Carole’s Corner

Have you ever been in a funk? You know, where it’s hard to get out of bed in the morning, you’re in a stupor, you’re just putting one foot in front of the other and just existing? I have been that way for a few months. I questioned whether or not I was making a difference; does showing up to work matter? Would anyone even notice if I wasn’t there? Finally, a couple of weeks ago, I decided I had to get out of the funk and really think about things and work on my own self-doubts.

What actions have I taken? I’ve had to acknowledge that I’m still grieving the loss of our colleague, Amy Websdale. While physically I can acknowledge that I won’t come in and see Amy daily and I won’t hear her say, “Are you crazy?” my psyche and/or spirit has truly not fully accepted the loss. Just the other night I had a very vivid dream in which Amy was given the news she was dying and she was very accepting of that news. I think the message to me was that I am now willing to accept Amy’s death; I am ready to move forward (not move on).

Business goes on as normal, and I guess that’s where the funk came from. Did it make a difference that Amy Websdale worked here? A resounding YES! Then, why my funk? Business goes on as normal. Things still need to be accomplished, work doesn’t stop. Business goes on as normal. Yes, Amy made a huge difference to so many of our volunteers, to students on campus, to everyone she touched. While business goes on as normal—and while business may even improve—the impact Amy had on everyone she touched is what really matters. Thus, business hasn’t really gone on as normal, it has lacked Amy’s touch, her special ability to make each and every person feel special, her voice, her thoughts. Business has been going on...a new special person is accomplishing a lot...but business hasn’t gone on as normal for me and probably for others.

Even though I’ve been in this funk, I’ve had wonderful things happening in my life and I’ve been very happy. However, a cloud has followed me around; a cloud that isn’t there all the time, but has still been there. The cloud is dissipating and I have a wonderful life surrounded by a wonderful family, wonderful staff and co-workers, I get to work with fantastic volunteers! That’s how I know the cloud will dissipate soon—because you all care and by helping you make a difference, I make a difference, as Amy did, too.
Feature Story:
National Service Volunteers Recognized by Mayors Across the US

On April 1, 2013 and April 9, 2013, mayors from the Cities of Casa Grande, Chandler, Cottonwood, Flagstaff, Gilbert, Lake Havasu City, Maricopa, Mesa, Phoenix, Prescott, Prescott Valley, Show Low, Snowflake, Tempe, Tolleson, Tucson, and Yuma will join 832 mayors across the US to recognize volunteers who serve in National Service programs. The Civic Service Institute at NAU sponsors over 800 volunteers who participate in the National Service programs: Youth in Action AmeriCorps, Senior Companion, Foster Grandparent, and RSVP Programs. Volunteers serving through the Civic Service Institute at NAU have an economic impact of $3.1 million to our communities. Congratulations to our volunteers; you make our communities great!

CSI @ NAU AmeriCorps and Senior Corps volunteers join more than four million National Service volunteers serving at 70,000 sites across the US, in more than 500 cities (with a population of 30,000 or more). National Service volunteers are known for tackling tough problems and strengthening communities. Whether it's supporting food banks, building trails, building homes, tutoring children, or providing companionship for isolated individuals, National Service volunteers help our cities and mayors address community concerns. We join these mayors in saluting all the service you do!

Have you Liked Us Yet?
Have you checked out the Civic Service Institute (CSI) Facebook page? The CSI page features our programs, including AmeriCorps, Senior Corps, Project GIVE and many of the other projects and programs in which we are involved. Stop by and “like” us! Keep updated on community events, projects and more! You may even see your photo or event featured on our wall. facebook.com/csinau

Meet the Staff

April Saylor (left) and Deidre Crawley (right) Melissa Hernandez Sharon Tewksbury-Bloom (left) and Kenneth Cruz (right)
AmeriCorps

Upcoming Events

- **April 13** – Project Connect EDC (9am – 1pm)
- **April 21-27** – National Volunteer Week
- **April 22** – Earth Day
- **June 2** – National Trails Day

Message from the Coordinator

The AmeriCorps program has crossed the half way point in the year and with that milestone we are only one slot away from 100% recruitment. We are looking forward to spring with service projects and starting over with recruitment for next term. A few weeks ago we celebrated National AmeriCorps Week. With the other AmeriCorps programs in Flagstaff, ACE and CREC, we hosted a potluck. Sixty people attended the event. It was a lot of fun to see members getting to know one another, winning prizes and sharing good food. Welcome to our new members since last quarter: David Abbott, Max Fischenich, Madeline Friend, Rosalie Fuhs, Steve Nickolaisen, Jason Oldefendt, Zach Leon, and AJ Sherrill.

