

SLV

San Luis Valley Volunteers Living through Service

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Child's Play

By Patt Morgan-Lloyd, RSVP Director

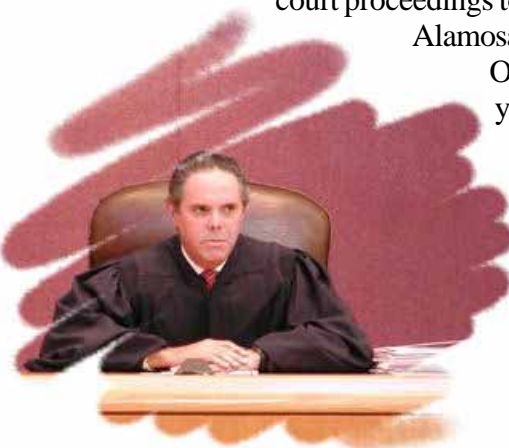
My younger brothers played “cowboys and Indians” (before it became politically incorrect) or “cops and robbers.” Neither one grew up to be a cop, robber, cowboy or Indian. In fact, the older of the two just retired after more than 30 years working for the same employer and now pursues several new career paths: mechanic, wildlife conservationist, carpenter, pool cleaner and plumber to name a few. The greatest thing about retirement is that you can take up any number of new careers part-time, full-time or once-in-a-blue-moon. Some people refer to them as hobbies; others refer to it as “volunteering.”

Even if you aren't up to the rigors of firefighting, there are jobs to be filled with volunteer fire departments. Contact the U.S. Forestry office close to home and they'll have you “ranger-ing” in some capacity or another before summer's end. If you've always had a yen to become a wildlife conservationist, visit the refuge in Alamosa or in Monte Vista.

Think cowboys are a thing of the past? Try volunteering with the therapeutic riding program by calling Carol Pastore. If you're home-bound, you can become a part of RSVP's “calling tree.” It's a friendly way to reach out to your family and neighbors that could save a life.

Always thought you'd have been a good attorney or judge? Might have gone into law enforcement if you hadn't done something else? Now there are opportunities with the Victims' Response Unit at the Alamosa Sheriff's Office. You can advocate for victims of crime “hands-on” or attend court proceedings to counsel and advise. Call Janice Holman at the Alamosa County Sheriff's Office.

Or take the easy way out: call RSVP. We'll help you find a place to volunteer where your talents and interests will be appreciated. There are one-time opportunities or on-going assignments everywhere in the Valley. **Meet new friends, learn something new and have the time of your life: Volunteer. Do it today.** As people are sure to remind you, “you're not getting any younger,” and “time's a-wasting,” and “there's no time like the present.”



Do you have suggestions for the newsletter? a story you want to share, an issue you want to learn about?

Call the RSVP office at 587-5610

RSVP is funded by the Corporation for National Service and by Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache Counties.

"It's easy to make a buck. It's a lot tougher to make a difference."

- Tom Brokaw

AAARP Tax Help!



Margaret Teckenbrock
Woman of the Year!

Old Hens Lunch Bunch!



Kathryn Cooper is Alamosa Volunteer of the Year!



RSVP Volunteers at San Luis Valley Health Fairs!



RSVP Annual Volunteer Appreciation Breakfast

You're Invited

Members can
bring **ONE**
guest.

Contact person:

Patt Morgan Lloyd 587-5610

Date: Saturday, August 19th

Time: 10:00 a.m.

Place: North end of Cole Park

SEW'S



“A
civilization
flourishes
when people
plant trees
under which
they will
never sit.”

-Greek Proverb

"Destiny is
not
necessarily
what we get
out of life,
but rather
what we
give."

-Cary Grant

Help Wanted!

You're wanted not dead, but alive!

- **Meals on Wheels in Alamosa** needs route drivers: there's an urgent need for a Fridays-only summer replacement driver. Call Barbara at 589-3277
- **The SLV Chapter of American Red Cross** needs office help. Call Nancy Bowsher at 754-2610
- **Prevention Research Centers' Cardiovascular Health Intervention Research and Translation Network** is forming a community team to advise and provide feedback on projects and participate in research. Call Patt Morgan-Lloyd at 587-5610 There will be a small stipend attached to serving on the team.
- **There will be an Applied Suicide Intervention Skills Training** at SLV Mental Health on May 19th and 20th from 8:30 to 4:30 both days. There is no charge for training. Call Rick Esquibel at 587-6988. There will be similar trainings later in the year, so if you can't attend this one, but are interested, call Rick for later dates.



Our newest advisory board member, Freda Meyers, Saguache County

P.A.C.E. exercise class is really relaxing

Honorary Board Member Receives Scholarship

Alegria Salazar was awarded a scholarship to Grinnell College, Iowa, and will enroll there as a freshman later this summer. "Gria" has been an honorary RSVP advisory board member for almost 19 years, attending her first RSVP recognition

event at the young age of 6 months. She and her sister, Alyssa, faithfully attended meetings, recognition events and other RSVP activities with their mother, Loretta Mitson. Alegria is the daughter of Leandro Salazar (dec.) of Manassa.

Those who say *it cannot be done* should not interrupt the person doing it.

-Chinese Proverb

"If you can't go where people are happier, try to make people happier where you are."

-Ashleigh Brilliant

All about you!

Kathy Martinez's Russian Tea

- 1 c, Tang
- 1 c. instant tea
- 1 pkg. instant lemonade (diet)
- 1 pkg orange Kool-aid (pre-sweetened)
- 1 tsp cinnamon
- ½ tsp ground clove
- Mix well. Store in large jar.



Use 2 tsp with boiling water in a cup to serve. Good iced, too!

Win an RSVP tote bag!

Send us your photos, original poems, recipes or anything else you'd like to share with the members. We'll publish one (or maybe more, depending on space) in our quarterly newsletter. If your contribution is selected, we'll send you a brand-new RSVP tote bag!



"Yea, though I walk through the valley of the shadow of death. I will fear no evil" Psalm 23

"No person was ever honored for what he received. Honor is given by that he gave."

-Calvin Coolidge



Name these members

1



2



Paradoxes of our Times

Every day you live is a special occasion!

...

Do not delay anything that adds laughter & joy to your life.

- Today we have bigger houses and smaller families more conveniences but less time. We have more degrees but less time, more knowledge but less common sense, more knowledge but less judgment. We have more experts but more problems, more medicine but less wellness. We spend too recklessly, laugh too little, drive too fast, get angry too quickly, stay up too late, read too little, watch tv too much and pray too seldom.
- We've multiplied our possessions but reduced our values. We talk too much, love too little and lie too often. We've learned how to make a living but not a life. We've added years to our life, but not life to our years. We have taller buildings but shorter tempers, wider freeways but narrower viewpoints. We spend more but have less. We buy more but enjoy it less.
- We've been all the way to the moon and back but have trouble crossing the street to meet our neighbors. We've conquered outer space but have not mastered inner peace. We write more but learn less, plan more but accomplish less. We've learned to rush but not to wait. We have higher incomes but lower values. We build more computers to hold more information but communicate less.
- These are the times of fast foods and slow digestion, tall men and short character, more leisure and less fun, more kinds of foods but less nutrition, two incomes but more divorce, fancier houses but broken homes.

That's why I propose that, as of today, you do not keep anything for a special occasion: every day you live is a special occasion. Let us tell our families and friends how much we love them. Do not delay anything that adds laughter and joy to your life. Every day, every hour, every minute is special: you don't know if it will be your last.



RSVP

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RSVP is sponsored by the San Luis Valley Comprehensive Community Mental Health Center

To: