

MONADNOCK

www.monadnockvolunteercenter.org

Email: rsvp@mfs.org

RSVP

VOLUNTEER CENTER

FROM THE DIRECTOR

Happy Summer Greetings RSVP Friends!

Summer is quickly approaching, and I am excited since it is my time of year! I know most kids are probably itching to be done in just a matter of weeks and have more time with friends and to do fun things.

This year, Principal Dick Cate's exceptional 59-year career and retirement will be celebrated on May 24, 2:30 – 4:30 pm. at Symonds School in Keene. I have lived my whole life in Keene and Mr. Cate started when I was in kindergarten which tells you my age! The memory I have most was walking home down the walkway in the snow and I wore a special shoe which wasn't cool at all. One of my classmates who called me "lead foot" said more than I could take and we ended up grappling and he came out to break it up and called my Mom. This was long before bullying was recognized and encouraged people to accept differences. Over the years we have come a long way to educate people about this and that is ok to be who you are. These years are so impactful not just in terms of academic learning but the social/emotional development.

Thank you Mr. Cate! A recognition will be held on May 24 from 2:30 – 4:30 pm at Symonds School. The Dick Cate Enrichment Fund is being established in honor his service to support a variety of initiatives that go beyond the core curriculum in order to enrich the learning experience for the students of Symonds School. You can find how to donate on Facebook through SAU29/Keene School district.

No doubt everyone has memories about school years; favorite and lesser favorite teachers and activities or classes that you didn't care for or made you anxious or shy and you hoped you were not the one called on. Educators have such an essential role to look at the entire picture, which is more difficult than ever and to work with the children and families to give them the best chance of success. Thank you to Mr. Cate and to all the Educators!

You will see more in this newsletter about the impact we contribute to with your volunteer service and we encourage you to share your stories about participating with us and invite others to join us! Giving is receiving!

Most sincerely,

Kathy Baird

"Children learn to self-regulate by being regulated by a loving, attuned, and calm adult." - Stuart Shanker

WELCOME NEW RSVP VOLUNTEERS!



Judith Scanlon

Spread the word: RSVP is asking for your help! Please pass along our newsletter to a friend to help get the word out about our program and service opportunities

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REMEMBER TO
 like us on
 facebook®



**AmeriCorps
 Seniors**



50 Drops of Water

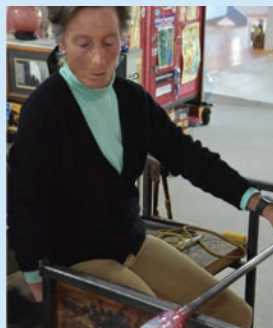
Everyone is curious about the new space at Antioch! Since artworks have many interpretations, visitors will enter and might see 50 raindrops. Water is the most abundant substance on our planet, covering over 70% of the earth's surface. It is a source of life. When we are born, 78% of our body is water. Just as rain nourishes plants, water refreshes us. It is essential to the life of everything on our planet. It gives us energy. We know instinctively that being near water makes us happy, reduces stress, and gives many a sense of peace.

Perhaps visitors will look up and see 50 teardrops. MFS wants the arrangement to serve as a reminder of our grief each time we lose a loved one and particularly of the sadness we all carry when someone dies by suicide. The important thing is that visitors will look up. Looking up is the posture of hope. The mission is to bring a message of hope to all our clients. No matter people's circumstances, the future can be better than the past. In the word of one of our clients, 'hope' stands for "hang on; pain ends."

"These teardrops are special because getting support from MFS is like turning your pain into beauty. Teardrops happen when you are in such a dark place and MFS turns those teardrops into strength and beauty. Doing the teardrop glass blowing there was a process before it turned into something beautiful and I feel that it's the same getting support from MFS. I remember I was in a lot of pain and suffering and there were a lot of tears, but now I feel like my true colors are out and my life is something I'm proud of." Jess Spencer, MFS Client

One of the most central parts of this project was that clients, Incorporators, staff, Board Members, and longtime MFS supporters made up the group of MFS artists who worked to blow each individual glass drop in collaboration with artists and educators Jordana Korsen and Joey Debicari at Hot Glass Art Center in Marlborough, NH. The beauty and originality of each work of art matched the uniqueness of the stories that connected all of the participating artists to MFS. Julie Bowen, an Incorporator and client at MFS, described the glass-blowing experience as, "The opportunity for me to honor my loved one who passed away from suicide, and to contribute to such a beautiful and meaningful art installation, is one I am forever grateful for."

We look forward to welcoming you in the newly renovated space, with the knowledge that their beauty was made from people central to our mission of hope and healing. We will keep you apprised when we move, again!

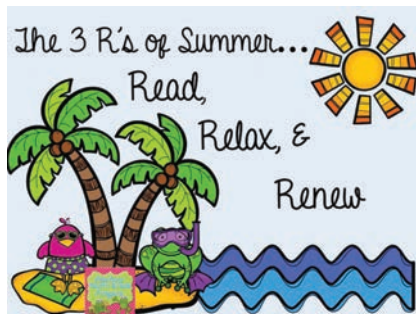




America Reads... the school year is winding down...

It's May! Amazing how time goes by quickly and hard for me to believe that our school year will be coming to an end in six short weeks! I have seen awesome progress with our program this year. The number of volunteers has increased two-fold and the number of students we are serving jumped to 653, up from last year's 300 students. Yes, we have been busy. So proud of our volunteers and our schools for sticking together so we can continue to mentor and literacy coach the children in our community.

As we move into summer, I will be recruiting new America Reads Volunteers for next school year and our current volunteers will be taking some well-deserved R & R for the summer. If you are interested in participating in the program or know someone who you think would like to volunteer, please have them contact me. This year, as I shared in the last newsletter, is going to be one of expansion. More volunteers, more schools=more children being helped to succeed in their reading and writing skills...sounds like a win-win situation!



...A special note to our "current" America Reads volunteers; because I do not see you often and some rarely, the book fair is a great time for me to connect with you personally. I hope you will attend so I can thank you in person for your time and service to the America Reads program but more importantly, for the children of our community that you literacy coached this school year. Sometimes I hear during the school year from volunteers that I don't know if I am making progress or helping the students,

I work with...believe me you are! Being a positive mentor in a young student's life goes beyond all that we can hope for.

Happy Summer Everyone!
Kind Regards,
Pat



"There are perhaps no days of our childhood we lived so fully as those we spent with a favorite book."

—MARCEL PROUST

I recently saw this segment on the Good Morning America show and once again silverlings from this crazy pandemic we have been in....

Good Morning America, Loves Kangaroo Cravings!

Kangaroo Cravings takes learning new words to a whole new level.



"During the pandemic three years ago, Jacquelyn Davis noticed her son Madden was having a difficult time learning how to read.

"He would cry. He would hide in the laundry basket, anything not to have to do reading," Davis told "Good Morning America."

Tap on the link and learn what a persistent mom did to develop a game that helped her son learn to read and enjoy reading and now Kangaroo Cravings is

helping thousands of other students do just that... awesome!

<https://www.goodmorningamerica.com/family/story/mom-creates-reading-game-son-coming-public-schools-98042423>

From the mind of
#1 New York Times Bestselling Author of The Da Vinci Code
DAN BROWN
WILD SYMPHONY



Are you ready for a wild adventure?

Travel through the trees and across the seas with Maestro Mouse and his musical friends! You'll meet a big blue whale and speedy cheetahs, tiny beetles and graceful swans. Each has a special secret to share.

Along the way, you might spot the surprises Maestro Mouse has left for you — a hiding buzzy bee, jumbled letters that spell out clues, and even a coded message for you to solve!

New York Times bestselling author Dan Brown

Made his picture book debut with this mindful, humorous, musical, and uniquely entertaining book! Includes a free app and music composed by the author.

Are you ready for a wild adventure?

Travel through the trees and across the seas with Maestro Mouse and his musical friends! You'll meet a big blue whale and speedy cheetahs, tiny beetles and graceful swans. Each has a special secret to share.

Along the way, you might spot the surprises Maestro Mouse has left for you — a hiding buzzy bee, jumbled letters that spell out clues, and even a coded message for you to solve!



<https://youtu.be/-t7D8S5MC9o>

NEIGHBORS-IN-DEED

Groceries, medicine, and a friendly ear to bend. What would life look like if you didn't know how or when you would have access to any one of these things? The Neighbors-In-Deed program, through Monadnock RSVP Volunteer Center, aims to provide some assistance to lessen that struggle for seniors, adults with disabilities, and veterans and military family members. With just one to two hours a week, our volunteers help provide a solution for how a person will get to the store, pharmacy, and perhaps more importantly, combat social isolation and loneliness. Below are the profiles of some of the people currently hoping to receive a volunteer.

