

The Kentucky Commission on Community Volunteerism and Service

The Cabinet for Health and Family Services



T H E H E A R T L I N E

T A K I N G T H E P U L S E

COVERING VOLUNTEERISM AND SERVICE THROUGHOUT THE COMMONWEALTH

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3rd Quarter/July 2007 Edition

2007-08 KENTUCKY AMERICORPS PROGRAMS



The Kentucky Commission on Community Volunteerism and Service (KCCVS) received more than **\$2.7 million** in grants from the Corporation for National and Community Service to fund 11 Kentucky AmeriCorps programs for the 2007-08 program year.

During this program year Kentucky will benefit from the service of 225 AmeriCorps members who will tutor children, assist the homeless, help the elderly remain independent, build capacity for low-income community agencies, recruit volunteers to respond in times of disaster and respond to other unmet needs across the state. Learn more about the 2007-08 programs on the Web site, www.volunteerKY.ky.gov.

Kentucky's 225 AmeriCorps members will bring in an additional \$1 million in educational vouchers after completing their service requirements. Since 1994, Kentucky AmeriCorps members have qualified for more than \$14 million in educational vouchers to use at any accredited postsecondary institution or to pay off student loans.

Kentuckians also benefit from the service of members in other national service programs funded by the Corporation for National and Community Service, including AmeriCorps*National and AmeriCorps*VISTA (Volunteers In Service To America). During the 2006-07 program year, 430 individuals served Kentucky through AmeriCorps.

For more information about AmeriCorps in Kentucky, please contact the KCCVS office by calling toll free at 800-239-7404 or visit the Web site, www.volunteerKY.ky.gov.

During the 2005-06 program year,



More than **67,500** Kentuckians directly benefited from the service provided by AmeriCorps members.

AmeriCorps members recruited nearly **9,000** community volunteers who provided more than **42,000** hours of service in their hometowns.

Read more Kentucky AmeriCorps accomplishments on our Web site, www.volunteerKY.ky.gov.

AMERICORPS PROGRAM SPOTLIGHT

Louisville Metro AmeriCorps Program



It's Saturday. Dew still glistens on the grass and morning sun kisses the sky. For many Louisvillians it's a day to catch up on household chores, spend quality time with the family or hit the snooze button guilt-free. While average Louisvillians contemplate their Saturday plans, Louisville Metro AmeriCorps members suit up for service.

From providing free tax counseling to low-income residents to garden revitalization projects, clothing drives and health fairs, AmeriCorps members are actively engaged in community service.

The Louisville Metro AmeriCorps program is becoming a household name under the leadership of enthusiastic program director Tracey Harper. Tracey runs a well-oiled machine, encouraging personal and professional development of her members, "Being well-rounded is the key to an effective public servant," Harper said.

The Louisville Metro AmeriCorps program operates under the Department of Housing and Family Services to address health/nutrition, education and human needs of Louisville residents. The 20 members are assigned to social service agencies providing a network of services to strengthen individuals and families.



The Louisville Asset Building Coalition (LABC) is one of the agencies to benefit from the help of AmeriCorps members. LABC provides free tax and financial literacy services to Louisville residents eligible for the Earned Income Tax Credit.

(continued on page 6)

Corporation for NATIONAL & COMMUNITY SERVICE



Throughout the newsletter are small bits for your enjoyment. Keep an eye out for them.



The happy dancing man is always accompanied by a "funny." Lighten your mood a little with a short joke.



The thinking man is followed by wise witty words from many sources. Allow him to engage your mind.



This icon is accompanied by a brain teaser. Go ahead, see if you can catch the solution.



This icon indicates that interesting statistics follow. It also begs the question: are all things number? From the philosophy of Pythagoras who said, "all things are number."

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WHO WE ARE

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Melissa Newton – Training Officer
Shannon Ramsey – Media & Publications Specialist
Andrea Sieloff, RSM – Program Officer
Lanny Taulbee – Disabilities Coordinator
Marzelle Wurtsmith – Financial Officer

KCCVS MISSION

To promote all Kentuckians working together to meet actual community needs in a way that fosters personal, family and community pride and an enduring ethic of volunteerism and service.

