

Community Resource List

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Volunteer Fire Department
Women's QiGong
Yoga



Volcano Community Resources

Guidebook

April 2008



Free to VCA Members (1 per household)

\$2.50 suggested minimum donation (for printing and paper costs)

www.volcanocommunity.org for updates

Compiled and updated for the Volcano Community by K Johnson
Contact 985-7014 (2-6 pm), or tempk@hawaii.rr.com with updates or corrections

Activity/ Resource	Contact(s) Phone & Email	Main Purpose	Meetings	Description
Adult Social Group ("Lava Dance")	Jo Caron: 443-3955 jo_caron@hotmail.com	Provides adult Volcano Community with an opportunity to meet, celebrate, dance! CCC member	Late afternoon or evening dance parties, potluck style. Dates vary. Cooper Center	DJ Jo Caron provides an eclectic choice of music from the 30's up until present time or a specific genre on demand. Volunteers help with decorations, sound system and lighting. Tables are set-up outside, on the lanai, for potluck and inside (bistro style) for chatting. We reserve most of the floor for dancing with chairs set-up all around it... and guaranty a good time!...
After Dark in the Park - Presentations at Hawaii Volcanoes National Park	Ruth Levin: 985-6014 Ruth_Levin@nps.gov Website: nps.gov/havo/planyourvisit/events/adip.htm	Presentations about Hawaiian geology, biology, culture and history	Tuesdays from 7- 9 pm at the Kilauea Visitor Center Auditorium	Presentations by local and visiting scientific experts, Hawaiian Kupuna and oral history performers. Monthly topic listings are in the Volcano Community news. Also see website for complete current listings.
Ahimsa Yoga (Hatha)	Rob Kennedy: 985-9151 Jeanette Gilbert: 985-7592 palidogs@hawaiiantel.net	Weekly yoga and meditation CCC member	Tuesdays 5:30-7pm Cooper Center	Free and open to public; revolving cast of community members act as group leaders for gentle hatha yoga practice.
Aloha International	Serge King: 985-8880 serge@huna.org Website: huna.org	Nonprofit group to spread spirit of aloha and promote Hawaiian culture. CCC member	1st Sun. 7-8:30PM Cooper Center	Classes and workshops on Hawaiian huna healing philosophy. Kawaikapu Hewett teaches ho'oponopono and hula intensives. Free lectures; free distant healing. Teach lomilomi (Hawaiian massage). created an "e-healing center" and a hawaiian cultural center in the virtual world at huna.org : "Hawaiian Huna Village" - articles, healing center, learning resources and more.
Assembly of God	Information: 967-8191	Bible Study and Sunday Service	Bible Study 9:30 Services 10:15	Weekly Christian Worship and Bible study. Wright Road on Kilinoe St - call for directions.
Basketball Court	Tom Abel: 854-5643 c	Basketball shares the Covered Court with skateboard park	Mornings in the Covered Court at Cooper Center	Full-sized basketball court, generally most-used in the mornings due to heavy use of the Skateboard Park later in the day. Contact Tom Abel to discuss availability.
Blood Drive	Betsy Mitchell: 967-7209 betsymitch@hawaii.rr.com	Volcano's Annual Blood Drive	Usually Sept: see Volcano News for each year's date	Annual opportunity for Volcano to contribute its share of Hawaii's State Blood Supply; refreshments and aloha provided by volunteers. Bring your friends! Encouraging Volcano to give its share - Give blood "from your heart"!
Bookstore at Cooper Center	Sandy Behenna: 985-7408	Used books for sale	Sundays during Farmer's Market Cooper Center	Purchase books for nominal fee any Sunday during Farmer's Market. Book donations accepted 8 am to 11 am Monday thru Friday at Cooper Center.