With restrictions continuing to shift, it is important to note that we have not lifted all protocols. RSVP is following the guidelines of our parent organization, Monadnock Family Services, and most importantly we don't want anyone going outside of their own personal comfort levels. If you're interested in learning more about the program, or who is currently waiting for a volunteer. Please call 603-357-6893 or email rsvp@mfs.org

KEENE

This 65-year-old woman who is pleasant and would welcome some companionship and help with errands is 1x/wk help to post office, Hannaford's, Walmart. She does use transportation which can be difficult for her. She needs to have knee surgery but doesn't know when. She has struggled with depression and anxiety but she has pursued working out at the Y. She has less of a preference of a female or male volunteer.

This 64-year-old woman has been waiting for a volunteer for a quite a while. She is funny, self-reliant, and values holding onto her independence as much as possible and can get out more easily with the good weather with her electric scooter. She does have a speech impediment, which can be difficult at times over the phone, but is much easier to understand in person and she does use email. A female visitor is preferred. She enjoys beading, crafting and cooking and would like to try new activities as well.

*"In a room full of chaos, it is always good to show a little bit of kindness."
- Justin Spencer, Chaos and Kindness/Recycled Percussion*

BOOK FAIR

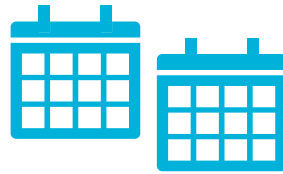
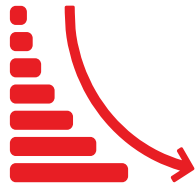
The annual America Reads book fair is coming up at the end of the month, May 24 and 25. America Reads volunteers that are currently volunteering in our schools are welcome to come and choose books for the students they are working with. These books are given to the students to keep and take home. Many students do not have books at home let alone brand-new books to have and keep. We are very grateful for the grants we have received from Elm City Rotary, the Kiwanis, and the Rotary Club of Keene. Without this funding we would not be able to support this awesome event.



SUMMER BY THE NUMBERS

THE ACHIEVEMENT GAP

WHAT HAPPENS TO CHILDREN DURING THE SUMMER?



THE “SUMMER SLIDE”

is what often happens to disadvantaged children during the summer months. They tread water at best or even fall behind, while higher-income children build their skills steadily over the summer months.

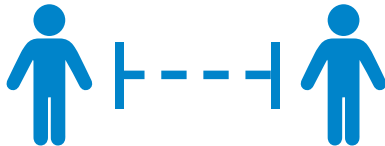
Most students lose

TWO MONTHS

of mathematical skills every summer, and low-income children typically lose another two to three months in reading.¹

Summer learning loss during elementary school accounts for two-thirds of the achievement **GAP IN READING** between low-income children and their middle-income peers by ninth grade.²

Based on a study by Johns Hopkins University



THE ACHIEVEMENT GAP

between children from high- and low-income families is roughly thirty to forty percent larger among children born in 2001 than among those born twenty-five years earlier.³

Elementary school students with high levels of attendance (at least five weeks) in voluntary **SUMMER LEARNING PROGRAMS**

