Carole’s Corner

Gratitude-Thankfulness-Apreciation. This is the season for gratitude! So, tell you what; close your eyes and think of a person who has been really influential in your life. Write down their name; write down what you’d like to say to that person.

For me, one of the most influential people in my life is my husband, Dana. Dana supports me in everything I do. He supported me through difficult times I had when I worked for another organization; he supported me by truly being an active parent—from changing diapers and rocking our children back to sleep after nursing, to listening to them as they’re adults and offering his guidance and support. When I hurt or am ill, he helps me back to optimal health. When I’ve had disagreements with others, he talks it through with me and supports my decisions. If I need a back rub, he’s right there kneading my shoulders. He taught me to not worry too much; to let things go, to not kick myself if I do the wrong thing. He is always there for me. I am grateful for his support and support him in return.

Now it’s your turn. Find a piece of paper and write down your thoughts. After you’re done writing down your thoughts, call that person and read what you have written to them. That’s gratitude, and believe it or not, it will make you happier.

In a scientific YouTube TV report by Soul Pancake, volunteers were involved in an experiment. Researchers first gave the volunteers a test on their happiness and then asked them to do what I asked you to do above. After writing their gratitude, and/or after calling those to read what they wrote, they gave them another test on their happiness level. For those who, for whatever reason, couldn’t personally call the person they wrote about, their happiness level increased 2-4%; however, for those who were able to speak with the person they wrote about, their happiness level increased from 4-19%. What’s even more amazing, the person who had the lowest happiness score prior to calling had the largest gain in happiness overall after their phone call.

What does this mean? When you’re feeling down, when you’re feeling blue, start thinking of the most influential person in your life, or someone you’re really gracious for, write down what you’d like to say to them, give them a call and let them know. Studies show you will be happier.
Feature Story:
Ways to Give Back this Season

During the holiday season, many people make giving back a part of their holiday traditions. Here are a few ideas for ways you can give back this season:

• **Clean out your closet & pantry** – Many organizations are hosting warm clothing and/or canned food drives. It’s an easy way to help others in need.

• **Use your talents** – Are you good at knitting or fixing cars? Consider using your talents to help others. Everyone has a skill they can offer—whether editing someone’s resume or baking cookies.

• **Do a chore for someone else** – If you have an extra ten minutes, a snow shovel, and a strong back, consider shoveling your neighbor’s sidewalk.

• **Send a card** – It only takes ten minutes, but it can brighten someone’s entire day.

• **Give on someone’s behalf** – Struggling to come up with a gift for that hard-to-buy-for someone? Consider giving to a charitable organization on their behalf.

• **Volunteer** – Giving your time to help a non-profit is a great way to give back to your community.

Have a great holiday season!

CSI Welcomes AmeriCorps Members

The Civic Service Institute is excited to have five new AmeriCorps members with our organization for the upcoming year! The following AmeriCorps members are joining our team:

• Jessica Adame, Flagstaff, CSI
• Allison Bulkeley, Flagstaff, Project GIVE
• Lee Phelps, Verde Valley, Senior Corps
• Rose Fuhs, Tucson, Senior Corps
• Noreen Frisch, Kingman, Senior Corps

Our AmeriCorps members will be focused on “Capacity Building,” or helping our organization better meet its mission of engaging volunteers in service. Welcome AmeriCorps members!

Meet the Staff

April Saylor and Sharon Tewksbury-Bloom
Janet Osburn
Hope Clapp
AmeriCorps

Message from the Coordinator

Fall is an exciting time of change for AmeriCorps. As summer came to a close we graduated the 2012-2013 cohort of AmeriCorps members. A few members moved on to new adventures in Oregon, Nevada, Colorado, and Pennsylvania, while others, who had moved to Flagstaff to serve in our program put down roots locally taking professional jobs here as a school counselor, academic advisor, horticulturalist, and firefighter. We wish all of our AmeriCorps alumni great success in their next chapter.

