

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

This Quarter: 2007 Governor's Awards (cover) - Program Spotlight (cover) - New CHFS Leadership (pg. 3) - Senior Companion Program (pg. 3) - Central Kentucky Riding for Hope (pg. 4) - Martin Luther King, Jr. Day (pg. 4) - Rudolph Parable (pg. 5) - Disabilities Corner (pg. 6) - Commissioner Spotlight (pg. 6) - Make A Difference Day 2007 Results (pg. 7)

1st Quarter 2008 Edition

THE HEART LINE E-NEWSLETTER

Important Update!



The Heart Line is going green! In order to save some trees and take advantage of more immediate and cost-effective technology, KCCVS will upgrade to an electronic newsletter. To receive publication notices for each issue of The Heart Line, you **must** sign up for our e-mail distribution list.

To sign up, send an e-mail to kccvs@ky.gov or call Shannon Ramsey at (800) 239-7404 and provide your name, organization (if applicable) and an e-mail address for publication notices.

Please let us know if you do not have an e-mail account and we will help you set up an account with a free e-mail provider. If you do not have access to a computer and must receive information by postal (snail) mail, please notify us.

We believe that expanding our e-mail distribution list will help further extend KCCVS' outreach and enhance the timeliness of our communications. You can make updates, additions, revisions or deletions to the KCCVS database or e-mail distribution list any time by contacting us.

AMERICORPS PROGRAM SPOTLIGHT

SUCCESS Corps



How do we define success? Is it by titles, accomplishments, friends, experiences? Is it salaries, homes? Or is success defined by the impact we have, the smiles we spread, the lives we change?

For 12 AmeriCorps members, success is tied to their titles, living allowances, impact and the lives they affect. For these AmeriCorps members, SUCCESS is the name of their corps and defines the progress of their mission.

SUCCESS Corps began operating in October 2007 under the

(continued on page 7)

WELCOME

The Kentucky Commission on Community Volunteerism and Service extends its best wishes to Governor Steve Beshear and first lady Jane Beshear. We look forward to working with you.

GOVERNOR'S VOLUNTEER AWARDS

Awards Deadline: Feb. 18

Virtually everyone knows at least one of those extraordinary people who give their time, talent, enthusiasm and support to serve the unmet needs of others while asking nothing in return but the satisfaction of helping.



Volunteers give selflessly of themselves to help improve the lives of countless others. They perform their good deeds largely unnoticed and wholly without compensation.

Nominations now are being accepted for the 2007 Governor's Awards for Outstanding Volunteer Service. For more than a decade, the governor's awards program has recognized and celebrated the contributions of Kentucky volunteers.

"The Governor's volunteer awards shine a light on adults and youth who serve their fellow Kentuckians, making homes and families, communities and this commonwealth better for their efforts," Gov. Beshear said.

The 2007 awards will be presented at a special ceremony in the spring.

Nominations will be accepted through **Feb. 18**. With the exception of the Director of Volunteers and Lifetime Achievement categories, nominations must focus on service activities that occurred between July 1, 2006, and Dec. 31, 2007. Individuals and groups may be nominated in only one category and self-nominations are accepted. Award winners from the previous five years are ineligible for the 2007 awards.

More information and nomination forms are available online from the KCCVS Web site at www.volunteerKY.ky.gov.

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."

WHO WE ARE

KCCVS COMMISSIONERS

Wendy Stivers, Ph.D., Chair
 Douglas Adams, Vice Chair
 Phyllis Culp, Secretary

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Philip Anderson	Emily Shelton
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Amy Burke	Victoria Thompson
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F. Patrick Hargadon	Steve Swim
Kenneth Knipper	Alan Taylor
Brandi Moore List	
DeAndre Mitchell	Betsy Wells, Ex-Officio
Laura Owens	Stan Salchli, Designee

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Eileen Cackowski – Director
 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

- Just one in three consumers pays off his or her credit card bill every month.
- 40% of women have hurled footwear at a man.
- Unlike dogs, pigs, and some other mammals, humans cannot taste water. They taste only the chemicals and impurities in the water.
- "Second Street" is the most common street name in the U.S.; "First Street" is the sixth!
- Wearing yellow makes you look bigger on camera; green, smaller.
- In the next seven days, 800 Americans will be injured by their jewelry.
- The normal static electricity shock that zaps your finger when you touch a doorknob is usually between 10,000 and 30,000 volts!
- Colgate's first toothpaste came in a jar.

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Editor: Shannon Ramsey

NEW LEADERSHIP AT CHFS

At the end of December, Governor Steve Beshear appointed Janie Miller as secretary and Steve Nunn as deputy secretary of the Cabinet for Health and Family Services.



Miller brings more than 30 years of experience to the position, including 21 years developing and administering health care programs. Her career also includes more than 15 years of service in the former Cabinet for Human Resources.