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Buddhist Study Group	Akira Yamamoto: 967-7462 No email	Buddhist sermon and fellowship. CCC member	3rd Mon, 10-12am bookstore at Cooper Center	Reverend Earl Ijeda from Puna Hongwanji gives sermon in English; discussion and fellowship follow.
<u>Building in the Forest</u> - a Guide for Forest-Friendly Building	Kersten Johnson: 985-7014 - afternoons only- tempk@hawaii.rr.com Volcano Community Association (VCA) Website: www.volcanocommunity.org	Brochure outlining how to protect the native rainforest while building in Volcano.	Available on the website or <u>Volcano Community Association</u> table; Sunday Farmer's Market at Cooper	Brochure explains what is special about Volcano's native "ohi'a-hapu'u" rainforest and outlines how to protect this unique environment when building in the Volcano area. Insert included provides local contacts for materials, labor and further useful information on native and invasive species. Produced and distributed by the Volcano Community Association; contact VCA's Native Forest Protection and Restoration Committee or see copy on VCA website.
Chanting and Meditation	Debra Serrao: 985-7545 debwhiteflower@hotmail.com	Chanting and meditation gatherings.	19-4020 Kalani Honua Loop, off of Haunani Rd.	Chanting and meditation in quiet home setting in Volcano Village. Call for schedule and directions.
Community Game Night	Akira Yamamoto: 967-7462 No email	Games and fun; open to everyone	3rd Fri, 7pm	All ages welcome! Card games, mahjong and others. Bring your own games if you like! Sponsored by the Volcano Senior Citizens Club.
Community Phone Volunteers	Betsy Mitchell: 967-7209 betsymitch@hawaii.rr.com	Makes calls for important events	Variable; done from home	Volunteers needed to remind other volunteers, by phone, of upcoming events. Contact Betsy if you can help; she will contact you when calling is needed.
Compassion Practice Group	Kathleen Golden: 967-8696 kathleen@volcanoretreat.com Website: Volcanoretreat.com	Cultivate peace by transforming judgments and reactivity through compassion with oneself and in relationship.	Bimonthly groups Tues or Wed 6-9p at Volcano Rainforest Retreat	Based on NVC - "Nonviolent Communication" by Marshall Rosenberg - Ongoing support group to study and practice <u>speaking honestly</u> without criticism or blame and <u>listening empathically</u> , without <u>hearing</u> criticism or blame. Experiential learning of the 4 components of NVC: observations, feelings, needs and requests. Learning to connect and communicate from the heart so that everyone's needs/values matter. <u>Pre-requisite</u> : "Introduction to Compassionate Communication" (class offered every three months; small fee).

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Cooper Center Council (CCC)	Linda Ugalde: 985-9508 h, 936-9705 c kilaueatutu@hawaii.rr.com	Organizes community use & operation of Volcano's Cooper Center. Users of Cooper Center must all be organizations who are members of CCC or are sponsored by CCC's organizational members.	CCC members meet 4 th Wed of month at 6:30 pm Usually every other month- "depending" Cooper Center	Organizes community use & operation of Volcano's Cooper Center: <ul style="list-style-type: none"> • The Cooper Center includes the Cooper Center building, the Covered Skateboard Court, playground, and neighboring grounds. Fuhrman Firehouse shares the grounds but is administered by the Volunteer Fire Department. • Use of Cooper Center is by Cooper Center Council member organizations, or by those sponsored by CCC members. Modest annual membership fee and attendance of monthly CCC meetings is required. • CCC Publishes and co-sponsors Volcano Community News. • Ongoing Fundraising activities include the Mongolian Barbecue; put together entirely by volunteers, food donated (volunteers welcome!). • Cooper Center Maintenance is done by volunteers and paid staff and coordinated by the CCC. • For Volunteer and Fundraising needs contact Linda Ugalde.
Coqui Control Hotline: 443-4023	Hotline: 443-4023 akamatsu1@yahoo.com Kim Tavares: 443-4035 kimtavares@yahoo.com	Provides urgent-response control of coqui frogs when discovered in Volcano	Volunteers coordinate with Kim Tavares (Volcano Area Coqui Hotline) - see "contacts"	Coqui control is provided in Volcano by volunteers who seek out the frogs at night and collect or spray them. Coqui frogs are among the most aggressive invasive species at the current time; coqui make very loud mating calls which can become quite disruptive to residents. Negative impacts by the frogs to native species also occur. Call hotline to report coqui anywhere in Volcano. Someone will respond within about 24 hours.
Cymbidium Acres Road Maintenance Corporation	Diane Ware: 967-8642 volcanogetaway@yahoo.com	Coordinates road maintenance in Cymbidium Acres; CCC member	Annual Meeting in October, Cooper Center; Board meets quarterly	Coordinates road maintenance in Cymbidium Acres; any resident is welcome to attend quarterly board meetings. Cymbidium residents are especially encouraged to attend the annual meeting held in October (see Volcano Community News for date; approximately third Saturday in October).
Dances of Universal Peace	Lila Flood: 985-9109 h lilaflood@yahoo.com	Spiritually eclectic circle dances with live music. CCC member.	Last Sun of month 7:30-9:30 pm. Cooper Center.	Simple circle and partner dances. As you dance you are singing sacred phrases from the world's spiritual traditions. A deep practice to connect with others and to the Divine Source. Beginners welcome; all dances taught in the moment.
Disaster Preparedness	Email: info@volcanohealth.org Website: www.VolcanoHealth.org	Community Emergency Response Team (CERT)	Meetings as needed, at Cooper Center	Coordinates disaster preparedness activities for the Volcano Community. *** Volunteers always needed; training provided ***

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Disaster Updates	Website only: www.Volcanocommunity.org	Info on dangerous eruption issues, etc.	NA	Provides current data and web-links monitoring up-to-the-moment public safety issues, such as vog plumes endangering Volcano.
Earth Consciousness Institute (ECI)	Sara Witt sherrianwitt@aol.com Estara: 443-8412 estara@estaraweb.com Website: www.EstaraWeb.com	ECI is dedicated to inspiring awareness of humanity's interconnection with the Earth and all life.	Periodic Activities at Cooper Center	ECI is non-profit 501(c)(3) educational and research organization that offers educational and interactive programs to the community, including Sound Therapy experiences and Wellness programs to support physical, mental and emotional health and balance. "ECI bridges science with somatics, by incorporating the newest technologies in sound vibration, movement, breath, and brain and heart entrainment to establish higher states of consciousness. "
Farmer's Market Cooper Center	Betsy Mitchell : 967-7209 betsymitch@hawaii.rr.com Linda Ugalde: 985-9508 h kilaueatutu@hawaii.rr.com	Farmer's market, prepared foods, plants, crafts, and more.	Sun 6:30-9:00am Cooper Center	In addition to farmers' market, also have "Pink Elephant & Clothing Sales" once a month, 3 rd Sunday. Vendors who want a stall should contact Betsy or Linda; small fee applies. Please do not park on grass: will be ticketed. More parking available soon.
Fourth (4 th) of July Activities	Linda Ugalde, Cooper Center 985-9508 h, 936-9705 c kilaueatutu@hawaii.rr.com Hank Banquer (VCA) - setup: 990-5419 hbanquer@earthlink.net Mili Hughes (VCA) - crafters: 968-6696 mililani2@gmail.com	Parade, food, crafts and activities to celebrate the 4 th of July Volcano style!	Parade at 9 am on Old Volcano Road; Activities and food at Cooper Center from 9 am - 2 pm	A festive Parade starts off the day at 9 am, beginning near the Post Office and finishing at Cooper Center. Hula, music, activities, crafts, and grindz at Cooper Center begin when the parade arrives, and last till early afternoon (or whenever the food runs out!). Parking is available off-site only, with a shuttle running all day to the main festivities. Bike or walk, if you can! Co-sponsored by the Cooper Center Council and Volcano Community Association (VCA); Parade by Volcano Rotary (see Rotary listing below for contact info). --- Volunteers Welcome! ---
Friends of Hawai'i Volcanoes National Park	Ab Valencia, President: 967-8299 ainahou2@aol.com Website: FHVNP.org	To support and promote restoration, protection, understanding and appreciation of Hawai'i Volcanoes National Park.	Monday & Friday 8:30 am - noon, Wednesdays 2:30 - 5:30, weekend hrs vary	The Friends of Hawai'i Volcanoes National Park is a 501c(3) not for profit educational organization. We are a community-based, volunteer organization working in partnership with Hawai'i Volcanoes National Park to offer educational programs, administer grants, raise funds for Park projects, and provide a volunteer workforce for specific Park projects. We welcome you to join us in supporting your National Park.

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Halau Hula Kalehua- ki'eki'eika'iu ma Kilauea	Ab Valencia, Kumu Hula: 967-8299 iavalencia@hawaii.rr.com	Instruction in hula, culture and protocol	Wed eve - wahine Thurs eve - kane in private home	Instruction in hula, culture and protocol. Contact Kumu Ab Valencia for information.
Hale Lokahi Community Prayer Group	Father George, retired priest: 967-7788 h Joe Camacho, musical director: 967-7788 h Email: keoki10737@aol.com	Weekly Christian Prayer and Fellowship Group; including communion, singing, shared scripture, table prayer, and music with Hawaiian cultural overtones.	Sundays at 10:30, followed by potluck fellowship. Hale Lokahi, 19-3848 Old Volcano Road below Pearl; parking at back.	Informal Christian fellowship led by Father George, including Hawaiian-inspired musical liturgy written and led by Joe Camacho, artist in residence. Fellowship includes readings from the old and new testament followed by honest, personal reflections from the group about each reading. Potluck fellowship at 12 noon; all leftovers, plus canned goods offerings, are taken to Fern Forest. Hale Lokahi offers a hot Community Meal Thursdays at 4 pm in Fern Forest. Volunteer donations of food, time, or funds always welcome. Contact Father George for more information.
Halloween Activities for children	Hale Kahiki Guest House 985-9851	Safe and fun Halloween activities for children. CCC member	<u>Party</u> : last Sat of October <u>Trunk or Treat</u> : On Halloween At Cooper Center	Fun and safe activities for children as alternatives to "trick-or-treat": <ul style="list-style-type: none">• Last Saturday before Halloween: Evening Party at Cooper Center• On Halloween: "Trunk or Treat" in Cooper Center Parking Lot
Hawaii Volcanoes National Park (HAVO)	Main Park Info: 985-6000 HAVO_Interpretation@nps.gov Website: nps.gov/havo	HAVO Park is famous primarily for its dramatic Volcanic activity, both active and historic. Red lava is often visible within the park; call info line for current status. (985-6000 x1)	Park is always open, except for periodic, partial closures due to fire or volcanic hazards. Visitor's Center & Jaggar Museum: 7:45 a - 5 p daily	Kilauea Visitor Center, Jaggar Museum, scenic drives, hiking, backpacking, ranger-guided walks and talks, bird watching, volcano watching and volunteering. <u>Kilauea Visitor Center Movies</u> from 8 pm through 4pm: On the hour: "Born of Fire, born of the Sea" (geology cultural and Natural history of the islands especially the Big Island and National Park); On half hour: Current eruption status; recent volcanic activity & diagrammatic explanation of volcanic activity. <u>Jaggar Museum</u> - seismographs, historical displays, and bookstore <u>Education Center</u> - youth and special group education programs Hawaiian Cultural programs occur periodically throughout the year