experience benefits in math and reading.⁴

9 IN 10 TEACHERS

spend at least three weeks re-teaching lessons at the start of the school year.⁵

<https://clifonline.org/assets/SummerByTheNumbers.pdf>

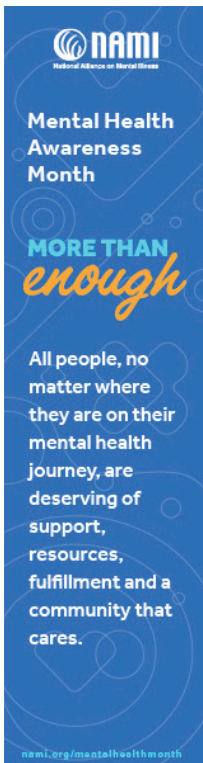
Sources: ⁶ Afterschool Alliance. (2009). *American after 3 pm: The most in-depth study of how America's children spend their afternoons*. Retrieved from http://www.afterschoolalliance.org/AA3_Full_Report.pdf ⁷ Ibid. ⁸ Sims, K., Anderson, S., FitzSimons, C., Burke, M., & Kapp-Klote, H. (2014). *Hunger doesn't take a vacation: Summer nutrition status report 2014*. Food Research and Action Center. Retrieved from http://frac.org/pdf/2015_summer_nutrition_report.pdf. ⁹ Von Hippel, P. T., Powell, B., Downey, D. B., & Rowland, N. J. (2007). The effect of school on overweight in childhood: gain in body mass index during the school year and during summer vacation. *American Journal of Public Health, 97*(4), 696-702. ¹⁰ Castleman, B. L., Page, L. C., Winkle-Wagner, R., Bowman, P. J., John, E. P. S., Meyer, H. D., & Hu, S. (2014). *Summer melt: Supporting low-income students through the transition to college*. Cambridge, MA: Harvard Education Press. ¹¹ Heller, S. B. (2014). Summer jobs reduce violence among disadvantaged youth. *Science, 346* (6214), 1219-1223. ¹² Gelber, A., Isen, A., & Kessler, J. B. (2014). *The effects of youth employment: Evidence from New York City summer youth employment program lotteries* (No. w20810). National Bureau of Economic Research.



**national summer
learning association**

www.summerlearning.org





NAMI
National Alliance on Mental Illness

Mental Health Awareness Month

MORE THAN enough

All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares.

nami.org/mentalhealthmonth

Mental Health Awareness Month

Mental Health Awareness Month has been observed in the U.S. since 1949 during the month of May. It's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability. Every person should know that if all you did was wake up today, that's more than enough. No matter what, you are inherently worthy of more than enough life, love and healing. Showing up, just as you are, for yourself and the people around you is more than enough.



SEE YOU This Summer!

UPCOMING EVENTS...

- Gone Rogue Hikes @ 10am**
June 4 ~ Pack Monadnock
July 1 ~ Eliza Adams Gorge
August 6 ~ Ed. MacDowell Lake
September 10 ~ Mount Watatic
- Celebration for Recovery**
July 15 Time 10am - 2pm
Conant Athletic Fields
84 Turnpike Road, Jaffrey
\$10 suggested donation
- Overdose Vigil**
August 30 @ 7:30pm
Humiston Park
31 Howard Hill Road, Jaffrey
- Community Clean Up**
September 16 @ 10am
Monadnock Branch Rail Trail
South Woodbound Road, Jaffrey

reality check

VOLUNTEER OPPORTUNITIES

Volunteering as the Pandemic Surges

Many of our partner agencies have started to reopen their volunteer roles with modified procedures and requirements. There are many avenues available for you to serve the community, in whatever capacity and at whatever level you feel comfortable interacting with the public. We continue to encourage you to look around your neighborhood and reach out to those in high risk demographics to see if you can help. Below we have posted available agency volunteer service activities.

Volunteer Drivers - CVTC

The most frequent phone call we get at the volunteer center is somebody looking for a ride, either to a doctor's appointment or to run needed errands. In many cases the agency we send them to is the Community Volunteer Transportation Company (CVTC). However, with ride requests back up to pre-pandemic numbers and volunteer numbers still low, many of these ride requests go unmet. You can help fill one of the biggest needs in our area, and do so on a schedule that works for you. There is no time commitment, just accept the rides that work for you. If you are interested in learning more please reach out to us at 603-357-6893 or by emailing rsvp@mfs.org.

Linda's Closet - A resource for free clothing and career advice

Linda's Closet is located at 43 Cypress St. in Keene and is

open for shopping on a walk-in basis on Thursdays from 11-1, Saturdays from 10-12, and by appointment on Wednesdays from 6-8 pm. Donations of clean, gently used women's clothing are accepted on Mondays by appointment. Spring and summer clothes will be accepted as of April 1. To make appointments for shopping or donations, please go to our website at lindascloset.org or email us at lindas.closet@yahoo.com. Linda's Closet is always looking for volunteers! As a volunteer, you can help as a clothing consultant to our clients during shopping hours, help sort and organize clothing donations, or volunteer on our Board of Directors. You will get to help other women of the Monadnock region look and feel good about themselves - and while you're there you may find something for yourself! If you are interested in this opportunity, please contact Diane Bogdan or Nancy Robie at 603-357-1015 or lindas.closet@yahoo.com. You can also follow Linda's Closet on Facebook and Instagram.

