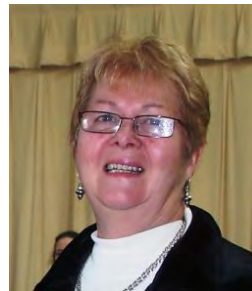




We "Stuffed this Bus" with 2,500 lbs. of food. See page 2 for the story.

FROM PAT'S DESK...



Punxsutawney Phil was up to his old tricks of seeing that shadow of his again. So, winter continues, but relief is on the

horizon! In the meantime, it's a new year with new hopes, plans and adventures. We usually think of our health when a new year rolls around. This year we have 4 new Bone Builder classes to choose from. A class just started in Shaftsbury. It's the first one in Bennington County to be held in the evening - 5:15 to 6:15. We are hoping that folks who work will be able to take advantage of this and sign up. Please see the full schedule of classes on page 5.

In November we hosted a lovely tea at the hospital to welcome the former Red Cross Gray Ladies to Green Mountain RSVP. They are now being referred to as RSVP Lobby Desk Volunteers and are continuing to provide indispensable service to patients and visitors. If anyone reading this has a desire to volunteer at the hospital Lobby Desk, give us a call. Help is especially needed on week-ends and evenings.

Before the holiday rush began, I travelled to Portsmouth, NH, along with Susan, Peter, Harry and Linda to attend the Tri-State Conference of the Corporation for National and Community Service. Attendees from

Maine, New Hampshire and Vermont were there representing RSVP and AmeriCorpsVista. It's always enlightening when the over 55ers get to mix with the young AmeriCorpsVista volunteers. The workshops were interesting and full of energy, and we came back with lots of information from our peers in other offices.

We are pleased to be the recipients of a \$5,000 grant from the Vermont Community Foundation. Because it was not awarded for any certain program, we can use the funds for needs such as printing an RSVP Handbook and updating our brochure. Many towns are notifying us that our funding is going to be decreased because of their budget constraints. Our main focus is to spread the word about RSVP so that we can send more volunteers out into the community where help is needed more now than ever. If you know of anyone who could use some joy and satisfaction in their life, send them our way. The more you give to others, the better you feel!

Did You Know?

Between our three offices there are 63 knitters who logged in 25,866 hours last year creating beautiful hand made items for school children, children in hospitals, residents in nursing homes and pets waiting to be adopted at Second Chance animal shelter. Our bulletin boards are filled with enthusiastic thank you notes from all the recipients. We have a collection of labels that read:

Made with Tender Loving Care by an
RSVP Volunteer.

Knitters, we encourage you to pick up some of these labels the next time you are in one of our offices and sew them into the items you donate. It's nice for people to know where their beautiful new sweater or blanket came from and that it was made with love!

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RSVP volunteer, Lori Tolle, is shown here keeping tabs on operation “Stuff the Bus” which was held in Bennington in honor of Martin Luther King Day. In an effort to help area food shelves re-stock their dwindling supplies of food, RSVP, Green Mountain Express and Price Chopper partnered to collect food from generous shoppers on February 15th. With the help of RSVP volunteers, AmeriCorpsVista , Mount Anthony Union High School volunteers, and youth from the Center for Restorative Justice, the bus carried 2,500 lbs. of food back to our Pleasant Street office where it was sorted and

distributed on MLK Day to 10 food shelves from Arlington to Pownal. A big thank you to all the Price Chopper customers who donated food that day and to the dedicated volunteers!

SPOTLIGHT ON RSVP VOLUNTEER LOIS THOMPSON

Lois Thompson, a retired nurse, heard about the Bone Builders program four years ago and decided these strength-building exercises to improve bone density and ward off osteoporosis would be good for her, and good for her community. There was no class in Lois’s senior housing neighborhood of Melrose Terrace, West Brattleboro, so Lois applied to take the Bone Builders leader training and start a new class.

Four years later, Lois’s class is going strong, with several participants still actively engaged in their 90’s. Not willing to rest there, Lois has started other health classes for her friends and neighbors, too.

Her Bone Builders’ class -- free to all and sponsored by Green Mountain RSVP -- meets every Tuesday and Thursday. On Mondays and Wednesday, Lois leads a breathing and chair-aerobics group of her own creation.

