

Volunteer Voices

From the Volunteer Center of the Redwoods

Home of the Retired & Senior Volunteer Program

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Ready... Set... Relay!

By Martha Hunkins

Come spring in Humboldt County there is a buzz in the air and those little purple logos start appearing everywhere. If, like me, you've ever wondered what all the hubbub is about, put on your walking shoes and I'll tell you the story of Relay for Life.



It all began in Tacoma, WA in 1985. Since then the Relay has spread to communities across the country and around the world. July 14 & 15 this year mark the fifteenth annual Relay for Life in Humboldt County, where teams of friends, neighbors, families, and coworkers will commit to keeping at least one team member walking a race track at all times - symbolizing the fact that "cancer never sleeps." The American Cancer Society's biggest fundraiser of the year, this annual event is a shining beacon of the hope, passion, and inspiration offered by cancer survivors and their loved ones in the fight against cancer.

The event itself begins on Friday afternoon with the Survivor's Lap, a powerful experience where hundreds of cancer survivors will walk the track at College of the Redwoods, cheered by family and loved ones. At 5 pm a special guest speaker will address the gathering - Kevin Sharp, famed country music star, himself a cancer survivor and avid spokesperson in the battle against cancer. The Ceremony of Hope, one of the most moving events of the Relay, happens when the sun goes down and hundreds of luminaria are lit under the stars. Everyone gathers round "to remember those lost to cancer, support those fighting cancer, and rejoice with those who have fought the disease and won."

The Relay continues all night long, with team members walking the track around the clock, while others camp out nearby. Many other events are planned to support, entertain, and educate participants and visitors throughout the event.

The Humboldt County Relay for Life has proudly placed among the top 10 in the entire nation for total funds raised, and has maintained this ranking for several years. When I asked Kim Coelho, the local Relay Community Development Manager, why Humboldt County does so well, year after year, her response was simple yet profound. "The people in this community really care about each other." I know from my own experience that her words are true and on the mark.

So, whether as a participant, a spectator, a volunteer, or a donor, consider supporting Relay for Life this year and join in the continuing and courageous fight against cancer.



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Support the Volunteer Center while you recycle! Tell the scale operator at the Arcata & Eureka Community Recycling Centers that you would like to credit **Account #190**. Thank you for your contribution to both human & natural resources!

Buzzing for Volunteering

By Pam Zeutenhorst

Have you heard about “Buzz Agents?” Marketing firms have...and found them very effective in targeting consumers who are getting harder and harder to reach by traditional methods. Buzz Agents create word-of-mouth marketing. Most of us tell our family, friends, and neighbors about movies, books, or products we have seen, read, or tried. By telling people our opinion of the product, we, in essence, are Buzz Agents. Especially, if it is something we like.

Marketing firms recruit people who are willing to try new products, provide feedback, and talk about the product to promote sales. In fact, many of these Buzz Agents are not paid to spread the word about products. One marketing firm has more than 60,000 volunteer “Buzz Agents” in its network. A larger marketing firm has an astonishing 240,000 volunteer teenagers spreading the word about everything from toothbrushes to TV shows.

All this buzzing got us thinking and we realized we have Buzz Agents working for us already! Thirty-six percent of the people enrolled in the Volunteer Center or RSVP program say a friend or family member referred them to us. That is the number one way people hear about us! The second most reported way people hear about the Volunteer Center & RSVP is through their workplace or volunteer site. Hmm...sounds like maybe Buzz Agents are at it again! We are not complaining, just feeling a little slack for not thanking you enough for all that you do to encourage others to volunteer.

To acknowledge your efforts and to keep you “buzzing” about volunteering, we are initiating a new project to honor our Buzz Agents. In future issues of *Volunteer Voices*, we are going to report to you how many new people have enrolled with either the Drop of a Hat Brigade or the RSVP program as volunteers who were referred by friends, family, co-workers or fellow volunteers. AND for the Buzz Agent who refers the most new volunteers, we have a special gift. (Sorry, no new cars or trips to exotic lands will be given away.)

When you refer people, be sure to have them tell the staff at the Volunteer Center your name as the person who referred them to be eligible for recognition as a Buzz Agent.

Drop of a Hat Brigade is for people of all ages who want to volunteer at one-time or short-time events. The perfect solution to those who need flexibility in their volunteering.

RSVP provides supplemental insurance benefits and limited travel reimbursements to people 55 and over serving in eligible volunteer positions.

From more information about these programs and volunteer opportunities give us a call or check out our new website at www.a1aa.org/vcor.



