

RSVP

Volume 2 Number 2

Summer 2007

Silver Voice

GETTING THINGS DONE IN-

CALEDONIA ESSEX LAMOILLE ORANGE ORLEANS WASHINGTON

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The Future of Volunteering

Seniors Honored for Community Service

The RSVP for Central Vermont and North East Kingdom presented Community Service Awards to 36 area high school seniors for outstanding community service above and beyond that needed for meeting educational requirements.

"Each year it's important to recognize our youth who distinguish themselves by improving the quality of life in their communities," stated Guy Isabelle. "This is the tenth year we have recognized graduating seniors with cash and non-cash awards and each year I'm amazed with the commitment these young adults make to their communities, from volunteer fire fighting to mentoring. I have no doubt these volunteers will become life-long leaders in their communities and I'm glad RSVP can continue this program to recognize them.

Applications are accepted each spring and are available on our web site or by contacting any RSVP office.



Leah Ziegler of Stowe volunteers at Helping Hearts and the Red Cross



John Paterson presents awards to the volunteers from Spaulding High School in Barre.

Consider supporting the RSVP Senior Recognition Scholarship. Each year we reward graduating seniors who have gone above and beyond their graduation requirements by donating their time. RSVP can continue to recognize these seniors with a financial gift to be used for books, tools or to help with tuition. Read about all the recipients of this year's awards on pages 4 and 5



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Director's Message

This issue is being written during one of my favorite times of year, Spring. The changes that occur are both frequent and spectacular. The color is breathtaking, and the weather unpredictable.



RSVP has not escaped those changes. Chris Conti, our Washington County Coordinator and Senior Companion support person, has left her position to operate her own business. Chris is the new proprietor of *Simply Delicious*, a novelty and candy store in downtown Barre. It has been a dream of hers and the opportunity presented itself.

She stated, "I will miss the best job I ever had, and miss all of the wonderful people I got to meet." We certainly will miss Chris. She had a tremendous impact in the two-plus years she was here. Her super personality, quick wit, and willingness to pitch in are all traits that will be difficult to replace, but the good thing is that she will not be far away. I know she will welcome you with open arms at, again, *Simply Delicious*.

Now, that is the sad, or bad, news. The good news is that we have hired Joy Huckins-Noss as Chris' replacement. Joy is no stranger to RSVP. She was a Coordinator in the program in the late 70's, and left to enjoy a career as a mom, artist and counselor. She brings a tremendous skill set and familiarity to RSVP. Welcome, Joy.

Our town funding efforts ended in May, with Barre City and Barre Town joining the ranks of those who cast a positive vote for RSVP. Thank you to all who supported the organization.

April was full of fun recognition events. Many of the RSVP volunteers who received awards are mentioned in this issue. We are proud of all of you, and thank those individuals who take the time and extra effort to make sure that someone gets that special recognition

I want to share what was, for me, a particularly touching moment. A daughter of one of our emeritus volunteers (who recently passed away) called me to thank the organization for the dignified way we chose to continue to involve her dad as an emeritus volunteer. She thought it particularly professional, and I/we appreciated hearing that the effort paid off.

Thanks again for all your service to others and to your community.

J. Guy Isabelle
 Director



VOLUNTEER SPIRIT & Current Community Needs

Joy Huckins-Noss, Program Coordinator
 Washington County

FOODWORKS @ Two Rivers Center is a non profit organization, dedicated to promoting local food production, education and outreach. It is located in Montpelier, near the Agway at the intersection of Rt 2 and Rt 302. Two Rivers is working with the VT Foodbank, Senior Mealsites, local foodshelves, and local schools to make fresh produce available to people in need. If you would like to volunteer at Foodworks or any of the other positions listed, please contact Joy Huckins-Noss, RSVP of Washington County, 828-4770

Produce Packer/Foodworks: help get fresh farm produce packed in boxes and lifted into vehicles, which are then driven to local schools and elder care facilities, senior centers etc. There will be some lifting of up to 40 lbs. Packing is done on Tuesday mornings, volunteers can help one or more hours.

Driver/ Foodworks: help drive vehicles loaded with fresh produce to community sites that serve kids and elders. Help unload truck at sites. Hours are flexible (for more information please see the article in the last issue of the Silver Voice, P13, about George Clark, who is serving as a driver)

Office Assistant/Foodworks: help with clerical tasks such as filing, making copies, and other office work. Office is located at Two Rivers Farm on the third floor (not handicapped accessible) Hours are flexible, one hour or more would be appreciated.

Foodworks/ Farm Weeders: help keep the produce thriving in the gardens by helping with weeding. Get your hands "dirty" and help with a program that delivers healthy food to the needy. Hours are flexible. Volunteers can give a half hour or more.

Foodworks/Camp helpers: "Gardens for Learning Camp" for elementary age children needs people to help with activities around gardening and harvesting and preparing garden produce. Hours are flexible, so volunteers can help for one or more hours. Camp runs from 9 - 1 and includes lunch for volunteers.

Homeshare volunteer: help interview people who would like to share their home with a person in need of housing, call references, facilitate introductions, and help match housemates. This program assists people who may need some support to remain in their own homes, and provides housing options for those in need of housing. Six month commitment, hours are flexible and training is provided. Geographic area is Central Vermont, and the office is located at 455 N. Main St in Barre.

Barre City Elementary -Elementary reading assistant: Barre City Elementary School needs volunteers who are willing to help children one on one with reading in their summer school. The program runs from July 9-27th , mornings 8-12. Hours are flexible, any day of the week, Monday-Friday. Volunteers will also be needed in the fall.



