat.

Volunteer Needs: House construction workers normally work for one six-hour day/week. Professional supervision is provided. Experience is not necessary. Resale store workers normally work a three-hour shift one day/week. Tasks include assisting shoppers, merchandise sales, arranging merchandise displays, small item pricing and routine cleanup duties. Other opportunities include homeowner selection, as-

sistance to homeowners, publicity, fund raising and routine operational tasks for the organization.

Hospice of the Carolina Foothills

Hospice of the Carolina Foothills, serving Polk County in North Carolina and upstate South Carolina, provides compassionate care to the terminally ill and their families in their homes or in the nursing facility or rest home where they live. Hospice provides an interdisciplinary team of physician, nurse, nursing assistant, social worker, bereavement counselors, chaplain, and fully trained volunteers to care for patients and their families. For each patient and family, the hospice team prepares an individualized care plan, which is routinely reviewed and updated. Hospice Staff visit regularly and are always accessible to answer questions and provide support. A Hospice nurse is available 24-hours a day, 7 days a week. Hospice services are covered by Medicare, Medicaid and many private insurance policies. For those who





have no insurance coverage, Hospice care is made possible through the gifts of generous donors in the communities served. Hospice provides continuing contact and support for at least a year following the death of a loved one.

Volunteer Needs: Hospice of the Carolina Foothills utilizes a volunteer base of approximately 150 men and women. Volunteers are used in the areas of patient-and bereavement care, church liaison, office assistance, landscaping, events, and other special projects. administrative, and special projects. Patient-care volunteers must attend an extensive training session, usually given quarterly; all other volunteers are required to attend at least the first section of the training and are strongly encouraged to participate in its entirety. Patient-care volunteers are assigned weekly or as needed to visit with patients, provide respite for family members, run errands or help with light chores around the house Administrative volunteers provide essential support in the front offices; special project volunteers run medical errands, help with the fund drive, and other important functions. Bereavement volunteers support family members as desired after the death of a loved one. Hospice Good Samaritans serve as liaisons with their church, sharing information back and forth between church members and Hospice. Office volunteers provide essential

administrative support in the Administration & Program Center; landscape volunteers help maintain the grass and other plantings; event volunteers help during occasions such as the annual Tree of Remembrance and health fairs; and project volunteers help with a variety of activities, from mailings to patient and family celebrations. There is a place for everyone's talents and energy.

Isothermal Community College, Polk Campus

Isothermal Community College is a comprehensive, accredited two-year institution serving Rutherford and Polk counties and surrounding areas through college transfer, technical, vocational and continuing education programs. A public radio station, WNCW 88.7 FM, is housed on the main campus in Spindale, Rutherford County.

The Polk County campus is located at 1255 West Mills Street in Columbus. The building has six classrooms, a lecture room, two computer classrooms, a student lounge, and a large central gallery. The college library has been combined with the Polk County Library located adjacent to the ICC campus.

The Polk Campus provides continuing education opportunities for adults who desire to learn occupational skills, to upgrade their capabilities for professional success, or to enrich their personal lives. Such classes include computer; Certified Nursing Assistant (CNA); several medical office courses including Terminology, Billing and Coding, Medical Office Practice; Emergency Medical Technician (EMT); firefighter, rescue and law enforcement training, and a wide range of special interest classes, including languages, creative writing, literature, painting,

history, art history, and health and wellness, to name but a few.

The college also presents special events, exhibits, public forums, and programs, including musical programs. Many are presented as a public service at no charge, and some classes and special events are offered in cooperation with other organizations. For instance, each year the Great Decisions course is presented in cooperation with the World Affairs Council of Western North Carolina.

The Polk Campus houses a thriving Adult Basic Education (ABE), Adult High School (AHS) and General Educational Development (GED) program. A student who completes requirements for the Adult High School receives a diploma according to a special agreement with the Polk County Schools. Volunteers with the Polk County Literacy Council provide one-on-one tutoring when needed. Classes are held four days and three evenings every week year-round. There are no fees for these classes.

The college website is www.isothermal.edu. The Polk Campus has a link, which also links to the Polk ESL webpage.

Isothermal Community College, Polk Campus — English as a Second Language Class

English as a Second Language (ESL) class is available at Isothermal Community College to help meet the needs of any person in our community who would like to learn or improve their English as a second language. The class is free of charge and open to anyone 18 years or older. Informal conversation and direct instruction are based on the individual student's proficiency. Currently

we have students working on levels from survival skills to college prep as well as citizenship practice. Although we have had students who speak a variety of languages, most are Spanish speaking. Students who are not literate in their native language are encouraged to attend. We work closely with the Literacy Council which provides tutors for students who wish to work extra hours in a one on one situation.

The class runs continuously throughout the year and students may enroll at any time. They are encouraged to attend as many hours each week as possible but there is no attendance requirement. We realize that many of our students work swing shifts and need to organize transportation and child care so we have attempted to make the class as flexible as possible. Please inquire at the college for the days and times of classes.

Volunteer Needs: If you can offer your time to help students with transportation, tutoring, or just friendly conversation, please call the college or drop by during class hours to find out more about us. Also, if you know anyone who would benefit from our class, feel free to bring him or her along to visit.

Isothermal Planning & Development Commission — Ombudsman Program

The Regional Long Term Care Ombudsman serves as an advocate or mediator who seeks to resolve complaints made by or on behalf of people living in long term care facilities. The Ombudsman provides a way for people to voice their concerns and have their complaints addressed. The Ombudsman works with all parties to resolve a problem and provides information and

education regarding long term care to the community.

The Regional Long Term Care Ombudsman for Polk County is located in the Isothermal Planning and Development Commission Area Agency on Aging in Rutherfordton NC, and is delegated the authority from the State to perform certain functions under the Older Americans Act. The Regional Ombudsman's role, in addition to advocacy responsibilities, is to provide training, technical assistance, and on-going support to the volunteers and to assist in complaint investigation and resolution as necessary.

Volunteer Needs: People interested in volunteering for the Ombudsman program should contact the Regional Ombudsman, Lori Simpson, for more information.

Kiwanis Club of Landrum

Established in 2003 the Kiwanis Club of Landrum is a community service organization that endeavors to serve our local children as well as provide financial support on an international level. Membership is currently about 25 with many working as business owners and school personnel. Club projects include Terrific Kid Program, Skip-A-Meal, Kiwanis International Foundation Annual Club Gift and fundraisers to start the Builders and Key Clubs for Landrum's Junior and Senior High School.

The Kiwanis Club of Landrum meets at 12 noon on the second and fourth Tuesdays of each month at the Green Onion on Rutherford Rd., Landrum.

Kiwanis Club of Tryon

The Kiwanis Club of Tryon, NC, is a community service club numbering about 50 members. Established in 1927, we have brought together local business and community leaders in a fellowship of learning, caring and serving. Kiwanis offers an affordable opportunity to make a real difference in the community.

Kiwanis encourages and helps individuals to become personally involved in the leadership and improvement of our area. While service is what Kiwanians are known for, the club offers much more. Our weekly meetings and on-going service projects provide fun and fellowship for the members, guests, and volunteers.

The Kiwanis Club meets every Wednesday at noon at Melrose Inn. The meeting time is 12:30 - 1:30 pm, but members begin gathering around noon.

Volunteer Needs: Members participate in a wide range of projects including: Terrific Kid Program, Adopt-a-Highway Project, three year project supporting Family Kiwanian's Cure Center Mission in Asheville, Cooking Class for Senior Men, Valentine's Day Flowers for Kiwanian Widows, Collecting for the Salvation Army, Worldwide Iodine Deficiency Disorder Project, School Scholarships, Children's Books for Polk County Library, and various major, annual projects and fundraisers.

Landrum Branch Library

The Landrum Library is a branch of the Spartanburg County Public Library System. The Library moved in the new state-of-the-art building in April, 2002. The stone and stucco building doubled the size of the former building. The Library has two study

rooms, an eight-seat conference room and a hundred person community room available for use by community groups

The Library collection includes more than 50,000 books, 1,100, videos and DVDs, 1,200 recorded books including cassettes and CDs, 1,000 music CDs and cassettes. We also have numerous periodicals and newspapers. A member with full privileges also has access to materials from nine branches and the head quarters library in Spartanburg though courier services. There are thirteen public computers and wireless access is available.

The staff participates in outreach by visiting schools and community groups. Story hour is offered on a weekly basis. Day care centers and providers are encouraged to visit the library.

Volunteer Needs: People interested in volunteering for the Landrum Library should contact the Library for more information.

Landrum Community Development Fund

The Landrum Community Development Fund is a capital endowment fund administered by the Spartanburg County Foundation. It is dedicated to the beautification of the City of Landrum, South Carolina and the improvement of the quality of life for its citizens through enhancements to the City. The fund makes awards to enterprises that meet these goals.

Phase I of the Beautification of Downtown Landrum has been recently completed through this fund. This project has installed ornamental streetlights, new traffic signals, removed overhead utilities and planted new landscaping. Additional phases of this project will construct a linear park along the railroad and provide lighted

pedestrian walkways to off-street parking. These are the first components of a master plan that envisions controlled future commercial development for additional retail space, professional offices and housing.

Awards: applications for awards are considered for a project that will benefit the community. Proposals must be submitted in writing and may be sent to the Landrum Community Development Fund, 100 North Shamrock Avenue, Landrum, SC 29356.

Limitations: no awards are made to individuals, to organizations supported by tax dollars, or to religious or fraternal organizations. These groups are not excluded as sponsors of a community project.

Contributions: donations are tax deductible and may be designated for a specific project or given to the general fund. This fund qualifies as a tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code as a Special Fund of the Spartanburg County Foundation.

Landrum Recreation Center

Landrum Recreation Center is one of five recreation facilities operated by Spartanburg County Parks and Recreation. In cooperation with District 1 Schools the Center is located at O.P. Earle Elementary School in Landrum. Operating since 1976 the Landrum Recreation Center provides leisure services to Landrum and neighboring communities. Programs and activities are scheduled year round for all ages. Center rentals are also available for special events. Among the variety of programs offered the center also provides after school child care and a Summer Day Camp with weekly field trips. Music classes are held year round as well as scholastic tutoring.

Adult Volleyball Leagues are run twice a year. For upcoming information, programs are listed in the local news papers.

Landrum Schools

The Landrum Schools are part of a public school system within Spartanburg School District One serving children ages 4 through grade 12.

Volunteer Needs: Persons interested in volunteering for Landrum Schools, should contact the appropriate school to discuss school requirements and needs.

Lanier Library Association, Inc.

Lanier Library is one of the few remaining membership libraries in the country and one of the oldest civic organizations in continuous operation in Tryon. It is a multi-service library with a collection of print and non-print media and is supported entirely by membership dues, gifts, and donations. Membership is open to the public and dues are \$20.00. New members are always welcome.

The collection includes print and non-print media as well as an extensive business collection including the Wall Street Journal, Investors Business Daily, Morningstar and Value Line. Literary and cultural events are sponsored by the library and include Great Books Discussion Groups, a monthly luncheon lecture series, various programs throughout the year featuring well-known celebrities and a Christmas reception. Programs are open to the public.

Volunteer Needs: Call the library for volunteer opportunities.

LaurelHurst/LaurelWoods

LaurelHurst/LaurelWoods is a planned retirement community offering Active Adult Retirement choices. LaurelHurst is our Independent Apartment building featuring breakfast and dinner daily, weekly housekeeping, weekly transportation, and an array of activities both on and off campus.

LaurelWoods is our Assisted Living Community located on the same campus as our independent apartments. LaurelWoods offers three complete meals daily, housekeeping, activities, medication management, and much more.