As her Bone Builders’ members stepped up the activity level of their exercises, Lois felt the class might be too challenging for some of the new people wanting to join. So Lois started a class for the freshmen, until they were ready to join the main group.

Lois finds novel and humorous ways to keep her class motivated. After the first and second years, each member gets a certificate of achievement. On the third year, they get a dog-bone magnet. She sometimes switches to counting the exercise repetitions in French or Spanish to keep things interesting. Everyone is made to feel welcome in Lois’s class. Participants are invited to share family news, discuss a medical situation or an article of interest they have read. If grandchildren are visiting, they are welcome to attend so the grandparent doesn’t miss a class. *Continued on page 3*

Pam's page



Strawberry and Mozzarella Salad

Ingredients

2 tablespoons olive oil

1 tablespoon balsamic vinegar

¼ teaspoon salt

¼ teaspoon freshly ground pepper

1 heart romaine lettuce, torn or cut into bite size pieces (3 cups)

1 8-ounce container of strawberries, hulled and sliced

3 ounces part-skim mozzarella cheese, diced (about ¾ cup)

¼ cup fresh basil leaves, cut into ribbons

Directions

In small bowl whisk together the oil, vinegar, salt and pepper

Place the lettuce in a large bowl and toss with half the dressing.

toss remaining dressing with strawberries, top with cheese and sprinkle with basil

Calories 150, total fat 12g (Sat. Fat 3/5 g, mono fat 5 g, poly fat 3 g)

Protein 6 g; carb 7 g; fiber 2 g; cholesterol 15 mg; sodium 320 mg.

Excellent source of Vitamin A and C

Good source of: Protein, Vitamin K, Calcium, and Manganese

Copied from Foodnetwork.com, Ellie Krieger

Lois Thompson continued

The emphasis of the Bone Builders program is on maintaining health, strength and bone density through the later decades of life. Two years ago, Brattleboro Memorial Hospital invited Lois's class to demonstrate their exercise prowess at the hospital's annual health fair, a popular event which draws hundreds of visitors. Looking nimble as they went through their weight exercise routine, they jokingly scolded the announcer as they left the performance stage: "You didn't mention that three of us are aged over 90!"

Lois has helped to develop the Bone Builders program in Windham County by sharing her experience and knowledge with new volunteer leaders. And her community service extends beyond her Bone Builders commitment. She helps put on community lunches, takes part in volunteer mailings for area non-profit organizations, serves on the volunteer recognition committee of Green Mountain RSVP, and works with children in an Americorps after-school arts and crafts program. Her friend and class member Doris Watkins summed up: "Lois makes sure that it's done, and that it's good and enjoyable for all."

In Month of Giving, a Healthy Reward

By Tara Parker-Pope from the New York Times

When Cami Walker of Los Angeles learned three years ago that she had multiple sclerosis, her health and her spirits plummeted — until she got an unusual prescription from a holistic health educator.

Ms. Walker, now 36, scribbled the idea in her journal. And though she dismissed it at first, after weeks of fatigue, insomnia, pain and preoccupation with her symptoms, she decided to give it a try. The treatment and her experience with it are summed up in the title of her new book, “29 Gifts: How a Month of Giving Can Change Your Life” (Da Capo Press).

Ms. Walker gave a gift a day for 29 days — things like making supportive phone calls or saving a piece of chocolate cake for her husband. The giving didn’t cure her multiple sclerosis, of course, but it seems to have had a startling effect on her ability to cope with it. She is more mobile and less dependent on pain medication. The flare-ups that routinely sent her to the emergency room have stopped, and scans show that her disease has stopped progressing.

“My first reaction was that I thought it was an insane idea,” Ms. Walker said. “But it has given me a more positive outlook on life. It’s about stepping outside of your own story long enough to make a connection with someone else.”

And science appears to back her up. “There’s no question that it gives life a greater meaning when we make this kind of shift in the direction of others and get away from our own self-preoccupation and problems,” said Stephen G. Post, director of the Center for Medical Humanities, Compassionate Care and Bioethics at Stony Brook University on Long Island and a co-author of “Why Good Things Happen to Good People” (Broadway, 2007). “But it also seems to be the case that there is an underlying biology involved in all this.”