Hi, I'm Joy Huckins-Noss, your new coordinator for RSVP and The Volunteer Center in Central Vermont, covering Washington County. I have lived in the Central Vermont area for over 30 years. My home is in Calais with my husband, Jim, and son, Andrew (17). We also have 2 daughters, Amy (21), a senior at UVM, and Alexa(23), a recent graduate of Worcester State College. I am very excited to be working at RSVP and look forward to meeting all of you. You can contact me at 828-4770 from 9-5, Monday through Friday.

RSVP HONORS AREA STUDENTS FOR VOLUNTEER EFFORTS

In an effort to encourage volunteerism among high school students, RSVP inaugurated a special student volunteer recognition program. Area high schools are contacted each spring, and are asked for nomination of students who deserve of special recognition for their volunteer efforts using the following criteria:

- Nature and significance of the volunteer effort, which was over and above any educational requirement.
- Impact of the volunteer effort on others.
- Number of volunteer hours involved.

Canaan Memorial School - Melinda Marquis and Abby Young, graduates of Canaan Memorial School, have been involved in the Canaan Key Club.

Concord School - Abby Braley has been selected for the RSVP Award for the work she has done for the school's softball program.

Danville School - Christopher Byrne was selected for the honor for his involvement in the Vermont Teen Leadership Safety Program.

Hazen Union School - Spencer Smith, an aide to the physical education staff, an excellent role model

Lake Region Union High School - Celeste LeBlanc and Amanda Wedge were chosen for their contributions to their school and community.

Lyndon Institute - Megan Goodell, was presented the award for over 700 hours of volunteer time at the Cobleigh Library in Lyndonville, Northeastern Regional Vermont Regional Hospital.

North Country Union High School - Jozef Madey, Katy Grime, Margaret Morelli, Matthew Mager, Amanda Newton, Timothy Palmer, Brittany Bras-seur and Hope Guisinger for their service as in their community.

St. Johnsbury Academy - Christine Milne was honored for her work with Umbrella.

Union Baptist Christian School - James Cianciolo, Rafael Contreras, Annamarie Allard, Melanie Meisel and Jaried Meisel for their work volunteering to help people across the country.

United Christian Academy - Soo Bin Han, Joshua Griffes, Jake Gosselin, Leah Shattuck, Emma Shattuck and Emily Verge for volunteering to tutor students in the grammar school, volunteering in their churches, and for always being helpful.



RSVP Honors Future- Graduating High School Seniors Receive Grants

The three seniors who each received a \$300 award were:

Adam Plante (Oxbow High School) - Adam was a member of the Youth Staff for the Kids Against Tobacco Program for 3 years, teaching and designing a presentation interesting to kids about the dangers of using tobacco.

Aubree-Lynn Hemenway (SHS) - Active for eight years in the CV Special Olympics Program as a Soccer and Basketball Coach. She was also involved in fund raising for the Barre Youth Sports Assoc. through the "Penguin Plunge", where she got donations and then 'plunged' into Lake Champlain in the middle of February.

Sam King (Stowe H.S.) - Sam was a Volunteer Youth Soccer Coach with the Stowe Soccer Club since his eighth grade. He was said to be "an extraordinary model and leader for the children he worked with".

The six seniors who each received a \$200 award were:

Kaitlin Quaranta (Montpelier H.S.) - Kaitlin, who said, "Everyone benefits from volunteer work," certainly did her share of volunteering, which includes, at Berlin Health & Rehab, Homecoming children's activities, Downtown Cleanup, etc.

Leah Ziegler (Stowe H.S.) - Leah was rewarded in part for her volunteer work with Helping Hearts, a community service group she and her sister founded. They raised money for organizations, including Red Cross, a girl's school in Afghanistan and an orphanage in Kenya.

Bradley Jones (People's Academy) - Brad was a mentor for a 6th grader, basketball coach for elementary students and, as an Eagle Scout, designed and constructed two dugouts for the H.S. Varsity basketball field. According to his Scoutmaster, "Brad has always been highly motivated toward success."

Emily Moran (SHS) - Emily spent many hours teaching refugee students who came to the U.S. with no English skills.

Jessica Catchapaw (SHS) - earned her award for her role as a Community Service Learning student. According to the Director, Jessica "possesses an innate ethic of service to others." Jessica also belongs to the Volunteer Fire Department.

Austin Anderson (Stowe H.S.) - Austin has been a member of the Stowe Rescue Squad, accumulating over 400 hours as a volunteer. He has also been in the theatre activities, not only as an actor, but taking on the tedious, arduous task of dismantling productions. He has also been involved in hockey and pee wee coaching.

Five \$100 Community Service Awards were won by:

Ryan Knapp (Northfield H.S.) - Ryan is among the brightest students and, by far, one of the most well rounded. He helped train puppies to become "therapy dogs" and became licensed as the youngest therapy dog handler. As a Boy Scout, he participated in community service activities like clearing a Long Trail, building a WWII Memorial in Northfield Falls and a handicap ramp at St. Mary's Church, and participating in Greenup Day.

Rhy S. Schnee (Stowe H.S.) - Rhy has been a Volunteer Firefighter with the Stowe Volunteer Fire Department for more than five years, recording 610 hours of community service.

Samantha Stapes (Williamstown H.S.) volunteered many hours as a "big sister" for the Big Sister/Little Sister Mentoring Program. She has also acted as an official for the Williamstown Youth Sports program, working the concession stand, etc.

Christin Vasseur (SHS) - Volunteering at a local hospital, raking leaves for elderly people, raising money for the American Cancer Society. As one of her teachers puts it, "Christin has been a source of encouragement and assistance for her classmates."

Cassandra Hood (SHS) - As part of the Community Service Learning Program, she was a teacher's assistant. She also spent a lot of time with residents of the Woodridge Nursing Home, above and beyond her job as an aide.



Sam King of Stowe Volunteer Youth Soccer Coach

Vermont Senior Companion Program

Member Spotlight : Donna Machno



Area on Aging affiliation: CVCOA

How long have you been a senior companion? 2 1/2 years

What do you like best about being a senior companion? I like the people I work with and my clients and their stories. It's just wonderful. I love what I'm doing. I wouldn't change it for anything! I know my clients look forward to seeing me and, for some, my visit is the highlight of their day. If I'm able to put a smile on one client's face, then it makes my day and I know I've done

something right!

What is the most difficult part of the job? Saying goodbye to clients if they move or pass on.

What did you do before joining the program? I worked for the Vermont State Department of Motor Vehicles.

What hobbies or fun things do you do? I crochet, paint, sing, play cards, and play bingo. I've also been part of Sherri's Jubilee for 10 years!

Favorite Food? Pizza!

"United Ways will be starting their fundraising campaigns in early September. Vermont United Ways are strong supporters of RSVP. We encourage you to generously contribute to the United Way nearest you."

ADVISORY COUNCIL MEMBERS

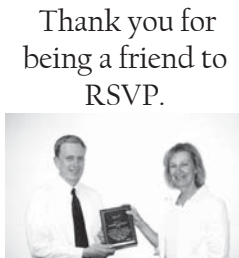
thanked for their services

The new Advisory Council structure caused some people to look at whether they could continue to serve as members. In addition, some individuals moved on because of health or other personal reasons.

We would like to take this time to thank those who served us for so long and so well: Diane Reed, Corella Gray, Brynn Reynolds, Hjonis Hansen and Allan Taylor.



Guy and Corella



Joy and Allan



Guy and Brynn

Thank you for
being a friend to
RSVP.

The Vermont Senior Companion Program engages income eligible individuals, age 60 and over, in service to those elders who are lonely and trying to live independently in their own homes. Senior Companions provide such services as visitations, grocery shopping, rides to medical appointments and other light errands.

Companions serve 15-40 hours a week, receive a small stipend, mileage reimbursement, training and recognition, and are covered by excess liability insurance. The program is sponsored by the Central Vermont Council on Aging. Each of the five Area Agencies on Aging in Vermont has a local Coordinator who oversees the activities of the Companions.

Vermont Senior Companion Program Life Time Senior Companion Retires

Clara Jobs, a member of the Vermont Senior Companion Program since March 11, 1985, retired from the Vermont program on May 15, 2007. She was, at retirement, the longest serving member in Vermont. Clara has lived in Randolph for the past few years. She served many clients over that period of time, and left a lasting impression on all of them. Her caring and compassion were second to none.

Clara will be remembered for her many good deeds but, most of all, she will be remembered for the many poems, prayers and sayings she always brought to in-services and recognition events.



Clara Jobs (left) with J. Guy Isabelle and the rest of the Senior Companion well wishers

RSVP Bone Builders

a free osteoporosis prevention, weight based exercise and education program, graduated 11 new class leaders. With classes currently running in Morrisville, Johnson, Craftsbury, Derby Line, Westfield, Peacham, Wells River and Tunbridge, look for classes to start in Stowe, Barre, Cambridge and a second in Morrisville. For more information on times and locations, or to start a class in your community, please contact Dan Noyes at 888-2190 or dan@volunteervt.com.

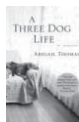


fight osteoporosis- improve balance -enhance energy

Silver Voice Book Review

There is Still Time for a Few More Summer Books

Three Dog Life by Abigail Thomas



In this book Richard goes out to walk Harry, their dog, and only Harry returns. Richard has had his skull crushed by a car. When Abigail, his wife, sees the policemen, they predict Richard will not survive. Richard does survive and so does their relationship. Stephen King says this is the best memoir he has ever read. It is extraordinary in its emotional impact. It is about a tragedy and care giving, but also about life and love. It is very positive and uplifting and full of hope. I highly recommend it.

Cultural Amnesia: Necessary Memories from History and the Arts

by Clive James



This dazzling compendium of 110 new biographical essays plumbs the responsibilities of artists, intellectuals and political leaders. Over 900 pages, this book is to be dipped into and savored, but probably impossible to be read all at once. "Cultural Amnesia is designed to be dipped into casually, but it can be read from beginning to end if you want to set your scalp on fire..." Regina Marler, from The New York Observer, says. The book is a culmination of a lifetime of reading. Each person starts with a thumbnail sketch and a quote or more. James then usually uses the quote to expand the subject and lead to other subjects, often by tying the threads together. This is purposeful. One tying theme is defense of liberal humanism and a warning about totalitarianism or developing ideologies. He talks about doing the right thing and not being limited by the left or the right.

