



# IDAHO METH PROJECT®

## VOLUNTEER NEWSLETTER

MAY 2009

**W**elcome to the first edition of the Idaho Meth Project's Volunteer Newsletter! It is our goal that this monthly publication will provide you with information and resources to augment our prevention efforts, as well as highlight some of the amazing activities happening across the state. Your input is greatly appreciated! Please send your newsletter ideas, announcements, photos and event information to Gina Heideman at [gheideman@idahomethproject.org](mailto:gheideman@idahomethproject.org).

### VOLUNTEER OF THE MONTH

#### *Rebekah Vallin, Idaho Falls, District 7*

Rebekah Vallin is a 42 year-old recovering addict and alcoholic who began using Meth at the age of 24. Sober from alcohol since 1999 and from Meth since 2004, Rebekah has been a dedicated Idaho Meth Project volunteer since the very beginning. An Idaho Falls resident, Rebekah works closely with Penny Howe, our District 7 Volunteer Chair. Penny speaks very highly of Rebekah and her dedication to the project. "Rebekah is so knowledgeable, and always ready and willing" says Penny. "She is at every event, every meeting, and has such a powerful story to tell people."



Rebekah is the mother of three children (ages 20, 15 and 10) and a grandmother of one. She lost her children because of her addiction, but since becoming clean has regained custody and restored relationships with two of them. She is focused on her family and on her future, which includes continuing her work with the Idaho Meth Project.

**Thank you to Rebekah for her outstanding volunteerism and dedication to the Idaho Meth Project!**

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### WHO'S WHO

**Staff:**

Megan Ronk  
*Executive Director*

Gina Heideman  
*Community Relations Manager*

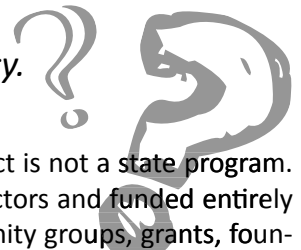
Mandy Macomb  
*Fund Development Manager*

**District Volunteer Chairs:**

- District 1: Amy Bartoo
- District 2: Kandice James-Calkins
- District 3: Jennifer Deroin
- District 4: Cyn Reneau
- District 5: Melina Gritton
- District 6: Robb Redford
- District 7: Penny Howe

### FACT OR FICTION?

*The Idaho Meth Project is a state agency.*



**FICTION!**

Although the organization was founded by Governor and First Lady Otter, the Idaho Meth Project is not a state program. We are a nonprofit or 501(c)(3) organization, which means we are governed by a Board of Directors and funded entirely through contributions. These contributions stem from a mix of individuals, businesses, community groups, grants, foundations and state and federal funds that often require an extensive application process. Without the support of private contributions, we would cease to exist!

# VOLUNTEERS IN ACTION



Debbie Baldwin, District 3 Volunteer, at the Caldwell Info Fair - April 27th



Anthony Bell, District 4 Volunteer, at the Meridian Mayor's Youth Advisory Council event - April 29th



District 3 Volunteer, Smokey Bochenek, at the Weiser River Trail Freedom Walk "You Use, You Lose" event - May 1st



Penny Howe (right), District 7 Volunteer Chair, at the Idaho Falls Earth Day Booth - April 25th

## PRESENTATION TIPS

### PowerPoint 101

#### 1. Be Yourself

Each presenter has a unique style and that is great! Use your personality to engage the audience, ask questions and create an informal atmosphere.

#### 2. Use the Slides as a Guide

Instead of reading the slides, use your own words and experience to paraphrase the information. The statistical slides (slides 22-26) are optional. Teens and young adults may get bored during this section, so use these as you see fit.

#### 3. Stick to the Facts

Try to stick to the statistical data in the PowerPoint, and refrain from adding statistics or information that you aren't sure is up-to-date or from a reputable source.