- Sharon Tewksbury-Bloom

Thank you for Participating in César Chávez Day of Service

César Chávez Day of Service was more successful than we planned. After preparing the Killip Elementary School Garden for planting and moving items into the Children’s Reading Room at the Flagstaff Family Food Center, volunteers stuck around to cook at the Food Center and participate in a spontaneous trail clean up near McMillan Mesa. Thanks to all of the volunteers who went above and beyond to make César Chávez Day bigger and better than planned!

Increased Social Opportunities for Current AmeriCorps members and AmeriCorps Alumni

AmeriCorps is strengthening the connection between members around Flagstaff. Youth in Action, ACE and CREC members gathered together for a potluck at Murdoch Community Center during AmeriCorps Week in March to celebrate the various projects and accomplishments done throughout Northern Arizona. It was great to see the AmeriCorps colors fill the room and we plan on doing many more social events together in the future! Events we currently have scheduled include:

- **April 13**: Project Connect EDC 9-1
- **April 13**: Recycled Art Exhibit Opening 6-9pm. Join all AmeriCorps members together for an evening celebrating at Coconino Center for the Arts

New AmeriCorps members from Left to Right: Jason Oldefendt, Max Fischenich, Madeline Friend, David Abbott, Zach Leon, and AJ Sherrill

Meg Ohanesian at the Flagstaff Family Food Center on César Chávez Day and a squid-shaped carrot
Senior Volunteers Honor Dr. Martin Luther King, Jr. with Service

January 21, 2013 was Martin Luther King, Jr. Day. Many Senior Companions and Foster Grandparents participated in service projects on this day. Here’s a taste of what happened around the state:

Navajo and Apache Counties - The Senior Companion and Foster Grandparent volunteers joined forces with the Grand Canyon Chapter of the Red Cross the week of March 18 at various locations in Show Low and Taylor to distribute disaster preparedness materials to the public. Over 70 people visited the tables, with over 150 informational flyers distributed.

Navajo County - The Navajo County Senior Corps Program honored Martin Luther King, Jr. by speaking on a radio program, The Cutting Edge, with show host, Barbara Bruce offering economic opportunities through job openings and, for those over 55, stipended volunteer service in Navajo and Apache Counties. On the show which aired on Sunday, January 20, 2013 were Senior Companions Barbara Buehler and Emma Pearson, along with Foster Grandparent Dixie Parker, and Program Coordinator, Diana Lowell.

Maricopa County - Foster Grandparent and Senior Companion volunteers joined with members of the community to put together over 1,000 school readiness kits for Valley of the Sun United Way’s Success by Six Campaign. These kits were distributed to parents, school districts, and partnership childcare centers throughout Maricopa County. Each kit contained over 80 activities that parents can use to engage children at home, teaching them reading, math, and other skills.

The Senior Companion and Foster Grandparent volunteers do so much to serve their communities. Thank you volunteers!!

Important Reminder

June is the end of the fiscal year for the Foster Grandparent and Senior Companion Programs. Your June timesheets are Due to your area program coordinator by June 15. You will need to estimate your time for June 15-30.

César Chávez Day of Service Maricopa County Spotlight

Throughout the month of March, Maricopa County Foster Grandparent and Senior Companion volunteers partnered in their 2nd Annual Stuffed Toy Drive, benefitting Arizona Helping Hands, Inc. crisis toy distribution. Through this program, toys were provided to first responders, who will then give the toys to children whom they encounter during crisis situations. Arizona Helping Hands, Inc. “is currently the largest toy distributor in Arizona” (azhelpinghands.org). Senior Companions and Foster Grandparents collected over 600 toys for Arizona Helping Hands, Inc. AWESOME job!
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!