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Happy 10th Anniversary

to the **Humboldt County Sheriff's Citizens on Patrol (SCOP)**! Pitch in and celebrate this important community service by serving as a SCOP volunteer, the eyes and ears of the Sheriff's department. Training is offered on an ongoing basis. Laurie White has been with SCOP since its beginning and has this to say about the service:

HARKEN YE OF LITTLE FAITH!

For a thought was born, conceived of doubt;
Some said, "This program won't work out!"...
Others, "The mighty oak from an acorn sprang" ...
Thus with mixed emotions, SCOP began.

Undaunted, eager, duty-bound,
They ventured forth on shaky ground;
No stone unturned, no detail shirked
To prove this idea really worked.

SCOP's hometown was McKinleyville,
Yet they now patrol in Garberville.
In Eureka, Willow Creek they're seen
And in countless hamlets in between.

They strive (though unarmed by decree)
To keep their neighborhoods crime-free.
Sworn officers, sharp "eyes and ears",
They're the Humboldt Sheriff's Volunteers.

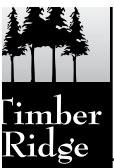
Their specialties? Crime-scene patrols;
Home checks and traffic-snarl controls;
Bike fests for kids; fire-fighters' drills;
Drug bust backups, and Haz Mat spills.

Despite those doubts from out the past—
The jeers, the fears they'd never last—
Full ten long years have come and gone
Yet SCOP endures, as staunch, as strong.

From a tiny spark sprang a bold idea
That gained complete fulfillment here.
From the goal attained, from committed years,
Rose a decade, proud, of SCOP Volunteers.

— *Laurie Rosalie White*

RSVP NEWS



NUTRITIOUS MEALS ♦ SOCIAL EVENTS ♦ TRANSPORTATION ♦ CHOICE OF LIVING ARRANGEMENTS

SENIOR LIVING AT ITS FINEST

EUREKA
2740 Timber Ridge Lane 443-3000

www.timberidgecare.com

MCKINLEYVILLE
1400 Nursery Way 839-9100

Volunteer Opportunities

IN HUMBOLDT COUNTY CALL 442-3711

The **Senior News** needs delivery drivers for routes in Eureka and Fortuna. Just a couple of hours a month can help place a valuable local resource into the hands of those who need it. Share this task with a friend for a quick and fun service project.

Do you enjoy the nearly forgotten art of sending and receiving letters? Share your stories and ideas with a fifth or sixth grader in Humboldt County through the **Pen Pal Program**. Write one letter a month during the school year, then meet your pen pal at a charming end-of-year tea party. More Pen Pals are needed starting in September. Also needed is a new Pen Pal Classroom Coordinator for Zane Middle School. This person collects and distributes the Pen Pal letters each month and is a backbone for this wonderful program. Sign up today!

Ready for an intergenerational summer picnic? You can help both the **Humboldt Senior Resource Center** Senior Lunch program, and youth in the community, by volunteering with the **SAK** summer lunch program for children. You can either help put together the daily lunches at the Eureka Senior Center - or - through **Food for People**, you can also help pass out lunches and supervise children at various sites in Humboldt County.

Interested in visiting Humboldt County schoolrooms to share knowledge and fun, make intergenerational connections, while giving a teacher a curriculum boost? If you have career experience, skills, hobbies, collections or other

treasures that might interest children and enhance classroom curriculum, please contact Stacy to learn more about the **SHARE Resource Speaker program** for the 2006-07 school year.

Care to be a lifesaver? Seniors and disabled folks say they feel much more secure with the wonderful services provided by **Sequoia Lifeline**. Sequoia Lifeline could not do it without the help of volunteers who install the lifeline devices at client's homes. Volunteer installers (with your own transportation) and substitutes are needed for the McKinleyville and Arcata areas.

Bless the beasts, and while you're at it, walk and cuddle them, too! The **Humboldt County Animal Shelter in McKinleyville** is brimming with critters that would benefit from your attention, making them more desirable for potential owners. You can help by walking doggies, being a kitty companion, tending the animals, getting the word out, or even lending clerical assistance (no animal contact necessary).

ARCATA

Calling all bookworms! **Friends of the Arcata Library** supports the Arcata Library by holding fundraisers for books & materials twice a year (Fall & Spring). You can help out at these events or join their Board of Directors.

Companion Animal Foundation is an organization committed to friendly and responsible animal ownership. You can contribute to their efforts with assistance in their thrift shop and at tabling & events.



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Arcata's **Hospice Thrift Shop** has a new streamlined system for volunteers to process clothes. Help support Hospice's merciful mission while discovering thrift shop treasures!

EUREKA

The **Sequoia Humane Society** is gearing up for a busy summer season. Volunteers are needed as dog walkers, kitty companions, kennel helpers, office helpers, and event helpers. You could also work in Tailwaggers Thrift Shop, provide a foster home for an animal, or serve on the Board. Help brighten the life of an animal while it is awaiting a new home.

CASA is seeking a retired teacher or special ed teacher who could serve as an advocate for children's educational needs and/or an educational consultant to other CASAs. Someone with an understanding of our educational system and the needs of children would be ideal. Share your skills in a unique and important way that will make a profound difference in the life of a child. If you're not a teacher but still want to help, CASA has an ongoing need for office volunteers as well.

If you love the sea and Humboldt's maritime history, share it with visitors to the **Humboldt Bay Maritime Museum**, now in its new location next to the Samoa Cookhouse. Volunteer docents and store attendants are needed.

**IN DEL NORTE,
CALL INEZ @ 464-7876 X136**

It's summer on the north coast, and the opportunities to volunteer are as bright, cheerful and numerous as the dandelions.

The **Del Norte Historical Society** needs volunteers both at the main

museum and at Battery Point Lighthouse. The museum needs people to welcome visitors and/or help with research and data entry. Since they're housed in an old building with "issues," they can always use folks who know how to fix things. At the lighthouse, volunteers are needed to guide visitors through the beautiful, historic structure. If you like fresh sea air and a one-of-kind job your inland friends will envy, this might be a perfect fit for you.

The **Del Norte Library** is seeking a Summer Reading Program Coordinator, someone who wants to share their love of reading with children. This is a wonderful, short-term position that calls for a time commitment of 12 to 15 hours a month during the summer. The volunteer will organize a summer reading program for the children of our community.

The **Pen Pal Program**, which brings seniors and school children together, is over for this school year, but we're already gearing up for next year. If you'd like to correspond with youngsters who may have no grandparents in the area, if you have laughter and wisdom to share, please consider this an invitation to join us for the coming school year.

DROP OF A HAT BRIGADE

Friends of the Redwood Libraries is looking for a bookworm to help organize the quarterly book sale at the Humboldt County Main Library. Contact Yvonne Kassatkin 269-1995 for details.

Drop of a Hat Brigade is for people of all ages who want to volunteer at one-time or short-term events. The perfect solution to those who need flexibility in their volunteering.

Volunteer Opportunities

Sharon McKinney & Rick Bennett

By Inez Castor

There hasn't been a north coast member of the California Senior Legislature since the early 1980s but that's about to change. Senator Rick Bennett and Assembly member Sharon McKinney are both long-time Del Norte residents.



Rick Bennett will bring north coast issues to the attention of state lawmakers.

Rick Bennett has been very active in our community. Thirty years ago he was highly instrumental in bringing College of the Redwoods to Del Norte, and he still teaches Art History at the Del Norte campus.

Recently retired as a member of the Area 1 Agency on Aging [A1AA] Board of Directors, Rick is well aware of the challenges facing older Americans.

"Being on the Board was good," he says, "but being a senator will be better as far as being able to get things done. We can't make laws, but we can make sure our legislators are hearing us and meeting the needs of northern California."

Sharon McKinney also spent her professional life in education, as an elementary school teacher. These days she volunteers in the primary class taught by her daughter.

Sharon maintains that RSVP saved her life after her years of teaching were ended by an injury.

"By being there and speaking up for the seniors of our area, I think Rick and I can help to make some changes."



Sharon McKinney is ready to make some changes for the seniors of our area.

"I was so depressed, and then I met Joan

Fields, the first volunteer coordinator here." That led to her writing for the Senior News, tutoring adults in English, and volunteering on jobs as widely varied as the Northern California Blood Bank and Volunteers in Police Service.

She currently volunteers at both the Chamber of Commerce, the Del Norte Historical Society Museum, and is a frequent contributor to the *Focus on 60+* column in the Times-Standard.

A couple of years ago Sharon began writing a novel, and research led her to the website of the California Senior Legislature. Fascinated, she kept going back. When A1AA began seeking candidates for the Legislature, Sharon threw her hat in the ring.

"Seniors in Del Norte feel disenfranchised. We're so far from the cities, and we often feel we're not acknowledged," she explained. "By being there and speaking up for the seniors of our area, I think Rick and I can help to make some changes."

Nominations are now being solicited for the annual Senior Friend award, presented by the Area 1 Agency on Aging to organizations and individuals in recognition of positive efforts on behalf of elders in Humboldt & Del Norte counties. A person's age is not part of the selection criteria. Nomination forms must be returned to the A1AA at 3300 Glenwood Street, Eureka, CA 95501, by 4:30 PM, Monday, September 11, 2006. For more information about Senior Friend awards, call 442-3763.