An array of studies have documented this effect. In one, a 2002 Boston College study researchers found that patients with chronic pain fared better when they counseled other pain patients, experiencing less depression, intense pain and disability.

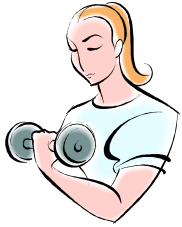
Another study at the Buck Institute for Age Research in Novato, Calif., also found a strong benefit to volunteerism, and after controlling for a number of variables, showed that elderly people who volunteered for more than four hours a week were 44 percent less likely to die during the study period.

How giving can lead to mental and physical changes in health isn’t entirely clear, although studies suggest that altruism may be an antidote to stress. A Miami study of patients with H.I.V. found that those with strong altruistic characteristics had lower levels of stress hormones.

By contrast, being self-centered may be damaging to health. In one study of 150 heart patients, researchers found that people in the study who had more “self-references” (those who talked about themselves at length or used more first-person pronouns) had more severe heart disease and did worse on treadmill tests.

And like Ms. Walker, numerous people have reported feeling better after helping others. A 1988 Psychology Today article dubbed the effect the “helper’s high.” Analyzing two separate surveys of a total of 3,200 women who regularly volunteered, the article described a physical response from volunteering, similar to the results of vigorous exercise or meditation. The strongest effect was seen when the act of altruism involved direct contact with other people.

For Ms. Walker, a former creative director for an advertising agency, most of the gifts involved time, emotional support or small acts of kindness. After the first 29 days, she began a new cycle, a pattern she continues. Neither she nor Mbali Creazzo, the spiritual adviser who taught her about the month of giving, knows why it is 29 days rather than 30 or 31 — it may have something to do with the lunar cycle, which is 29.5 days. Ms. Walker says she now approaches daily giving as a crucial part of her treatment, just like regular medication.” Continued on page 8



Southern Vermont RSVP Bone Builder Classes

Windham

Putney Meadows

Putney
Tues. & Thurs. 10:00

Wilmington

St. Mary's in the Mountains
Wed., 9:30

So. Londonderry Town Office

So. Londonderry
Mon. & Wed., 9:30

Hayes Court Community Rm.

West Brattleboro
Mon. & Thurs. 10:00

Melrose Terrace Comm. Rm.

West Brattleboro
Tues. & Thurs. 9:30

Bellows Falls Senior Center

Hyde Street, Bellows Falls
Tues. 9:00, Thurs. 10:00

Vernon Sr. Housing Comm.Rm

Huckle Hill, Vernon
Tues. & Thurs. 11:00

Vernon Hall Retirement Res.

RT 142, Vernon
Mon. & Wed. 10:00

Jacksonville/Whitingham

Municipal Center, RT 100
Mon. & Fri. 10:30

Halifax

Selectmen Rm., Halifax School
Mon. & Fri. 9:00

Stamford Community Church

Main Road, Stamford
Tue. & Sat. 9:30

Butterfield Commons

West Dover
Tues. & Thurs. 11:00

Dummerston

Dummerston Congregational
Church, Mon. & Thurs. 9:30

Call Peter at 254-7515 for more
information

Bennington

St. Peter's Church

Pleasant Street
Tues. & Thurs. 10:30

Bennington Senior Center

Pleasant Street
Tues. & Thurs. 10:00

Homestead Mews

North Bennington
Tues. & Thurs. 10:00

Shaftsbury Methodist

Church, Church Street
Tues. & Thurs. 5:15PM

Pownal Sr. Center

RT 7, Pownal
Tues. & Thurs. 12:30

Woodford Town Hall

RT 9, Woodford
M, W, F 11:00

Federated Church

E. Arlington
Mon. & Wed. 11:00

American Legion

Arlington
Mon. & Wed. 10:30

Israel Congregation

Synagogue, Manchester
Mon. & Wed. 10:00

Manchester Town Hall

RT 7, Manchester
Tues. & Thurs. 10:00

Bondville Town Bldg.

RT 30, Bondville
Mon. & Wed. 9:30

Call Susan at 447-1545
for more information

Pictured here are Hylene DeVoyd (L) and Nada Pierce (R)
leaders of the newest Bone Builder class in Hartland.

**All classes are held for 1 hour. Weights are provided
by Green Mountain RSVP through grants from
the Stratton Foundation and Council on Aging and
United Way.**

Windsor

Andover

Andover Community Church
Tues. 6:30 PM, Thurs. 4:00

Ascutney

Martin Memorial Hall
Mon. & Wed. 10:00

Bridgewater

Bridgewater Mill
Tues. & Thurs. 3:00

Brownsville

Brownsville Town Hall
Mon. & Wed. 9:00

Hartland

Hartland Rec Center
Mon. & Wed. 10:00

Norwich

American Legion Hall
Mon. & Thurs. 9:30

Springfield-Whitcomb Bldg.

Springfield
Tues. & Fri. 10:00

White River Junction

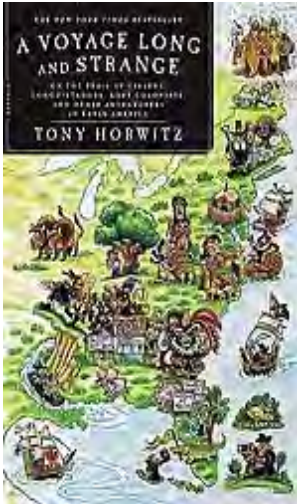
Graystone Village
Mon. & Thurs. 9:00

Call Linda at 885-2083 for
more information.



Northshire Bookstore Staff Reviews

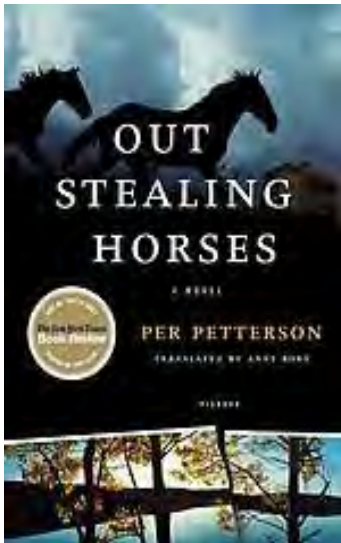
Both books reviewed by Heather Bellanca



Unlearn your basic elementary school history! The mythology about who was first to discover and settle North America is just that, it turns out-subjective, fictional and self-serving. In his own investigation of these myths following the historical trails of forgotten explorers, Horowitz discovers many errors in American's general understanding of the "discovery" of this country. He doesn't dismiss the value of such fictions, but his unfolding of the facts is fascinating and instructional!

A Washington Post Best Book of the Year

A San Francisco Chronicle one of 50 Best Books of the Year



Like chocolate ganache, delicious, concentrated, dark (like a Norwegian forest, not film noir) and so rich it doesn't take much. This thoughtful novel set at the tail end of WWII in Norway is a quiet, yet startling gem. It portrays a young teenage boy whose father has taken him to summer at a cabin in the woods on the Swedish border. In addition to the nostalgic look at traditional Norway as it was till say, the nineties, he takes you inside the heads of the characters, letting you hear them breathe. Mysteries unfold in the dark forest as the boy returning to the cabin as an old man recollects and begins to comprehend some of the mystifying events of that summer.

Time Magazine Best Book of the Year

Los Angeles Times Book Prize Finalist

Remembering our departed and beloved volunteers...

Ellen Barnard
Edith Batchelder
Barbara Becker
Amy Bennett
Fred Carmichael
Hazel DeLude
Catherine Hittle
Donald Kizer
Sandra Krawczyk
Marjorie LaRowe
Catherine McLeod
Catherine Murphy
William Vigneau



In memory of Bernard LaRock,
by George LaPanne.
In memory of Heather and Jack
by Pat Ogilvie.
In memory of Norman and
Minerva Shartrand, by
Dorothy DePollo.
In memory of Rudy Bondone
by Dorothy Bondone.
In memory of Dennis W. Pett
by Jean C. Pett
In memory of Mary Mills by
Susan Mills Armstrong

Letters to the Editor..

We invite you to send us your comments, questions and ideas which we will print in the next newsletter. It will be gratifying to know that folks are reading about and thinking about RSVP. We think volunteering is one of the best parts of retirement. Are we right? Will you share a story?



