Carole’s Corner

Born January 15, 1929, Martin Luther King, Jr. had a huge impact on our society. Early in his life, at age 15, MLK, Jr. started his educational career at Morehouse College, graduating in 1948 with a degree in Sociology. At Morehouse College he renewed his faith and decided he would continue his education in the ministry. Through the influence of both degrees, MLK, Jr. became both a minister and a civil rights activist. Once receiving his degree in theology, MLK, Jr. applied to several colleges to complete a doctorate degree; he was accepted into Yale, Edinburgh (Scotland), and to Boston College, where he attended, met and married Coretta Scott, and graduated with a Ph.D. in 1955 at the young age of 25.

While working on his Ph.D., MLK, Jr. became a pastor; this also coincided with the Civil Rights movement in the south. While we think of Rosa Parks as being the first black woman who refused to give up her seat to a white person on the bus, a young girl, Claudette Colvin, age 15, had actually refused to give up her seat on a Montgomery bus and was arrested and jailed. However, because of her impending pregnancy, they didn’t want to showcase Colvin. Later that same year, Rosa Parks had refused to give up her seat on a bus to a white male. This was the case the NAACP met with Dr. King about, and they elected him to lead a boycott and protest. After more than a year of boycott, protest, and harassment, Montgomery lifted the law of segregated public transportation.

In 1959, Dr. King traveled to India and met with Gandhi. Through this meeting Dr. King dedicated himself to the principles of non-violence. During 1960, the “sit-in” movement began where college students in North Carolina would sit at segregated lunch counters, subjecting themselves to verbal and physical abuse. In 1963, at the March on Washington, Dr. King gave his most famous “I Have a Dream” speech against the backdrop of the Lincoln Memorial. In 1964, Congress passed the Civil Rights Act and Dr. King was awarded a Nobel Peace Prize. There was still much to be done about Civil Rights, and Dr. King still continued with his non-violent approach.

In 1968, while planning another March on Washington, Dr. King went to Memphis Tennessee to assist the Memphis sanitation workers, who were on strike. In his speech, he said, “I’ve seen the promised land. I may not get there with you. But I want you to know tonight that we, as a people, will get to the Promised Land.” On April 4th, the day following the speech, as Dr. King was leaving his hotel room, he was assassinated by James Earl Ray, who once (continued...)
Feature Story:
MLK Jr.’s Legacy

(…continued from page 1) apprehended, received a 99 year sentence and died in prison in 1998.

Dr. King’s legacy lives on through The King Center. In 1983, President Reagan signed the act making MLK Day a national holiday, first observed in 1986. In Arizona, Governor Bruce Babbitt signed an executive order for Arizona to observe MLK Day. It was a short lived holiday, when Governor Evan Mecham rescinded the holiday as his first act as governor. Much protest and boycotts followed, costing the state much lost revenue. In 1992, Arizona voters approved Proposition 300 and Arizona celebrated the first MLK Day in 1993. In 1994, the Corporation for National and Community Service (CNCS) was formed and Congress designated the day as “a day on, not a day off,” tasking CNCS to lead the effort.

The majority of funding for the Civic Service Institute @ NAU comes from federal grants from the Corporation for National and Community Service or from the state (with funding from CNCS) through the Governor’s Office for Children, Youth and Families. CNCS programs include AmeriCorps, RSVP Program, Foster Grandparent Program and Senior Companion Program. Project GIVE, a university CSI initiative also helps us to celebrate the legacy of Dr. King.

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Support CSI at Fry’s Grocery Store

If you shop at Fry’s grocery store, you can help support the Civic Service Institute every time you shop. Simply enroll your Fry’s card as a supporter of CSI, and we will get a reward check for the shopping you already do.

1) Create an online account at frsysfood.com. You’ll need to enter your email, create a password, enter your Fry’s Card number, and select your preferred store. The system will send you a confirmation email.

2) Register for the Fry’s Community Rewards by signing in at frsysfood.com and updating your Account Settings. Under “Community Rewards” add CSI’s NPO number: 27576.

Thanks for your support!

Meet the Staff

Michele Lytle  Carmen Martinjako  Erin Kruse and Shana Smith
AmeriCorps

Have you Liked Us Yet?

Have you checked out the Civic Service Institute (CSI) Facebook page? Stop by and “like” us! facebook.com/csinau

Member of the Quarter Nominations

AmeriCorps is pleased to announce the nominees for the member of the quarter for the first quarter. Below are excerpts of the wonderful things that the nominees’ mentors have to say about them.

**Dana Howard:**
Dana did a spectacular job on making our Annual Pumpkin Walk extra special… Dana stepped in when and where we needed her, and as a result, it was a better event... I wholeheartedly believe that this would have not been nearly such a successful event without Dana’s assistance in these key areas.

**Dominique Johnson:**
Dominique stepped in to fulfill station engineering duties during pledge drive and especially during this past month while our engineer was on leave. He went above and beyond the call of duty... Dom stepped in to seamlessly cover all areas of station operations.