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Hawaiian Orchid Isle Estates Association	Phillip Jenkins: 967-7655 phillip@awshi.com	Road maintenance of Hawaiian Orchid Island Estates (between 23 & 24 mi markers off Hwy 11).	Annual meeting at Cooper Center	Board of Directors comprised of board members elected by property owners. Annual dues of \$ 35 are voluntary and go to the Board to fund mail outs and road maintenance. There is a forty thousand dollar road fund from which the interest is used for periodic (every three or four years) repair and resurfacing of the dirt roads.
Hula Halau Ke 'Olu Makani 'O Mauna Loa	Meleana Manuel: 967-8248 meleana46@hotmail.com	Beginning and advanced hula, both kahiko and 'auana	Tues and Thurs 4-6 pm at private home	Concentrating on the ancient (kahiko) and modern ('auana) dances of Hawai'i, including choral singing and chants (oli). Call to visit or for more information.
Insight & Loving-kindness Meditation Sitting Group	Kathleen Golden - 967-8696 kathleen@volcanoretreat.com Website: Volcanoretreat.com	Silent sitting meditation in the Buddhist Vipassana-metta tradition.	Tuesdays 7-9 pm at Volcano Rainforest Retreat	Study, sustain and deepen the practice of meditation-mindfulness & cultivation of the heart in the Vipassana-metta (Insight and Loving-kindness) tradition. Silent sitting meditation, instructions, teachings, discussion, and tea. Please call us at 967-8696 for directions and to verify that we are gathering.
Interdenominational Worship	Richard Ueho, Minister	Sunday Christian worship	8 am at the KMC (Kilauea Military Camp) Chapel	KMC Chapel is in Hawaii Volcanoes National Park; those traveling to and from the services are not obliged to pay Park entry fees.
International Karate League	Cliff Field: 333-5617 cliff56@hawaii.rr.com	Provide training in a traditional Okinawan Karate-Do. CCC member	Sun 1-4 pm; Thurs 4-6 pm; Cooper Center	Traditional Okinawan Karate-Do. Open to public for adults and children above age eight. Children between 8 and 13 must be accompanied by a parent for the first three months. Improves balance, flexibility, coordination, strength, confidence, mental discipline and relaxation.
Invasive Species Control	Big Island Invasive Species Control (BIISC): 933-3130 Kim Tavares: 443-4035 kimtavares@yahoo.com Website: hear.org	Provides identification and control information to reduce the spread of invasive species.	NA	See BIISC website (hear.org) for educational info, invasive species photos and suggestions on invasive species control. Invasive species are a great threat to native forests and birds in Hawaii, especially on the Big Island. Public involvement in eradicating and <u>not planting</u> invasives is the first and best line of defense. Also see the VCA website for information pertaining specifically to the Volcano area, at: www.Volcanocommunity.org . Volunteer action is helpful even in your own yard -see "Native Forest Preservation and Restoration."
Keakealani Outdoor Education Center (KOEC)	Julie Williams: 640-3740 c volcanowilliams@hawaii.rr.com	Environmental Education Fieldtrips to school groups; rental available	NA	KOEC is open to all public school student groups for science field instruction programs. It is also available for day or overnight rental by organized groups during non-school periods.