This could be the author's best book. His writing is humorous, talented and always has life to it. "Reading the book feels like having a conversation with the most interesting person in the world. You're not saying much, but you just want to keep listening anyway. The reason James is such a good talker, though, is that he's such a good listener." - William Deresiewicz, The Na-

Fowl Weather by Bob Tarte



This book is for you if you like chaos and having a house full of animals, humor, and honesty. While the author and his wife, Linda, live with many winged and furry friends, life's random synchronicities abound, along with calls from his declining Mom who was later diagnosed with Alzheimers. Bob does suffer from depression; however, his writing is so dry I almost missed some of the humor. When I caught it, however, he was hilarious.

*These recommendations were made by Cindy Karasinski, Director,
Cobleigh Public Library, Lyndonville, VT.*

Neighbor to Neighbor AmeriCorps

Seeking new members for 2007 - 2008 Term of Service

At the start of her junior year in high school, Emily met Blanche and they continued to meet from September through April of this year. They talked about music and favorite actors and the news of the day. They watched movies and had adventures like going to the library. In May Blanche died, but during her last year she shared a special new friendship. At the close of the school year Emily wrote to Tanager, her N2N member contact, and offered this thoughtful message:



Thank you so much for giving me the opportunity to meet such an amazing person. I think the work you do and the opportunities you give are invaluable and really are influential to the community as a whole. I look forward to continuing my work with elders and with you all.



In September a new team of N2N AmeriCorps members will start a new term of service, hosted at Vermont's Area Agencies on Aging and other sites that promote services for older Vermonters. You could be on this team with volunteers like Emily who want to continue their service with N2N AmeriCorps and local elders.

What do N2N members do?

- Perform in-home services and give assistance and encouragement so older Vermonters can continue to live at home.
- Lead programs about healthy living, including multi-session exercise classes, at senior centers and other places where elders gather.
- Recruit adult and youth volunteers who engage with elders in a variety of ways.
- Partner with organizations and perform capacity building activities to strengthen community connections with elders and people with disabilities.
- Participate in community service learning and a comprehensive training program to build human service and leadership skills.

What do N2N members receive?

- 11 month position at one of Vermont's Area Agencies on Aging
- Living allowance stipend - \$11,500 for FT members - \$5,750 for HT members, with mileage reimbursement for service-related travel
- Health care plan and child care assistance (if eligible)
- \$4,725 education award upon completion and college loan forbearance during the term of service
- Opportunities to learn from AAA staff, professional care givers and from monthly statewide trainings with the whole N2N team

For information and an application, contact: Neighbor to Neighbor Program Director, Nancy Sherman 802 476-2674 OR nsherman@cvcoa.org OR Ask for the N2N Regional Coordinator at your local Area Agency on Aging 1 800 642-5119 - Senior Helpline

Children love to garden...and why wouldn't they? Gardening is nature and science unfolding right before their very eyes. It is a way even beginners can beautify the world in which they live. Gardening is also getting dirty – with a purpose.

What's more, it's a great project for mentoring pairs to do together, and the results can be even more satisfying than the process. You don't need a lot of space to garden together. If you don't have access to a garden, you can plant in pots, large containers or window boxes. Community garden space is readily available in some communities; or try asking your local school if you can take over care of a school-grounds garden.

Many schools start gardens only to find there is no one to tend to them during the summer months. Taking on a school garden plot is a win-win situation for the mentoring pair and the school. Imagine the child's pride when his or her friends come back to school and find a thriving flower or vegetable bed! You can even donate your harvest to the school lunch program.



Container gardening is another great option for kids...especially if they don't have the yard space to spare or public gardens available. Large pots, half whiskey barrels, sap buckets or any other container you might have around the house will come alive and stay in bloom all season when planted with colorful annuals. Pots and buckets have the advantage of portability. They can be started indoors and moved out to a porch, patio, along a walkway...wherever! If a late-season frost is threatening in the forecast, simply bring the pot inside for the night.

If you have a yard in which to plant, don't overlook the possibility of perennials! My children have a berry garden by their swing set. They love to keep track of the blueberries' progress and check to see if any new strawberries are turning ripe. Even more, they love to pick their own snack while out playing.

Perennial bulbs are the perfect planting project for small hands. Bulbs are easy for even the youngest gardeners to handle and place in the ground. Bulbs also have the added advantage of being fairly sturdy...an important attribute in a play area. Crocuses can sometimes stand being stepped on by little feet and look no worse for the wear. Likewise, daffodils can often deflect a playground ball and pop back up to vertical. Even if a few do break off, daffodils make lovely cut flowers. Maybe your next mentor project could be making flower arrangements! For more information on mentoring volunteer opportunities in your community contact your local RSVP office or Vermont Mentoring Partnership at 1-888-VTMENTOR.

Mentoring in the Garden

By Amy Kolb Noyes



Gleaning is the act of collecting leftover crops from farmers' fields after they have been mechanically harvested or on fields where it is not economically profitable to harvest. In some ancient cultures, gleaning was promoted by requiring farmers not to reap all the way to the edges of a field, but to leave some for the poor and the stranger



Adriana learns about flowers and bugs from Evelyn Peppen of Lady Bug Herbs in Wolcott

Volunteering in the Garden - Gleaning at Salvation Farms

Salvation Farms, located in Wolcott, Vermont, has a mission is to harvest excess farm produce, and make it available to Vermonters in need. By working with local farms volunteers "glean" fresh vegetables that are distributed to local emergency food sites, educational and care giving institutions, retirement communities, non-profits, and the Vermont Food Bank.