Volunteer Opportunities: We have an ongoing program to provide recreation, mental stimulation and speakers that can report interesting activities in Polk County. Elderly patients always appreciate visitors, especially those with animals that enjoy meeting strangers.

Lions Club of Columbus

The Lions Club of Columbus is a member club of Lions International which was founded in 1917 and is now the world's largest service organization. The Lions provide many humanitarian services throughout the world with the primary focus being the elimination of blindness.

In addition, the Columbus Lions purchase eye glasses and hearing aids for Polk County citizens who cannot afford them; loan medical aid equipment such as wheel chairs, walkers, and crutches to area residents; give Christmas baskets to the visually impaired needy in Polk County; collect used eye glasses and hearing aids for refurbishing and subsequent worldwide distribution; sponsor visually impaired people for a week of recreation at

the N.C. Lions' Camp Dogwood; sponsor social events and provide special gifts for the visually impaired residents of Polk County; and maintain the lighted cross on Tryon Peak during the Christmas and Easter seasons. Meetings are held on the 2nd and 4th Thursday evenings of the month at 6:30 p.m. at Calvert's Kitchen.

Volunteer Needs: We need members who enjoy the camaraderie that results when everyone participates in the club's programs and fund raisers.

The Columbus Lions also need contributions from area citizens in order to maintain the Cross on Tryon Peak and provide their community service projects.

Lions Club of Landrum

The Lions Club of Landrum is a service club and part of Lions Club International which is the world's largest service organization. Landrum Lions Club was organized in February 1959 and now has 25 members. Landrum Lions Club serves the Landrum, Campobello, Gowansville, New Prospect and surrounding areas in providing aid and service to those in need. The major function of the Club is to provide aid to the visually impaired and handicapped. The club has provided aid and support to the local school district for drug and alcohol prevention programs for the past 20 years.

The members meet each 1st and 3rd Tuesday at 7 p.m. at the Landrum Civic Center (Old Depot) and membership is by invitation. The major fund raising projects are Candy Day, Broom Sales, Community Birthday Calendar and Christmas Spirit Fund. 100% of the funds raised are given to the various programs the club supports and to the needy in the local community.

Volunteer Needs: People interested in participating in the Landrum Lions Club should contact the Club for more information.

Little League of Polk County

The Little League of Polk County has been in operation for 16 years. Active primarily in Green Creek it conducts a program of at least 10 teams for boys and girls from 5 to 18 years old. Both baseball and softball teams are active. More than 10 adults act as coaches.

Volunteer Needs: Need coaches, umpires, help with maintenance of fields, and people to run concession stands.

Meeting Place, The

The Meeting Place is an enrichment center for Polk County senior citizens, sixty years of age and older. The center provides activities and nutrition to seniors at three sites located in Tryon, Green Creek and Saluda. There is no membership fee.

Originally opened in 1974, The Meeting Place developed its philosophy to enhance the quality of life of the older adults in the County through enrichment tools to enhance each individual's emotional, physical, spiritual, nutritional and social well being.

Services include: information and referral, volunteer opportunities, socialization opportunities, home delivered and congregate meals. Activities include: line dancing, bridge, bingo, ceramics, senior fitness, tai chi, yoga, quilting, games and puzzles, home and health seminars, field trips, indoor walking, Polk County Library

Bookmobile, discussion groups, nutrition program, live music, massage therapy, computer classes, Seniors' Health Insurance Information Program (SHIIP) referral, and weekly hypertension screening. Transportation is available upon request through the Polk County Transportation Authority.

Volunteer Needs: The Meeting Place uses volunteers in nearly every aspect of its activities and programs. Volunteers support the front desk by answering phone calls. Musicians and singers provide entertainment; craftspeople share their special talents and skills such as writing, sewing, quilting and storytelling. A registered nurse volunteers to take blood pressure check weekly.

If interested in joining our team of dedicated volunteers or meeting people and having fun, contact The Meeting Place for more information.

Mill Spring Volunteer Fire Department

The Mill Spring Volunteer Fire Department, Inc. is an all-volunteer organization that provides fire protection for White Oak Township. It also responds to motor vehicle accidents. Five members are Emergency Medical Technicians who respond to medical emergencies.

The Department was organized in 1962 and incorporated in 1966. It is also a 501(c)(3) organization under the Internal Revenue Code. At present it has two stations, the main station on Old Rutherfordton Road, built in 1999 and there will soon be a substation on Silver Creek Road.

Volunteer Needs: The Department at the present time has 30 members. If anyone is interested in joining, male or female,

the Department would be very happy to have new volunteers. Please call for information.

The Department also has Junior Firefighters. Anyone 16-18 may join as a Junior Member. They receive training, respond to alarms and at the age of 18 become a full-fledged member.

New Vistas Behavioral Health Services

New Vistas Behavioral Health Services is a private not-for-profit community mental health provider serving an eight county area of western North Carolina. Our mission is to serve adults, children and families suffering with severe and persistent mental illness, substance abuse problems and developmental disabilities.

North Carolina Big Sweep

North Carolina Big Sweep is a grassroots nonprofit organization whose mission is litter free watersheds. It was initiated in 1987 as a coastal cleanup called Beach Sweep. The event expanded inland and was renamed Big Sweep in 1989 and became the nation's first statewide waterway cleanup. In its 19-year history, almost 220,000 volunteers have retrieved over 7½ million pounds of debris from North Carolina watersheds. The statewide date for the cleanup was recently changed to October 1. The Polk County component of Big Sweep has been active since 1989 and has retrieved over 10,000 pounds of debris from Lake Adger, the Green River, and the Pacolet River.

Volunteer Needs: Volunteers are needed to help pick up litter along the banks of the county's rivers; streams; and lakes; as well as from the water. We need-volunteers with canoes to clean in the water and volunteers who are willing to clean up along the banks. Wear glove and long pants for protection from poison ivy. Volunteers in Polk County meet on October 1 at the Silver Creek Baptist Church parking lot on Silver Creek Road near Lake Adger at 9:00 a.m. We clean the portion of the Green River between Lake Adger and Fish Top. Anyone who wishes to be a zone captain and clean up other waterways should contact the Big Sweep County Coordinator for more information.

Operation Hope

Operation Hope is a Cooperative Ministry of twenty-one Landrum area churches. It offers good used clothing, shoes, linens, accessories, toys and small household appliances, for sale at affordable prices. The ministry also operates a Food Bank and gives food assistance to people in need.

Donations are accepted any time our doors are open for business. Monday, Tuesday, Thursday, Friday, 10 am – 4 pm; Wednesday, 10 am – 2 pm. We are closed Saturday and Sunday.

Volunteer Needs: A director oversees the operation of the ministry and distribution of assistance. Our store in Landrum is overseen by a Manager. The ministry is staffed with volunteers who sort clothing, etc

Pacolet Area Conservancy

The Pacolet Area Conservancy (PAC) is a non profit land trust which has helped

protect 6,000 acres in its area. PAC's mission is to protect and conserve our area's natural resources. The land trust's vision is that of a community living and growing in harmony with our natural heritage. The goal is to provide a legacy that will endure and be valued by generations to come. Monthly, PAC monitors the Pacolet River for sedimentation and other pollutants. PAC works on preservation projects and trail systems with state and local government. PAC-owned Norman Wilder Forest on Highway 176 between Tryon and Saluda is a popular hiking venue.

Volunteer Needs: PAC has a good volunteer base and welcomes new volunteers for office and field work.

Pavillon International

Pavillon International Treatment and Renewal Center is a spiritually based, residential treatment facility dedicated to effective treatment of drug, alcohol, sex, relationship, gambling and internet addictions as well as codependence, compulsive spending, depression, grief and loss.

Using a closed group model, sessions begin and end with the same group of people. This allows for an intensive, sequenced program as well as creating the opportunity for community building. Grounded in 12-step philosophy, Pavillon utilizes an eclectic, sequenced and unified therapeutic approach with an emphasis on treating the core of addictions.

The Center's mission is to facilitate healing and empower individuals and families to develop strong and healthy self-esteem manifested in balanced, responsible lives capable of creating and sustaining meaningful, dynamic and rewarding relationships. By bridging science, philosophy

and spirituality, Pavillon strives to foster harmony in the individual, within families and among people of all racial, ethnic and religious backgrounds.

Volunteer Needs: Last year Pavillon registered 3,500 volunteer hours with an active roster of about 60 volunteers. Volunteer jobs include driving to the airport, clerical help, offering a shuttle from the parking lot to the hotel, and clinical-residential assistance. All volunteers are required to attend a one-day training and most are graduates of the Pavillon treatment program.

Polk County Chamber of Commerce

The Polk County Chamber of Commerce is a nonprofit organization comprised of individuals, businesses, and organizations dedicated to developing business and economic opportunities that will enhance the quality of life in the community.

Due to the size of the community, and conversely the size of the Chamber, programs are essentially tailored to meet the immediate needs of the individual, business or community. In addition to typical Chamber of Commerce services, the PCCC is involved with economic development, working with area merchant groups

and educational sectors to conduct seminars and forums which focus on timely topics that serve the interests of Chamber members and/or the community.

Business After Hours is a monthly scheduled activity which affords members the opportunity to share experiences, to network and to promote businesses in a relaxed social atmosphere.

The Otho Gibbs Memorial Golf Tournament fundraiser has been held the third Thursday each September since 1999.

Shuckin 'n Shaggin is the fall fundraiser that features all-you-can-eat seafood and stew. Participants enjoy gathering around a bonfire and dancing under the stars to a wide variety of music.

The Blue Ridge Barbecue Festival is held the second weekend in June attracting crowds of more than 25,000. The festival is nationally acclaimed for its barbecue cooking championship, music and for its craft fair which features contemporary and traditional fine arts and crafts.

Volunteer Needs: The PCCC employs a full time director and a part time BBQ Festival Administrator. The Chamber is heavily dependent on volunteers to plan and implement all events and activities and for its board of directors and the various standing and project committees.

Standing committees include: Economic Development, Education, Finance, Membership, Government Relations, Programs, Publicity/Outreach and Strategic Planning.

Project Committees and Task Forces include: Annual Meeting, Awards and Recognition, Barbecue Steering, Bylaws, Government Relations, Nominating and Shuckin 'n Shaggin.

Volunteers are also needed for administrative and operations support in the Chamber office.



MARA SMITH PHOTO

Polk County Community Foundation

The Polk County Community Foundation is a public charity founded in 1975 by generous and visionary community leaders who wished to improve the quality of life in Polk County and Landrum. The Foundation is funded solely by gifts and bequests from people who enjoy our area and want to contribute to its desirability as a place to live. The Community Foundation receives these charitable donations and then distributes grants and scholarships in accordance with donors' wishes. It offers donors and nonprofit organizations many simple and flexible fund options to help them meet their charitable dreams and goals.

The foundation manages over 100 permanent endowed funds and over 50 non-permanent funds, including charitable remainder trusts. Some funds are for scholarships for local students, some support local organizations specified by the donors, some are for certain types of activities or projects of interest to the donors and some are unrestricted. Assets now exceed \$30,000,000, including the Marjorie M. & Lawrence R. Bradley Endowment Fund of Polk County, North Carolina, a new grantmaking foundation managed by the Board members and staff of the Polk County Community Foundation.

Four staff members and over fifty-five volunteers perform the work of the foundation. Committee members review grant applications, interview scholarship applicants and organizations, and recommend grants for Board approval. The Board and the committees of the foundation are responsible for all grant and scholarship decisions. The Finance Committee oversees the professionally managed investments and sets an annual spending policy for en-



dowed funds. The Board of Directors, committee members and staff work together to support the mission of the foundation:

To advance philanthropy and improve the quality of life of all citizens in Polk County and the immediate surrounding area by supporting charitable and beneficial activities in the community, providing and administering a variety of planned giving programs, serving as responsible stewards of all funds entrusted to it, and providing initiatives in recognizing areas of community needs and supporting solutions.

Many generous donors throughout the Community Foundation's history enable the Foundation to make grants to organizations and students in our community. People in our area have given generously to the Foundation by establishing funds in memory of a special person or to accomplish a certain philanthropic goal. Other donors have transferred stock to donor advised funds. Others have set up charitable remainder trusts which benefit the donor during the donor's lifetime and the Community Foundation after the donor's death. Donors may name the Foundation in their wills and create new funds or contribute to existing endowment funds. The Foundation carries out donors' charitable intents for the benefit of the community.

Community foundations are permanent institutions so named funds managed by a community foundation will continue to benefit the community in the donor's

name forever. Thus, community foundations permit philanthropic immortality.

Our community foundation is a permanent philanthropic resource of, by, and for our community. Community foundations develop and maintain endowment funds which are donated by many individuals and institutions and managed to produce income for charitable grants to benefit our entire community. Because community foundations are based locally, they can be highly responsive to community needs and opportunities. To ensure that community foundations are truly public charities, protected from misuse by narrow or private interests, IRS regulations stipulate that a community foundation be governed by diverse representatives of the entire community, benefit the entire community, and derive its funds from many different donors. The advantage of such regulation is that donors to community foundations receive the maximum allowable tax advantages for their contributions.

Please visit us if you would like more information regarding grants, scholarships or charitable giving options.

Polk County Community Resource Council

Polk County Community Resource Council is a forum comprised of representatives from public service government agencies and nonprofit organizations networking to encourage communication and a harmonious relationship among the people of Polk County in the following ways:

- By acting as a clearinghouse for the dissemination of information about community organizations, their purposes, programs and schedule of activities

- By encouraging citizens from all parts of Polk County to get to know one another
- By working together to identify community needs, locate resources and resolve problems
- By seeking representatives for areas of the county which may not be represented
- By improving communications between county organizations
- By coordinating the annual Governor's Award for volunteers in Polk County

Volunteer Needs: The Resource Council would like to have all organizations and agencies involved in serving the residents of Polk County represented at our networking sessions, which are held at the Hospice Administration & Program Center at noon on the 3rd Tuesday of January, March, May, September, and November. People involved in agencies and organizations who are interested in participating in the Resource Council are encouraged to talk to the president or head of their agency or organization.

Polk County Council on Aging

The Polk County Council on Aging is an appointed Advisory Board to the Polk County Board of Commissioners. The Commissioners have charged the Council with responsibility for fund raising to augment and, when appropriate, to implement programs, services and activities to benefit the senior citizens of Polk County, particularly those programs, services and activities of the senior centers known as the Meeting Place. The Council is also charged with advising the Commissioners regarding facilities for senior centers, the well-being of area senior citizens, and the provision of meals, activities, education and fellowship for area senior citizens.

A key focus at this time is to locate desirable locations, for a replacement facility of the Tryon located Meeting Place. A new center would be designed to accommodate the present programs, and to have space and facility to expand programs to ever meet the growing needs of our seniors. It is also recommended that any facility be available to Polk County general population's recreational needs, in order to make best use of space and overhead expenses.

The Board of the Council meets generally on a monthly basis, at the Meeting Place in Tryon. At these meetings, the members receive reports from key senior function directors, including the Meeting Place, Polk County Transportation, and Mental Health Services.

The Council is always eager to welcome volunteers to serve as a Director on its Board, and those who are interested in fund development for senior needs in the county. For information on vacancies, please contact the offices of the Board of Polk County Commissioners.

Polk County Courthouse Restoration & Endowment Committee

The Polk County Courthouse Restoration and Endowment Fund Committee informs citizens of the history and significance of the restored 1859 Polk County Courthouse.

The Committee will work to insure that this stately old Courthouse can continue to serve the residents of the community. It currently manages the unspent funds from the restoration project for additional items needed on the Courthouse and the Courthouse Square.

Volunteer Needs: For persons interested in supporting this project, contact the Committee.

Polk County Department of Social Services

The Polk County Department of Social Services is an agency dedicated to providing assistance to all eligible citizens of Polk County. The agency is supported in its mandated programs through federal, state and local funding.

Services and benefits provided to local citizens include the following: protective services to children and adults, foster care services to children and adults, adoption services, day care subsidies, in-home aide services, guardianship and payee representative services and parenting classes. In addition to the above professional services, the agency also works through the Work First Program to assist those clients who are receiving Work First Family Assistance in locating and maintaining gainful employment with the goal of becoming self sufficient. The staff also take and process applications for food stamps, Medicaid and Medicaid transportation, NC Healthy Choice for Children, the Low Income Energy Program, and the Crisis Intervention Program.

Volunteer Needs:

- Foster Parents — compensated, but must attend training and be licensed.
- Sponsor for Foster Children — provide special needs such as luggage, camp, sports fees and special clothing.
- Mentors for Foster Children — special areas of expertise that would help a foster child with a special interest to explore the possibilities.

- Support for Work First Clients — provide moral support, advice, transportation, budgeting, and assist individual and family in moving from dependency to self-sufficiency.

Training classes are held twice a year for ongoing volunteers and more frequently for new volunteers. Volunteers are needed to help in all the programs listed above with day-to-day assistance interviews, in the food pantry, and as clerical and other office support.

Polk County Extension Associates

The Polk County Extension Associates, formerly known as Extension Homemakers Clubs, have a long history of organization, learning, fellowship and service to community. The philosophy of Extension Associates Clubs is to reach out to improve the quality of life in the home, family, and community. Extension Associates, put simply, are people who are interested in learning new and better ways of doing daily activities.

Extension Associates objectives are:

- To become better informed individuals.
- To improve our quality of life.
- To take advantage of the wide range of information and educational programs designed to meet our needs and of the community.
- To serve others by sharing skills and talents obtained in self-improvements.
- To be a willing leader and an able follower.
- To foster good fellowship and gain friends

The Extension Associates also volunteer for Polk County Extension Center with special projects.

The Associates are currently comprised of four active clubs and a mailbox member-

ship: Columbus Club; Peniel Club; Saluda Club; and the Thrifty Workers Club.

For more information about the Polk County Extension Associates or to join a club, please contact Sandi Sox.

Polk County Extension Service

The local branch of the North Carolina Cooperative Extension Service disseminates research based information from North Carolina State University and North Carolina A&T State University to help meet the needs of the communities, families and citizens of Polk County. Extension's purpose is to provide educational programs based on needs identified by county residents. Federal, state and county governments fund the local Extension office. Their mission and work is dedicated to improving the quality of people's lives. Four extension faculty members located in the county courthouse annex are the link between specialists of the university campuses and county citizens.

Volunteer Needs: The Cooperative Extension Service uses volunteers in nearly every aspect of the programs and activities. Whether it is teaching a young 4-H'er how to use a camera or a Master Gardener helping to answer gardening questions, adult volunteers from various backgrounds and with different talents make Extension programs successful. One volunteer group, the Extension Associate, often work with other civic organizations to help improve the community in which we live.

Do you like working with people? Does teaching skills to others appeal to you? If your answer is yes to both these questions, then the Extension Service may have a volunteer role for you. The local Extension

Center is located in the courthouse annex in Columbus.

Polk County First Responders

The First Responders Program evolved 18 years ago, when our county had 2 major emergency calls in which two citizens lost their lives. Dr. Charles Blomeley proposed a program in which highly trained individuals could be positioned throughout the county to begin care for sick and injured patients in the field immediately. One issue was stressed: the first responders to arrive on the scene of a medical or traumatic emergency must be trained to provide not only basic life support skills, but must also be able to carry out those tasks which will reduce patient discomfort and to prevent further injury to the patient.

The First Responders respond to approximately 2,100 calls a year. The majority of calls for First Responders involve cardiac, respiratory distress, diabetic and falls resulting in possible fractures. Along with emergency calls, First Responders stand by for horse shows at FENCE.

Volunteer Needs: The First Responders Program is completely volunteer driven. New volunteers who are certified at the EMT level are welcome.



Polk County Historical Association

The Polk County Historical Association is dedicated to preserving yesterday's treasures so that history "comes alive." Come to our Museum and relive pleasant childhood memories or learn about the rich heritage of Western North Carolina, such as the wonderful aroma of bacon and eggs mingled with a hint of smoke from our wood stove or the soft strains of "Amazing Grace" played on our pump organ, or the shadowy life of "moonshiners."

The Museum is located in the former Norfolk Southern Railway Depot in Tryon. The depot, the second at this location, has been an important part of Polk County life since 1906. In 1978 the railroad closed the depot, which in 1980 became the Museum's home and repository of many donated items relating to the legacy of the area. The museum is open Tuesday and Thursday from 10 am-12 noon and the first Saturday of the month from 11 am to 3 pm.

The Historical Association meets on the first Tuesday of each month, during which speakers highlight something or someone in Polk County's or Western North Carolina's past. Our meetings are free and open to the public.

Volunteer Needs: The Polk County Historical Association, staffed by volunteers and funded by memberships and donations, is seeking your support to assist in the work of preserving our Western North Carolina heritage. Volunteers are always welcome! If you have the desire, we have a task you will enjoy-interviewing individuals for our living history program, transcribing audiotapes, doing data entry, assisting with monthly programs, and serving as a Museum guide are just a sample of the many fun projects available.

Polk County Literacy Council

The purpose of the Polk County Literacy Council is to promote literacy among adults and children throughout Polk County and surrounding areas. The Council trains volunteer tutors and provides instructional materials appropriate to the tutors and students free of charge.

The Council's tutors work closely with Isothermal Community College's program, English as a Second Language (ESL). The Council offers one-to-one tutoring when requested. We also welcome referrals from other agencies, which are dedicated to helping all people to improve their life skills.

While over half of our tutors are working with ESL students, we also are engaged in helping native born residents improve their reading, writing, and speaking skills in preparation for their earning a Graduate Equivalency Degree, entering the military or to increase their opportunities in the labor market.

The Council is actively involved with the public schools, offering help with language skills. We maintain tutoring sites in Holy Cross Church and St. John's Church Tryon, the Polk County Public Library as well as Isothermal Community College.

The Council urges volunteers to join in their effort to meet the needs of all people seeking to improve their skills in Mathematics, Reading, Writing and Speaking English.

Polk County Pet Pals (Pet Therapy)

Helps dog owners use their dogs for therapy work in various places such as nursing homes, hospitals and schools, as well



as work with the mentally and physically handicapped. The objective is to form a network of caring individuals who are willing to share their special animals in order to bring happiness and cheer to people who need something to hold and love.

Training by a certified instructor will be given to new volunteers and their pets.

Polk County Public Library

The Polk County Library is a full-service public library that circulates regular and large print books, magazines, newspapers, videos and audiobooks. Also offered are reference services, adult and children's programs, interlibrary loans, exhibits, and collectors' displays. Library user registration is free to everyone.

Main library in Columbus is open 9 am to 8 pm Tuesday to Thursday; Friday, 9 am to 6 pm, and Saturday, 9 am to 1 pm. The library is closed Sunday and Monday. Preschool story time is on 1st Tuesdays at 10:30 am.

Volunteer Needs: Volunteers are needed to assist staff person at circulation desk, data entry, maintain shelves by shelving and shelf reading, help technical services with processing books, periodicals and audiovisuals.

Polk County Recreation

The Polk County Recreation Department is one of the service departments of Polk County Government. The county, in support of activities, finances this department for people of all ages. The facilities include Stearns Gym and Gibson Park in Columbus, Searcy Field in Mill Spring and with the cooperation of the Green Creek Baptist Church, the Green Creek Gym and ball field, which was once part of the Green Creek Elementary School.