DID YOU KNOW?

Brought to you by www.hookedonfacts.com

- Milk is heavier than cream.
- Cold water weighs more than hot water.
- No matter how cold it gets, gasoline will not freeze.
- All the swans in England are property of the Queen.
- Annually, the amount of garbage that is dumped in the world's oceans is three times the weight of fish that is caught from the oceans.
- Americans are responsible for generating roughly 20% percent of the garbage in the world.
- Indoor pollution is 10 times more toxic than outdoor pollution.
- In Kentucky, 50% of the people who get married for the first time are teenagers.
- When you eat too much, your hearing becomes less sharp.
- Food can only be tasted if it is mixed with saliva.
- Apples are 25% air.

Editor: Shannon Ramsey

COMMISSIONER SPOTLIGHT

Marlene Duffy



Marlene Duffy has worked at the Buffalo Trace Area Development District for 33 years and currently serves as the assistant director of Workforce Development. Born and raised in Kentucky, Duffy received her bachelor's degree from Murray State University and her master's degree from Morehead State University. When she retires, Duffy plans to work part-time, travel overseas and volunteer, possibly even in a foreign country.

When Duffy was appointed commissioner in 2006, she jumped in feet first by attending the 2006 National Conference on Volunteering and Service in Seattle where she attended workshops designed to teach new commissioners about national service. She hasn't stopped learning since then and she is proud to be a part of national service in Kentucky.

"It is an honor to serve as a commissioner and to learn about all the volunteer work taking place throughout the state and nation," Duffy said. "Kentucky is fortunate to have dedicated people carry out the program goals and realize the accomplishments."

She and her husband of nearly 40 years, Michael Duffy, live in Flemingsburg. Their son, Patrick Tristan, recently graduated from Thomas More College.

In her free time, Duffy enjoys gardening, traveling, staying physically active and seeing Broadway shows. She attends St. Charles Catholic Church where she teaches religion classes and serves on various committees. Duffy enjoys old black-and-white movies, I Love Lucy reruns and old radio shows such as Fibber McGee and Molly, Burns and Allen and Our Miss Brooks. She also is a lover of music including anything from classic rock and Motown to live Bluegrass music.

Duffy has deep admiration for people who have struggled and been successful in overcoming obstacles. She says she always roots for the underdog. Mentors in her life have encouraged her to take the time to do things correctly, go the extra mile and be honest. Life lessons she particularly values are taking the good with the bad and handling the ups and the downs with equal measures of grace.

Duffy wants to be remembered as someone who helped open doors to and create opportunities that may not have been there otherwise. That approach to life and service is why Duffy is a perfect match for the commission. We're glad to have her on our team and hope she will continue to serve for many years to come.

AMERICORPS WEEK



The first ever AmeriCorps week was observed May 13-20 as a weeklong recruitment and recognition event chosen to coincide with the induction of AmeriCorps' 500,000th member. Events were held all across the country to encourage participation in AmeriCorps service, pay tribute to AmeriCorps members, past and present, for their powerful impact and to thank community partners who make AmeriCorps possible.

"AmeriCorps members have provided more than a half-billion hours of service worth nearly \$12 billion to communities all across the United States," said Eileen Cackowski, director of the Kentucky Commission on Community Volunteerism and Service. "During the 2005-06 program year, more than 67,500 Kentuckians directly benefited from the service provided by AmeriCorps members."

In observance of National AmeriCorps Week, Kentucky AmeriCorps programs sponsored special volunteer events to say "thanks for the hospitality" to their host communities and to promote community service and volunteerism opportunities. The Getting Things Done for Kentucky's Homeless program participated in a service project at the future site of the Kentucky Children's Garden in the Arboretum in Lexington. The event was recognized nationally by the Corporation for National and Community Service.

Nationally, more than 200 events were held and 23 Governors, including Kentucky Governor Ernie Fletcher, proclaimed May 13-20 AmeriCorps Week in their states.