Fresh food is expensive because it is perishable and requires delicate handling. This is why the amount of fresh food available at places like the Vermont Food Bank and Meals on Wheels is minimal. Each year truckloads of produce are left behind in farmers' fields. Salvation Farms works with farmers and volunteers to harvest locally grown produce that would otherwise be left in the fields and deliver it to people in our community that would otherwise go without.

"We love fresh vegetables!" states Brynn Evans Executive Director of Meals on Wheels of Lamoille County. "Apart from Salvation Farms, we will also accept vegetables from members of the community. We are able to make use of the vegetables in our senior meals program and in our weekly Tuesday Lunch Special fund-raiser. Donating excess vegetables from your garden to Meals on Wheels is a great way to help our program."

For more information on volunteering people in our communities with healthy food choices contact your local RSVP office. Salvation Farms can be reached at 802-888-5055 or at www.salvationsfarms.org on the web.

Seniors Intern to
Learn & Earn
 with Vermont Associates

Senior citizens have long been a much needed community resource, volunteering their "retirement" hours to lend their life experiences to non-profit organizations. The seniors' gifts of compassion have carved a welcome niche in the hearts of their respective communities, and those with financial security are able to continue the humanitarian gift of volunteerism.



Pat Baril of Vermont Associates

Then there are the seniors without a financial safety net trying to live day-by-day and maintain their independence, who fall through the cracks in an effort to live on Social Security alone. There is good news! Seniors are still vivacious, adept and anxious to share their wisdom in today's workplace and global economy. Hope springs eternal and there is a light at the end of the tunnel!

Pat Baril was a stay-at-home caregiver to her dad. With funds depleting rapidly she needed a source of income. Over the years the workplace had changed, and Pat lacked the computer skills needed to succeed. It was then she contacted Vermont Associates for Training and Development, Inc., and that changed her life.

Vermont Associates, Senior Community Service Employment Program (SCSEP), partners with non-profit agencies that offer training and no-cost healthcare services to income eligible individuals. Now Pat's mornings are spent gaining workplace experience and learning new job skills. "But there is something more," states Pat. "Not only do I receive a bi-weekly paycheck for my training (earning while you're learning), my sense of worth has returned. I socialize more, and have become active in my community."

The program provides training and employment services for income eligible Vermonters age 55 and over. Their mission is for Vermont Associates to assist mature workers to become the best qualified candidates for jobs consistent with their interests and abilities. To accomplish this goal, Vermont Associates pays trainees an hourly minimum wage for training at non-profit organizations. This, in short, is a win-win situation for both the trainee and the training site. During this period participants learn job specific skills as they work. The program specifies that the employer will hire the trainee upon successful completion of the training.

In 2001 Pat was chosen as Vermont's Outstanding Older Worker of the Year and, at age 65 she was the youngest of 50 older workers representing each state. Harold H. Fisher of Harper Woods, Michigan was America's Oldest Worker at age 99. Harold worked six to eight hours a day, five days a week with the dictum that "Your brain is like a muscle - if you don't exercise it vigorously, it becomes weak."

"I agree with Harold," said Pat. "Seniors have much to contribute to society. If you're a senior like me who needed training and wanted to get back into the workforce, please do what I did and contact Vermont Associates."

For more information on Vermont Associates contact Jacki Hamlin at 1-800-439-3307 today.

VOLUNTEER OPPORTUNITIES &
 Current Community Needs

Don Worth - Program Coordinator - Newport Office - 334-7047.

Island Pond Welcome Center (Island Pond) - is seeking volunteers to work 3 or 4 hour shifts to answer questions and assist travelers find their way in northern VT & NH. Basic computer experience is desirable, but not necessary as staff will train. This is a wonderful opportunity for volunteers of all ages to get involved in a new venture.

Neighbor to Neighbor AmeriCorps (Newport) - is seeking a volunteer to deliver groceries for the elderly to the Governor's Mansion in Newport and a residence in Derby Line for about 2 hours on Friday mornings. Friendly disposition needed.

Information Booth (Newport) - The North Country Chamber of Commerce is seeking volunteers to work shifts Monday through Friday both summer and winter. There are 3-hour shifts covering 10A-3P in the winter, and 4-hour shifts covering 9A-4:30P in the summer.

Old Stone House Museum (Brownington) - is seeking volunteers for its summer season to act as Tour Guides and to be sales people in the Gift Shop. No experience necessary - will train.

EVERYBODY WINS (Barton) - is seeking volunteers to participate in a children's literacy program in the school. Volunteers must agree to remain with the program for the school year and time commitment is only for one hour during lunch-time on Thursdays. Volunteers will work with the on-site EW School Coordinator.

Rural Community Transportation (RCT-Newport) - is seeking a volunteer for about 4 hours per day (afternoons) for administrative duties such as filing, phone answering and possibly some basic computer tasks. Experience preferred but not necessary - training provided.

OSHER (Newport-Derby) - is seeking volunteers of all sorts so, if interested in being part of a very worthwhile lecture series sponsored by UVM, please consider this. Everyone welcome and no special skills needed.

Up-East Chamber of Commerce (Derby) - is seeking volunteers for office/informational tasks at the Chamber office. Shifts will probably be on Wednesdays and (possibly) Saturday mornings. All shifts will be arranged to meet volunteer personal schedules.

Goodrich Memorial Library (Newport) - is seeking volunteers to perform administrative and other library duties for about 3 hours a day with a flexible schedule. Applicants should be computer literate and acquainted with basic library operations. Background checks will be provided.

