

## Board of Directors – 2009

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## Strongman Performs to Benefit United Way

*Used in part from Shelbyville Times-Gazette staff reports*

By John I. Carney



Mike "The Machine" Bruce lifts Harris Middle School teacher Chris King during a performance at HMS.  
(T-G Photo by John I. Carney)

United Way of Bedford County would like to thank the Bedford County Dept. of Education and the Bedford Co. Sheriff's Department for hosting the "Strongman" events held the week of March 23<sup>rd</sup>.

Strongman Mike "The Machine" Bruce told students about his childhood of abuse, urging them to find a way out of their own personal struggles by making wise choices.

Bruce performed at Harris Middle School, Central High School, Community High School and Cascade High School. Ticket proceeds benefited United Way of Bedford County.

Bruce's feats at HMS included lifting teacher Chris King using his neck muscles, and lifting four teachers with an iron pole.

School resource officer Tim Fox, of the Bedford County Sheriff's Department, who has studied with Bruce, organized the event.

Bruce, 34, of Massachusetts, whose high school classmates called him "the human pipe-cleaner," says on his web site that he was bullied and ridiculed by his classmates. He watched his biological father try to kill his mother on three different occasions, and then was abused by his first stepfather.

Later, he developed a loving relationship with his second stepfather, whose surname he now bears, and says he was able to overcome his childhood tragedy.

He began weight training at the age of 13 and eventually learned boxing, kung fu, wrestling and judo. He won the Connecticut state judo championship and five mixed martial arts championships.

His feats of strength include lifting 1,500 pounds and setting a world record of 300 pounds for a seated neck-lift. He has appeared in four national bodybuilding magazines.

He speaks to audiences on the importance of educational achievement and remaining drug-free.



Mike "The Machine" Bruce curls a sauté pan as a demonstration of his strength.  
(T-G Photo by John I. Carney)



School Resource Officer Tim Fox poses with four students who displayed their feats of strength during the appearances of Mike "The Machine" Bruce. From left are Justin Stallings of Community High School; Fox; Matt Patrick and Dillon Potter, both of SCHS; and Mason Gassaway of Cascade High School.

Be a Piece of the Solution...



...for a Stronger Bedford County

WHY SHOULD YOU GIVE TO UNITED WAY?

### We are Local

Funds raised here stay here. Your gift helps improve lives here in Bedford County.

### We are Accountable and Efficient

Local volunteers raise the funds and allocate the funds, ensuring that every penny is spent wisely.

### We are Making a Difference

Our objective is to provide every Bedford County citizen with the opportunity to participate, succeed and excel in the community.

### Strengthening Services

Contributions in 2007 provided over \$147,500 to 19 agencies serving Bedford County for the year.

## 2008/2009 Campaign Results

THANK YOU Bedford County for your help! The results are in and the Board of Directors is pleased to announce over \$175,000 has been raised for Bedford County. A special thanks goes out to the donors and volunteers for your overwhelming response to give and strengthen your community. Remember that you are *building a stronger community*. Dollars raised for United Way of Bedford County are used to fund programs in Bedford County.

Agencies serving Bedford County are required to apply for funding annually. The Allocations Committee is in the process of reviewing and evaluating the agency applications for the 2009/2010 funding year in order to allocate the campaign dollars toward the best investments in the community. Agencies are required to show how many Bedford County individuals are served, as well as financial information, and how the United Way dollars will be used to serve their agency.

Without employee, corporate, and individual sponsorship, United Way of Bedford County would not be able to achieve its mission of strengthening and supporting health and human service agencies in the community. THANK YOU to the many donors assisting in this effort and to the local agencies that work so hard to bring valuable services to the community!