**Allison Bulkeley:**
Allison is shining in her 2nd term as an AmeriCorps member. She spoke in her own workshop at the AZ Summit on Service-Learning and Volunteerism, she ran the show for Make a Difference Day, she is taking great initiative and leadership in launching the Alternative Breaks program, and she has begun identifying and mentoring younger students.

**Michele Shetler:**
Michele hit the ground running when she arrived... Thanks to her promotion efforts, HomCo raised a record breaking $10,000 for Sharon Manor... This multi-tasking, team-member shines with her creative graphic designs and ideas. We are very honored she joined our organization.

**Shannon Maho:**
Shannon’s position had to hit the ground running with two big community events, the Sustainable Building Tour and the Sustainable Building Awards Ceremony. Shannon did an excellent job in helping develop needed material and outreach for both of these events. With her help, the events were a great success.

**Maddie Friend:**
Maddie has always been an asset and great fit for GCY... From the very start of the project she was all hands on deck managing all facets of volunteers... Her work managing volunteers is a culmination of all the things that make Maddie a wonderful addition to GCY and her community.

**Ana Miller-ter Kuile:**
Not only does Ana have SO MUCH to contribute to her position and this organization, she is willing and excited to voice her ideas, and has done so right from the start! She takes initiative, is fully engaged in whatever task she is working on, and is passionate about this work, which makes her the perfect fit for her position.... She helped us raise over $5,000... and got a new group of donors interested in our work!

**Nicole Denering:**
Nicole’s Do-It-Yourself initiative continues to bring a lot of good to the Flagstaff community and our program... Nicole’s dedication to the project and attention to detail keep the program running smoothly. She shows maturity and skill beyond her position.

Congratulations!
News from Across the State: Celebrating Volunteers

Many of our Senior Corps programs enjoyed a holiday recognition in December. Here’s a snapshot of what our Foster Grandparents and Senior Companions did around our state:

Coconino & East Yavapai Counties – The Annual Holiday Appreciation Party brought together Senior Corps volunteers from Coconino and East Yavapai Counties. CSI Staff Elisabeth Sims, Deidre Crawley, Carole Mandino and Erin Kruse also attended and helped to set up and serve the food. Almost 40 people were in attendance including our dedicated Senior Companion and Foster Grandparent Volunteers, Advisory Council Members and CSI Staff. We had lots of door prizes, homemade food that was served by staff, games, songs, a school chime choir and dancing performed by AmeriCorps Member Lee Phelps. A fun festive time was experienced by all!

Maricopa County – Foster Grandparent and Senior Companion volunteers enjoyed a snow-themed holiday party on December 12 at Shepard of the Valley Lutheran Church. Pasta lunch with breadsticks was provided by Pizza Hut and salad from Buca di Beppo. Volunteers also got a special dessert treat: make-your-own sundae bar, sponsored by SCAN Healthplan. Everyone had a great time!

Navajo & Apache Counties – In addition to parties, John “Gator” Mierzwik served with the Salvation Army as a bell ringer this Holiday Season. His bucket was filled to the brim from the generosity of local shoppers.

"Don’t judge each day by the harvest you reap but by the seeds you plant.”
~ Robert Louis Stevenson
Welcome New Volunteers

Did you know that there are OVER 300 Senior Companion and Foster Grandparent volunteers in the Senior Corps Programs sponsored by NAU around Arizona? Welcome to our newest volunteers!

Maricopa County
- Jill Wingell
- Jose Acosta
- Elaine Jenkins-Patterson
- Priscilla Overton
- Tanis Reilley
- Angelina Esmaili

Mohave County
- Mary Manzi
- John Mitcham
- Karen Chan
- Carlene Rodenbaugh
- Marcia Bicknell

Pima County
- Doris DeSmit
- Ludmilla Ivanova
- Mary Gydesen
- Rachel Hayden
- Dollie Bender

Coconino County
- Bill Polack

Mohave County
- Mary Manzi
- John Mitcham
- Karen Chan
- Carlene Rodenbaugh
- Marcia Bicknell

Yavapai County
- Judith Wilcox
- Deloris Logan
- Harold Clark

Navajo County
- Susan Crate
- Hope Rubi
- Debbie Reynolds
- Leslie Ramsey

In the News

Foster Grandparent volunteer Glory Clark was acknowledged in the NACA Pathways newsletter for her service to the children in the Pathways program. Great job, Glory!

Foster Grandparent Jan Smith was recognized for her service to the children at Thomas School in the volunteer spotlight in the Thomas Elementary School newsletter. Congratulations, Jan!

Upcoming Service Events

March 31
**Maricopa County:** Maricopa County volunteers will be sponsoring a diaper drive beginning February 1 and running through March 31. We will be collecting children’s diapers to benefit Arizona Helping Hands and adult incontinence supplies to benefit clients of the Senior Companion Program.