Oops!: Bob Evens, Linda Husband, Linda Wilson and Lydia Balch gather to greet guests to the Windsor County Recognition Luncheon. **We left out Lucille Evens' name in the last issue. Sorry! She's in the second row on the right.**

Accolades

Six of the nine volunteers at Windham County's first H1N1 vaccination clinic yesterday were from Green Mountain RSVP, and most of the volunteers responded to VNA's request to RSVP for help with less than 48 hours' notice. "Peter, Everyone on the VNA staff was remarking on what a great job all the volunteers did. They pitched in and made the clinic run smoothly.. Thank you so much." Carla Kangas

Pat Hayden from the Springfield Santa Claus Club in Windsor County writes:

Dear Linda,

Please thank your RSVP volunteers who knit and crochet, for the abundant amount of hats, scarves, mittens, and lap robes they make and donate to the Santa Claus Club each year. RSVP is our major source of knitted and crocheted items, and we greatly appreciate the generosity and hard work of your dedicated volunteers. The Santa Claus Club can help so many families with these beautiful items!! We couldn't do it without RSVP! Thanks again!

Welcome New Volunteers




Ernest Bourdreau
Anne Boswell
Susan Botzow
Leon Boyd
Patricia Carknard
Hollis Carlisle
Victor Catalano
Joan Cersosimo
Judith Chick
Donna Corliss
Bruce Corwin
Frida Cruickshank
Helene DeVoyd
Dorothy Dusha
Howard Fairman
Kay Faust
Bob Fry
Pat Fry
Dolores Gartzman
Bernice Gaudette

Carl Gerhart
Janet Saint Germain
Arthur Gilbert
Pamela Gilbert
Claire Gilman
Colleen Greenvall
Mark Greenvall
Muriel Hart
Charles Hastings
Nancy Hoggson
Priscilla Lackey
Mary Lamourux
Carolyn Larmore
Margaret Loretan
Richard Malley
Patricia Masi
Orly Munzing
Janet Murray
Norma Myers
Ron Myers

Margaret O'Malley
Joan O'Neil
Susan Pappas
May Peavey
Nada Pierce
Mary Plante
Judith Ressler
Henry Richmond
Marjorie Robinson
Anne Simone
Constance Smith
Doris Stephens
Carol Stone
Nadine Swift
Leona Tortora
Susan Votzow
Cheryl Westerman
Alan White
Lucia Wilson
Susan Wormersley
Viola Wynne

In Month of Giving, continued from page 4

She has also found new purpose in her experience and started a Web site, 29gifts.org, that encourages giving to improve health. "Giving for 29 days is not suggested as a cure for anything," Ms. Walker said. "It's simply a coping mechanism and a simple tool you can use that can help you change your thinking about whatever is going on. If you change your thinking, you change your experience." Dr. Post, of Stony Brook, agreed. "To rid yourself of negative emotional states," he said, "you need to push them aside with positive emotional states. And the simplest way to do that is to just go out and lend a helping hand to somebody."

Congrats to the 20, 25 & 30 Year Pin Holders
(Sorry we can't list the 5, 10 & 15 Year folks. Not enough room, but we do very much, honor your work!)

Bennington County

20 Years

- Geraldine Blair
- Rosemary Czerwinski
- Faith Guden
- Mary Harrington
- Mathilda Kenny
- Lorraine Marrs
- Mary Mollica
- Jeanne Overstreet
- Jeanne Walsh

25 Years

- Margaret Leake
- Marilyn Lubeck

30 Years

- Doris Taylor
- June White

Windham County

20 Years

- Midge Dunham
- Richard Jackson
- Lee Stookey
- Byron Stookey
- Thelma Underwood
- Betty Jean Wallace

25 Years

- Alberta Antaki
- Edna Goodnow
- Alice Loomis
- Dorothy Pollard
- Marie Rabideau

Windsor County

20 Years

- Gloria Leven
- Loeky Merlo

25 Years

- Jane Buswell
- Mildred Fitzgibbons

30 Years

- Gwendolyn Pelletier

Thank you to our sponsors!



RSVP Lobby Desk Volunteers L-R, Shirley Guthridge, Margaret O'Malley and Diane Hart.