VOLUNTEER OPPORTUNITIES CONTINUED

Meals on Wheels

Meals on Wheels is a staple service for older adults throughout the Monadnock Region. Not only do they deliver affordable/ free nutritious meals to homebound older adults and those with disabilities or chronic illness, but the daily check-in from drivers allows for a consistent wellness check which provides peace of mind for both the recipient and their family. Delivery drivers are needed throughout Hillsborough County. The pickup location for meals varies depending on the route. Drivers can volunteer anywhere from one morning a week to five. If you are interested in learning more about what meal delivery would entail and the requirements for becoming a driver, please reach out by calling the office at 603-357-6893 or by email at rsvp@mfs.org.

MATS

MATS is currently seeking volunteers to join their board, We are seeking individuals who want to help children and adults experiencing homelessness. No experience required, but experience or interest in fundraising is a plus. If you are interested in becoming involved please call our office at 357-6893 or email rsvp@mfs.org.

Project Lift

Help adult learners reach their goals by becoming a volunteer for Project LIFT. Project Lift offers free, confidential, one-to-one and small group instruction to adults who wish to improve their basic skills, learn English, or prepare for the High School Equivalency Test (HSET).

They have several volunteer opportunities: Tutors, Technological Assistants, English Language Learner (ELL) Conversation Group Facilitator and Career and Education Support Center Assistant. Project LIFT is based in the Fuller Public Library and serves Hillsborough and surrounding towns including: Antrim, Bennington and Hancock.

For more information regarding Project LIFT please call the office at 603-357-6893 or email rsvp@mfs.org

Court Appointed Special Advocate (CASA) volunteers are urgently needed!

CASA volunteers are ordinary women and men who step forward to advocate in New Hampshire's court system for

children who have experienced abuse and neglect. CASA of NH's vision is world where every abused or neglected child is given the opportunity to thrive in a safe, permanent and nurturing home.

Volunteers spend time getting to know the child(ren) they are working with and gather information from the important adults in each child's life so they may make qualified, unbiased recommendations to a judge about what they believe to be in the best interests of the child(ren). Volunteers visit their assigned child(ren) monthly, complete court reports, and interact with parents, extended family members, attorneys, social workers, foster care providers and judges. CASA volunteer advocates say they love putting their skills to use in a meaningful way with challenging, stimulating, emotionally rewarding work that directly impacts a child's life.

Requirements:

- Undergo screening and 40 hours of pre-service training (training is remote via Google Classroom and Zoom)
- Commit to the life of the case (averages 2 years, and requires about 15 hours per month)
- Flexibility to attend court hearings
- Transportation
- Written and oral communication skills
- Comfortable with word processing, email, and internet research
- Ability to relate to a diverse population
- Confidentiality and objectivity

Cases are assigned out of our Keene CASA Office. Volunteers could report to Jaffrey/Peterborough or Keene Courts. Children are typically located in the area where the case originates. For more information, please contact Amanda Desmarais, CASA Communications Manager at adesmarais@casanh.org or by calling (603) 626-4600 extension 2125.

Monadnock Region Afterschool Collective (MRAC)

Do you like to help kids discover, explore, experiment and play? Would you like to provide positive, enriching activities that expand kids' minds and support their academic growth? If this excites you, consider joining one of our regional afterschool programs as a staff member or

VOLUNTEER OPPORTUNITIES CONTINUED

volunteer. Positions are flexible, you can help a few hours, a few days a week or serve as a substitute to fill in a day or two now and then. We are looking for energetic, responsible people for afterschool programs in Hinsdale, Winchester, Keene, Fitzwilliam, Troy, Swanzey, and Hillsboro. Contact Lauren Bressett, MRAC Facilitator at LLB@unh.edu for more details. Background checks are required. Remember, it only takes one to believe in a child to make a difference in their life.

Become an advocate with the Monadnock Center for Violence Prevention (MCVP): Crisis & Prevention Center

Become an advocate with the Monadnock Center for Violence Prevention (MCVP): Crisis & Prevention Center. Advocates for those surviving domestic abuse are critical right now. MCVP will train volunteers on how to empower survivors to move beyond violence to create a better, healthier future for themselves and their children. Advocates help to end and prevent violence in our community one survivor or family at a time.