The Recreation Department under the direction of Patty Aldred offers a variety of programs all year.

- Walking class and Yoga year round
- Fall — Basketball camp, Adult Kickball, Youth Soccer
- Winter — Youth Basketball grades 1-12
- Spring — T-Ball, Girls Softball, Baseball, Adult Volleyball, Youth Soccer
- Summer — Gibson Park Pool Public Swimming, Lifeguard Training, Swimming Lessons, Water Aerobics, Water Volleyball, Day Camp, Adult Kickball, Basketball Camp
- Stearns Gym and Gibson Park Pool are available to groups for a rental charge.

Volunteer Needs: For persons interested in volunteering or participating in the Department's program, contact the Department office.



Polk County Rescue Squad

The Polk County Rescue Squad is an all volunteer organization consisting of 30 — 35 members at any given time. These volunteers are trained and certified in many categories relating to rescue techniques, including emergency medical technician (EMT), certified ambulance technicians, search and tracking training, water rescue (both swift and still waters), rappelling, confined space rescue, excavation from wrecks and collapsed buildings, and response to hazardous materials incidents.

The Rescue Squad also offers services at all sports events, including football, basketball, horse shows and motor cross, and provides mutual aid assistance to other squads outside our area.

The Squad maintains two certified ambulances, which serve as back up to the county EMS services. Our two ambulances are the only 4-wheel drive units available for bad weather conditions to transport people to the hospital and nursing homes.

Volunteer Needs: Our volunteer needs are many during the year. Training takes a great deal of personal time and effort. Certain equipment and safety items are required for volunteers. Interested volunteers should check with the Chief to learn the full extent of the commitment.

Polk County Schools

Polk County Schools, a public system with 2,580 students in prekindergarten through grade 12, is located in the Blue Ridge Mountains of rural Western North Carolina. All six of the system's schools are accredited by the State and by the Southern Association of Colleges and Schools.

Elementary Grades: Children five years of age by Oct. 16 are eligible for kindergarten, which focuses on language development, self-expression, creative thinking, physical and social development. Children in grades 1-5 learn critical thinking skills along with language skills, reading, oral and written communication, mathematics, science, social studies, art and music.



Middle Grades: The newly constructed, state-of-the-art Polk County Middle School offers its 550 students in grades 6 through 8 a new curriculum design that focuses on teaching the total child. Students are arranged in roughly two groups or “teams” per grade. The teams spend all day together and are taught by four core teachers who work to integrate subjects throughout the day for students. The team teaching works to make instruction meaningful and compelling. Further, teachers in all grades are working together on vertical alignment that will help better coordinate subjects from elementary to high school.

Polk County Middle also offers Challenge Classes in all four core subject areas: English, math, science and social studies. These classes are offered to prepare students for honors or Advance Placement (AP) classes in high school.

Exploratory classes are offered in subjects such as healthful living, visual arts, drama, dance, music, business computer technology, life skills, career development, and Spanish that give students opportunities to find their own talents and interests.

High School Grades: All students in grades 9-12 take core courses in communication, scientific literacy, mathematics, social science, healthful living, Calculus,

trigonometry, advanced chemistry, physics and advanced-placement Spanish. A comprehensive Tech Prep Program offering courses in technology, business and human services helps students prepare for jobs or technical school. A Job Ready program provides career shadowing and internships. Seniors taking AP courses may earn college credits while in high school.

Volunteer Needs: Polk County citizens are encouraged to participate in the schools through a system-wide program in which volunteers are selected to tutor children in reading, math and science, to assist teachers in the classroom, or to serve in a variety of other capacities.

Polk County Schools, Preschool Programs Prekindergarten

In partnership with families and communities, the goal of the Polk County Schools Prekindergarten Program is to provide children with a high quality, developmentally appropriate early childhood experience that leads to a positive educational start. Children are placed in a blended classroom by qualifying for Head Start, More-at-Four, Exceptional Children’s Program or by fee payment. Limited bus transportation is provided for children who qualify based on eligibility criteria. Children four years of age by October 16 may register for one of Polk County Schools’ preschool programs at Tryon Elementary’s Forbes Preschool Education Center, Polk Central, Saluda and Sunny View.

Volunteer Needs: Please call if you’re interested in volunteering for these programs.



Polk County Schools, Saluda Elementary School

Saluda Elementary School is a public school in Polk County, North Carolina. The school serves approximately 220 students in preschool through the 8th grade. Saluda Elementary School is a North Carolina A+ (arts integrated) School. Saluda's staff is dedicated and committed to helping students learn the North Carolina Standard Course of Study objectives through educational opportunities that address arts integration, learning styles, and multiple intelligences.

Volunteer Needs: Saluda School would appreciate volunteers who are willing to read to students and/or listen to students read. Volunteers who have training in helping reluctant readers and students who have reading difficulties would be of special benefit to the school, although this is not a requirement. A requirement: someone who cares about children and wants to help.

Polk County Sheriff's Office

The Polk County Sheriff's Office is dedicated to its motto of "To Protect and Serve." Over 40 dedicated full time employees, and many part-time and volunteer workers comprise this office, under the direction of Sheriff Chris Abril.

The Polk County Sheriff's Office consists of several different branches to more effectively serve the citizens of Polk County.

The Administration Branch consists of the Sheriff, Patrol Major, Operations Captain, Internal Affairs Division, and Administrative Support. This branch controls the day-to-day operations of the office and prepares long term goals and plans.

The Patrol Division handle the routine and emergency calls, provide welfare checks, conduct license checkpoints and other functions.

The Criminal Investigations Division conducts more through investigations of calls referred to them through the Patrol Division.

The Communications Division handles all emergency and non-emergency calls for Polk County, including those for the Sheriff's office, local fire departments, Polk County Rescue Squad and Polk County Emergency Services.

The Detention Center provides custody for inmates, transfer of inmates to other facilities, and trustee supervision for numerous activities.

Animal Control and School Officers function within the Sheriff's office. School Resource officers work closely with school officials and provide numerous educational and patrol functions to the school system. They also provide a visible force at all county school athletic events.

The Sheriff's Office strives to work in close conjunction with all our county resources — including fire, rescue, EMS and American Red Cross. Chaplains are on-call and can be notified to respond to the Sheriff's Office, to the scene of an emergency situation, local medical facilities or any other location where their services are needed.

Volunteers can be used for courtroom screening security, for traffic assistance at Polk County's High School and Middle School. Three other areas of volunteer opportunities are Crimestoppers, community-oriented policing and disaster preparations.

Polk County Toy Run

In the last four months of each year organizations of bikers (motorcyclists) arrange for a drive to provide toys for less privileged children in Polk County. Monthly meetings in September, October and November are aimed at collecting toys or money. On the Saturday following Thanksgiving they gather in Saluda and bike down to Columbus with the results of their drive. In the past this has amounted to over 200 members bearing gifts. Distribution of this largess needs cooperation from the Polk Country Sheriff's Department, Department of Social Security, Steps to Hope and Thermal Belt Outreach. Bikers from the whole area participate including members of the Christian Motorcycle Group from Hendersonville.

Polk County Transportation Authority

Polk County Transportation Authority provides public transportation for all citizens of Polk County. The transit system operates Monday — Friday with routes starting at 6:00 a.m. to 5:00 p.m. Also provided are special trips on week-ends and evenings.

There are 14 vehicles in the fleet which travel approximately 301,000 miles and provide over 42,000 passenger trips per year. These vans are lift-equipped for the disabled.

Transportation is provided for Human Services agencies such as: Vocational Services, Mental Health, the Meeting Place (aging services), Department of Social Services and Board of Education. Service is also provided for Day Care Centers and the general public.

PCTA is funded by the state, federal and local governments with operating costs coming from contracts, subsidies and local government.

Come ride with Polk County Transportation Authority! Call by 2:00 p.m. for next day's service.

Polk County Travel & Tourism Department

As a means of economic development, the Polk County Travel & Tourism Department promotes the county as a tourism destination, providing jobs and increasing the local sales tax base as well as maintaining an information center for visitors and residents.

Visitor services include an information center located in Tryon Town Hall, printed material on activities, accommodations and points of interest, a toll free number to request information, area and state maps as well as information on surrounding and statewide tourism activities.

Marketing is accomplished by the placement of advertising in local, regional and national publications; distribution of brochures at travel shows, regional and state welcome centers and AAA offices; this in turn results in over 40,000 brochures being distributed per year.

The department also maintains and provides a calendar of events for the community that visitors and residents use to plan activities. Community organizations

can determine if an activity or event date they are considering conflicts with some other organization's already determined date and thus avoid conflicts. Visitors can plan their trips to be here or not during special events.

Volunteer Needs: Answering phones, stuffing envelopes, assisting those who come in to the information center, computer data input, letter and article writing, filing and organizational assistance.

Polk Soil & Water Conservation

After the "Dust Bowl" days of the 1930's Soil and Water Conservation Districts were created across the United States as local democratically organized units of government. Today there are 93 Districts in the 100 counties of North Carolina.

In Polk County a five member District board of supervisors, 3 elected and 2 appointed, provide leadership and direction for the conservation and development of natural resources within the county. Since the early days the main objective has been: "to treat each acre of land in accordance with its conservation needs and to use each acre according to its capabilities or best use."

In the Polk District office, which is located in the Courthouse Annex building in Columbus, there are two staff persons and a representative of the USDA, Natural Resources Conservation Service who provide conservation related services.

The primary focus of the office is to provide to landowners, whether farmers or others, conservation planning with the aim to protect, conserve, and enhance the natural resource base, including: soil, water, air, plants and animals. A conservation plan

would include an inventory of these resources and information and recommendations for their protection. An example of a plan might include recommendations for erosion control, soil quality improvement, water quality protection, pasture, forest, cropland management, and the improvement of wildlife habitat. This service is provided at no cost to Polk County residents.

The District also participates in several conservation cost share programs benefiting the environment for which farmers and other landowners may be eligible. An eligible landowner would be reimbursed from 50 to 75% of the cost of implementing a conservation practice.

Polk Vocational Services

To provide rehabilitation, development and employment services to people with barriers to employment, while providing quality products and services to our customers on time and error free. The mission of Polk Vocational Services is to provide rehabilitation, development and employment services to adults with disabilities. Some of the objectives are to improve: work skills, skills in obtaining a job, personal and social skills, self-image, wise use of leisure time, academic skills and methods to secure needed services in the community.

Volunteer Needs: Organizations and/or individuals that can provide entertainment of life enriching experiences for the residents are welcome.

Rotary Club, Thermal Belt

The Rotary Club of Thermal Belt Tryon is a civic organization that supports youth groups, community organizations and in-

ternational projects as its primary philanthropy. The club has 29 members and meets every Monday at 6:00 p.m. at the Polk County Chamber Building in Lynn, North Carolina.

The club raises funds to support its activities through the following fund raisers: Spring Open Golf Tournament, Balls in the Fall Golf Tournament, Holiday peanut sale and the Safety Break at the NC Welcome Center in Polk County.

Rotary Club of Tryon

The Rotary Club of Tryon is chartered under Rotary International, which was organized in Chicago, Illinois, in 1905. Rotary is an organization of business and professional men and women united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world.