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Kilauea Youth Chorus	Lila Flood: 985-9109 lilaflood@yahoo.com	Youth Chorus for grades 3 through 8. CCC member.	Inactive till Fall 2008	No auditions, free of charge. We do uplifting, FUN music! Spring concert once a year.
MAKAHIKI: Volcano Makahiki ma ka Ma'ukele day	Mililani Hughes: 968-6696 mililani2@gmail.com Volcano Community Association Website (for ongoing updates): Volcanocommunity.org	New Annual Makahiki event in Volcano! Proceeds will go toward a future multipurpose cultural education center in the Cooper Center Community Complex.	Annual event, in October at Cooper Center (2008: Oct 18)	All-day events, including: lei experts teach and share, lei-making workshops offer hands-on learning sessions, a lei contest for adults and youths, a lei exhibition, and a silent auction showcasing local artists and craftspeople at the Cooper Center. We have Makahiki games at Keakealani Outdoor Education Center (on Haunani Road). A beer garden will be open in the late afternoon. To top the day off will be a lu'au at the Skate Park with nahenahe Hawaiian music from 6:00-9:00 p.m. The wearing of leis to the luau is highly recommended. *** Volunteers most welcome ! ***
Mauna Loa Road Maintenance Inc (M.L.E.R.M.I)	Sheena Sandler: 967-7131	Road maintenance and assessments in Mauna Loa Estates	March Annual Meeting is open to all members; Cooper Center	MLERMI is responsible for maintaining safe roadways in good repair in Mauna Loa Estates, including regular maintenance (mowing, patching, clean up, and paving etc.). Call with suggestions, questions or concerns, and for date and time of annual members meeting. MLERMI Board meets every two months.
Medical Equipment Exchange	Betsy Mitchell : 967-7209 betsymitch@hawaii.rr.com	Used medical equipment for loan	NA	Accepts used medical equipment and loans-out as needed. Call for info on available items.
Mongolian Barbecue	Betsy Mitchell : 967-7209 betsymitch@hawaii.rr.com Linda Ugalde: 985-9508 h, 936-9705 c kilaueatutu@hawaii.rr.com	Cooper Center fundraiser	Twice yearly - see Volcano Community News or VCA website: Volcanocommunity.org	Stir-fry style meal put on at Cooper Center twice yearly as a fundraiser. Put together <u>entirely</u> by volunteers; all food is donated. *** Volunteers welcome ***
Native Forest Protection and Restoration	Kersten Johnson: 985-7014 tempk@hawaii.rr.com Standing Committee of Volcano Community Association Website Volcanocommunity.org	Education and resources to help protect and regenerate native forest in Volcano	Meetings as needed to plan projects and distribute info	Updates and distributes "Building in the Forest" and "Resources for Building in the Forest" (sponsored by the Volcano Community Association-VCA). Collects and photographs examples of "Forest Friendly" buildings in Volcano, posted on VCA website. Future plans include developing a youth program to restore degraded forest areas using native trees and plants (private and public land). *** Co-coordinator & volunteers needed ***

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Neighborhood Watch, Volcano	Tom Young: 217-2343 c tom@volcanoPC.com Kathy Rigg: 937-2322 w 985-8836 h kathy@ronrigg.com Website: volcano-nhw.com	Aid in communication between Police & community members. Monitor crime activity via patrols & monthly statistics.	Meets every other month 1st Thursday, 6 p Cooper Center	Volunteers conduct periodic "scans" of their neighborhood and report suspicious activity. Group maintains lists of members and encourages each subdivision to share information. Meetings are attended by the Neighborhood Policing Officer to answer questions and offer advice regarding patrolling, observation & reporting. *** Volunteers greatly needed for all neighborhoods ***
New Hope Christian Fellowship, Volcano	Phone: 967-7129 Ray Glory, Pastor	Christian fellowship	Sundays at 8:30; Hwy 11. past 22 mi marker just below Akatsuka Orchids	Christian fellowship gathering involving large music element. Also have youth programs and Sunday school. Clothing exchange every 2 nd & 4 th Saturday from 9a to 2p.
Ohana Martial Arts	Allen Abdule: 968-8987 annaabdul73@yahoo.com	HAVE FUN, self-discipline, self-awareness. CCC member.	M&W 3-5 pm Cooper Center	Forms, sparring, other physical exercises, kicks; do it all in Korean
Poetry Night at Volcano Garden Arts	Ira Ono: 967-7261 iraono@hawaii.rr.com Website: volcanogardenarts.com	Poetry shared aloud in an intimate setting.	Usually last Friday every month from 7-9 pm at Volcano Garden Arts	Free and open to the public; refreshments served. See website or call for directions. Intimate evening where one brings poetry work to read and share with others. Welcome to read works that have inspired you.
Pule Lehua	Contact "anonymous": 968-1042 karmawoman89@yahoo.com Website: bigisland-recovery.org (Choose "FA" link) World-wide organization Website: foodaddicts.org	Pele Lehua makes use of AA principles to gain freedom from addictive eating. Open to anyone who wants help with food. CCC member.	Sun 3-4 pm; bookstore at Cooper Center	FA members are men and women of all ages. What we have in common is that our obsession with food has kept us from living a fulfilling life. Among us are people who have weighed less than 100 pounds, more than 400 pounds, or who have maintained a normal weight. Our program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. No dues, fees, or weigh-ins at FA meetings.