2007 MAKE A DIFFERENCE DAY



Make A Difference Day is one of the most widely observed national days of helping – a celebration of neighbors helping neighbors in which everyone can participate. Created by USA Weekend Magazine, Make A Difference Day is an annual event observed the fourth Saturday of October. This year, it falls on **Saturday, October 27**. The goal of Make A Difference Day is to inspire and encourage local residents to participate in community service projects. Large or small, as individuals or in groups, one-day or ongoing – the nature of the service isn't as important as simply giving your time, effort, resources, skills or support to make a difference in the lives of people in your community.

To find a project in your area or to register your project, visit the Make A Difference Day Web site at www.usaweekend.com/diffday/.

The KCCVS will be hosting our annual beef stew/canned good drive. Contact us or visit our Web site, www.volunteerKY.ky.gov, for more information.

VISTA MEMBERS AT THE DERBY

AmeriCorps*VISTA Members Lend a Hand

Members of AmeriCorps*VISTA (Volunteers In Service To America) helped out the Klein Family Learning Center by selling gift and souvenir items on the backside at Churchill Downs during Derby weekend. VISTA members worked from 7 a.m. until shortly after the last race. Proceeds from sales of nearly \$22,000 will be used to sustain language classes and other educational services provided to about 1,000 low-income Churchill Downs track workers.



The Klein Family Learning Center currently has a full-time director, Jennifer Hoert, and relies on two full-time VISTA members to help with day-to-day activities. The VISTA members provide valuable assistance including recruiting other VISTA members to help out on Derby weekend. The Klein Center VISTA members spent the last six months recruiting volunteers and developing programs like a language course focusing on racehorse industry vocabulary.

Emily Laybourne, a Klein VISTA member serving as volunteer coordinator, said, "The sale was beneficial in more ways than one - we also had the chance to raise awareness of our organization." She said the endeavor really helped the center make connections with other organizations and, because of the high profile of the Kentucky Derby, they were able to spread the word to a larger audience through media interviews and advertisements in race bulletins.

Traditionally, backside racetrack workers come from populations facing barriers to other, more lucrative forms of employment. The Kentucky Equine Education Project estimates that horse industry provides as much as \$ 4 billion to Kentucky's economy.



Submitted by Desiree P. Jones, Greater Louisville Inc.

Photos by Liz Shaefer-Wishner, AmeriCorps*VISTA

If you want happiness for an hour – take a nap.

If you want happiness for a day – go fishing.

If you want happiness for a month – get married.

If you want happiness for a year – inherit a fortune.

If you want happiness for a lifetime – help someone else.

– Chinese proverb



"Those who bring sunshine to the lives of others cannot keep it from themselves."

– Sir James M. Barrie, British writer (1860-1937)

PADUCAH MIDDLE SCHOOL VOLUNTEER PROGRAM



The Paducah Middle School volunteer program is growing and gaining recognition for its support of students, teachers and staff. Volunteer coordinator Georgia Flarsheim

was honored April 16 with a Daily Point of Light Award for her efforts, which has resulted in an increase in volunteers from 33 to 82 in just one year. Those individuals contributed more than 7,500 hours of volunteer service this school year alone.

According to Paducah Middle School principal Tim Huddleston, Flarsheim is the first Paducah resident to win the national volunteer award since its reinstatement in 1998 and only 34 other Kentuckians have been honored with the designation. Flarsheim, along with 11 other special volunteers, also were honored at the school board's April meeting.

Under the direction of the attendance clerk, volunteers help welcome and sign in visitors to the school and help with daily student check-ins and check-outs. The volunteer program reaches beyond the visitors' desk by providing hall and cafeteria monitors and academic mentors. It is not uncommon to find a volunteer consoling a child who is upset about a personal situation, a low grade or discipline issue.

Parents always are happy to attend and help out with the many field trips, social events and other extracurricular activities hosted by Paducah Middle School. Parents serve food, supervise students, purchase items, work concessions, play instruments, make costumes, apply make-up and build props to support school programs.

Volunteers also serve as tutoring aides, offering one-on-one guidance and leading small groups in reading, computer science and math.

"We are continuing to grow and reach more individuals throughout our building each day," Huddleston said. "As the program grows, we find more and more ways to utilize the talents and skills of our parents and community members to help students achieve the highest level of success possible."