The Rotary Club of Tryon was organized in 1927. It has grown from its original 15 members to its present membership of 95, which includes 83 men and 12 women. The Club is engaged in various projects that serve the Polk County and surrounding communities. Special projects include: Reading Is Fundamental program at Polk Central Elementary School providing free books to each student twice a year: Adopt-A-Highway; Polk County High School Career Day; four Interact Clubs in the Polk County and Landrum Schools; sponsoring opportunities for students from Polk County and Landrum High Schools to attend a "Leadership Camp" at Brevard College during the summer; and the Pirmasens German Exchange Program, which sends local students to live for a month with a German family and, in turn,

brings a German student here to stay with a local family. One of the Club's major projects is the sponsorship of the Community Chorus which performs two concerts annually. The proceeds from these concerts are directed toward providing Rotary Club of Tryon scholarships for deserving students from Polk County and Landrum High Schools and from Isothermal Community College.

Grants to community and international projects are supported through the Rotary Club of Tryon Foundation.

Members of the Rotary Club of Tryon can be found involved in just about every civic and charitable organization in the area, adding their efforts and skills for the benefit of the whole community.

Ruritan Club, Green Creek

Ruritan is a nonprofit service organization with the purpose of creating a better understanding between people and, through volunteer community service, making America's communities a better place to live and work.

The slogan of Ruritan is Fellowship, Goodwill and Community Service. Each Ruritan Club surveys the needs of its community and then works to meet those needs. Ruritans believe in the basic value of neighbors helping neighbors.

Ruritan Clubs provide a wide range of community services, including: flood relief and disaster assistance, food drives, environmental projects and scholarships to deserving students. Most Ruritan Clubs also support local youth organizations such as 4-H, FFA, Little League, scouts and others.

Ruritan clubs hold informative and educational meetings that give Ruritan mem-

bers an opportunity to share ideas about community improvements and service projects. Club meetings are held once a month and feature a fellowship meal, a club business session, and an educational or entertaining program for club members. Most Ruritan Club meetings usually last an hour and a half or less. The local Club meets the 3rd Tuesday, 7:00 p.m., at the Green Creek Ruritan Building, 341 Green Creek Drive.

Volunteer Needs: Volunteer projects are done by members. If you are interested in learning more about joining the Green Creek Ruritan Club, contact or visit the Club for more information.

St. Luke Christian Methodist Episcopal Church

The mission of St. Luke CME Church is to minister to individuals through its Christian Ministry of Sunday morning worship, Wednesday night Bible Study, Sunday Church School, and a variety of outreach ministries including food and clothing, shelter for homeless, AIDS programs, African-American history education, and community events.

Similar to many black churches, St. Luke members gathered in homes and meeting rooms prior to an official building being dedicated to church fellowship and worship. The first recording of an official church building dates back to the Old St. Paul's Methodist Church founded in Columbus, North Carolina, around the year 1893. Old St. Paul's Methodist Church was established to serve the black residents of the county seat and the surrounding communities.

The church membership continued to grow and after four moves over the years,

the church is now located at its present location on Markham Road. The church activities can be described as five separate ministries:

- The Children's Ministries focuses on educational programs and opportunities for the children of the church
- The Young Adults' Ministries focuses on educational programs and projects for young adult members and for young adults living in the community.
- The Adults' Ministries focuses on educational projects for adult church members and adults living in the community.
- The Men's Ministries focuses on educational programs aimed at training men to be role models for other males in the community.
- The Women's Ministries focuses on educational programs aimed at providing support and fellowship for women.

In each of these programs special emphasis is needed because there is a reluctance for African Americans to seek assistance from formal agencies and organization.

Funding is needed to obtain teaching materials, supplies, and participation in educational activities and field trips. Funding is needed also to establish workshops on Christian relationships, HIV/AIDS prevention, planning for the future, stress management, and anger management, as well as workshops on aging, estate planning, and dealing with changing life situations for the community adult population. Funding is needed for several community conferences held throughout the year. . Funding is also needed for adult outings in the community and renovating church facilities to comply with the Americans With Disabilities Act.

Community activities include an annual back to school celebration for all chil-

dren in the community, Harvest Day celebration, and Christmas grab bags; young adult discussion groups and an outdoor community ministry; a community Martin Luther King Day celebration, a food bank for the elderly and those in need, preparing and delivering of a Thanksgiving and Christmas meal to the elderly in the community. The community men's group meets twice a week and is open to all men living in the community.

Volunteers Needed: Volunteers are needed to conduct workshops on anger management, problem solving, and team building; plan trips for the community young adults; to assist with repairs to homes of older community residents; to obtain videos, books, supplies, and participation in bonding outings.

St. Luke's Hospital

St. Luke's Hospital is a private, nonprofit, 73 bed critical access hospital serving Polk and surrounding counties since 1929. Fully accredited by the Joint Commission on Accreditation of Healthcare Organizations, it offers primary, emergency, critical, outpatient and geriatric psychiatric care, as well as a restorative care unit, an intensive care unit and a Center of Behavioral Medicine.

Although small in size, St. Luke's offers many diagnostic services usually found in larger hospitals, such as a state-of-the-art CT scanner, magnetic resonance imaging, nuclear medicine, GE mammography equipment, a bone densitometer and a venus dopplar.

As part of its community outreach program, St. Luke's offers wellness classes and periodic seminars on health-related topics of interest to those in its service area.



Volunteer Needs: St. Luke's Auxiliary, comprised of over 200 volunteers, is a proactive and integral part of the hospital. Volunteers work in the hospital, manage the thrift shop in downtown Tryon, work as couriers between the hospital, doctors' offices and other hospitals, deliver the mail, operate a hospital print shop and the Medic Alert Program. Persons interested in volunteering would be welcome.

St. Luke's Hospital Foundation

The St. Luke's Hospital Foundation was formed in 1991 to raise funds for equipment and facility improvements at St. Luke's Hospital. As a 501(c)(3) organization, the Foundation accepts tax-deductible gifts, both monetary and in-kind, to help provide the citizens of Polk County with the best possible healthcare.

Through the Hospital Foundation, the community has provided patient room renovations, new hospital beds, heart monitors, x-ray equipment, emergency room renovations, and automated medication dispensing. Donations, including honor and memorial gifts, can be made at any time. See our contact information in the back of this booklet.

Volunteers are needed for special events, grant writing, mailings, and general office work.

Saluda Fire & Rescue

Saluda Fire and Rescue Department is an all-volunteer organization that provides fire protection as well as rescue and emergency medical services to the people of the Saluda community.

Volunteer Needs: People interested in volunteering should contact the Department for further information.

Saluda Public Library

This is a branch of the Polk County Public Library. Its hours of operation are Monday to Friday 9 am to 6 pm, Saturday 9 am to 1 pm.



Volunteer needs are the same as the main library (see Polk County Public Library listing)

Saluda Senior Center

The Saluda Senior Center, located at 64 Greenville Street, offers a variety of programs and services for senior citizens.

On-site activities include bridge from 10:00 a.m. until 2:00 p.m. on Tuesdays. There is a lunch break at noon. Trash train is available on Wednesdays and Fridays beginning at 10:00 am. A line dance class is offered on Mondays at 9:30 am. The senior center serves as a congregate nutrition site for lunches and also meals to the homebound.

Volunteer drivers are needed to assist in making deliveries to homebound citizens five days a week. Other volunteers are needed to provide a helping hand for other

events and activities on site. Please call or stop by if you are interested in participating or volunteering in our programs.

Second Wind Hall of Fame

Second Wind Hall of Fame honors retirees for outstanding volunteer service to others and the community by election into the Second Wind Hall of Fame. Volunteers are nominated by other organizations. The Tryon Chapter includes residents of Landrum and all of Polk County. For the first time scholarships are available for those over 30 years of age who desire to further their education.

Stearns Park Committee

Stearns Park Committee promotes the development and maintenance of a public park in front of Stearns Education Center in downtown Columbus.

Volunteer Needs: This all-volunteer committee meets when necessary. Annuals are planted in May and October. Extra help is always needed for this project and to help water, weed and mulch the shrub beds.

Steps to Hope, Inc.

Steps to HOPE is a grass roots, nonprofit organization serving victims of domestic violence and sexual assault. The mission of Steps to HOPE is to create a community free from the violence of domestic and sexual abuse through education, advocacy and victim assistance. This organization has been founded as an expression of our conviction that all persons are worthy of respect and have the right to be free from abuse. We be-

lieve that we can effectively provide emergency shelter, nurture, counsel, direction, education and other aid to those who claim their right to respect and freedom. The services we provide include safe-shelter, counseling, support groups, 24-hour hotline, court advocacy, hospital support, abuser's treatment program, school and community education programs, information, referrals to other helping organizations, awareness and prevention trainings for law enforcement, medical personnel and community employers.

The Second Chance Thrift Store on East Mills Street in Columbus was established to provide funding for victims' assistance. The store accepts donations of resalable household goods, furniture, clothing, etc. and offers pick up and delivery services. Our store is open Monday through Friday and till 1:00 p.m. on Saturday.

Volunteers are an important component of our organization, both in the store and in victim services. Areas of services where volunteers are needed are: transportation for clients when needed, maintenance and repairs at the shelter, office support, court advocacy, community education, thrift store sales, warehousing, sorting donations, publicity and fundraising projects.

Speakers are available for presentations to civic organizations, churches, professional clubs, businesses and other agencies.

Stony Knoll Community Library

Stony Knoll Community Library is part of a complex of buildings that also include a community center (which houses a community heritage museum) and the Merrill Memorial Hall. Started in 1937, the library has around 30,000 volumes and is used for

the most part as a reference library for older materials. There is no membership fee and anyone can borrow materials.

The library is open on Tuesdays and Thursdays from 2 – 4 pm (other times by appointment).

Volunteers are needed to help with clerical duties cataloging books, shelving books, technical services and various special projects. Also needed is expertise in grant writing, fund raising and long range program planning.

Sunny View Fire & Rescue

Sunny View Fire & Rescue covers the Coopers Gap Township in Polk County. We are an all volunteer department. We currently have 25 members. We provide fire, rescue and 1st responders to the community. We also have a certified ambulance and can transport when the county EMS is out on other calls. We can also provide backup to EMS and Polk Rescue Squad if requested by them. Sunny View is a growing area with two new major housing developments being built. Emergency calls increase every year as does our population. Sunny View has two fire stations. The main station is on North NC 9 Highway just north of Sunny View Elementary school. Station 2 is on Lake Adger Rd near Regan Jackson Rd. We are currently trying to get the personnel and equipment to certify Station 2 so we can provide a better service to the people in this area of the district. We currently are trying to lower our insurance rating so that home owners insurance will be more affordable. We are currently rated as a class 9s.

Thermal Belt Amateur Radio Club Emergency Service

The Amateur Radio Emergency Service (ARES) consists of licensed amateurs who have voluntarily registered their qualifications and equipment for communications duty in the public interest when disaster strikes. Every licensed amateur is eligible for membership in ARES. The only qualification, other than possession of an Amateur Radio license, is a sincere desire to serve. Because ARES is an amateur service, only amateurs are eligible for membership. The possession of emergency-powered equipment is desirable, but is not a requirement for membership. Locally, ARES serves Polk County, NC and the Landrum, SC, areas and assists the Red Cross and the Emergency Management Agency in times of disaster.

Thermal Belt Business Wellspring (TBBW)

The *purpose* of TBBW is to provide education, initial assistance and ongoing technical support to entrepreneurs wishing to start businesses or to enhance businesses currently operating in the thermal belt area.

The *vision* of TBBW for the thermal belt is of a thriving, culturally diverse, rural community with multiple villages and small towns as the economic centers. The economic base will largely consist of small-to-medium size, environmentally friendly businesses providing full employment to those wishing to live and work in the area. Inherent in this vision is the idea that there is a wealth of untapped creative talent in the thermal belt area and the services of TBBW will assist people in realizing that entrepreneurial potential.