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Rock'n Roll Band	Rob & Caki Kennedy: 985-9151 palidogs@hawaiiantel.net	Help Volcano kids to realize their Rock N Roll ambitions. CCC member.	no group right now	If you are a frustrated rock n roller (or parent of one) please contact us. Currently inactive because we do not have any bands. Past activities: have helped bands get equipment, rehearsal time and shows; have also gotten one of our group a summer internship with a mainland magazine and also helped her get an article published in Rock-R-Girl Magazine; did a punk show at the skate park in conjunction with Total Deniability Productions.
Roman Catholic Sunday Mass	Fr. Manuel Hewe	Sunday Catholic worship	11:15 am at KMC (Kilauea Military Camp) Chapel	KMC Chapel is in Hawaii Volcanoes National Park; those traveling to and from the services are not obliged to pay Park entry fees.
Senior Citizens Club	Akira Yamamoto: 967-7462 No email	Fun social time for seniors! CCC member	Thurs 9am-Noon, Cooper Center	Do a little exercise, then play games like mahjong, shanghai rummy, darts, bingo or other games; bring your own games if you like! Light potluck lunch follows. Special activities like fieldtrips are announced in Volcano Community News.
Silent Fitness	Shantil: silentfitness@yahoo.com	Exercise program to develop closed-caption workout DVDs for the hearing impaired. CCC member.	M-T-Th-F 1PM-2PM Cooper Center	Exercise program is to develop a series of health and fitness workout DVDs utilizing closed caption for the hearing impaired. The DVDs will be showing the basics on understanding the concept of core exercise: strengthening, flexibility, and lean toning of the body; leader uses sign language while speaking. She will be training clients in using sign language, in group or individually.
Sit to be Fit	Betsy Mitchell: 967-7209 betsymitch@hawaii.rr.com	Exercises for people with low mobility. CCC member.	Tues & Sat 8:30-9:15am Cooper Center	Exercise program to music done primarily on a chair; can be done in a wheelchair. Movements cover head-to-toe stretches and active exercises. Class for those who need to help keep their joints supple to help reduce effects and risk of arthritis.
Skateboard Park	Tom Abel: 854-5643 c	Full-fledged Skate Park with ramps	8 am - 7 pm at the Covered Court at Cooper Center	Fully equipped Skate Park with ramps, and full-sized basketball court. Frequent contests are planned for different age groups; Involvement and support for contests by community is welcome. Check local flyers for info.
Society of Friends (Quakers)	Information: 985-7037	Quaker meeting	Every 3 rd Sunday, 4pm off Ali'i Anela on Alaula - call for directions	Silent worship and fellowship in the Quaker tradition.

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Spirit of Creativity... (a "painting process")	Pat Hoban: 966-4108 patrichahoban@igc.org	To connect to one's inner self through a spiritual journey of creativity that relies on intuition rather than rationality. CCC member	Offered periodically at Cooper Center	"Process painting" involves engagement with the materials, especially the many-colored paints, to transcend the inner critic so as to release and express the true self that that critic obscures. We invoke playfulness, passion and exploration in an open and supportive environment that avoids censorship and judgment. Small fee; all materials provided.
Step Aerobics	Lisa Magno: 937-4833 c lisa@realestatehawaii.com	CCC member	M, W, F: 5-6 pm Cooper Center	Fun and challenging low-impact step aerobics. Bring towel, water and sturdy shoes. All other equipment provided.
Used Clothing & Pink Elephant Sales	Marge Sumner: 967-8124 margesumner@gmail.com	Used Clothing, furniture, household items, etc. exchanged for small donations	3rd Sunday at Cooper Center 6:30 - 8:30 am	Good-quality items can be donated mornings, M-F from 8-11am at Cooper Center (no broken computers, toasters, microwaves, etc. please). Clothing in good condition. Furniture and household items, plus bikes, hardware, etc. All money collected is for Cooper Center operations. Volunteers needed for setting up on Saturday morning 8am, and other prep and sorting activities.
Vog Study	Jenny Orr: 985-8922 tim-n-jenny@excite.com	Health study of the effects of volcanic air pollution (Vog).	Cooper Center and various other locations around the island.	The overall goal of the study is to engage the community in research that explores the interactions between environmental factors and public health; the focus of the study is the relative effects of volcanic air pollution on cardiopulmonary health.
Volcano Garden Arts	Ira Ono: 967-7261 iraono@hawaii.rr.com website: volcanogardenarts.com	Grounds, trails and gallery are free and open to the public. Poetry nights and art celebrations, plus art classes of every kind.	Open Tues-Sun 10 a to 4 p 19-3438 Old Volcano Road, Hilo end below Pearl.	Volcano Garden Arts' manicured grounds include cultivated gardens, an art studio and greenhouses, plus nature trails that access a large upland rainforest in the surrounding Ola'a Nature Reserve. It is a space where artists, gardeners, and writers from all over the world can explore, create, retreat and be inspired by the powerful and healing beauty of Volcano Village. The historic building and grounds are part of a UN World Heritage Site. Also visit the website for class schedules, art photos and a fun "Virtual" tour!