*Understanding that Nobody should be Isolated in Their time of need. And that Everyone Deserves*

*What we, As a community, can do to help. You understand and you helped. Thanks!*

## Meet the 2009 Board of Directors

The United Way of Bedford County Board of Directors works hard for the community. Members serve on the Allocations Committee and the Campaign Committee, which organizes and distributes contributions raised in Bedford County. The Board also organizes the annual child safety day, the "Stuff the School Bus" program, and partners with Membership Services Corp. to provide prescription drug discount cards to individuals with insufficient or no prescription drug coverage. Your leadership and guidance is invaluable to the operation of United Way of Bedford County. THANKS!



*1<sup>st</sup> Row, L-R: Shirley Capley, Tonya Davis, Cristy Melfi, Helen Garner, Beverly Bryant, Connie Boutwell, Connie Potts, Cindi Loso, Olene Standfield, Christy Martin*

*2<sup>nd</sup> Row, L-R: Johnny Reed, Pam Fisher, Joyce Allen, Paula Burks, Kris Thomson, Brian Nicholson, Michael Cook, Lola Hithon, ED Dawn Holley, Wayne Bomar*

*3<sup>rd</sup> Row, L-R: Sammy Stallings, Dr. Ron Fausnaught, Roger Hawks, Mike Clements,*

*Not pictured: Lynne Farrar and Valerie McConnell*

## Call 2-1-1 for Information and Referral Service



By calling 2-1-1 you will get connected to local services—from food, clothing, and shelter assistance to counseling, legal and financial services. It's helpful, its fast – and it couldn't be easier. Get the help you need call **2-1-1**.

**UNITED WAY OF  
BEDFORD COUNTY  
2008/2009  
PARTNER AGENCIES**

Adult Basic Education  
Alzheimer's Association  
American Red Cross  
Bedford County 4-H  
Boy Scouts of America-  
Middle TN Council  
Caregiver Relief Program  
Center for Family  
Development  
Child Development Center  
Community Clinic of  
Shelbyville & Bedford Co.  
Contact Life Line  
Epilepsy Foundation of  
Middle TN  
First Choice Pregnancy  
Counseling Ctr.  
Great Strides Therapeutic  
Riding Program  
Habitat for Humanity –  
Bedford Builds  
Haven of Hope  
Humane Association  
Senior Citizens Center  
TN Poison Control Center  
Tony Rice Center

## Letter Carriers' Annual Food Drive - May 9



**Donations Critical as Thousands Join Hunger Rolls;  
Effort Will Help Feed Needy Families in All 50 States**

*Used in part from NALC*

NALC announced that the nation's largest food drive to combat hunger would be conducted this year on Saturday, May 9. On that day, letter carriers will collect non-perishable donations from homes as they deliver mail along their postal routes.

The 17th annual NALC National Food Drive to "Stamp Out Hunger" is the largest one-day food drive in the nation. Carriers collected a record 73.1 million pounds of food in last year's drive. The drive is held annually on the second Saturday in May in over 10,000 cities and towns in all 50 states, the District of Columbia, Puerto Rico, and the Virgin Islands.



Donations will be collected by more than 1,400 local branches of the 300,000-member postal union and delivered to food banks, pantries and shelters that serve the communities where they are collected. Assisting in the effort are rural letter carriers and other postal employees, as well as members of other unions and thousands of civic volunteers.

NALC President William H. Young emphasized that as successful as the food drive has been in the past, it simply must be even better this year. "Millions and millions of families are suffering – struggling to make ends meet and put food on the table," Young said. "More than ever food banks, pantries and shelters need our help this year. As families count on them for support, they're counting on us and we must not back off on our commitment."

Young also noted that donations are particularly critical at this time since most school lunch programs are suspended during the summer months and millions of children must find alternate sources of nutrition.

Good Samaritan in Shelbyville was the recipient of over 6,000 pounds of food from the local drive in 2008. "Good Samaritan is feeling the hardships of those in need in our community with one out of ten people losing their jobs because of recent and pending plant closings and cut backs" stated Cathy Miller, director of Good Samaritan in Shelbyville. "We are providing an average of 775 people a month with food. That's 25% more than last year and 50% more than 2004."

