

2010 LAKE ELMORE POLAR PLUNGE FACT SHEET/INFORMATION

The **Rotary Club of Morrisville** is sponsoring the 2nd annual **LAKE ELMORE POLAR PLUNGE (January 30, 2009 at 11:00 a.m.)** to be located at Elmore Town Hall on the frozen shores of beautiful Lake Elmore, Vermont. Half the proceeds will be directed to **Lamoille County Habitat for Humanity** to jumpstart their chapter and provide housing in the community.

There will be a registration/donations party prior to the Plunge on Friday, **January 29, 2010 (from 5:30 p.m. to 7:30 p.m.)** at the River Arts building located in downtown Morrisville. Plungers can pick up their free towel and special gift at this time.

On the day of the Plunge, jumpers are encouraged to arrive an hour or so before the swim. Parking is available at the **Elmore School, Elmore Town Clerk's driveway, Elmore Methodist Church** and **Lake Elmore State Park** by the beach house (on Beach Road). A warming tent (next to the Town Hall) will be provided so participants can change and prepare for the plunge. Once cued, plungers will be led out of the tent and onto the ice. The time on the ice will be brief. Then the plunge! Upon scurrying out of the swimming hole, participants will then be ushered back into the tent to dry-off and warm up. Expect congratulations for having done something completely nuts. All plungers will receive a free gift for their efforts! Once senses have returned, plungers are then invited to the Town Hall where free warm beverages and snacks will be provided.

Applications may be submitted on the day of the event. If alone, the applicant should raise \$150.00 dollars to participate. If part of a team (teams consist of four (4)) then the team is strongly encouraged to raise \$500.00 (or \$125 per team member). Feel free to wear a costume, and if part of a team, try to come up with a theme. An award shall be given to best costume, best team costume and biggest fundraiser. Make sure all donations are made out to the **Morrisville Rotary Club**. Participants can either deliver or mail your registration/donations prior to January 29, 2010 to Sargent Law Office located at 29 Bridge Street, P.O. Box 696, Morrisville, VT 05661. *If you use the mail system make sure your registration/donations are sent at least four days before the event*. If you prefer, plungers can also bring their registration/donations to the **Elmore Town Hall** on the morning of the event. Your efforts will be greatly appreciated!!!

Plunging Protocol:

1. No diving.
2. No wet or dry suits permitted.
3. Shoes or heavy duty socks should be worn (you will be on ice).
4. Special costumes are encouraged.
5. Most importantly, have fun!!!

Please reference our webpage for updates leading up to the event at www.morrisvillerotaryclub.org.

2010 Lake Elmore Polar Plunge Donation Helper Packet

On behalf of the Morrisville Rotary Club, THANK YOU for taking the plunge! Your fundraising efforts will make a tremendous difference in helping the Morrisville Rotary Club and Lamoille County chapter of Habitat for Humanity that will provide affordable housing for those in need. It is important to note that every dollar raised will be put back into the greater Lamoille Valley community. Asking for donations is never easy so this is why the Morrisville Rotary Club has provided you with a Donation Helper Packet. The Packet is to aid you in asking for donations. Successful fundraising requires preparation, solid groundwork and most importantly the right attitude when convincing people/businesses to donate!

The Lake Elmore Polar Plunge Donation Helper Packet includes the following:

1. Sample Donation Request Letter: Feel free to use this letter as a template when asking others for donations. Alter it if you like.
2. Habitat for Humanity Fact Sheet: Your donors may know you but do they know who will benefit from their contribution? Your donors may want to know that half the money raised will be given to Habitat for Humanity.
3. Who Do You Know?: This is to help you brainstorm the different people or organizations you can ask when seeking donations. It will also help you stay organized.
4. Donor Sponsor Sheet Ledger: This form helps you keep track of your fundraising efforts and can serve as a reminder to say THANK YOU.

If you need further details or have questions feel free to access our webpage at www.morrisvillerotaryclub.org. You can also call Tim at 1-(802)-888-2000.

- SAMPLE LETTER -

{Insert address}

Re: Polar Plunge

Dear {Insert name}:

I am attempting to do something absurd. I am going to plunge into the icy cold waters of Lake Elmore on January 30, 2010. Why, you may be asking? Well, there are two reasons really, for one I happen to think it might be a once in a lifetime experience, but more importantly, my swim will raise money to benefit the Rotary Club of Morrisville which will in turn donate half the proceeds to the Lamoille County chapter of Habitat for Humanity. Habitat for Humanity will use the donations to jumpstart their chapter here in Lamoille County by providing affordable housing to those in need.

