



# Appalachian Experience

St. Joseph's  
Housing  
Repair  
Program

## RULES & EXPECTATIONS

### Program & Participant Requirements

- ◆ Program is for high school students (going into 9<sup>th</sup> grade or older) & adults who are willing to work hard, meet new people, and learn new things while doing household repairs in owner occupied homes of low-income residents of southwestern Virginia through St. Joseph's Housing Repair Program in Clintwood, VA.
- ◆ All participants are expected to commit to 5 full work days during the group's week & take an active role in all aspects of the program including social events, entertainment & speakers arranged for the group.
- ◆ Fees for volunteer groups are \$250.00 per person. The fees are used to pay for materials for work projects, lodging, and related expenses. St. Joseph Church requires that participants take part in activities to help raise funds toward program's fee (non-members of St. Joseph Church are asked to pay or raise entire fee). Individual and/or business sponsorships are also encouraged.
- ◆ Contribution or fundraising of \$50.00 per person toward group's food expenses for the week is required.
- ◆ Gas money is needed for the trip & also for driving to and from work sites, errands and for some events while in Clintwood (St. Joseph donations, fundraising activities, and participants help to support this expense).
- ◆ Tentative commitment is needed by late January when a \$25.00 per person non-refundable registration fee is due to St. Joseph Housing Repair Program (deposited toward the total amount due).
- ◆ Agreement & Permission Form, Emergency Medical Form, and required fees to be submitted no later than May 15<sup>th</sup>. Families will be provided with complete contact information for the group & for St. Joseph Housing Repair Program.
- ◆ Volunteers will conduct themselves in a proper, respectful & courteous manner at all times. They will not be judgmental about families, homes, personal choices or lifestyles of the people whose homes they work on.
- ◆ Use of alcoholic beverages, illegal drugs, and weapons are strictly prohibited & will not be tolerated. Smoking is not permitted by students (adults are not permitted to smoke in house). Foul or rude language will not be tolerated. Use discretion regarding clothing (modest shorts and tops acceptable; shoes must be worn at job sites).
- ◆ Photos of participants may be used in newspaper articles, parish bulletin or newsletter, and parish website.

### What To Bring

- ◆ One small suitcase or bag with belongings for week's stay (please pack light to save space in vehicles).
- ◆ Work clothing (old clothes that you don't mind getting dirty, painted, stained, or completely ruined); one or two outfits can be worn over & over throughout the week; some jobs may require long pants. **YOU WILL GET DIRTY!** Sturdy, comfortable shoes (i.e. work boots or tennis shoes; no sandals on work sites).
- ◆ Other casual clothing & shoes (include casual outfit for Mass)—3 or 4 "mix 'n match" outfits are plenty (Laundromat available if needed), sweatshirt or jacket, pj's, swimsuit & beach towel, hat (if sensitive to sun), sunscreen, bug spray
- ◆ Towel, washcloth, soap & other toiletry items (case to carry belongings back & forth to bathroom).
- ◆ Personal medications, emergency info., insurance card, watch, alarm & other personal needs.
- ◆ Phone card to phone home from Dorothy Baker House (most cell phones have unreliable service in this area).
- ◆ Top sheet, lightweight blanket or throw, and pillow, if you wish (bunks have fitted sheet & pillow).
- ◆ Camera, MP3 player, musical instruments, sports equipment, cards & other games, etc.
- ◆ Pictures of yourself, family, community to share.
- ◆ Spending money (meals while traveling, snacks, souvenirs, event admissions, Laundromat, etc.).
- ◆ Work gloves, goggles, dusk masks, rags, and any tools you might be able to use (program has a large supply of tools & materials but participant contributions are appreciated).
- ◆ You are responsible for your own things—**DO NOT** bring valuables. You are expected to show consideration for the group, our hosts & the people we will be serving.

## Departure & Trip To Clintwood (Saturday morning)

- ◆ Arrangements for vehicles & passengers, meeting time & place, etc. made prior to departure day.
- ◆ For safety's sake, we try to travel together (or at least in groups) keeping in contact with cell phones and/or walkie-talkies for bathroom breaks, meal & other pit stops.
- ◆ Trip is about 400 miles taking 6½-7 hours depending on stops (gas money is usually provided by fundraising efforts). Group is reminded that Mass in Clintwood takes place at 5:00 p.m. on Saturday.