Orleans Family Court (Newport) - is seeking volunteers to serve with the Guardian ad Litem Program (GAL) to ensure that every child appearing before a court has a well-trained, impartial, supervised and supported person assigned to them. The GAL serves as an investigator, a link, a facilitator, an advocate and a monitor to ensure the judge has the necessary information to make good decisions for all children. Background check mandatory and training provided.

Brighton (Island Pond), Brownington, Charlestown & Irasburg Elementary Schools - are seeking volunteers to help and mentor students within the school system. Volunteers will work with children having problems with literacy/comprehension and schools will arrange schedules to suit volunteer.



Choosing to be a Localvore

Melissa Bridges, Community Outreach and Education Director, St. J Food Co-op, St. Johnsbury, VT.

American consumers impact their local and global environment through a myriad of daily choices, not the least of which is food purchasing decisions. Most of us are very unaware of our options for food purchasing. Where do we shop? What are the options in our community? Super-supermarkets, specialized stores such as butchers and bakeries, independent grocers, farmer's markets, food co-ops? Do you contemplate this choice or do you shop out of habit? Where are you spending your dollars?

Purchasing locally grown foods has benefits in addition to environmental. By spending just 10% of your food purchasing dollars in Vermont our economy would experience an influx of more than \$100 million dollars (Vermont Department of Agriculture). This means more money for our neighbors and our towns. Local foods are fresher, more nutritious and tastier which means healthier people. Buying local foods provides a greater sense of security involving the safety of the food. Local foods are more likely to be grown on diverse farms that support a variety of habitats and crops resulting in decreased fertilizer and pesticide use.

So all this is well and good, but Vermont farms and gardens can be under more than a foot of icy, brilliant white snow. Where is this local food going to come from? Imagine a mealtime table laden with a variety of piping hot roasted winter squashes drizzled with maple syrup and butter; roasted beets, potatoes and parsnips; caramelized onions and apples; beans and grains fragrant with dried herbs; sweet apple cider and wine; and fresh baked bread with creamy, ripe cheeses. And for the carnivores, roasted chicken and turkey, pork sausages and bacon, beef roasts and beefalo steaks. Vermont is an agricultural mecca of year-round fresh foods. These foods are readily available through some independent grocers, direct from the growers and producers, specialty food shops and food co-ops across the state.

Another way to find these foods is to become involved in the Northeast Kingdom Localvore Pod (local-region and vore-to eat). Localvores are a nationwide movement of people interested in eating locally grown and produced food. Vermont has many active 'pods' participating in 'Eat Local Challenges'. These challenges range in style, but the main focus is, of course, to eat local for a meal a week or a month. The Northeast Kingdom Pod began a Spring Challenge on June 8 at the St. J Food Coop's Farm and Garden Day and will participate in monthly potlucks. The challenge is a personal choice to eat as local as possible, but also allows 'wild cards' and Marco Polo rules which grant exception to spices and seasonings. To see what has been happening around the state visit www.vermontlocalvore.org.

Vermont provides a vast array of readily available, year-round, local, fresh, delicious foods. Eating locally is a conscious choice about where to spend our money and is a decision to contribute to healthy people and a healthy planet. By choosing to be connected to our food source we are aiding in the fight against global warming and making a positive social and economical impact. Plus it tastes better!

Noah's Ark was built by volunteers and the Titanic by professionals

RSVP Welcomes the Following New Volunteers!

Gladys Aldrich
Joyce Bickford
Holly Byers
Chris Carrington
Marcelene Celiz
John Duffy
Esther Everly
Wendy Fearon

Phyllis Gable
Merry Goldstein
Sandra Grant
Friedora Haley
Dorothea Hedges
Lorraine Kennedy
Linda Knox
Walter Noyes

Ronald Noyes
Margaret Puttick
Ronald Sanville
Victoria Schafer
John Selmer
Joan Smith
Joan Wollrath
George Wollrath

VOLUNTEER OPPORTUNITIES &

Current Community Needs
Caledonia & Orange Counties

(802)626-5135 or (802)222-4994

Diana Lopez

Program Coordinator Lyndonville Office

VOLUNTEER SPIRIT

If you are interested in any of these opportunities, or you or a friend would like to join RSVP, please call Diana or Fran at (802)626-5135 or (802)222-4994.

Hotline Advocates are needed at Umbrella in St. Johnsbury. Volunteers receive training and ongoing support, as well as the satisfaction of being part of a dynamic team working to end domestic and sexual violence. An office assistant is needed to answer phones, help with bulk mailings, assist with copying and collating, perform word processing and data entry.

Computer data entry volunteer is needed at the Good Living Center in St. Johnsbury twice a week for two hours for approximately two months.

The Northeast Kingdom Chamber of Commerce in St. Johnsbury needs volunteers to man the Welcome Center. Responsibilities include greeting visitors, finding information about area attractions and answering phones. Training is provided and the schedule is flexible.

Office assistance is needed at the Riverside Life Enrichment Center to help with copying, collating and filing 2-3 days per week for 2 hours each day. Flexible schedule.

River's Reach, a regional resource center in Wells River needs friendly volunteers to greet people Friday afternoons for 2-3 hours. Recruitment for tax-aid volunteers for the 2008 tax season has begun. Training and ongoing support is provided.

Do you support Vermont agriculture, a sound environment and good health? The St. J Food Co-op regularly sponsors community education and outreach programs. Anyone who enjoys cooking is needed for the Taste the Co-op programs on Fridays. Other needs include people to help develop a marketing plan, members for the newsletter, finance, and community outreach and education committees, and store staff.