Prior to her appointment as secretary, Miller held the position of deputy director of budget review for the Legislative Research Commission. In

this role, she was responsible for assisting legislators in facilitating the development of budget bills for all three branches of government.

Under Governor Paul Patton, Miller served as Public Protection Cabinet Secretary from May 2002 to November 2003. She remained commissioner of the Kentucky Department of Insurance while serving as Cabinet Secretary. She has also served as commissioner of the Department of Insurance and as deputy commissioner of Health Insurance in the Department of Insurance. She received an undergraduate degree in social work from Eastern Kentucky University.

Former state representative Steve Nunn brings 16 years of experience on the Kentucky House of Representatives Health and Welfare Committee, including 10 years as vice chair, to the position of Deputy Secretary of CHFS. He has also served on the House Appropriations and Revenue Committee, as well as the Appropriations and Revenue Budget Review Subcommittee on Human Resources.



In addition to his career in public service, Nunn has 10 years of experience working in the private sector as a physician recruiter and adviser for T.J. Sampson Hospital in Glasgow.

The KCCVS welcomes Secretary Miller and Deputy Secretary Nunn. We look forward to working with you.

From www.basicjokes.com



A clergyman was walking down the street when he came upon a group of about a dozen boys, all of them between 10 and 12 years of age.

The group surrounded a dog. Concerned the boys were hurting the dog, he went over and

asked, "What are you doing with that dog?"

One of the boys replied, "This dog is just an old neighborhood stray. We all want him, but only one of us can take him home. So we've decided that whichever one of us can tell the biggest lie will get to keep the dog."

The reverend was taken aback. "You boys shouldn't be having a contest telling lies!" he exclaimed. He then launched into a 10-minute sermon against lying, beginning, "Don't you boys know it's a sin to lie?" and ending with, "Why, when I was your age, I never told a lie."

There was dead silence for about a minute. Just as the reverend was beginning to think he'd gotten through to them, the smallest boy gave a deep sigh and said, "All right, give him the dog."

SENIOR COMPANION PROGRAM AWARDED

The National Association of Area Agencies on Aging and the MetLife Foundation have named the Senior Companion Program operated by Audubon Area Community Services, Inc. a recipient of the 2007 Award of Achievement in Older Volunteer Program Management. The program joins 12 others nationwide honored for best practices in effective recruitment, training, retention and recognition of volunteers 50 and older. The Senior Companion Program is the sole award recipient from Kentucky.



Patsy Taylor, SCP volunteer from Daviess County and Joan Driggers

"With the aging and retirement of baby boomers, it is vital that volunteer programs develop responsive and enhanced organizational supports to maximize the ability of these older adults to address community needs," said Sandy Markwood of the national association. "We are delighted to partner with the MetLife Foundation to disseminate the promising practices of outstanding volunteer programs."

Senior Companion Program Director Robyn Mattingly said the program will be profiled in a publication featuring best practices distributed to volunteer programs nationwide. The program was also among participants in a recent online seminar.

Audubon Area's Senior Companion Program engages volunteers 60 and older in service projects in Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster counties. The program provides in-home services to frail elderly in an effort to delay or prevent institutionalization. For more information please call (270) 683-1527.

Submitted by Robyn Mattingly, Senior Companion Program Director

CENTRAL KENTUCKY RIDING FOR HOPE

Hooves, Horse Hair and Smiles

No touchdowns are being scored, no three-pointers swishing and no team jerseys identifying opposing athletes. But, in the Central Kentucky Riding for Hope (CKRH) arena, strong team bonds are formed between horse leaders, side-walkers and riders, working together so everyone wins.

CKRH provides equine-assisted activities to people with physical, emotional, social or cognitive disabilities. A team of dedicated volunteers makes therapeutic riding lessons successful. Teams may consist of horse leaders who lead horses in lessons; side-walkers who walk beside riders and provide support and communication; trained therapy horse with huge hearts; and excited riders. Among and within these teams the power of the horse and the dedication of volunteers show amazing results.

The goal of therapeutic riding is to teach participants riding skills, including skills that serve participants outside the arena, as well. From building physical strength and practicing motor function to using communication skills and forming trusting relationships with the volunteers and horses, CKRH participants prove that therapeutic riding is much more than hooves, horse hair and smiles. Riders look forward to their weekly lessons because CKRH is a place where disabilities disappear and abilities are developed.

One exceptional therapeutic riding team consists of horse leader, Robert; side-walker, Shawn; rider, Lukas; and therapy pony, Socialite. Robert leads Socialite while Lukas rides tall on Socialite's back. Shawn walks alongside keeping rider and mount safe, coaching and offering encouragement. As dedicated volunteers, Robert and Shawn come each week to work with Lukas who loves riding with "his guys".



According to Melissa, Lukas' mom, the therapeutic riding program at CKRH makes a positive difference in Lukas' life.

"This program has come to mean so much to us," she said. "If we miss a lesson, he is devastated. Riding and working with Robert and Shawn are things that he truly loves".