Activity/ Resource	Contact(s) Phone & Email	Main Purpose	Meetings	Description
Volcano Art Center (VAC)	Phyllis Segawa : 967-8222 director@volcanoartcenter.org Julie Mitchell: info@volcanoartcenter.org Website: VolcanoArtCenter.org	Public education on the Arts, native culture, and the environment; Interpreting natural and cultural resources through the arts	See monthly calendar in the Volcano Art Center Newsletter or website; and in the Volcano Community News	The Art Center has a wide variety of resources and activities, including: <ul style="list-style-type: none"> • VAC Gallery in HAVO Park for exhibition and sale of local art • VAC Niaulani Campus in Volcano Village: offering educational programs including native species identification, native forest preservation and restoration, Hawaiian cultural programs, and a variety of arts including creative writing • Weekly Nature walk Saturdays at the VAC Niaulani Campus on Old Volcano Road; volunteers are welcome for site maintenance and leadership • Performances at the Kilauea Military Camp theatre in HAVO Park • Newsletter for VAC members describing all VAC programs • Monthly calendar of activities in Volcano Community News and the VAC website: VolcanoArtCenter.org
Volcano Community Association (VCA)	Jeffrey Mermel (President): 967-7426 jeffrey@hilofire.com Website: Volcanocommunity.org	Membership organization covering Volcano concerns community-wide. CCC member	4 th Tuesday of each month; 7p, Cooper Center	VCA is a membership organization (renewed annually by calendar year), covering community-wide issues from Volcano Golf Course down thru Akatsuka Orchids. Up-to-date information is available on the VCA Website: Volcanocommunity.org ; and in the "VCA Voice" published in the monthly Volcano Community News . Many volunteer openings are available at all levels! VCA's mission is to improve and protect the quality of life in Volcano, Hawai'i County, and the State of Hawaii, on behalf of all residents of the area. It will promote their social and educational advancement, increase their recreational opportunities, ensure their health, protect their natural environment, and develop their community spirit. Also, it will undertake any consonant project the community may be moved to assign to it. However, it will remain nonpartisan and nonsectarian.
Volcano Community Foundation (VCF)	Marti Lockwood (President): 967-7357 ainamaikai@hawaii.rr.com	A new non-profit organization supporting various activities in the Volcano Community. CCC member	No set meeting dates	Supports educational programs through scholarships, provides wholesome activities for Volcano youth, and sponsors programs that improve health care. Offers a scholarship to a qualified Volcano resident who is a high school senior and needs help with funding their college education; details from Kathy English at 967-7264. Funding will be through grants and donations. Donations for the scholarship fund are tax deductible and appreciated.

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Volcano Community News	Linda Ugalde, editor: 985-9508 h; 936-9705 c kilaueatutu@hawaii.rr.com Betsy Mitchell 967-7209 for additional help if needed	Volcano's monthly community newsletter	Submissions by email; deadline 10 th of the prior month	Monthly community newsletter - Submissions for the Newsletter are welcome, including articles, announcements, postings to the "Trading Post", etc. All submissions by email only; no handwritten or typed submissions, please. Computers are available at Cooper Center, Lava Rock Café (for a fee), or ask a friend. Submissions deadline: 10th of the prior month. Paid Ad space is available; discounts for long-running ads. See the Newsletter for pricing, size and format requirements
Volcano Community News Monthly Folding	Betsy Mitchell : 967-7209 betsymitch@hawaii.rr.com	Helping prepare Volcano Community News for mailing	Mornings about 8:30 - 11; monthly, but day varies	We NEED VOLUNTEERS to support this community goldmine! Come monthly or whenever you're available. Contact Betsy Mitchell for more information or to offer help. Betsy will call each month to let you know the folding date.
Volcano Health Collaborative (VHC)	Dick Behenna (President): 985-7408 info@volcanohealth.org Robin Coonen (VP): 985-7059 info@volcanohealth.org Website: www.VolcanoHealth.org	VHC mission is to improve the health status of residents of Volcano and its neighboring communities by increasing the accessibility of quality, affordable medical & dental health care regardless of language, financial or cultural barriers. CCC member.	VHC is not a membership organization but will send updates to interested people by request, via "get involved" our web site. Monthly article in Volcano Community News.	The Volcano Health Collaborative's primary activities focus on: <ul style="list-style-type: none"> • Community awareness and health education, including: a) "Health Sunday" with free blood pressure screening on the last Sunday of each month at the Volcano Farmer's Market; b) Health briefings for the community (being organized) c) website at www.VolcanoHealth.org includes local, regional and national health information • Disaster preparedness: Collaborating with the County of Hawaii and providing CERT (Community Emergency Response Training). First training group graduated December 2007. • Creation of a permanent health care facility (medical & dental) in Greater Volcano to serve the upper Puna area. Financing efforts and implementation ongoing. • Coordinating with county, state and national health issues. <p>If you are interested in volunteering or would like more information about VHC or local health issues, visit VHC's website at: www.VolcanoHealth.org.</p>