Dear Friends,

On my first full day in office, I want to tell you how excited and honored I am to be serving as the CEO of the **Corporation for National and Community Service**. As someone who came to this country as a teenager, and worked long hours to create a better life for myself and my family, it is a high honor to be able to serve my country in this capacity. I am grateful to President Obama for nominating me, and to the Senate for confirming me. This is a historic moment for service. With the leadership of the President, the bipartisan support of Congress, historic funding for our programs, and a growing consensus that service is a solution, we stand at the dawn of a new era of service in America. We've come this far largely because of you. For decades you have been on the frontlines – bringing hope and help to our most vulnerable citizens. Millions of Americans are better off because of what you, the volunteers, do everyday. You are part of a service and volunteer movement that is making a profound difference in America. I have spent most of my career doing community work, so I understand what it is like to volunteer. My goal as CEO is not only to expand opportunities to serve, but to make it more effective at tackling our most pressing national challenges. As social needs continue to grow, and with so many Americans ready to help, our times demand nothing less.

All the best,
 Patrick Corvington
 CEO, Corporation for National and Community Service

This letter was altered slightly to address you, the volunteers, instead of the RSVP staff.



Recent Bennington County Volunteer Opportunities

Guardian ad Litem – Help at-risk children navigate through the court system. Training and mileage reimbursement provided. Background check required.

Council on Aging – Needs volunteer to help elders with bill paying – training provided.

Green Mountain Community Network – Take patients to doctor's appointments – In and out of state. Become a Travel Trainer - Teach elders to ride the bus - training provided.

Bennington County Meals Program - Desperate need for drivers in Bennington and Arlington . Please give this some thought if you have a car and some time. Brighten someone's day by bringing them a nutritious hot lunch.

Centers for Living & Rehabilitation needs someone to water and feed the plants and talk to residents while doing so.

Green Mountain Express – Needs Travel Trainer. Help seniors ride the bus and regain independence. Training provided.

Big Brothers & Sisters – Mentor an elementary school student during lunch in Bennington and Manchester. You might just change the path of someone's life.

Southwestern Vermont Medical Center – Lobby Desk Volunteer – transport patients to floors by wheelchair; deliver flowers & mail to rooms and give directions to visitors. Help needed in the pharmacy - stocking shelves, cashier.

Manchester Area RSVP Volunteer Opportunities

Manchester Elementary Memorial School Needs Male Mentors. A special request has been made for 3 men to dedicate an hour or two a week each as a mentor for either a third grade boy or one of two seventh grade boys. Youth mentoring programs exist to provide role models and help a child develop socially and emotionally. Mentors help kids learn to understand and communicate their feelings, to relate to their peers, and to develop relationships with other adult.

Hildene, home to Abraham Lincoln descendants for 70 years, is entering a new tourist season and needs volunteers to help tell its story, greet visitors in the Welcome Center, facilitate travel around the grounds by van, help out in one of Hildene's magnificent gardens, or lend a hand at Hildene's new Rowland Agricultural Center. Training will be provided.

Friends Of The West River Trail is about to open its new Depot trail head facility and museum in South Londonderry. Volunteers receptionists will be needed to help greet visitors and answer the phone

The American Museum of Fly Fishing, a new member of RSVP's non-profit associates, is looking for volunteers to work on library projects and other support activities. No fly fishing experience is required.

The **Southern Vermont Art Center** will soon be needing extra volunteers for the 2010 season to help make both visual and performing arts an integral part of life in the Manchester community and region. Three hour shifts needed on weekdays. Four hours in PM on weekends.

ConnKerr Cancer needs individual volunteers or sewing circles to make colorful pillow cases for children hospitalized with cancer. Full details and instructions are available with a brochure upon request from RSVP.

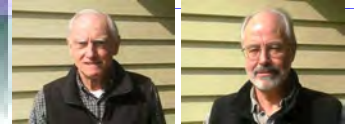
Happy Go-Getters - Monthly senior lunch in Manchester - serving & cleanup.

Project Linus, whose mission is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Again, full details are available for volunteers in a brochure available on request from RSVP.

Call Susan for Bennington Opportunities at Green Mountain RSVP, 802-447-1545 or
e-mail: Harry Upton for Northshire Opportunities at hupton@greenmtncn.org



From the Field...



Recent Windham County Volunteer Opportunities

Drivers - Deerfield Valley Transit needs volunteers with car willing to join driving group - help elders make medical and other important appointments. Drive only when time available (mileage reimbursed @ \$.55/mile plus a bonus for wait time). Background check required due to Federal funding.