The Peacham Satellite Meal Site needs volunteer meal assistants once a week for two hours.

Are you a lifelong learner? If you are, Central VT Adult Basic ED in Bradford would like you to teach reading, writing, math, computer basics or a wide variety of other topics to adults. Training will be provided by the Adult Basic Ed staff and the length of commitment is flexible.

Do you enjoy traveling and crafts? OSIP Adult Day Services in Newbury needs volunteers to accompany participants on group events and shopping trips. An assistant is needed to help during arts and crafts programs four days a week from 9:30-11.

Are books your passion? The Blake Memorial Library in East Corinth needs volunteers to assist with book circulation. Computer skills are needed. Help is also needed for upcoming plant and book sales.



OSHER LIFELONG LEARNING INSTITUTE
of the University of Vermont

The Osher Lifelong Learning Institute of the University of Vermont was established thanks to generous funding from the Bernard Osher Foundation, based in San Francisco. The Institute provides intellectually engaging programming for older adults in communities throughout Vermont. The following schedule includes institutes located in our service area.

Washington County

All Programs are on Wednesdays, at IPM. Alan Taplow 454-4675 or ataplow@vtlink.net for a full brochure

- September 12: OH VICTORIA - Noble Lounge, Vermont College Performed by Sarah Payne
- September 19: HOW JAZZ IS MADE - Chapel, second floor of College Hall, Vermont College Performed by Michael Arnowitz, piano, and Chris Brown, bass.
- September 26: Program in Process of Confirmation TBA - Noble Lounge, Vermont College

Long Before Woodchucks and Flatlanders:

- History, Culture and Present-day Life of the Abenaki People.*
- October 10: VERMONT'S RICH AND ANCIENT HERITAGE - Aldrich library, Barre Presented by Giovanna Peebles, Vermont State Archeologist
- October 17: AGAINST THE DARKNESS- Aldrich Library, Barre A film and discussion presented by acclaimed documentary filmmaker, teacher and Abenaki, Frederick Wiseman.
- October 24: A PERSONAL VIEW OF ABENAKI HISTORY AND CULTURE Aldrich Library, Barre Presented by Jeanne Brink, a member of the Obomsawin family of artisans and master basket maker.

Latin America: Then, Now, and the Years to Come:

- October 31: THE COLONIAL PERIOD - Noble Lounge, Vermont College Presented by Catalina Vizcarra of University of Vermont
- November 7: AMERICAN INVESTMENTS - Noble Lounge, Vermont College Presented by C Richard Sicotte of University of Vermont
- November 14: 20TH CENTURY SELF-DETERMINATION MOVEMENTS - Noble Lounge, Vermont College Presented by Luis Vivanco of University of Vermont



- November 28: THE FUTURE: CREATING A NEW PARADIGM - Noble Lounge, Vermont College Presented by John Waldron of University of Vermont Laugh out Loud in December: Three Alec Guinness Comedies Presented by Rick Winston, Central Vermont's Film Impresario
- December 5: THE MAN IN THE WHITE SUIT- Savoy Theater
- December 12: THE LAVENDAR HILL MOB - Savoy Theater
- December 19: THE HORSE'S MOUTH - Savoy Theater

When The University of Vermont began to develop an Osher Life Long Learning Institute here in the state I know that RSVP volunteers would not only benefit from its interesting and exciting lecture series but would become involved in its success by volunteering as part of it local steering committees. It is programs like OSHER and Bone Builder that keep RSVP volunteers healthy both physically and mentally. If you haven't attended give it a try. Better yet volunteer, as its success is dependent on people like you -J. Guy

NEWPORT/DERBY/STANSTEAD

Fall 2007 Program All programs are held on Wednesdays at 1 p.m. Location is Hebard State Office building, Newport, unless otherwise noted. Call 802-334-8608 for a full brochure

- September 5: THE NEOLITHIC AGE OF STONE Presented by Bob Manning
- September 19 - U.S.BILL OF RIGHTS part I: Origins of the Bill of Rights to 1791 Presented by Neal Stout, UVM Professor Emeritus
- September 26 - U.S. BILL OF RIGHTS partII: Survey of the Bill of Rights
- October 3 - U.S. BILL OF RIGHTS - part III: The Bill of Rights Today
- October 10 - Hollywood Goes to the Opera Presented by Giuseppe Albanese
- October 17 - ADVENTURES IN JAPAN Presented by Joan Huguenin
- October 24 - GORDON TALLMAN, VERMONT POET Presented by Gordon Tallman
- October 31 - PINA ANTONELLI, CONCERT PIANIST NOTE: LOCATION IS UNITED CHURCH, 3RD ST, NEWPOT
- November 7 - WILDERNESS AND BEING HUMAN Presented by Walt McLaughlin
- November 14 - LIFE UP NORTH Presented by Dr. John Burgess, M.D. Emeritus, McGill University
- November 28 - MASTER GARDENER Presented by Jeff Young
- December 5 - THE EMOTIONAL BRAIN Presented by William Fall, Chair, UVM Psychology Dept.