Meanwhile, we have been busy recruiting and orienting a new cohort of AmeriCorps members who will serve until August 2014. We welcome over 20 new members and 14 returning members into the new term. Joining us this term are members from New York, Iowa, Maine, and Colorado. Our members are a diverse group, ranging in age from 18-65 years old and coming from all different backgrounds. They are united in their dedication to service and their personal commitment to expect more from themselves and from their community. We welcome them aboard and look forward to a wonderful year ahead.

- Sharon Tewksbury-Bloom

Memories

At this time of year—the time of exiting members and inducting new members—it seems appropriate to share a few memorable moments from this past year. Enjoy the images below!

AmeriCorps Alumni Kenneth Cruz and Nancy Vernon on Cesar Chavez Day of Service

AmeriCorps Alumna, Michele Lytle with Mayor Jerry Nabours at the Mayor’s Day of Recognition event

AmeriCorps members assisted in the planning of a fully inclusive yoga event that offered people of all abilities to participate through adaptable techniques and help from yoga instructors

Many of our new AmeriCorps members and alumni
September 11, 2013 Service Projects
Thank you to all who made our 9/11 Projects successful!! Here’s a snapshot of what our Foster Grandparents and Senior Companions did around our state:

- **Coconino County** – Flagstaff volunteers participated in a flag ceremony at Flagstaff City Hall, where about 3,000 flags were placed on the lawn in honor of those who perished in the 9/11 attacks. The flags were removed at dusk.

- **Maricopa County** – Volunteers completed their Third Annual Snack Drive for First Responders and once again it was a huge success! Volunteers visited 15 fire stations this year and, as always, they were very welcoming and appreciative. Volunteers got to tour of the fire stations, try on equipment, and even spray the hoses! A handful of stations offered to share the basket of snacks. We were are trying to give back to them and they wanted to share with us!

- **Pima County** – Tucson Foster Grandparents partnered with the local Senior Companion, RSVP, AmeriCorps, and the VA to place flags along the fence line of the Veteran’s Hospital. This will was the 2nd annual placement of the flags in Tucson and a very special thank you goes out to AmeriCorps member and Foster Grandparent, Rose Fuhs, who was in charge of coordination.

"To know even one life has breathed easier because you have lived. This is to have succeeded.”  
~ Ralph Waldo Emerson
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!

Yavapai County
Doratta Frost

Coconino County
Ann Capodanno
Irma Arnold
Clifford Marquez, Jr.
Joyce Browning
Sheila Donnett

Maricopa County
Wanda Terrell
Ed Yoblansky
Shirley Railback
Julia Rose

Mohave County
Lorraine Stiller
Susan Renwick
Shirley Dick
Mary Lee Hall
Joyce Thrasher
Marilyn Scott

Pima County
Mary Scalzo
Elizabeth Giblin
Janice Rubel
Andrea Martins
Lorraine Rabago

Have you Liked Us Yet?

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

Upcoming Service Events

November 11
Pima County: On Veteran’s Day, Foster Grandparents in Pima County will be placing flags at Holy Hope Cemetery on honor of our nation’s veterans. The volunteers will also be participating in a warm clothing drive in the upcoming months.
Focusing RSVP

The RSVP Program is reenergized and making some big changes! With the clarification of our program’s goals, we are making strides toward meeting our goal of 300 volunteers serving in our updated focus areas of Education, Healthy Futures, Capacity Building and serving Veterans/Active Duty Service members and their families. Volunteers will continue to meet individual needs of each community provided it is with partner agencies.

The coordinators are working together to create and plan recruitment opportunities, regularly planned orientation for new and continuing volunteers, workshops that would be of interest to our volunteers, and periodic gatherings with the coordinators to share stories and/or express any concerns.

We are excited about utilizing the many and diverse talents of our volunteers to create a meaningful experience for all of us involved.