In addition to parents, volunteers at Paducah Middle School include local pastors, senior citizens, retired teachers, community volunteers and local artists. All of the program volunteers actively recruit others to the school's volunteer ranks to provide further service and support to students.

Submitted by Tim Huddleston, Paducah Middle School

From www.corsinet.com/braincandy/



1. Some months have 30 days, some months have 31 days; how many have 28?
2. If you were to take two apples from three apples, how many would you have?
3. If you have it, you want to share it. If you share it, you don't have it. What is it?
4. If you were in a dark room with a candle, a woodstove, a match and a gas lamp which do you light first?

Answers on page 6.

CLAY COUNTY READING CELEBRATION

It's the biggest annual event in Clay County. More than 5,000 people attend. Local businesses and organizations sponsor booths. More than 350 volunteers work for months to prepare for the event. It's the Clay County Reading Celebration, the culmination of a progressive, county-wide reading program that began nine years ago to boost the county's low reading and literacy rates.

As part of the Reading Celebration, a trophy goes to the school with the highest percentage of students reaching individual reading goals and scoring 80 percent or higher on comprehension tests.



Because so many students have achieved the 80 percent comprehension level, the 90% Club was formed to reward the students who reach levels of 90 percent comprehension and higher.

Competition was fierce, but this year the coveted Coca-Cola Reading Cup went to Hacker Elementary, the event host this year. The trophy was presented by Bobby Abbott of Coca-Cola in a ceremony that included remarks from county schools Superintendent Doug Adams, Levi Alley of the Reading Celebration Committee and Kentucky native Heather French Henry, Miss America 2000.

The theme for the 9th annual celebration was "Kentucky's At It's Best," highlighting the diverse geography and cultural traditions of the state. School hallways and classrooms were transformed into



replicas of Mammoth Cave, Cumberland Falls, Daniel Boone National Forest, Rupp Arena, the Kentucky Speedway and Kentucky coal mines and other uniquely Kentucky locales. Students performed skits of some of their favorite books and, in the gymnasium, students, parents and school staff met and mingled with 20 Kentucky authors. Outside, local businesses and organizations

manned information booths and distributed free books, t-shirts, videos and treats.



"We are pleased to again celebrate our students' hard work, dedication and achievement in reading," said Reecia Samples, supervisor of instruction for Clay County Public Schools. "All the time and effort that goes into the celebration is worth it to promote reading, especially in an area known for low literacy rates."

Since Clay County began the reading initiative nine years ago, district reading scores have jumped from 65 in 1999 to 98, according to the spring 2006 Kentucky Performance Report. More photos from the event can be viewed at www.clay.kyschools.us.

Information provided by Reecia Samples

CITY OF VINE GROVE VOLUNTEERS



The City of Vine Grove held its second annual Town Hall Meeting June 7 in the city's Optimist Park. Hundreds attended as Mayor Donovan Smith recognized

more than 200 volunteers and area businesses for their contributions to the community. Honored volunteers received plaques or certificates.

Volunteers, including Charlotte and Jerry Glass, Donna Betson and Gail Wiggins, were recognized for helping with various events throughout the year including Farmers Market, inserting the city newsletter in monthly water and sewer bills, sprucing up and decorating around town for festivals and countless other tasks the city would otherwise be unable to do.

Various community businesses lend their financial support to city events like the Autumn Daze Parade and Festival, the Hardin County Veterans Day Parade and Ceremony and Dickens Of A Christmas. Without their generosity, these events could not take place.

"This city is filled with people and businesses who want to be a part of making the town a place to be proud of," Smith said. "It is the volunteers, with their dedication and service, who have made Vine Grove what it is today."

The Kentucky Commission on Community Volunteerism and Service presented the City of Vine Grove with a Governor's Citation for its support of volunteerism. Mayor Smith accepted the citation on behalf of Vine Grove residents.