ST. JOHNSBURY

All programs are held on Thursdays at 1:30 at the St Johnsburry House, St. Johnsbury Call 802-626-5135 (mornings) 802-748-2600 (afternoons) for a full brochure

"Volunteers are really at the heart of the success of the Osher Lifelong Learning Institute and RSVP is the source of many many dedicated Osher volunteers. The rewards are many for the volunteers and the Osher Institute, with the mutual goal of learning and community involvement." - Deborah Worthley - Director, Osher Lifelong Learning Institute

- FOOD FOR THOUGHT
- September 13 - ENJOYING THE HARVEST OF VERMONT: THE ART OF COOKING AND EATING REGIONALLY - Vanna Guldenschuh
- September 20 - A GRAND ENCOUNTER: COLUMBUS, FOOD AND THE MODERN WORLD - Irwin Gelber
- September 27 - THE FIGHT AGAINST HUNGER IN AMERICA - Jane Kitchel
- October 4 - FEAST FOR THE EYES: FOOD AND MEANING IN BAROQUE ART Kelley Helmstutler Di Dio
- October 11 - THE DOWN SIDE OF FOOD - Ginny Flanders
- October 18 - BEHIND THE ORGANIC LABEL - Grace Gershuny
- October 25 - "FEEDING" THE NATIONAL DEBATE: INDUSTRIAL AGRICULTURE AND THE POLITICS OF FOOD Joseph Keifer
- November 1 - HOME COOKING: THE ECOLOGY OF THE LOCAL GOODS MOVEMENT Kit Perkins
- November 8 - SHOO FLY PIE AND APPLE PAN DOWDY - MUSIC ABOUT FOOD - Robert Resnik and Barbara Wagner
- November 15 - LET CHOCOLATE CHANGE YOUR WORLD Presented by Matt Gebhardt

LAMOILLE VALLEY

All programs start at 11 a.m. at the Town and Country Inn on the Mountain Road, Stowe.

Call RSVP office 888-2190 for full brochure.

THE JOY OF OPERA: SIX PART SERIES

Presented by Giuseppe Albanese

September 6 - Bravo! The Life and Music of Verdi

September 13 - Famous Love Affairs in Operas

September 20 - Puccini's Turandot at the Forbidden City

September 27 - Hollywood Goes to the Opera

October 4 - The Ballet Tradition in Opera

October 11 - Luciano Pavarotti: The Last Tenor

CLIMATE CHANGE IN THE LAMOILLE VALLEY:

FOUR PART SERIES

October 18 - INTRODUCTION TO CLIMATE CHANGE

Allen Betts

October 25 - TREES AND GARDENS

November 1 - RIVERS AND STREAMS

November 8 - WHAT CAN YOU DO?




RSVP and SENIOR COMPANIONS LOSE LONGTIME DIRECTORS

Two long time Directors, Claire Pierce and Anne Davenport, passed away this past Spring. Claire was the first Director of the Northeast Kingdom RSVP project and served for many years on the Vermont Senior Companion Advisory Council.

Anne was the very first Director of the Vermont Senior Companion Program. She worked for RSVP in her early years, and later for the Central Vermont Council on Aging.

Both of these individuals had a deep impact on those they served. They loved and lived life to the fullest, and always had a positive attitude.

The service community lost two great advocates.





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Chittenden County 651-5360
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RSVP & SCP MEMBERS RECEIVE GOVERNOR'S AWARDS

RSVP and SCP members from this project received Governor's Awards for Outstanding Volunteer Community Service.

On Saturday, April 14, 2007 members of this organization were honored at the Annual Governor's Awards Ceremony at the National Life Building in Montpelier, Vermont. The awards are sponsored by the Vermont Commission on National and Community Service and the Governor's Office. Each winner was given a framed certificate by Governor James Douglas.

The award winners for this project, and a brief description of their accomplishments, are as follows:

Alice Crays - Alice, a resident of Danville, has been a member of RSVP for Central VT and NEK since 1989. She has given over 3,500 hours of service, most recently with the Open Door Food Shelf in Danville, Vermont.

Sue Barasch - Sue is from Plainfield and has been a volunteer for the Retired Senior Volunteer Program since 1992. She has volunteered over 3,500 hours to eighteen different Central Vermont nonprofit organizations.

Donald Bicknell - From Waterbury, Donald has been a volunteer for Retired Senior Volunteer Program since 1996, and has donated over 5,000 hours of his time. For the past 11 years, Donald has volunteered his time to help the Vermont State Hospital, the Waterbury Senior Center and the Vermont Youth Conservation Corporation.

Laura Davis - This Barre resident has volunteered over 12,000 hours to the Retired Senior Volunteer Program. Laura is very involved with The Galley, which serves meals under the direction of the Barre Housing Authority. She has worked in the kitchen at this site, and has enabled the program to serve over 41,000 meals in a year.

Martha Joyce Gantt - From Brattleboro, Martha volunteers with the Senior Companion Program, providing a listening ear, community contact, and rides to appointments for elders in the community.

In Memoriam

RSVP and the community mourn the passing of the following members

*Alicide Beloin
Earline Brigham
Clyde Carter
Robert Gallison
Eunice Greaves*

*Raymond McGinley
Alice McGinnis
Walter McKain
Conrad Normandeau
Beatrice Persons
Claire Pierce*

*Gordon Reynolds
Edith Selby
Nila Thompson
Laura Willard
Richmond Young*

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Community Partner

RSVP is a member of United Way of Lamoille County & Green Mountain United Way and is sponsored by the Central Vermont Council on Aging and funded in part by the Corporation for Community Service

RSVP and the Volunteer Center needs your help to recruit new volunteers.

Your children, friends and neighbors can become active members. If you know someone interested in volunteering, but they don't know where to start or who to call,

RSVP can help.

All it takes is encouragement from you
and a phone call to us



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Newport Office
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