**Pima & Pinal Counties**
- Martha Alvarez
- Carmen Macias
- Rozena Terrell

**Yavapai County**
- Gerda Kramer
- Barbara Freeland
- Rebecca Lopez
- Vivian Jachowski
- Joann Boylan
- Frankie Bemis

**Yuma**
- Lidia Franco
- Imelda Sarabia
- Rogelio Sarabia
- Concepcion Ruiz

**Navajo & Apache Counties**
- Jacqueline Henry

**Coconino County**
- Faith Moore
- Edward Martin

**Maricopa County**
- Laura Howard
- Joyce Burns
- Inez Diaz
- Mike Chien
- Yi Lee Chien
- Louise Sokata
- Lauren Harrold
- Donna Meier
- Emma Haney

**Mohave County**
- Victoria Wheeler

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**Senior Corps Events**

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<tr>
<th>Date</th>
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<tr>
<td>April 1</td>
<td>MARICOPA: Mayor’s Day of Recognition for City of Mesa</td>
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<td>April 5</td>
<td>YUMA: In-service meeting</td>
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<td>MARICOPA: Advisory Council Meeting</td>
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<td>April 9</td>
<td>Mayor’s Day of Recognition for National Service</td>
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<td>April 20</td>
<td>MARICOPA: 4th Annual Golden Idol Talent Show</td>
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<td>April 25</td>
<td>MARICOPA: In-Service for Phoenix South</td>
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<td>April 26</td>
<td>MARICOPA: In-Service for Phoenix North</td>
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<td>COCONINO: In-Service for Flagstaff</td>
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<td>May 4</td>
<td>Yuma: Volunteer Recognition</td>
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<td>May 6-10</td>
<td>National Senior Corps Week</td>
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<td>May 9</td>
<td>All areas: Volunteer Recognition</td>
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<td>June 14</td>
<td>MARICOPA: In-service meeting for Phoenix volunteers</td>
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<tr>
<td>June 28</td>
<td>COCONINO: In-service for Flagstaff</td>
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</table>
In the 3rd quarter (October to December 2012) there were 192 active RSVP volunteers serving their communities for over 12,600 hours. The average number of hours served for the quarter was 65 and the greatest number of hours served by a single volunteer in this quarter was 427.5 hours! Thank you for all this amazing service!

Thank You for Your Feedback
The CSI RSVP Program sent out surveys to volunteers and received a huge number back. It is wonderful to see your comments and suggestions so we can continue helping you serve our partner agencies. We will be working diligently to address any concerns that were mentioned in the comments section of the survey. Here are a few of the notes you made about your volunteer service:

- “I volunteer at the Literacy Center. I was able to write a letter of reference for one of the adult literacy students which enabled her to obtain a job.”
- “I volunteer at our library so we may continue to keep it open. It only has volunteers.”
- “In the short time I have worked in Vernon, I have observed a marked improvement in the reading skills of the children I work with. I do not take credit for this myself, the classroom teachers do the bulk of the work, but they tell me my contribution is a help to them.”

Thank you for all of your hard work!

RSVP Contacts
As we enter in the new fiscal year, all of our RSVP volunteers will be working more closely with their area coordinators for support, training and general information regarding RSVP and other volunteer opportunities in your area. Below is the contact information for the coordinator in each area:

**Navajo and Apache Counties**
Diana Lowell: 928-581-1872, diana.lowell@nau.edu

**Mohave County**
Nancy Rutherford: 928-715-2200, nancy.rutherford@nau.edu

**West Yavapai County**
Jean Jongsma: 928-713-4114, jean.jongsma@nau.edu

**East Yavapai County**
Shana Smith: 928-202-8261, shana.smith@nau.edu

**Coconino County**
Michele Lytle: 928-523-1082, michele.lytle@nau.edu

**Yuma County**
Jurixie Lopez-Elizalde: 928-276-2891, JL474@nau.edu

**Mohave County RSVPs**
Make a Difference
On Martin Luther King, Jr. Day, AmeriCorps volunteer, Carole Young, and RSVP volunteers partnered with the American Red Cross to hand out fire prevention materials at neighborhood groceries, Starbucks, Kingman Area Food Bank and the Boy's and Girl's Club of Kingman. Approximately 725 flyers were handed out. Great job!
Project GIVE

Alternative Spring Break II

Project GIVE’s second annual Alternative Break hosted 26 students throughout the week of Spring Break this year. In 5 days we completed over 520 hours of service! What did we do?

**Monday:** Spread mulch and worked on trails on campus with NAU Outdoors. Began painting two rooms and pruning trees at the Murdoch Center.