Incorporating wellness in every aspect of business and financial success, Thermal Belt Business Wellspring courses, workshops, and events ground businesses in the principles of sufficiency. Through the sharing of information, clients learn how to give and receive wealth. Successful businesses develop individuals personally, while building community.

Volunteers Welcome to help with projects and fundraising.

Donation opportunities also available.

Thermal Belt Community Tennis Association

The purpose of the Thermal Belt Community Tennis Association is to promote the development of tennis as a means of healthful recreation and physical fitness for all area residents. A completely volunteer organization, TBCTA has worked diligently to grow tennis in the area by offering Sunday and Thursday evening pick-up games, organizing several team tennis events and youth summer clinics.

Volunteers are always needed! Middle School tennis, High School tennis and summer youth clinics are all areas that benefit from volunteers.



Thermal Belt Friendship Council

The Thermal Belt Friendship Council was formed in 1986 to promote stronger relationships and diversity among the peoples in Polk County. They are active in promoting social activities that bring diverse groups together to set examples of harmony in the community. Such programs are several Pot Luck Dinners during the year, and planned group luncheons. Another program that fosters multiracial appreciation and understanding is an annual community picnic held at Harmon Field. The Log Cabin and Pavilion are reserved. Several hundred gather for this. The Council also sponsors the Dr. Martin Luther King, Jr., birthday celebration at Polk County High School.

Volunteer Needs: The Friendship Council welcomes new members to volunteer and join them. The greater the membership, the better they are prepared to serve the community with friendship, understanding, and support. Members receive meaningful gratification in helping others to live with their neighbors in a mutually comfortable and pleasing atmosphere.

Thermal Belt Outreach

The main purpose of Thermal Belt Outreach is to serve the people of Polk County, placing emphasis on poverty and its devastating effects.

Most important is that Outreach concentrates on assisting people in crisis situations and promotes ongoing self-sufficiency and independence by expanding community response to basic needs such as food, fuel, power, rent, medication, transportation, medical care and other necessities.



Services have increased to meet the growing and unmet needs.

The following programs are provided in addition to basic needs:

Heating assistance — partially funded by Duke Power Share the Warmth
MedAssist — enables physicians to obtain free medication for patients through pharmaceutical companies

Affordable Housing

Dental Service Center

Budgeting, parenting and nutrition classes

Teen Crisis Hotline

Housing (including home repairs)

Transportation

Thanksgiving and Christmas

Work with other agencies concerning additional unmet needs.

Outreach is funded by grants, churches, individuals and organizations. Despite the challenges faced, the staff and volunteers provide the clients with compassion and encouragement.

Volunteer Needs: The Thermal Belt Outreach is operated by a staff of 2.5, two subcontractors and approximately 125 volunteers. The volunteers are the heart of the organization and very important to the overall operation. Donations to fund the many programs of Outreach are always appreciated.

Thermal Belt Unitarian Universalist Fellowship

The members of the Thermal Belt Unitarian Universalist Fellowship welcome all who believe religion is wider than any sect and deeper than any opinion, and all who might find in this friendship, strength and courage for daily living.

Unitarian Universalists believe that there is no fundamental conflict between faith and knowledge, religion and the world, the sacred and the secular, since they all have their source in the same reality.

The Fellowship meets twice monthly from September through June at the Tryon Youth Center, usually the second and fourth Sundays of the month at 10:30 am. Our services provide speakers who address members and guests about various topics ranging from personal religious journeys to history to art. Another part of our program is dedicated to service to the community which includes preparing and publishing this catalog. Each year we donate money to a local philanthropic organization.

Tipton Care Facilities, Inc.

Tipton Care Facilities, Inc., is a corporation that operates small rest homes. These rest homes accommodate six to fourteen residents. Our rest homes are licensed by the North Carolina Department of Human Resources. They are monitored monthly and as needed by the local Department of Social Services, to insure that all rules, regulations, and Health and Safety standards are met.

Services provided, but are not limited to, include: personal care services, three home-cooked meals and three snacks served daily, transportation to medical appointments, shopping trips and recre-

ational activities. Residents are encouraged to participate in community affairs and area programs. Activities are planned daily and include a wide range of activities to meet the needs and wants of the residents. Laundry service is also provided by the home.

The rest home works closely with the doctors of the residents to insure each resident is getting proper medical attention. Medications are given to the residents by qualified staff.

The rest home tries to insure the dignity and well being of each resident, as well as preserve their own identity.

Volunteer Needs: Volunteers are always welcomed and needed. The tasks that volunteers could do would be very minute; however, the results would have a tremendous effect on the residents. Volunteers are most needed to assist with activities, including Bingo, reading, Bible Study and secret pen pals.

Town of Columbus Fire Department

The Town of Columbus Fire Department was first organized as the Columbus Volunteer Fire Department in 1949. The department assumed its present name when it became a not-for-profit corporation in 1992. Prior to that date the department had operated as an agency under the control of the Town of Columbus. The department has one full time paid fire fighter who is on



duty Monday through Friday from 0800-1700 hours. The department has twenty-four volunteer members. The primary mission of the department is to provide fire protection services for those persons living in Columbus Township including prevention and education activities. The department has mutual aid agreements with all of the other five departments operating in Polk County. In addition medical trained members provide emergency medical services to the people of Columbus Township on a first response basis in conjunction with PCEMS and the rescue squad.

The department currently has three engines and two tankers plus a mini-pumper in its apparatus inventory. All services are currently provided from the main station located at 100 South Peak Street in Columbus, North Carolina. The department has been trying for the past several years to identify a piece of land on which to build a sub-station in the area of Red Fox Country Club to provide better and more timely service to that portion of our response area.

New volunteers are welcomed and appreciated. You may lodge an inquiry at the department or by telephone or mail. The department does have a junior fire fighter program designed to provide an opportunity to serve on a limited basis to those from ages 16-18.

Tryon Arts & Crafts

Tryon Arts & Crafts was formed 45 years ago with an endowment from individuals interested in promoting and aiding crafts as an art form in Polk County

Tryon Arts & Crafts has historically provided the instruction and environment for community residents to discover and learn craftsmanship. The classes offer a



wide variety of popular skills while continuing to meet the demand for new classes and specialized workshops. Current offerings include silver smithing, needlework, weaving and spinning, pottery, early American decorating, stained glass and basket weaving.

In addition to teaching classes, Tryon Crafts operates a consignment gift shop which provides an outlet for instructors and students to display and sell their work.

Volunteer Needs: Tryon Arts & Crafts is always on the lookout for skilled crafts personnel to serve as instructors. They also host and participate in a variety of special events, which require volunteers to help with set up, event hosting and break down of those events.

Tryon Concert Association

In the fall of 1954, the late David Cromer, Superintendent of Polk County Schools, determined to do something about bringing good music to this community. He called a meeting of these community leaders: John G. Landrum, Jr., Rosetta French, Genevieve Washburn, Rev. Joseph Wagner and Rev.

Orville Wright. They talked about music and the contribution it could make to the quality of life in this community — and the Tryon Concert Association was born!

Now, 51 years later, Tryon Concert Association has earned a widely respected reputation for remaining faithful to the founders' original commitment: to present a variety of talented artists and quality music for the enjoyment and enrichment of the community. Tryon Concert Association's Board of Directors over the years have taken that commitment seriously and each year they have brought exciting, accomplished artists from around the world to their subscribers.

Subscription fees for a concert series is an affordable amount per person which does not cover the program cost. The balance is underwritten by gifts from an ever-increasing number of contributors who recognize the value of this extraordinary activity.

Volunteer Opportunities: Advance ticket sales, ushers for performances.

Tryon Downtown Development Association

The mission of the Tryon Downtown Development Association (TDDA) is to preserve and enhance the community of Tryon through a downtown revitalization program that focuses on economic restructuring and streetscape design. TDDA's mission is accomplished in several ways:

TDDA promotes downtown Tryon as a place to work, live, shop, dine and seek entertainment by sponsoring such events as

ArtEscape, Halloween Stroll and the Christmas Stroll.

TDDA has a Design Committee which is concerned with the appearance and appropriate land uses in the downtown core area, as well as the preservation of any historically significant buildings.

TDDA has an Economic Development arm which works to bring successful businesses to the downtown area which are compatible with the type of environment the community wishes to maintain in Tryon.

TDDA seeks to build an active partnership with the Town of Tryon elected officials and town employees so that they can work in support of one another to preserve downtown Tryon as the kind of place the community wants it to be.

TDDA provides opportunities for local citizens to learn what is being done in other regions and what can be done locally to preserve Tryon's downtown character, by bringing in nationally recognized speakers for special presentations and holding local workshop sessions to achieve the community's common purposes.

TDDA is almost solely dependent on income from membership dues. Although some fund-raising events are being developed. TDDA does, however, have IRS rating 501(c)(3) which implies donations are tax exempt.

Volunteer Needs: TDDA could use volunteers to help coordinate various activities associated with events, such as mailings, newsletter production, developing new fund-raisers, researching grant possibilities, etc.



Tryon Estates

Tryon Estates is a lifecare retirement community serving the needs of more than 500 seniors. Tryon Estates provides independent living apartments and villas, assisted living care and a skilled nursing unit for their residents. There are a number of planned activities, as well as services and amenities offered to the residents.

Volunteer Needs: Volunteers used in Library, Medical Wing and Administration Office.

Tryon Fine Arts Center

Tryon Fine Arts Center is located in the heart of Tryon, NC. The Tryon Fine Arts Center has been the focal point of entertainment and the arts for all of Tryon and Polk County since 1969.

The mission of the Tryon Fine Arts Center is to foster an understanding and appreciation of the fine arts and crafts; to promote instruction and education in the field of arts and crafts; to carry on any activities which will promulgate, develop and advance crafts and fine arts for the benefit and enjoyment of the public; and to further educate people in these fields, and to maintain a civic auditorium and art center in Tryon, North Carolina.

Each of the affiliate member groups, together with Tryon Fine Arts Center's own Special Events Committee offer a wide variety of art forms.

The diversity of six affiliate groups is so encompassing that even the most discriminating will find something to satisfy their own creative urge and taste. And they are Children's Theater Festival, Foothills Music Club, Tryon Concert Association,

Tryon Arts and Crafts, Tryon Little Theater, and Tryon Painters and Sculptors.

The Tryon Friends of the Fine Art Center is an auxiliary group hosting activities supporting the programs of the TFAC.

Volunteer Needs: The volunteers at the Tryon Fine Arts Center are talented, dedicated and numerous. They come from a wide variety of backgrounds and contribute their time and talents for the betterment of Tryon Fine Arts Center. For example volunteers man the front office, manage ticket sales and usher performances.

Tryon Fire Department

The Tryon Fire Department provides fire protection, motor vehicle accident response and emergency medical services. A paid chief, volunteer officers, and volunteer firefighters serve the department. The area served by the department includes the Town of Tryon, Tryon Township and the northern portion of Greenville County, South Carolina around Lake Lanier.

The department maintains mutual aid agreements with all Polk County Fire Departments and Landrum Fire Department in South Carolina. The department currently holds a Class 5 rating with the Insurance Service Office (ISO).

Tryon Fire Department is located at 56 West Howard Street. The department conducts fire prevention education and inspections and provides fire protection for



the Polk County Chamber of Commerce's Annual Blue Ridge Barbecue Festival at Harmon Field.

Tryon Fire Department has also started a Junior Firefighter program for young people between the ages of 15 and 18. The department provides training and at the age of 18, a Junior Firefighter in good standing becomes an active firefighter of the Tryon Fire Department.

Volunteer Needs: The department currently has 36 members. Tryon Fire Department is always seeking additional members and welcomes anyone, male or female, to apply for membership.

Tryon Garden Club, Inc.