Now, I have set a personal fundraising goal {Insert dollar amount} and need your help. Even if this amount seems like too much, any support you can give will be greatly appreciated. In many ways it is ironic really, I will be jumping into the frigid water of Lake Elmore so that those who need transitional housing will have a warm/temporary place to stay. So, I hope you can support me!

It is so easy to help and all you have to do is write a check to the Morrisville Rotary Club and either mail it back to me or drop it off. Whatever is most convenient.

If you want to see us plunge into the arctic waters of Lake Elmore feel free to attend on the day of the event. Anyone can view us and expect the first wave of plungers to enter the water at 11:00 a.m.

Thank you in advance for your support.

Sincerely,

{Your name}

HABITAT FOR HUMANITY FACT SHEET

Habitat for Humanity fact sheet (frequently asked questions)

What is Habitat for Humanity International?

- A nonprofit, ecumenical [Christian housing ministry](#).
- We seek to eliminate poverty housing and homelessness from the world and to make decent shelter a matter of conscience and action.
- To accomplish these goals, we invite people of all backgrounds, races and religions to build houses together in partnership with families in need.
- Habitat for Humanity was founded in 1976 by [Millard Fuller](#), along with his wife, [Linda](#).
- Today, we have built over 350,000 houses around the world, providing more than 1.75 million people in 3,000 communities with safe, decent, affordable shelter.

How does it work?

- Through [volunteer](#) labor and [donations of money](#) and [materials](#), Habitat builds and rehabilitates [simple, decent houses](#) alongside our [homeowner \(partner\) families](#).
- Habitat is not a giveaway program. In addition to a down payment and monthly mortgage payments, homeowners invest hundreds of hours of their own labor (sweat equity) into building their Habitat house and the houses of others.
- Habitat houses are sold to partner families at no profit and financed with affordable loans.
- The homeowners' monthly mortgage payments are used to build still more Habitat houses.



Habitat volunteers and homeowners build side-by-side in New Orleans, Louisiana

How are partner families selected?

- Families in need of decent shelter [apply](#) to local Habitat affiliates.
- The affiliate's family selection committee chooses homeowners based on their level of need, their willingness to become partners in the program and their ability to repay the loan.
- Every affiliate follows a nondiscriminatory policy of family selection.
- Neither race nor religion is a factor in choosing the families who receive Habitat houses.

What are Habitat affiliates?

- Community-level Habitat for Humanity offices that act in partnership with and on behalf of Habitat for Humanity International.
- Each [affiliate](#) is an independently run, nonprofit organization.
- Each affiliate coordinates all aspects of Habitat home building in its local area—fund raising; building site selection; partner family selection and support; house construction; and mortgage servicing.

Where does Habitat for Humanity operate?

- [Worldwide](#), including more than 90 countries and in all 50 states of the United States, the District of Columbia, Guam and Puerto Rico. Use our [search engine](#) to find local affiliates and connect with Habitat in your community.
- Our operational headquarters are located in Americus, Georgia, USA.
- Our administrative headquarters are located in Atlanta, Georgia, USA.

How are donations distributed and used?

- [Donations](#), whether to a local Habitat affiliate or to Habitat for Humanity International, are used as designated by the donor.
- Gifts received by HFHI that are designated to a specific affiliate or building project are forwarded to that affiliate or project.
- Undesignated gifts are used where most needed and for administrative expenses.
- HFHI's most recent audited [financial statement](#) is available online.

Who controls and manages Habitat for Humanity International?

- An ecumenical, international board of directors determines policy and oversees and guides the mission of Habitat for Humanity International.
- [Board members](#) are dedicated volunteers who are deeply concerned about the problems of poverty housing around the world.
- The HFHI headquarters office operates with an administrative staff, assisted by a core group of professional and support employees and supplemented by volunteers.
- Each local Habitat affiliate is managed by its own local volunteer board.

How does Habitat work with the government?

- Our [Government Relations and Advocacy](#) team works with legislators and housing regulators to increase support for affordable homeownership and eliminate poverty housing.
- We monitor [public policies](#) related to housing, community and international development.
- We advocate policy choices that increase access to decent, affordable housing for people around the world.
- We accept government funds for infrastructure, utilities, capacity building or training, and house building. We accept these funds so long as they have no conditions that would violate Habitat's principles or limit its ability to proclaim its Christian identity.

How can I become a volunteer?

- By contacting the Lamoille County chapter of Habitat for Humanity. Specifically:

Cherisse Desrosiers

Green Mountain Habitat for Humanity (Lamoille County Chapter)

(802)-644-5477

Email: Marchmaple@gmail.com

WHO DO YOU KNOW?

The key to building a successful plunge team and fundraising depends on asking people you know. Think about everyone whose lives you touch and ask him or her to sponsor you or join your team.