Submitted by Donna Broadway

1. They all do.
2. Two, what you take is what you have.
3. A secret.
4. The match.



BOWLING GREEN VOLUNTEERS IN ACTION AWARDS

Area volunteers honored for their work, generosity

Twenty-five individuals and groups in Bowling Green were recognized recently for their volunteerism at the 18th annual Volunteers in Action reception and awards program. Volunteers in Action is a group of about 10 organizations dedicated to community service.

Area churches, schools, civic organizations and others were invited to make nominations. Award recipients in three categories were chosen by a panel of judges. Award categories were Spirit of Service, Rookie Volunteer and Team Spirit. In addition, a local business was recognized with the Spirit of Community award.

Each nominee received a certificate and medallion inscribed with a quote from Ghandi: Be the change you want to see in the world. The award winners received an engraved trophy.

Guest speaker Jonathan Jeffrey, a professor of library special collections at Western Kentucky University recalled many people in his own life who volunteered their time.

In an article about the event published in the Bowling Green Daily News, Jeffrey said volunteers had a significant impact on his life.

"Someone said when you die, you're remembered more for your passion than your personality," he said. "The desire to help others has preceded our country from the beginning. Community is a shared experience ... freely chosen, and that is volunteerism."

He said in the aftermath of the terrorist attacks of Sept. 11, volunteerism in the United States increased from about 20 percent to more than 26 percent in 2006.



Hugo Becker with Court Appointed Special Advocates won the Spirit of Service award for his service as a liaison for the board of advisors, coordinating quarterly luncheons for the advocates and training new advocates.

Nell Ruth Hill received the Rookie Volunteer award for helping out with cooking at the Salvation Army soup kitchen five days every week. Hill finds time to help at the soup kitchen in addition to caring for a local elderly woman four days a week.



Community Greeters Newcomers Club, nominated by the local Community Education agency, received the award for Team Spirit. In an interview with the Daily News, club secretary Donna Moore said, "I think this is wonderful. It's the first given and it's an honor. These are... amazing... people here. There are a lot who do so much for this community and I think it's wonderful to at least recognize some of them today."

In addition to the three winners, a Spirit of Community Award was given to Branch Banking and Trust Company, the event sponsor.

Submitted by Anne Grubbs, Community Education enrichment coordinator

2007 AMERICORPS LAUNCH



The 2007 Kentucky AmeriCorps Launch will be held at the Capital Plaza Hotel in Frankfort on October 4-5. This year's theme is "Unbridled Spirit of Service." Members and staff of

AmeriCorps*State programs will take part in a variety of training sessions during the event. On the final day, the new and returning AmeriCorps members will be sworn in for a year of service on the steps of the Kentucky State Capitol. The ceremony on **October 5** begins at **3:30 p.m.** and is open to the public. The AmeriCorps Launch is an annual event to kick off the program year for AmeriCorps*State programs in Kentucky. Learn more about AmeriCorps on our Web site, www.volunteerKY.ky.gov.

Spotlight on LMAP (continued from cover page)



Eric Seto, LABC program director, supervises three AmeriCorps members. "Our organization has seen a significant increase in their volunteer recruitment efforts since having

AmeriCorps members," Seto said. As a result of AmeriCorps recruitment efforts, the 2006 tax season mobilized 150 new tax service volunteers who provided more than 10,000 hours of service. Seto has already committed his agency to partner with AmeriCorps for the 2007-08 program year and hopes to add more AmeriCorps members to his team.

No matter when, Louisville Metro AmeriCorps members are hard at work improving the quality of life and opportunities of Louisville residents.

Submitted by Andrea Meriweather, LMAP member

DISABILITIES CORNER

CERT Training

"I can't do that because..."

"What if...?"

So many people with disabilities use those and other excuses to shy away from challenges and avoid venturing out of their safety zones – including me.

That's why in February I began an eight-week Community Emergency Response Team (CERT) training course. CERT programs train ordinary citizens to be prepared to respond in the event of disasters and hazards that could impact their communities.

Training focuses on basic disaster response skills, like fire safety, light search and rescue, team organization and disaster medical operations. Upon successful completion of CERT training, team members are qualified to help others in their neighborhoods and workplaces following an emergency and before professional responders arrive. CERT members also are encouraged to support local emergency response agencies by participating in community emergency preparedness projects.