Established in 1928, the Tryon Garden Club has owned, maintained, managed, protected and enhanced Pearson's Falls Glen. This is an unusual botanical and wildlife preserve of over 200 acres. There are numerous flowering plants, ferns, algae and mosses found in this preserve. It is a haven for botanists, bird fanciers, and the general public. The club asks visitors to linger, not litter; rest, not molest: enjoy, not destroy. Some tables are available for picnicking. A modest entrance fee is charged. Winter hours, November through February, are Wednesday through Saturday 10am-5pm, Sunday 12pm-5pm. Summer hours, March through October, are Tuesday through Saturday, 10am-6pm, Sunday 12pm-6pm. The Club asks that guests arrive at least 45 minutes before closing. Another project of long standing (50+ years) has been the planting and maintaining of Depot Garden Park (The Mary Reece Garden) by the Tryon Garden Club. The garden is in the heart of Downtown Tryon and is open to all.



Tryon Little Theater

Founded in 1949, the Tryon Little Theater (TLT) enters its second half-century of producing plays with volunteer everybody: actors, directors, scenic designers, costumers and prop crew.

Records indicate Tryon's first theater productions took the stage at several locations in Tryon. Before the Tryon Fine Arts Center opened in February 1969 as TLT's new home, TLT's curtain went up at the Polk County Court House, in Stearns School, the Lake Lanier Teahouse, Sunnydale (now El Jalisco), the high school auditorium and at the Episcopal Church.

In addition to the season performances at the Tryon Fine Arts Center, TLT also performs and offers classes/workshops at the Tryon Little Theater Workshop on Highway 176.

Tryon Painters & Sculptors

Tryon Painters and Sculptors provides classes, a gallery for members to exhibit their art/sculpture and Gallery I in the Tryon Fine Arts Center at 34 Melrose Ave., Tryon, where at least ten shows a year,



composed of invited artists from around the region, are hung for the pleasure of the viewers in the area.

Classes for various forms of art work and sculpture are held in the fall, winter and spring and are advertised in the local papers as well as the newsletter for members. Classes are usually held in Studio I located in the Tryon Fine Arts Center and in Studio II, the Sculpture Studio next door in the Arts Palette.

Ten or more times yearly, special exhibits of visiting regional artists are held in Gallery I of the Tryon Fine Arts Center located in the mezzanine level near the business office of TFAC. A reception notes the opening of each exhibit which then remains open for the public to view for a remaining 3 - 4 weeks. Twice yearly there is a members' only exhibit featuring works of TPS members.

A recent addition to our program is "Tidbits of Art & Dessert." This is an informal educational and social meeting from 1:15 to 3:00 pm held the last Wednesday of the month in the Mural Room of the Tryon Fine Arts Center.

Yearly dues are \$35 per member and \$45 per couple for active status. Associate

membership is \$30 per member and \$35 per couple.

Volunteer Needs: Volunteers are needed for staffing the Arts Palette.

Tryon Youth Center

Tryon Youth Center (TYC) was organized in 1970 by a group of individuals who recognized the need to establish a place for youth to have supervised, organized activities. TYC is a nonprofit organization, which is devoted to the youth of our community. At present, the facilities are used by five scout groups for meetings. TYC assists local schools and sports teams in raising funds for after-game dances/pizza parties that are held Friday nights and Sunday afternoons. TYC, in conjunction with Tryon Little Theatre, sponsors a summer theatre production involving as many as seventy young people. TYC also has a scholarship program, which provides four \$1000.00 scholarships each year. Students apply for these scholarships and a committee selects the recipients based on criteria established for that particular scholarship. The building is also used by a bridge club and a

church group as well as for private parties. TYC encourages area schools to use the facilities for parties and dances.

A Board of Directors made up of nine adult members and three youth members governs Tryon Youth Center. TYC depends on the generosity of the community's contributions and a once-a-year car raffle for operating expenses. These funds enable TYC to operate the facilities and provide activities for our youth. Those interested in helping provide financial assistance to defray expenses involved with activities for our future leaders are encouraged to contact the facilities director for information.

Volunteer Needs: Volunteers are needed to help with youth activities, and to help with maintaining the grounds and building. Individuals interested in volunteering should call the facilities director.

Tuba Christmas

This organization, formed in 1998, presents a program of Christmas carols each December. The ensemble consists of sousaphones, tubas, euphoniums and baritone horns.

Volunteer Needs: In addition to musicians the organization can use volunteers to help organize the concert and assist with publicity.

Upstairs Artspace

Upstairs Artspace is a nonprofit organization whose mission is to aid in the development, understanding and appreciation of contemporary art and craft forms in order to enrich the cultural life of the community. Our objectives include exhibiting art and crafts of the

highest quality, especially that which is produced by artists in the Carolinas and the greater Tryon area; being receptive to all contemporary art forms; broadening and contemplating our mission through literary programs, the performing arts and educational opportunities; encouraging participation of every citizen and organization in our community in gallery activities and reciprocating our services.

Volunteer Needs: People interested in volunteering should contact the Gallery for more information.

Veterans of Foreign Wars

The VFW is a national organization. Members are military veterans who served overseas during wartime. Post #9116 serves the community, assists disabled or distressed veterans, the VFW National Home, VA Hospital, Black Mountain Center and Polk County rest homes. We maintain the VFW monument and Flag at Polk Memorial Gardens, furnish and put flags on veterans' graves and have a service on Memorial Day, observe Veterans Day, and conduct military funerals. We raise the Flag on 4th of July, have a POW/MIA service each September and take the Flag in the Christmas parade. We hold poppy sales, participate in all patriotic programs in the county, present programs in schools and encourage students



to participate in the Voice of Democracy. We are a nonprofit organization.

The VFW House of Flags, a museum that displays more than 300 flags, teaches school children how to honor and respect our country's banner is owned and operated by our membership.

Members have free personal accident-protection policy. Post #9116 welcomes all eligible veterans to join the VFW, the oldest major veteran's organization. Our meetings are on the 4th Tuesday of each month, 7:30 p.m. at the Columbus Town Hall.

Veterans of Foreign Wars, Polk County Memorial Ladies Auxiliary to Post 9116 (Columbus Post)

The VFW Ladies Auxiliary is a national organization. Members are wives, widows, mothers, grandmothers, daughters, granddaughters, sisters, half-sisters, etc., to veterans of foreign wars. Members must be citizens of the United States and not less than sixteen years of age. The organization is nonprofit and supported by membership dues, donations and fund raising efforts. We assist with utility bills, childcare, food and other special needs of non-hospitalized veterans. We honor veterans by placing flags on veterans' graves on appropriate holidays, hold a POW/MIA Ceremony, Veterans Day and a service on Memorial Day. We visit and take supplies to rest homes, VA Medical Center, Black Mountain Center, Reach Out Minister, etc., and also other community activities. We offer programs and aid to veterans and their families, promote patriotism in schools and hold youth patriotic competitions and raise money for cancer aid and research and support the VFW National Home for

foster children of veterans. We also sponsor the Veterans Brick Memorial.

As a member of the VFW Ladies Auxiliary # 9116, you are automatically enrolled in the specified disease program, which helps pay for cancer care cost. After belonging to the Auxiliary one year, members who must undergo therapy treatment and other procedures to fight cancer may receive grants from \$300 to \$500 to help cover costs.

White Oak Manor

White Oak Manor, Tryon is a nursing facility offering skilled, and intermediate levels of care. Also offered are Benson Hall Assisted Living and White Oak Village Apartments. Our facility is designed to also meet the needs of those needing rehabilitation and respite care. White Oak is licensed by North Carolina Medicaid and Medicare and is inspected annually by state officials.

The Activities Department offers a variety of entertaining things to do. Group events are scheduled daily with weekly community interaction. Sensory, auditory, visual and tactile stimulation are provided for residents with limited cognitive functional abilities.

Volunteer Needs: With such a diverse population, the need for individual and group volunteers is tremendous. If interested in joining their team of volunteers, contact the Activities Department.

Wolverine Football

Wolverine Football was formed in 1995 and is dedicated to developing boys interested in and competent in organized football. The organization competes in District 1

(SC) with teams from Campobello, Chesnee, Inman, Landrum, Polk County and Rutherfordton.

The organization sponsors teams for boys from 5-12 years in four age groups:

- Flag football for 5 and 6 year olds
- Peeewe football for 7-8 year olds
- Minor football for 9-10 year olds
- Major football for 11-12 year olds

The organization works with 100-130 boys. The board of directors has 10 members and each team has 3 or 4 coaches. The Wolverines draw from all of Polk County.

Volunteer Needs: Coaches, concession stand workers and officials to conduct the games, i.e., announcers, timers, etc.

Women's Club of Saluda

The Women's Club of Saluda was started in 1924. It is a non-profit organization. The number of members is unlimited. The purpose of the club is self-improvement, service, and sociability. The Club meets the second Tuesday of each month, except July for Coon Dog Day and December for a Christmas Party. Programs usually include a speaker.

Various fundraising events are held during the year to raise money for college scholarships for deserving Saluda students. This is our primary philanthropy, although other organizations and projects frequently receive funds. The Women's Club of Saluda welcomes new members from the Saluda community.

Polk County Nonprofits & Volunteer Opportunities



Nonprofit Contact Information

4-H, Polk County Chapter
4-H Youth Development NC Cooperative
Extension Service, Polk County
PO Box 187
Columbus, NC 28722
828-894-8218
828-894-5693 Fax

Adawehi Healing Center and the
Adawehi Institute
PO Box 1549
Columbus, NC 28722
828-894-0124
www.jackiewoods.org

American Association of University Women,
Tryon Branch
153 Marion St.
Tryon, NC 28782
828-859-2783

American Legion, Post 250
43 Depot St.
Tryon, NC 28782
828-859-6296

American Field Service,
Polk County Chapter
77 Chestnut St., Unit 301
Tryon, NC 28782
828-859-9756

American Legion Auxiliary
385 Park St.
Columbus, NC 28722
828-894-2905

American Red Cross,
Polk County Chapter
231 Ward St.
PO Box 807
Columbus, NC 28722
828-894-2700
arcpolk@alltel.net

Angel Flight Mid-Atlantic
4620 Haygood Rd., Suite 1
Virginia Beach, VA 23455
800-296-3797

Arc of Rutherford/Polk, Inc.
859-7099

Babe Ruth Baseball
828-859-9252

Big Brothers Big Sisters
301 N. Trade Street
Tryon, NC 28782
828-859-9230

Boy Scouts of America, Polk County Polk
County – (Piedmont Council)
828-859-5500
Landrum (Palmetto Council)
864-457-3675

Carolina Classical School
75 Carmel Ln.
Columbus, NC 28722
828-894-3036

Carson, Dr. Warren J. Scholarship Fund
Board
11 Peake St.
PO Box 595
Tryon, NC 28782
828-859-6793

Children's Theater Festival
34 Melrose Avenue
PO Box 327
Tryon, NC 28782
864-457-4879

Church Women United,
Polk County Unit
621 E. Park Drive
Tryon, NC 28782
864-457-6700

Community Awareness Organization
PO Box 1043
Columbus, NC 28722

Community Business Alliance (CBA)
828-894-3855

Community Chorus, The
Tryon, NC 28782
828-859-5141

Community Health Connections
PO Box 280
Lynn, NC 28750
828-894-3308

**Congregational Church of Tryon
(United Church of Christ)**
210 Melrose Ave.
Tryon, NC 28782
828-859-9414

**Consumer and Family Advisory Council
(CFAC)**
Western Highlands Network
356 Biltmore Ave
Asheville, NC 28801
828-225-2800
828-252-9584 Fax

CooperRiis
101 Healing Farm Lane
Mill Spring, NC 28756
828-894-7110
www.CooperRiis.org