Welcome New Volunteers




*Katie's Krafters welcomes **Martha Bolt** • Loose Ends craft group welcomes founding members **Inez Castor, Maida Piotrowski, Johanna Mostovoy, Francine Beckish & Patricia Reynolds** • American Cancer Society of Del Norte welcomes **Juanita Henson** • Crescent City Nursing & Rehabilitation Center welcomes **Rayola Ely** • Del Norte Public Library welcomes **Pauline Long & Mary Judith Wilson** • Ferndale Repertory Theatre welcomes **Patricia Stanley** • HSRS's Fortuna Adult Day Care welcomes **Tom Travis** • HSU's Natural History Museum welcomes **Don Thrift** • Humboldt County*

*Sheriff's Citizens on Patrol [SCOP] welcomes **Donald Enos & Virginia Connolly** • Lighthouse Repertory Theatre welcomes **Faith Crist** • Mad River Community Hospital welcomes **Beverly Paulsen** • Morris Elementary School welcomes **Terry Smith** • McKinleyville Senior Center welcomes **Barbara Freshwater & Dianne Binder** • Northcoast Marine Mammal Center welcomes **Sharon Hargon** • Redwood Memorial Hospital welcomes **Anita Savage***

California Senior Legislature

The California Senior Legislature (CSL) is made up of 40 Senior Senators and 80 Senior Assembly members, elected as non-partisan representative of the elderly in their area. CSL elections are held every four years and coordinated by the 33 Area on Agencies on Aging. (See related article on opposite page)

The purpose of CSL is to:

-  Identify priority senior concerns.
-  Develop proposals in response to those concerns.
-  Advocate for the inclusion of those concerns in legislative proposals of the State Legislature.

Senior Legislators meet with senior constituents in their area to develop and draft proposals for the CSL session; participate in CSL sessions in Sacramento, develop and maintain a program of local advocacy; testify at hearings, and activate letter and phone campaigns.

CSL is funded by the California Fund for Senior Citizens. The Joint Rules Committee is the policy making body of the CSL and is made up of eleven members. Ten members are elected by the SCL standing committees to serve for one year. The eleventh member is the immediate past Chairperson.

The California Senior Legislature may be reached in Sacramento at (916) 552-8056.

Wisdom Wanted

The staff of the Volunteer Center of the Redwoods & RSVP works closely with an all volunteer Advisory Council comprised of a group of diverse, talented, experienced and supportive members of Humboldt & Del Norte Counties. We rely on council members to be advocates for service & volunteerism in their communities and to understand the mission and purpose of the Volunteer Center & RSVP. Members serve three-year terms, meet at least once every two months and serve on at least one committee. If you are interested in learning how you may join our team as an Advisory Council member, please contact us at volunteer@a1aa.org or (707) 442-3711.

Volunteer Center & RSVP Office Staff:

Pam Zeutenhorst, Volunteer Program Manager/RSVP Project Director; Inez Castor, Stacy Becker, and Martha Hunkins, Volunteer Coordinators; Tracy Jordan French, Administrative Assistant; Linda O'Quinn, Data Entry Clerk; Julie Ryan, AmeriCorps Promise Fellow.

Volunteer Center & RSVP Advisory Council:

Maura Eastman, Kay Sennott, Kari Love, Paul Rex, Bill Shapeero, Liz Smith.

Del Norte RSVP Advisory Committee:

Sandy Blakeley, Sherrick Cron, Bob Deal, John Ging, Albert Halls, Virginia Hinkley, Kelley Nolan.

Volunteer Center of the Redwoods & RSVP

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Contributions

Your honorariums, memorials and annual gifts make it possible for us to sustain the work of more than 1300 volunteers who serve our community in many important ways. Volunteers are the heart and soul of what "community" means, as those who serve give to those who are in need.

From the bottom of our hearts we thank you for your support, and are inspired in our work because of your generosity.

Thank you to – Donald & Doris London

TO MAKE A CONTRIBUTION:
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In addition to our annual funds, we also have three Endowment Funds established through the Humboldt Area Foundation, to support our programs in perpetuity: The Charlotte Tropp Memorial Fund for RSVP, the Services & Volunteerism Fund [established by the North Coast Regional Network, a local collaborative which includes RSVP & the Volunteer Center of the Redwoods] and the Volunteer Center of the Redwoods Fund. To learn more about these funds, or to make a contribution, contact the Humboldt Area Foundation, Bayside, California at (707) 442-2993.

There is no better way to leave a legacy than by making an endowment gift through estate planning, or during the course of your lifetime.