## Arrival at Dorothy Baker House & Settling In

- ◆ We stay in a large house right next to St. Joseph's Church in "downtown" Clintwood & parking is in the back.
- ◆ Everyone picks a bed in one of the dormitory-style bedrooms (segregated guys from girls or as families if possible). No food, drink or candy allowed in bedrooms. Participants are expected to keep belongings in order & to be respectful of his/her roommates.
- ◆ Everyone attends 5:00 p.m. Saturday Mass together (church is right next door). Sunday Mass available in other towns.
- ◆ Sr. Jean and/or one of her staff will meet & greet us and let us know what jobs the group will be doing & the schedule for the week (sometimes we visit the sites prior to Monday).
- ◆ Group usually has meeting to go over rules & expectations for the week.
- ◆ Menu ideas, grocery shopping & job chart are organized (everyone helps with household jobs all week!).
- ◆ Rest of evening is free to settle in, explore the area, and/or rest. Throughout the week, participants will be allowed to walk around the Clintwood in groups of two or more with permission. No one is permitted to go anywhere alone or without letting an adult within the group know their plans.

## Sunday Activities

- ◆ Sometimes members of the group go to visit the sites we will be working on.
- ◆ Rest of day is free to go sightseeing (Ralph Stanley Museum; area stores; local swimming pool; library; recreational area; Breaks Interstate Park an hour away with picnicking, swimming, hiking, scenic outlooks, etc.) or just relax.
- ◆ If necessary, tools & supplies may be loaded into vehicles for job sites (from shed & basement at Dorothy Baker House).

## Monday—Friday Work Day Schedule

- ◆ Typical work days start at 7:30-8:00 a.m. & end around 3:00-4:00 p.m. (unless heat is too intense). All participants are expected to wake up, eat & get ready in a timely manner to be prepared to begin at designated time for the day.
- ◆ Each day groups prepare for day's jobs by packing lunches, filling water jugs, and loading tools & supplies into vehicles. All fans, lights & appliances must be turned off & doors locked before leaving house.
- ◆ Sr. Jean and/or a staff person will accompany small groups to each site, explain tasks & help as needed. Participants will be moved from job to job if and when necessary.
- ◆ Upon return, everyone cleans up & puts away tools & supplies, and, if possible, prepare for next day's work.
- ◆ Everyone takes turns getting showered, helping with supper prep. & clean up as previously determined.
- ◆ Rest of evening is devoted to talking over days experience, social times (games, videos, etc.) or planned activity, resting & preparing for next day. Opportunities will be provided to express cares, concerns, questions and comments.
- ◆ Clintwood's St. Joseph Parish hosts a picnic & social Tuesday evening along with entertainment from local folk singers/storytellers. Sometimes a speaker from the coal mining industry or chip mill operations and/or some other local organization/activity informational speaker is scheduled in the evening for the group. All participants are kindly asked to courteously attend & share in these experiences.
- ◆ In the past, group members have visited homes of those where work was done in past years.
- ◆ To allow everyone to be well rested & prepared for the next day's work & for safety concerns, everyone is asked to be in the house by 10:00 p.m. each evening & lights out will be at 11:00 p.m.

## Saturday Departure & Trip Home

- ◆ Everyone shares in responsibility of cleaning house before leaving (refrigerators, stove, dishes, sweep & mop kitchen, trash to bins, bathrooms & showers, vacuum & dust bedrooms, dining & living room areas, clean grills if used, put program sheets, towels & rugs in clothes baskets in hallway, check for all belongings—don't leave anything).
- ◆ Because the group after ours will be arriving Saturday evening, it is asked that each group leave on Saturday morning by 8:00 to 8:30 a.m. so that preparations for them can be made. Sr. Jean & staff send group off either Fri. or Sat. (travel home like trip to Clintwood, all together or in small groups). Arrangements for pick-up made previously.
- ◆ Wrap-up meeting, parish presentation, bulletin blurbs, newspaper article are all part of sharing the experience.
- ◆ Get ready for next year!