Your list can be daunting at times which is why it is helpful to use a chart to organize where all the funding is coming from. It's always best to start with family and friends. Next, ask acquaintances and service providers.

You will be amazed by how much people and/or businesses are willing to help!

High School/College Alum _____ _____ _____	Friends _____ _____ _____	Children's Sports Teams _____ _____ _____
Community/Social Clubs _____ _____ _____	← ↑ →	Family _____ _____ _____
Colleagues/Competitors _____ _____ _____	_____ Your Name Here	Vendors/Suppliers _____ _____ _____
Religious _____ _____ _____	← ↓ →	Child's School _____ _____ _____
Fraternity/Sorority _____ _____ _____	Your Company _____ _____ _____	Neighbors _____ _____ _____

2010 Lake Elmore Polar Plunge Sponsor Sheet

- Checks should be made out to the Morrisville Rotary Club.
- Donations can be received on the day of the event (January 30, 2010) at the Plunge location or if before then, dropped off or mailed to Sargent Law Office (see address below). However, it would be best to bring your donations at our **Registration/Donations party to be held at River Arts in Morrisville on Friday, January 29, 2010 from 5:30 – 7:30. Free refreshments and appetizers will be provided!**
- If you mail the Registration Form/Donations please be sure to do so at least four days prior to plunge – Address (also for drop-off prior to January 30, 2010) is **Sargent Law Office, 29 Bridge Street, P.O. Box 696, Morrisville, VT 05661.**
- Use this form to keep track of individuals and/or businesses that sponsor you.

Your Name (The Plunger)

Team Name (if part of one)

Donor Name: _____ Amount: _____
Address: _____

Donor Name: _____ Amount: _____
Address: _____

Donor Name: _____ Amount: _____
Address: _____

Donor Name: _____ Amount: _____
Address: _____

Donor Name: _____ Amount: _____
Address: _____

Donor Name: _____ Amount: _____
Address: _____

REGISTRANT INFORMATION
(To be filled out by each participant)

 Plunger **Supporter** **Group Name (if applicable)** _____
Name _____
Company Name (if applicable) _____
Street Address _____
City _____ **State** _____ **Zip** _____
Home Phone _____ **Work Phone** _____
Email Address _____
Donations Enclosed (suggested minimum of \$150 for individuals/\$500 for teams
(\$125 per team member) _____

WAIVER

- PLEASE READ BEFORE SIGNING -

In exchange for permission for me and/or my minor child to participate in the Morrisville Rotary Club's 2010 LAKE ELMORE POLAR PLUNGE being held at Lake Elmore, VT, I represent that:

I UNDERSTAND THE NATURE OF THE ACTIVITY, and that the Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of other Activity participants, the conditions in which the Activity takes place, or in the negligence of the "RELEASEES" named below; and that there may be other risks either not known to me or not readily foreseeable at this time. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

*I CONSENT TO THE PARTICIPATION OF MY MINOR CHILD. (This applies only if my minor child's name is shown below as a participant.)

*I CERTIFY THAT I AND/OR MY MINOR CHILD am qualified, in good health, and in proper physical condition to participate in this activity.

*I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY for losses, costs, and damages I and/or my child incur as a result of my and/or my minor child's participation in the Activity.

*I HEREBY RELEASE, DISCHARGE AND PROMISE NOT TO SUE the Rotary Club of Morrisville, the United Way of Lamoille County, the Town of Elmore, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and landlords of premises on which the Activity takes place (each considered one of the "RELEASEES" herein), from all liability, claims, demands, losses, or damages that I and/or my minor child suffer which are caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations.

*I WILL INDEMNIFY, SAVE AND HOLD HARMELSS each RELEASEE from any loss, liability, damage, or cost which any may incur, if, despite this release and waiver of liability, and assumption of risk, I or anyone on my and/or my child's behalf, makes a claim against any RELEASEE.

***I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, CERTIFICATION, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND PRENTAL CONSENT (collectively "Agreement"), UNDERSTAND THESE TERMS AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, and have signed it freely and without any inducement or assurance of any nature. No Release or person on behalf of any RELEASEE has told me anything that is inconsistent with or contrary to the terms of this Agreement. I understand that, in reliance upon my signature on this form, voluntarily given, I may be permitted to participate in the Activity noted above. I intend it be a complete and unconditional release of all liability to the greatest extent allowed by law. If any portion of this Agreement is held to be invalid, the balance shall continue in full force and effect.**

Print name of Participant here

Date

Signature of Participant (if age 18 or over)

Signature of Custodial Parent/Legal Guardian
For self and any other parent/guardian (if
participant under age 18)

Witness to Above Signature