**Democratic Community Action League
(DCAL)**
PO Box 602
Carolina Drive
Tryon, NC 28782
828-859-5039

Episcopal Church of the Holy Cross
150 Melrose Avenue
PO Box 279
Tryon, NC 28782
828-859-9741
www.holycrosstryon.org

Family Preservation Services
330 Carolina Dr.
Tryon, NC 28782
828-859-6661

**Fellowship of Christian Athletes, Polk
County**
PO Box 6544
Hendersonville, NC 28793
828-693-1581 x124

Felburn Nature Library
3161 US 176 Hwy
Tryon, NC 28782
828-859-6745

FENCE
3381 Hunting Country Rd.
Tryon NC 28782
828-859-9021
www.fence.org

First Church of Christ, Scientist
PO Box 1343
Tryon, NC 28782
828-859-9370

Foothills Crime Stoppers
PO Box 276
Lynn, NC
800-842-7119

Foothills Humane Society, Inc.
989 Little Mountain Rd.
Columbus, NC 28722
828-863-4444

Foothills Mediation Center
PO Box 1487
Rutherfordton, NC 28139
828-286-0660

Foothills Village, The
PO Box 81
Tryon NC 28782
828-817-3269
merry@foothillsvillage.org
www.foothillsvillage.org

Foothills Music Club
500 Beau Valley Lane
Tryon, NC 28782
828-859-0208

**Friends of the Band —
Polk County High School**
828-894-2551
828-894-2042

Friends of the Polk County Library
PO Box 274
Columbus, NC 28722
828-894-8721

Genealogical Society of Old Tryon County
PO Box 938
Forest City, NC 28043
828-247-8700

**Girl Scouts of the USA,
Polk County, Pioneer Council**
210 Trade St.
Tryon, NC 28782
828-674-3861
Pioneer Council
800-627-6031
347A East Blackstock Rd.
Spartanburg, SC 29301
864-576-2514
800-948-7164

Good Shepherd Homework Center
PO Box 893
Markham Rd.
Tryon, NC 28782
828-859-9529
828-859-9961

Gospel Express Ministries
PO Box 217
Lynn, NC 28750
828-859-7003
www.gospelexpressonline.org

Green Creek Family Life Center
315 Floyd Blackwell Rd.
Tryon, NC 28782
828-863-4861

**Green Creek Volunteer
Fire Department**
8645 Hwy 9 South
Columbus, NC. 28722
828-863-2100

Guardian ad Litem Program
200 N. Grove St., #46
Hendersonville, NC 28792
828-697-4894

**Habitat for Humanity,
Thermal Belt**
PO Box 626
Tryon, NC 28782
828-894-0197

Hospice of the Carolina Foothills
130 Forest Glen Dr.
Columbus, NC 28722
828-894-7000
828-894-2254 Fax
www.hocf.org

**Isothermal Community College, Polk
Campus**
1255 West Mills St.
Columbus, NC 28722
828-894-3092

**Isothermal Community College, Polk
Campus — English as a Second Language
Class**
1255 West Mills St.
Columbus, NC 28722
828-894-3092

**Isothermal Planning & Development
Commission — Ombudsman Program**
828-287-2281 ext. 1222
800-331-9891 ext. 1222

Kiwanis Club of Landrum
100 Redland Rd.
Landrum, SC 29356
864-457-4244

Kiwanis Club of Tryon
PO Box 1058
Tryon NC 28782
828-859-1227

Landrum Branch Library
111 Asbury Drive
Landrum, SC 29356
864-457-2218

Landrum Community Development Fund
100 N. Shamrock Ave.
Landrum, SC 29356
864-457-3712

Landrum Recreation Center
100 Redland Rd.
Landrum, SC 29356
864-457-4244

Landrum Schools
PO Box 218
Campobello, SC 29322
864-457-2606
O.P. Earle School
864-457-3416
Landrum Junior High School
864-457-2629
Landrum High School
864-457-2606

Lanier Library Association, Inc.
72 Chestnut Street
Tryon, NC 28782
828-859-9535

LaurelHurst/LaurelWoods
1062, 1064 West Mills St.
Columbus, NC 28722
828-894-3900
828-894-8240 Fax

Lions Club of Columbus
PO Box 121
Columbus NC 28722
828-859-7062

Lions Club of Landrum
PO Box 262
Landrum, SC 29356
864-457-3328

Little League of Polk County
1525 Sandy Plains Rd.
Tryon, NC 28722
828-863-4183
828-894-5510

Meeting Place, The
330 Carolina Drive
Tryon, NC 28782
828-859-9707
828-894-8290 Fax

Mill Spring Volunteer Fire Department
PO Box 7
Mill Spring, NC 28756
828-894-2454

New Vistas Behavioral Health Services
330 Carolina Drive
Tryon, NC 28782
828-859-6661

North Carolina Big Sweep
828-894-3253

Operation Hope
206 E. Rutherford Rd.
Landrum, SC 29356
864-457-2812

Pacolet Area Conservancy
PO Box 305
Lynn, NC 28750
828-859-5060

Pavillon International
PO Box 189
Mill Spring, NC 28756
828-625-8210

Polk County Chamber of Commerce
2753 Lynn Rd., Suite A
Tryon, NC 28782
828-859-6236

Polk County Community Foundation
255 S. Trade Street
Tryon, NC 28782
828-859-5314
828-859-5314 Fax
www.polkcfcf.org

Polk County Community Resource Council
130 Forest Glen Dr.
Columbus, NC 28722
828-894-7000

Polk County Council on Aging
Polk County, County Manager's Office
Womack Building
Columbus, NC 28722
828-894-3301

Polk County Courthouse Restoration & Endowment Committee
PO Box 1
Columbus, NC 28722
828-894-8218

Polk County Department of Social Services
330 Carolina Drive
Tryon, NC 28782
828-859-5825

Polk County Extension Associates
PO Box 187
Columbus, NC 28722
828-894-8218

Polk County Extension Service
PO Box 187
Columbus, NC 28722
828-894-8218

Polk County First Responders
PO Box 154
Columbus, NC 28722
828-894-3067
864-468-4658

Polk County Historical Association
22 Depot St.
Tryon NC 28782
828-859-9854

Polk County Literacy Council
PO Box 737
Columbus NC 28722
828-894-3092

**Polk County Pet Pals
(Pet Therapy)**
241 Holly Ridge Lane
Tryon NC 28782
828-894-5030

Polk County Public Library
1289 West Mills Street
Columbus, NC 28722
828-894-8721

Polk County Recreation
PO Box 308
Columbus, NC 28722
828-894-8199

Polk County Rescue Squad
PO Box 1111
Tryon, NC 28782
828-894-5443

Polk County Schools
828-894-3051
Forbes School
828-859-6584
Polk Central School
828-894-8233
Polk County Middle School
828-894-2215
Polk High School
828-894-2525
Preschool Programs Prekindergarten
828-894-3051
Saluda Elementary School
828-749-5571
828-749-1106
Sunny View Elementary School
828-625-4530
Tryon Elementary School
828-859-6584

Polk County Sheriff's Office
6940 Ward St.
Columbus, NC 28722
828-894-3001

Polk County Toy Run
828-863-4006

Polk County Transportation Authority
PO Box 308
Columbus, NC 28722
828-894-8203

Polk County Travel & Tourism Department
20 E. Mills Street
Columbus, NC 28722
828-894-2324
800-440-7848
www.nc-mountains.org

Polk Soil & Water Conservation
PO Box 236
Columbus, NC 28722
828-894-8550

Polk Vocational Services
451 Industrial Park Dr.
Columbus, NC 28722
828-894-3041

Rotary Club, Thermal Belt
PO Box 381
Lynn, NC 28750
828-863-4840

Rotary Club of Tryon
PO Box 122
Tryon, NC 28782
828-859-5412

Ruritan Club, Green Creek
8543 Highway 9 South
Columbus, NC 28722
828-863-2194

**St. Luke Christian Methodist
Episcopal Church**
828-859-5376

St. Luke's Hospital
101 Hospital Drive
Columbus, NC 28722
828-894-2408
828-894-0426 Fax

St. Luke's Hospital Foundation
101 Hospital Drive
Columbus, NC 28722
828-894-2693

Saluda Fire & Rescue
PO Box 241
Saluda, NC 28773
828-749-9816

Saluda Public Library
44 West Main St.
Saluda, NC, 28773
828-749-2117

Saluda Senior Center
64 Greenville St.
Saluda, NC 28733
828-749-9245

Second Wind Hall of Fame
PO Box 268
Tryon, NC 28782
828-859-2227

Stearns Park Committee
PO Box 308
Columbus, NC 28722
828-894-3301

Steps to Hope, Inc.
PO Box 518
Columbus, NC 28722
828-894-2340

Stony Knoll Community Library
PO Box 55
Mill Spring, NC 28756
828-894-3984

Sunny View Fire & Rescue
Lake Lure, NC 28746
828-625-4005

**Thermal Belt Amateur Radio Club
Emergency Service**
Skyuka Rd.
Tryon, NC 28782
828-859-3199

Thermal Belt Business Wellspring (TBBW)
PO Box 297
Lynn, NC 28750
828-894-5096

**Thermal Belt Community Tennis
Association**
828-859-0106

Thermal Belt Friendship Council
1201 Howard Gap Rd.
Tryon, NC 28782
828-859-6567

Thermal Belt Outreach
PO Box 834
Columbus, NC 28722
828-894-2988

**Thermal Belt Unitarian Universalist
Fellowship**
151 Knoll Dr.
Columbus, NC 28722
828-894-2011

Tipton Care Facilities, Inc.
1363 Warrior Dr.
Tryon, NC 28782
828-859-5604

Town of Columbus Fire Department
100 South Peak St.
PO Box 713
Columbus, NC 28722
828-894-3667
828-894-0432 Fax

Tryon Arts & Crafts
373 Harmon Field Rd
PO Box 733
Tryon, NC 28782
828-859-8323
www.tryonartsandcrafts.org

Tryon Concert Association
PO Box 32
Tryon, NC 28782
828-859-8322

Tryon Downtown Development Association
PO Box 182
Tryon, NC 28782
828-859-9304

Tryon Estates
617 Laurel Lakes Dr.
Columbus, NC 28722
828-894-3000

Tryon Fine Arts Center
34 Melrose Ave.
Tryon, NC 28782
828-859-8322
www.tryonarts.org

Tryon Fire Department
PO Box 1461
Tryon, NC 28782
828-859-9566

Tryon Garden Club, Inc.
PO Box 245
Tryon, NC 28782
828-859-2837

Tryon Little Theater
34 Melrose Ave.
Tryon, NC 28782
828-859-8322 (TFAC)
828-859-2466 (workshop)

Tryon Painters & Sculptors
175 Glenwalden Lane
Tryon, NC 28782
828-859-8322 (TFAC)

Tryon Youth Center
PO Box 253
Tryon, NC 28782
828-859-3192
828-817-4303

Tuba Christmas
621 Laurel Lake Dr.
Columbus, NC 28722
828-894-5850

Upstairs Artspace
PO Box 553
Tryon, NC 28782
828-859-2828
www.upstairsartspace.com

Veterans of Foreign Wars
396 Peake St.
Columbus, NC 28722
828-894-3197

**Veterans of Foreign Wars, Polk County
Memorial Ladies Auxiliary to Post 9116**
(Columbus Post)
828-859-5286

White Oak Manor
70 Oak Street
Tryon, NC 28782
828-859-9161

Wolverine Football
299 Winners Circle
Tryon, NC 28722
828-863-4414

Women's Club of Saluda
333 Rockytop Dr.
Saluda, NC 28773
828-749-1933