MCVP is currently seeking volunteers who are compassionate people with good communication skills and the ability to go through the 40 hours of training. Advocates serve as the first point of contact for survivors. They listen, support, provide information and referrals, and discuss options with the caller.

Advocates:

- Work 24 hours shifts from their own homes. Shifts run from 4 pm to 8am Monday through Friday and 8am to 8am Saturday and Sunday.
- Advocates may also respond to local hospitals and police stations to support survivors, as well as screen in survivors seeking emergency shelter.
- Per Diem advocates make a stipend per shift that they work. \$35 for weeknight, \$45 for a weekend, and \$55 for a holiday.

MCVP will be they will be doing training in the spring of 2023. If you are interested in learning more about volunteering please reach out to Kathy Mota at 603-352-3875 or by emailing directservices@mcvprevention.org or you can visit www.mcvprevention.org to learn more about the organization.

Greater Monadnock Medical Reserve Corp (MRC)

The Medical Reserve Corps is a community-based, civilian, volunteer program that helps build the public health infrastructure of communities nationwide. Each MRC unit is organized and trained to address a wide range of challenges from public health education to disaster response.

Volunteer opportunities:

- Please visit www.gmmrc.org [gmmrc.org] to learn more about the Greater Monadnock Medical Reserve Corps. The website includes an application to become a member if interested in supporting regional public health preparedness and response efforts.
- For more information about COVID-19 vaccines please visit: www.cheshiremed.org/vaccine [cheshiremed.org]. This website is updated regularly with information on vaccines.

For Homebound vaccines: COVID-19 Vaccination in NH | On-Site Medical Services (on-sitemedservices.com). To learn more about GMMRC please reach out to Kerry Kelley as the contact at kkelley@cheshire-med.com or visit their website at gmmrc.org.

Monadnock Habitat for Humanity

Monadnock Habitat for Humanity needs your help! We're currently busy working on two important local projects and are seeking additional community members to help with the planning and implementation.

- One effort is applying for a zoning change, developing sub-division plans, and raising capital funding for infrastructure requirements to allow for multiple single family home builds. This will set us up better to meet our goal of building a new home each year for several years into the future!
- Another is continuing our development initiative to establish a recycle marketplace for building materials and tools towards opening a ReStore retail center for the Monadnock area. We'll have an exciting announcement in time for this summer's yard sale season - but there's still much to do!

As always, we have an ongoing mission to provide small (weekend) repairs to low-income, elderly, and veteran homeowners. These projects are important to help people

VOLUNTEER OPPORTUNITIES CONTINUED

stay in their homes. MHFH performs repairs for only the cost of the materials (in some cases even these can be donated) as we provide all-volunteer labor-saving homeowners hundreds or even thousands of dollars. Interested homeowners can apply for approval for projects that are specifically related to Accessibility, Safety or Weatherization. Unfortunately, we cannot offer roofing, electrical, or plumbing services, emergency services or remodeling.

If you have some time on your hands and would like to be a part of something exciting, sign up on the VolunteerUp link on our website:

<https://www.monadnockhabitat.org/volunteer-opportunities/>. To learn more email, us at monadnockhabitat@gmail.com or leave a message on our office answering machine: 603-357-8474.

Let's make 2023 a Very Happy New Year for our friends and neighbors!

Cornucopia Project

Cornucopia Project welcomes volunteers in our school garden, culinary and farm programs. School gardens are in all the elementary schools of Antrim, Bennington, Dublin, Frankestown, Greenfield, Hancock, Peterborough, Temple, and Keene. Garden volunteers assist our Educators with teaching classes for 7 weeks each spring and fall and with watering, weeding, and debugging the garden through the summer, harvesting when requested for food pantries. Culinary programs include take-home healthy snack kits and community events. Volunteers help with assembling and running several events throughout the year. At the Educational Farm in Peterborough, volunteers work alongside our Farm Committee and student farmers on projects that support hands-on learning and local food production such as planting, mulching, forking, weeding, and harvesting in the fields and high tunnels, where volunteer help makes a huge difference. Volunteer contributions are flexible and add to the vibrance and resilience of our local food system. Visit www.CornucopiaProject.org or call to schedule a visit.