**Tuba City Foster Grandparent volunteer Caroline Poleyestewa (right) with Program Coordinator Michele Lytle (left)**
We are off to great start to the New Year! In 2013, many changes occurred in the RSVP Program and in 2014 we are going to be communicating and implementing these changes. While change can be challenging, we believe it will improve the program and create more meaningful opportunities for volunteers and closer relationships for everyone associated with RSVP. So far, the changes we are making in RSVP have been received well by our Partner Agencies and volunteers. Here is some of the progress we have made:

- We have created a more efficient way for our volunteers and partner agencies to report volunteer hours.
- We are working more closely with partner agencies so we can recruit the type of volunteers they need.
- We are holding recruitment events to reach as many potential volunteers as possible and have meaningful placements made in a timely fashion.
- We are meeting with current Partner Agencies while creating new partnerships.

RSVP volunteers should have received their annual survey in the mail in early January. Please send those back as soon as possible so we can include your information in our annual report.

RSVP Partner Agencies will be receiving a packet in early February with lots of important information so be on the lookout for that in your mailbox.

Welcome

We would like to welcome our newest addition to the Civic Service Institute’s RSVP area; South Eastern Arizona. We look forward to working with you to mobilize volunteers to strengthen your communities through service and volunteerism.

We are looking forward to a long and effective partnership with all our potential Partner Agencies. The Program Coordinator in SE Arizona is Melissa Hernandez and she can be reached at Melissa.Hernandez@nau.edu or 520-305-2482.

Volunteer Spotlight

Loni Shapiro has been a RSVP volunteer in Flagstaff since 1999. She has served our community in so many ways by volunteering at the Arboretum, the Museum of Northern Arizona, as a Senior Companion, AARP Driver Trainer, and most recently as the Garden Coordinator at The Olivia White Hospice Home in Flagstaff. Loni was instrumental in the creation and coordination of the beautiful garden that is loved and appreciated by the patients, the families, and the community. We are so honored and excited that Loni continues to serve through RSVP. Thank you Loni!

“Be the change that you wish to see in the world.”

~Mahatma Gandhi
Project GIVE

Alternative Breaks

Project GIVE finished off the 2013 year with a great showing of presentations at the AZ Summit on Service-Learning and Volunteerism, and we learned a lot from other programs around the state. We look forward to putting what we learned into practice this semester!

Project GIVE is gearing up for three Alternative Breaks trips this Spring Break! Students will participate in service-learning trips around a variety of topics, including: ecological restoration, poverty, immigration, homelessness, and environmental stewardship. Applications are available by emailing ProjectGIVE@nau.edu or by coming to a meeting.

Thank you for GIVEing!!!
~Elisabeth Sims, MSW

Break Away’s Alternative Breaks

Break Away’s mission is to train, assist, and connect campuses and communities in promoting quality alternative break programs that inspire lifelong active citizenship.

Break Away’s vision is a society of active citizens: people who value the community as a priority when making life decisions. As part of a quality Break Away experience, participants will become more educated and experienced in all sides of a social issue. Upon return, they will be empowered to make more informed decisions and take meaningful action that supports a greater good. They will become contributing members of society and will weigh in on issues that impact their communities.

For more information about Break Away Alternative Breaks please see www.alternativebreaks2014.org.

Ranger Todd loves Alternative Breaks AND gets credit for introducing Project GIVE to Break Away in the first place!

Project GIVE volunteers during Veteran’s Day Weekend Alternative Break trip to the Grand Canyon.
Stay Health and Stay Engaged

It is flu season and the flu can take a toll on a volunteer’s impact. I know! For the past three days the flu took a toll on the impact I could have in volunteer engagement. In my search to find out what I did wrong and how I could prevent others from contracting the flu from me, I started searching web sites on how to stay healthy during flu season. Almost every resource said the best thing you can do to prevent getting the flu is diligent hand washing. My favorite suggestion is that it does not matter what type of soap you use, what matters is the vigor and length of time you wash your hands. Singing “Happy Birthday” twice is the measure of time suggested. This is about 25 seconds depending on how slow or fast you sing the song. It is recommended to cover your mouth when sneezing but do not cough into your hands. Coughing into your elbow keeps the germs from spreading. Flu viruses do not live long on soft surfaces like clothing. Again, medical professionals say that flu germs live longer on hard services. Wiping down counter tops, keyboards, phones, door knobs, hard surface toys, and the remote control are the surfaces that need the most attention. Web MD states that it is good idea to wash towels and sheets, but fabric or soft surfaces just do not provide a nice habitat for the flu virus. It is also recommended to open doors and windows for about an hour to let fresh air into the home. This would not be recommended if you are in an area where the arctic vortex had an impact.

For those of you who volunteer with children...good luck! They are great conductors for spreading germs and even the most careful adult will have a hard time keeping up with what they touch. The key here, wash your hands, wash your hands and have the kids wash their hands, too! Web MD was a great resource and most of the other web sources repeated the information shared above. So stay healthy and stay engaged this flu season!

- Deidre Crawley

National Days of Service

Upcoming Service Day:
3/11 – Cesar Chavez Day

Volunteers Making A Difference

Project GIVE volunteers building fences at the Grand Canyon during Veteran’s Day Weekend Alternative Break trip
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Yogurt U

Puzzle Courtesy Sudoku Collection

Sudoku Solution

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Sudoku Puzzle