Project Linus - Make quilts, fleece blankets, or knit Afghans for children who need warmth and comfort (seriously ill or traumatized). Call today to help provide the love and sense of security a new blanket can mean.



Nursing Home friendly visitors - volunteers needed to play chess or card games with residents; or read aloud to individuals or groups. Explore today how you can help elder citizens maintain activity in a friendly way. RSVP can help you get started to help others.

Angel Food Ministries - Join neighbors helping neighbors packing a distributing food boxes to our increasing needy population. One Saturday a month, your help is needed.

ConKerr Cancer - Wants to brighten the lives of sick children in hospitals by providing homemade pillowcases. Make and contribute colorful pillowcases. Full instructions provided for making these important pillow cases.

Meals On Wheels - Drivers needed in Bellows Falls and Brattleboro. Subs needed on different days: Mondays, Tuesdays, Wednesdays and Thursdays between 10:30 AM and Noon. Most volunteers drive just one day a week; takes about an hour.

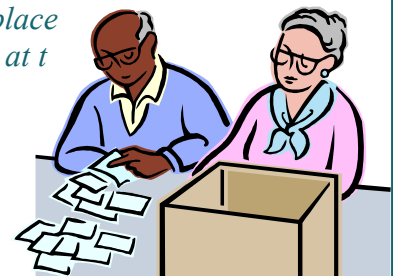


**American
RedCross**

needs volunteers to help with office work in Brattleboro. The Red Cross also invited inquiries from volunteers interested in disaster response work. There are varied tasks in disaster response and training is given.

*Many different volunteers are needed to participate in the **Brattleboro's Community Healthy Living Index project**. This **pilot project** needs teams of diverse community oriented individuals to collect information using established format to help determine improvements needed for increasing availability of nutritional food and physical activity*

VT Emergency Management Drill – Two volunteers needed for exercise in May to place simulated citizen call-ins to the Emergency Management System. Requires working at the drill location for approximately 4 hours. Lunch provided.



Please contact Peter Seares or Harry Upton at 254-7515 for further information.



Recent Windsor County Volunteer Opportunities

Friendly visitors needed at: *Springfield Adult Daycare, Historic Homes of Runnemedede, the Davis House, Cedar Hill, Springfield Health and Rehab Center*

Reading Partners are needed for the fall in all Windsor County elementary schools(K-3). If you enjoy reading, and want to help a child foster a love of reading, become a Reading Partner one hour a week during the school year. (training provided)



School Library at Park St. School in Springfield needs a volunteer to help shelve books

Mentors needed for Windsor County Partners in Windsor, and Three River Valley Business Partnership in Springfield. Spend 1-3 hours a week with a child (8-15 years) either at school or in the community. You can make a great impact on a child's life. (training provided)

Restorative Justice: *Springfield Justice Center, Hartford Restorative Justice Center, and Valley Court Diversion* need volunteers to serve on Restorative Justice Boards (training provided)

Bone Builder Leaders needed in Windsor. Lead adults in osteoporosis prevention exercise classes one hour twice a week (free training)

Drivers for CRT (The Current)  needed in Southern Windsor County. Drive adults to medical appointments. You can determine your schedule. (mileage reimbursement)

COVE (Community of Vermont Elders) Become a **Saavy Senior**. Provide educational performances (skits), 10-15 hours a month in a small acting group to seniors. Topics are: healthcare, identity theft, fraud and other issues. (training provided)

Receptionist, Greeter needed in Woodstock at the Thompson Senior Center. Enjoy meeting and greeting people, as well as answering the phone two or more hours a week. (training provided)



Mansion Steward/Receptionist needed at the Marsh-Billings-Rockefeller National Historical Park in Woodstock, starting in the spring. Greet newcomers to the site, or accompany the tour guide on a tour of the mansion four hours a week May through October. (training provided)

Board of Directors members needed at Meals on Wheels of Greater Springfield.

Please contact Linda Husband at 885-2083 for further information



215 Pleasant Street
Bennington, VT 05201

Non-Profit org.
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U.S. Postal
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Permit No. 153

**Printing courtesy of the Chittenden Bank
A division of People's United Bank**



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