Cornucopia School Garden Program:

Join our School Garden Program volunteer team!

The School Garden Program teaches students about where

their food comes from through growing and tasting healthy foods.

Volunteers help our educators teach our curriculum, plant and harvest with students, and help maintain school gardens during the summer. If you're interested in volunteering for the School Garden Program, please reach out to us and let us know.

Educational Farm:

Come help out at the Cornucopia Project's Educational Farm! They plant seeds for a lifetime of healthy eating through garden, kitchen and farm education.

At our Educational Farm, vegetables, herbs and flowers fill two acres and three high tunnels, supported by a quarter acre of native pollinator plant habitat.

Tasks change every day and include planting, harvesting and spreading compost. This is a great opportunity to learn all about the seed propagation process.

The River Center

The River Center is looking for volunteer greeters and preparers for our Volunteer Income Tax Assistance program (VITA) which provides free tax preparation for the underserved and helps clients save thousands of dollars in tax preparation fees. Last year, we helped almost 250 taxpayers' access over \$410,000 in refunds and credits. This is money that could be used to pay bills, make car repairs, save for the future, and boost the local economy.

Greeters must take and pass a standards of conduct test. Duties include being a welcoming presence for clients, signing clients in, checking a client's paperwork, and giving them forms to fill out.

Volunteer preparers do not require experience and do not need math whizzes! Through group, virtual, and self-study training volunteers will gain the skills and knowledge necessary to become an IRS-certified preparer assisting clients in maximizing their refunds.

If you enjoy challenging yourself to learn something new, figuring out tax issues, being a part of a team, and getting gratification from seeing the direct impact of your volunteer work on the lives of people in your community, consider becoming a volunteer greeter or tax preparer with

VOLUNTEER OPPORTUNITIES CONTINUED

us! For more information about VITA and these roles, please give us a call at 603-357-6893 and learn more by visiting their website at www.rivercenternh.org.

DCYF

The DCYF Community Connect program is seeking to recruit and train adult volunteers to serve as Mentors for youth ages 14+ who are in foster care or residential placement through DCYF's Manchester and Nashua (Southern) District offices. The mission is to try to match teens in the foster care system with an adult volunteer with whom they can develop a trusting relationship through engaging in mutually enjoyable activities together. Mentors help youth believe they can create a future they want. They model positive relationship skills and help their mentees strengthen communication skills. A mentor is an experienced, caring and trusted adult advisor who is willing to listen to our youth and guide them through every day challenges. In so doing, mentors can help reduce the risk factors that could lead to negative outcomes such as high school drop-out or substance abuse, thus strengthening our communities.

We ask that mentors commit to spending at least an hour per week for at least a year with their mentee. Although referred youth must have been living in the Nashua or Manchester catchment areas when they were placed in out-of-home care, their placements can be far and wide, sometimes making it difficult to find available volunteers who reside within a drivable distance. They are anticipating a referral for a 13-year-old girl currently living in a foster home in Keene. For more information please contact

Michael Lucow, Connection Specialist at 603-573-1285 or email Michael.B.Lucow@dhhs.nh.gov

Monadnock Habitat for Humanity

The Keene area organizers of last year's inaugural Window Dressers project are looking for a couple key volunteers to lead the event this year.

We need a Local Coordinator and a Measuring Coordinator, both will work with the existing leadership team and the Window Dressers organization to ensure another successful venture.

The Lead Coordinator will

- be the point-person between the Leadership Team and the regional Program Manager to plan and oversee the Community Build as a whole
- work with other volunteers to promote the build, recruit volunteers, organize trainings and manage logistics of the build
- spend a few hours a week managing the phases of the project and using the WindowDressers' software.

Increasing up to several hours the week before the build Ideally the Lead Coordinator would participate in a build day in another town prior to Keene's build or have volunteered for Keene's build last year. Window Dressers has a very well documented process and last year's coordinator is available to assist and mentor this role.

The Measuring Coordinator will

- be the point person between the Lead Coordinator and the team of measurers
- be responsible for onboarding new volunteers on the measuring process and use of the Window Dressers' measurement recoding software (we have trained measurers that can partner with new measurers)
- schedule and assign each customer order to a measuring team

Most time will be spend during the measuring phase which typically takes place in late summer, early fall and would entail coordinating about 20 in home measuring visits over 3-4 months.