**Tuesday:** Volunteered the day at the Grand Canyon with Ranger Todd. We learned about the California Condor and the dangers that litter and coins pose, and helped clean up several pounds of trash around the point.

**Wednesday:** AZ Gives Day! We worked at Full Circle Trade and Thrift and Hope’s Closet, then back to Murdoch Center to finish painting.

**Thursday:** We built trails and moved/rebuilt a large fire pit area at El Nathan Camp at the base of Mt. Elden.

**Friday:** Made comfy spaces for the animals at Second Chance Center for Animals, planted in the greenhouse for the NAU SSLUG Garden, and finished up work on campus with NAU Outdoors.

The whole week was very rewarding for all! Check out the March 28th issue of The Lumberjack for our front-page article! http://jackcentral.com/life/2013/03/students-volunteer-with-project-give-during-break/

- Elisabeth Sims, MSW

### Calling for Work Projects!

This June 22, 180 STAR students will be fanning out to do service projects throughout Flagstaff. If you would like your project to be slated for the annual STAR Day of Service, please contact Elisabeth at 928-600-7032 or Elisabeth.Sims@nau.edu.

### Project GIVE Spring Calendar

- **April 20-27** – National Volunteer Week/Earth Week
- **April 26-27** – World Vision 30-hr Famine
- **April 27, 9-noon** – Service projects in community, followed by celebration at NAU Football game FanFest
- **May 4** – Color Vibe Run, sign up at [www.thecolorvibe.com](http://www.thecolorvibe.com) with team: GIVE color to your world, password: projectGIVE.

Stay tuned for more as we aim for a goal of having at least bi-weekly service activities and GIVEing together!
Seasons of Service

Last June, CSI learned a communication tool utilizing the seasons to describe the various stages of projects, workplace swings, and the ability to move within these seasons to create impactful results. Communication is often that one area in our professional and personal lives that requires fine-tuning. Tools that help communicate strategies for working more effectively are worth sharing.

The seasons are constantly changing. What is your season of service and volunteerism?

- Deidre Crawley

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<th>Description</th>
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<td>Dormancy &amp; Preparation; Pregnant Void</td>
<td>Delays, Void</td>
<td>Reflect, Celebrate</td>
<td>Hindsight, Insight, Foresight</td>
<td>Premature Push</td>
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<td>Summer</td>
<td>Solid Ground &amp; Harvest Plateau</td>
<td>Routine, Productive</td>
<td>Build Strength, Flexibility, Support</td>
<td>Abundance, Balance</td>
<td>Complacency</td>
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<td>Fall</td>
<td>Turn Under &amp; Fertilize; Endings</td>
<td>DISes</td>
<td>Grieve Unfinished Business</td>
<td>Learning, Acceptance</td>
<td>Flooding, Freezing</td>
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*Courtesy Innovation Partners International

National Days of Service

Upcoming Service Days

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<tr>
<td>4/21-4/27</td>
<td>National Volunteer Week</td>
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<td>Earth Day</td>
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<td>6/2</td>
<td>National Trails Day</td>
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Volunteers Making A Difference

Foster Grandparent Dixie Parker and Senior Companion Phil Caster distributing disaster preparedness materials on Cesar Chavez Day at Basha's in Taylor, AZ

Flagstaff AmeriCorps members volunteering at a United Blood Service blood drive on Martin Luther King, Jr. Day
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Thank you to our Donors & Sponsors!

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Ms. Jocelyn Carlson
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Habitat for Humanity
Hacienda Restaurant
The Hopi Foundation
Kingman Area Food Bank
KJACK Radio
KNAU Arizona Public Radio
Knoles Elementary School Lego League

Peter and Janis Lauman
Little Caesar’s Pizza
Macy’s Department Store
Mormon Institute of Religion
The Murdoch Community Center
NAU Gateway Center
NAU Health & Learning Center
NAU Marketing
NAU Microbial Genetics and Genomics
NAU Outdoors
NAU Plaid
NAU Student Environmental Caucus
Northern Arizona College Resource Center
Pima County Food Bank
Pita Jungle
Pizza Furiosa
River Cities United Way
Safeway
Sam’s Club
SCAN Healthcare
Starbucks
Southside Community Association
TGen
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