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Volcano Hula	Linda Ugalde: 985-9508 h kilaueatutu@hawaii.rr.com	Group of Kupuna (not a halau).	Mondays, 6:30 p at Linda's home	Fun gathering of kupuna to learn hula.
Volcano Keiki Playgroup	Jenny Orr: 985-8922 tim-n-jenny@excite.com Jen Wilson: 985-7519 thejenwilson@hotmail.com	Open playgroup for children and mothers (parents). CCC member	Fri 10am-noon Cooper Center	Playgroup is a great opportunity for children and mothers to gather outside of the home for a couple of hours of unstructured play and socialization. There is no charge to come play. Bring a healthy snack to share. Please remember, we are on baby time, so we may not be there exactly at 10:00.
Volcano Quilters	Irene Tye: 985-7353 I2T6@aol.com stitchingmomma@hotmail.com	Quilting with friends. CCC member.	1st & 3rd Wed 6-9 pm; bookstore Cooper Center	An eclectic group of fabric lovers who love to make quilts. Many different styles and interests are typical of the group's members. We strive to improve our skills by sharing our work and talents.
Volcano Rotary Club	Don Hughes, President: 985-8775 h 896-0850 c hughesd007@hawaii.rr.com after 6/08: Charlene Meyers: 985 8800 h 937-2178 c admcm@aol.com	Membership club performing Community Service Projects and providing education grants. CCC member.	Thurs breakfast 6:45-8 Volcano House in Hawaii Volcanoes Park	Business and professional leaders volunteer in Community Service projects such as help with public building improvement, road cleanup, book programs for the Volcano Charter School, vision testing for schoolchildren, and distribution of dictionaries. Grants and education scholarships are made available for worthy Volcano youth.

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Volcano School of Arts and Sciences (Charter School)	Dr. Rizor, Educational Director Peggy Heisman, SASA Office: 985-9800 Volcanosc001@hawaii.rr.com Website: http://www.volcanovillage.net/charterschool/ (site under revision - contact main office for current information)	<u>School Vision:</u> Learning through Volcano's unique natural and cultural resources today to become creative global citizens tomorrow. CCC member	Parents and the community are encouraged to become deeply involved in the school's goals and activities. Contact office for current needs.	<u>The mission of the school is to:</u> <ul style="list-style-type: none"> • Focus on the unique ecosystems and geology of the Volcano area • Cultivate responsibility for nature and the environment • Involve the community in ongoing partnerships • Provide a solid academic foundation for all students • Encourage creative problem-solving and critical thinking • Provide avenues for creative self-expression through the arts • Teach practical life skills • Offer a rich multi-cultural program • Nurture respect for and understanding of Hawaiian culture • Foster social responsibility and respect for others • Impart a lifelong love of learning • Serve the Volcano community • Celebrate the learning successes of all children • All in a safe and supportive "learning village" environment For information on enrollment, contact the main office.
Volunteer Fire Department	Chief Ron Sanford: 967-7710 volcanovolunteers@hotmail.com	Fire Prevention and protection from Akatsuka up to 37 mi marker	Trainings 1-2 times monthly at Fuhrman Firehouse or neighboring volunteer stations	Volunteers are called in by County when needed. Call 911 for fire assistance. <u>Volunteer needs:</u> Need additional 5-6 members <u>Fundraising needs:</u> Maintenance and replacement of equipment costs up to \$3,000 per year or more depending on status of equipment -- To Volunteer call Chief Ron Sanford at 967-7710 --
Women's QiGong	Cheryl Ginter: 345-0012 cgquest@yahoo.com	QiGong is the Chinese term for gentle movements that enhance the body's energy systems. CCC member	Mondays 6:15 to 7:45 pm Cooper Center	QiGong is gentle movement with the purpose of enhancing one's overall health, preventing disease, and promoting longevity. Active and still exercises enhance energy flow, reduce stress, and improve health - this class focuses on women's health in particular. Various energy-enhancement exercises are taught that use body, mind, and breath; healing visualizations; and self-massage to stimulate the body's natural healing functions.
Yoga	Debra Serrao: 985-7545 debwhiteflower@hotmail.com	Gentle yoga; all ages. CCC member	Wed 10-11:30am Cooper Center	Gentle yoga stretches for strength and flexibility. Calming breathing and relaxation techniques for well-being. A gentle yoga style for all ages.