Please contact us if you are interested in either of these positions.



CVTC

- **Help neighbors with transportation**
- **Drive when you want**
- **Mileage reimbursement**

Make a difference
 with each mile you drive
 Become a
CVTC Volunteer Driver

GIVE A RIDE

SERVING THE MONADNOCK REGION SINCE 2008

877-428-2882 ext. 5

MEN WHO COOK FUNDRAISER...SUCCESS!



There are often stories in the news that we never hear the follow up of... well, we find follow up important and want to share with you that the Men Who Cook Fundraiser held on March 11th was a grand success! As you may recall, this fundraiser was sponsored by Monadnock Family Services and the America Reads Program, YEAH! was the beneficiary.

It would not have been a success though without the 20 years of steady commitment of Chairperson, Louise Zerba to the Men Who Cook fundraiser and her co-captains, Mary Delisle, Nancy Vincent, and Ann Heffernan and our MFS Development Director Kathy Waters to put this evening together. Great food was made by the wonderful chefs, and over \$10,000 was raised!

A very special thank you to all the chefs, sponsors and volunteers that made the evening a success to support the America Reads Program thru the Men Who Cook Fundraiser... Thank you! Thank you!

THE VOLUNTEER FAIR WAS A HUGE SUCCESS ON TUESDAY, MAY 16!

We walked around almost everyone had volunteers who showed interest, including us with America Reads and Neighbors-In-Deed! It was great to meet both new and current volunteers and we learned that a number of folks just moved to this region and wanted to get involved and learn about the community! If you missed it, look for this next year!



RECIPES TO SHARE

SOUTHERN HOMEMADE PIMENTO CHEESE



Prepare your tastebuds for this simple, old fashioned, traditional pimento cheese recipe! A classic southern staple served at any family or formal event like the Kentucky Derby held May 6th. Creamy and cheesy and it will be the last pimento cheese recipe you ever use. Great for summer entertaining to have on hand and easy, DELISH!

INGREDIENTS

2 cups shredded cheddar cheese
 8 ounces cream cheese, softened
 1/2 cup mayonnaise
 1/2 teaspoon garlic powder
 1/4 teaspoon paprika
 1/2 teaspoon onion powder
 4 ounces diced pimentos, drained and blotted
 1/2 teaspoon dried mustard

DIRECTIONS

With an electric mixer, mix the cheddar cheese, cream cheese, mayonnaise and dry ingredients together. Mix for 2-3 minutes. Mix in the pimentos.

Refrigerate for at least 10-15 minutes before serving. Overnight is best for flavors to meld.

Serve with your favorite crackers or pita chips.



SAVE THE DATE!

Sunday, July 30th

TASTE OF MONADNOCK & BEYOND FOOD & WINE FESTIVAL

Shelter From The Storm will be holding their Eighth Annual TASTE OF MONADNOCK & BEYOND FOOD & WINE FESTIVAL at the WOODBOUND INN, Rindge, NH on July 30th from 5 to 8:30 pm. Once again Rudy Rosalez has generously donated the use of his buildings and grounds at Woodbound Inn in Rindge NH for this event. ALL proceeds go to fulfill our mission to provide transitional housing and support programs for the homeless.

There will be live Rock & Roll music by SheepDip, over 45 vendors including well-known wineries, restaurants, local growers, brewers, cooking demos, local artwork, raffles, and much more. This year we will again be raffling off "A Year of Wine" with a few more surprises! Have a "Tasting Dinner" with us. Enjoy the different specialties each restaurant has to offer, find a new restaurant or wine you might enjoy or win a raffle prize.

For information call 603-532-8222 or visit our website. Tickets on sale at the Jaffrey Chamber, Woodbound, Shelter Office or online at www.shelterfromthestormnh.org. Tickets will also be available at the door. Charge cards are accepted. Tickets \$40 in advance - \$50 at the door. Group rates of 10 tickets are \$350.



to benefit
Shelter From The Storm
a transitional homeless shelter

Sunday, July 30th
5 pm to 8:00 pm

Woodbound Inn, Rindge, NH

Advance Tickets: \$40 / Door: \$50

For tickets: 603-532-8222

Online: www.shelterfromthestormnh.org
at Upcoming Events

FESTIVAL 2023