Other co-sponsors of the drive with the letter carriers' union are Feeding America, formerly known as America's Second Harvest, the nation's food bank network; the United Way of America and its local United Ways; and the AFL-CIO.

## Prescription Drug Discount Cards Available

Prescription drug discount cards may be obtained from local participating partner agencies or by calling United Way of Bedford County at 684-6685. Most pharmacies accept the prescription drug discount cards. They have no usage limits, age requirements or registration forms. The cards can reduce prescription drug costs by an average of 20 percent.

*The prescription drug discount cards have saved Bedford County residents over \$46,000 since the partnership started in 2006 between Membership Services Corp. and United Way of Bedford County.*

## What Matters to You?

### Safety



### Security

### Home



### Family

*The United Way of Bedford County is doing things that matter to YOUR community.*

### Contact Us

United Way of Bedford County  
P.O. Box 1438  
101 Elm Street, 2<sup>nd</sup> Floor  
Shelbyville, TN 37162  
(931) 684-6685  
(931) 684-6616 fax  
unitedwaybedford@bellsouth.net  
<http://www.unitedwaybedford.org>

## Belk Charity Day - May 2

Tickets to the Belk Charity Sale Private Shopping Event are available for a \$5 donation to the United Way of Bedford County. The Charity Sale Event provides ticket holders tremendous once-a-season savings at all Belk store locations.



Tickets purchased from United Way of Bedford County (one ticket per person, \$5 per ticket) provide admittance to **Belk's 4-hour charity sale from 6am to 10am on Saturday, May 2.** During those 4 hours only, Belk is offering savings of 20-50% throughout the store, including rarely discounted brands.

**United Way keeps 100% of the proceeds from the sale of the tickets.** Tickets can be purchased from United Way of Bedford County. Contact Dawn Holley at 931-684-6685 to request your ticket today.

## Agency & Community Happenings

United Way of Bedford County partner agencies conduct fundraisers and events throughout the year. Make a difference in the services they provide to Bedford County by attending the various events.

### Center for Family Development Golf Tournament May 2



The Exchange Club will be sponsoring "Puttin' for Prevention of Child Abuse Golf Tournament" at Henry Horton State Park on May 2 that will benefit The Center for Family Development.

Registration begins at 7:30 am. Tee off at 8:30 am. Team of 4 players is \$325. Includes Cart fees, Green fees, Range Balls, and Lunch. Please call Benita Caldwell, 684-4676, ext. 203 for more information.

### Haven of Hope "An Evening of Hope" April 18

An Evening of Hope is a community-wide awareness event and fundraiser for the Haven of Hope. A fine dining experience and silent auction will take place on April 18 at St. Barnabas Episcopal Church in Tullahoma. The silent auction will begin at 6 pm with dinner being served at 6:30. Dinner will be provided by Emil's Restaurant. Tickets for the event are \$25 per person or \$45 per couple.

To purchase a ticket for the dinner or if you have additional questions contact Stephanie at 931-723-6408 or Kelly at 931-968-4994.

### First Choice Pregnancy Ctr. Fish Fry & Silent Auction May 30

First Choice will hold their annual fish fry & silent auction on Saturday, May 30 at Walnut Ridge Farm located at 1198 Whiteside Hill Road. Serving time will be from 3:30-7 pm.

Children's activities include a face painting, petting zoo, bounce houses and more for a small fee.

**Kids under 12 eat free.** Tickets are \$10 in advance and \$12 at the door. Contact First Choice at 680-0066 for additional information.

### Senior Citizens Center Ham Breakfast May 9

The Senior Citizens Center spring ham breakfast fundraiser will be held May 9 from 7 - 10 am at 111 J.G. Helton Drive. Tickets are \$5 and can be purchased ahead of time or at the door. Breakfast includes ham, eggs, biscuit, gravy, juice, butter and jelly and coffee. Carryouts are also available (less coffee).

For additional information contact Sonia Miller at 684-0019.