Volunteer Spotlight

Lyman Grover is a new volunteer in the Flagstaff area. He came to our organization through a recruitment event in July 2013. Lyman has a unique set of skills and he was very clear about the type of volunteer service he wanted to do. Michele (Flagstaff RSVP Coordinator) assigned him to the RSVP program as a Capacity Building volunteer. He went right to work researching, talking to the community about the needs RSVP can help with, and getting the word out about the potential of RSVP in different organizations. Lyman has given over 65 hours in his first month as a volunteer. We appreciate Lyman’s service to us and look forward to a long relationship.

Recognitions

Flagstaff held the 2013 RSVP Recognition event and the theme was REFLECTIONS. There was a great turnout with a wonderful Mexican food lunch at Salsa Brava. We shared and reflected on our service to the community.

East Yavapai County RSVP volunteers attended their recognition event and the theme was Volunteers Are A Treasure. A guest speaker shared the many benefits of volunteering and what chemicals in the brain are triggered when we volunteer.

The Mohave County RSVP Volunteers also got together in September for a celebration of their accomplishments over the past year and more than 50 volunteers participated. It was a great turnout!

“I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.”

~Albert Schweitzer
Alternative Breaks

Project GIVE has great news! We are expanding our Alternative Breaks program this year and were approved to start a new student organization on campus, which means we now have a club of students that meet regularly to serve and plan the Alternative Breaks. The club meets weekly on Thursdays from 4-5 at the Civic Service Institute and we are finally putting our patio to regular use.

The first Alternative Break of the year will be to do fence repair at the Grand Canyon over the weekend of Veteran’s Day, November 8-11. We have space for 16 students and are already filling up. Applications are available by emailing ProjectGIVE@nau.edu or coming to a meeting.

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

Make A Difference Week

Project GIVE had over 100 volunteers for this year’s National Make a Difference Day service projects!

This year’s Make A Difference Week was very successful! On October 23, Project GIVE hosted a volunteer fair on campus at NAU. On October 26, over 100 volunteers came out to do service projects around Flagstaff at over 15 locations, including Habitat for Humanity, the Flagstaff Family Food Center, and Hope Cottage, among others. Thank you to all of the volunteers who made a difference!

Full Circle is a regular volunteer site and partner with us. Please donate, shop, and volunteer!

A few of the volunteers from Make A Difference Day who served at the Flagstaff Family Food Center.
Finding the Perfect Picture

At CSI our mission is to provide volunteer and service opportunities for all ages. With this goal in mind, CSI has been involved in bringing the Southside and NAU together through our Communities for All Ages Project. CSI is about to formally close the funding for this project, but the seeds have been planted.

Just a few of the accomplishments include: Southside beautification and historical signage projects; four new community police officers and a neighborhood sub-station; parking enforcement in the Southside neighborhood; the Good Neighbor monthly meeting that examines issues, shares solutions, and promotes positive events between NAU and the Southside; an active Murdoch Community Center; the creation of a historical mural at the Murdoch Center that represents black leaders from the Southside; numerous community service projects; and the research and development of a Southside Historical Tour. It was time to find a picture that expresses what this project has meant to our community and conveys that we have come a long way.

Looking for this picture started a visual journey into what CSI has been up to for the past few years. The photos on our CSI Facebook page were a striking review of faces, events, and celebrations of the impact CSI has had for individuals of all ages. There was not one perfect picture, but many that demonstrate the commitment that CSI has to provide service. Please take this journey of reflection and know that CSI may be closing one chapter, but this is only beginning of our service adventure. Take a look!

www.facebook.com/#!/csinau/photos_stream
- Deidre Crawley

National Days of Service

Upcoming Service Day:  
11/11 – Veteran’s Day

Volunteers Making A Difference

Project GIVE volunteers at Hope Cottage on October 26, Make a Difference Day

Foster Grandparents in Tucson on September 11, National Day of Service & Remembrance
## OCTOBER

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