I wasn't sure how much or how little I could do as a participant in CERT training, but I didn't let doubts dampen my enthusiasm and curiosity. I was

interested in learning what to expect from first responders if ever I found myself in the midst of a disaster and, just maybe, what I might be able to do to help others around me.

CERT training offered new perspectives on my limitations, but far more importantly, it revealed my capabilities when faced with disaster. I learned what assistance may be available to me from others and I discovered I am capable of helping myself as well as lending assistance to those around me. I am able to perform some first aid, like bandaging and splinting, and I can instruct others in providing additional first aid. I can conduct basic search and rescue with modified techniques and I can extinguish a fire with a 5-pound fire extinguisher, something I hadn't thought possible.

The training exercises included practicing emergency first aid and learning techniques to extract survivors from damaged structures. The key lesson we learned was that personal safety is the number-one priority for any emergency responder.

For me, learning the management structure, or Incident Command System, used by fire and law enforcement agencies to manage emergency operations was one of the most important topics covered in the CERT training.



Knowing who does what, when, where, why and how helps make sense of what at first appears to be a complicated and confusing web of agencies and missions.

Whether involved in an emergency situation as a CERT volunteer or as a victim, I now know the chain of command, procedures used to assess a situation, and how to get help after a disaster for myself and my neighbor.

Other topics included in the training were disaster medical operations, disaster psychology, and terrorist incidents – topics everyone should be aware of because of the constant threat from natural disasters and local emergencies that may affect our lives at any given moment.

I encourage everyone, both people with disabilities and those without disabilities, to take CERT training. For more information on classes near you, visit the CERT Web site at www.citizencorps.org/cert/.

Submitted by Lanny Taulbee, KCCVS Disabilities Coordinator

From www.corsinet.com/braincandy



What do you get when you cross poison ivy with a 4-leaf clover?

How do you prevent a Summer cold?

Answers on back page.

"UNITING TO SERVE" YOUTH SUMMIT

August 29 and 30



Operation UNITE and AmeriCorps are sponsoring two "Uniting to Serve" Youth Summits on August 29 and 30. The purpose of the "Uniting to Serve" Youth Summits is to motivate and inform elementary, middle and high school students to become involved in the ongoing educational mission of Operation UNITE, a drug abuse

education and prevention program. The summits are intended for all youth and teachers, with a limit of 15 students per school due to space limitations.

RSVP deadline is Wednesday, August 22. RSVP to Christy Woodall by phone at 1-866-OP-UNITE (1-866-678-6483) or e-mail cwoodall@centertech.com.

August 29 is for the following counties: Bell, Casey, Clay, Garrard, Jackson, Knox, Laurel, Lee, Lincoln, Madison, McCreary, Owsley, Pulaski, Rockcastle, Wayne and Whitley.

August 30 is for the following counties: Bath, Breathitt, Estill, Floyd, Harlan, Johnson, Knott, Lawrence, Leslie, Letcher, Magoffin, Martin, Menifee, Morgan, Perry, Pike, Powell, Rowan and Wolfe.

WHAT'S ON OUR CALENDAR?

AUGUST/SEPTEMBER/OCTOBER

2007

August 5 – National KidsDay
September 3 – Labor Day
September 11 – Patriot Day
September 11 – One Day's Pay
September 21 – POW/MIA Recognition Day
September 23 – Autumnal Equinox, first day of Fall
October 4-5 – 2007 Kentucky AmeriCorps Launch
October 5 – AmeriCorps Member Induction Ceremony
October 8 – Columbus Day
October 24 – United Nations Day
October 27 – Make A Difference Day
October 31 – Halloween



Answers to Jokes on page 7.

A rash of good luck.

Catch it in the Winter!



Kentucky is a place where spirits are free to soar and big dreams can be fulfilled. We relish competition and cherish our champions for their willingness to push beyond conventional boundaries to reach new heights of success.

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NEXT EDITION:

- Commissioner Spotlight: Steve Swim
- Descriptions of the 2007-08 Kentucky AmeriCorps programs
- "Uniting to Serve" Youth Summit
- National Big Brother of the Year



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