Melissa was not the only person to notice the benefits of therapeutic riding.

"My eyes were opened to the CKRH motto of 'ability not disability' and anyone who comes to a class can see the positive and immediate impact it has on everyone," Robert said. "CKRH is a triumph of human spirit and kindness".

Shawn agrees.



"People at CKRH are extraordinary individuals who want to make a difference in peoples' lives," he said, "It doesn't get any better than being a part of that".

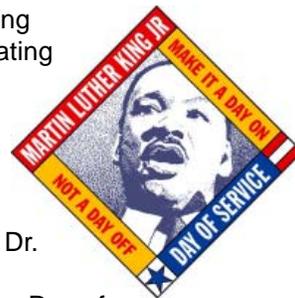
Lukas loves trotting and is grateful to Robert and Shawn for the times that they "runned and runned and runned" while he happily trotted atop Socialite. He looks forward to having them run with him again next year, and so do we.

Submitted by Beth Godbey, Central Kentucky Riding for Hope

MARTIN LUTHER KING, JR. DAY

January 21, 2008

In 1994, Congress passed the King Holiday and Service Act, designating the national observance of Dr. Martin Luther King, Jr.'s birthday as a national day of volunteer service. In designating this national holiday, Congress asked Americans of all backgrounds and ages to celebrate Dr. King's legacy by turning community concerns into citizen action. The King Day of Service brings together people who might not ordinarily meet, breaks down barriers that divide us, offers an opportunity for better understanding and ongoing relationships among diverse people and groups and is an occasion to recruit new volunteers for ongoing work.



Participation in the King Day of Service has grown steadily over the past decade, with hundreds of thousands of Americans each year engaging in projects such as tutoring and mentoring children, painting schools and senior centers, delivering meals and building homes while reflecting on Dr. King's life and teachings. Many King Day projects continue to engage volunteers beyond the holiday and impact the community year-round.

For the 2008 King Holiday observance, the Central Kentucky Association of Volunteer Administrators (CKAVA) invites area Kentucky faith- and community-based organizations to plan and host one-time service projects on Jan. 21 to encourage communities to honor the memory of Dr. King and promote volunteerism and community service in Lexington and the Bluegrass region.

Organizations interested in hosting projects may register and have their projects listed on the United Way of the Bluegrass' Volunteer Solutions Web site by completing a commitment form (available from Melissa Newton) and returning it to CKAVA. Interested volunteers will be directed to the Web site to choose projects to join on Jan. 21. CKAVA members will promote the projects a variety of ways, including newspaper ads and community news blurbs and television and radio spots to increase volunteer participation.

(continued on page 5)

Martin Luther King, Jr. Day (continued from page 4)

Dr. King worked to establish common ground on which people from all walks of life could join together to address important community issues. Working alongside individuals of all ages, races and backgrounds, Dr. King encouraged Americans to come together to strengthen communities, alleviate poverty and acknowledge dignity and respect for all human beings. On Jan. 21, central Kentuckians and people across the country will again honor King's legacy of tolerance, peace and equality by meeting community needs and making the holiday a day ON, not a day OFF.

Although the scope of the event grows every year, many people remain unaware of the service component of the holiday. By encouraging the participation of as many organizations as possible, we hope to make the 2008 King Day of Service the biggest and best ever. CKAVA hopes you will join us by planning and hosting one-day service projects.

For more information, please contact Melissa Newton at (800) 239-7404 or melissaC.newton@ky.gov.

Submitted by Melissa Newton, KCCVS Training Officer

"Those who are not looking for happiness are the most likely to find it, because those who are searching forget the surest way to be happy is to seek happiness for others."



– Dr. Martin Luther King Jr., American minister and civil rights leader (1929-1968)



Rudolph Parable

One of the ways we encourage disability inclusion is incorporating the idea of acceptance into everyday life. As a child growing up with a severe disability, I was very aware of my differences and was mostly an observer on the sidelines of social activities. Every Christmas season, I watched "Rudolph, the Red-Nosed Reindeer" on TV and thought about the way he was shunned by the other reindeer because of his "disability" but became a hero because of that very disability. I hoped someday my disability would become a valuable asset, just like Rudolph's nose.



From Rudolph and his red nose to would-be dentist elf, Hermey and Bumble, the abominable snow monster, the animated Christmas classic is chock-full of misfits, just like me. That one-hour TV program, taught me that every disability has an ability associated with it. Sometimes it just takes time to discover that ability and how it can benefit those around us.

To me, the saddest part of the program is the Island of Misfit Toys. Even as a child, I could relate to their unfortunate circumstances, being different and feeling unwanted and banished to an island no one ever visited. But, the misfit toys finally were rescued by Rudolph and Santa and given to children who appreciated them just the way they were. I always believed that someday I would find a way to turn my disability into an ability that would be appreciated by those around me.

Today, thanks to the disability inclusion efforts of the Corporation for National and Community Service, the National Service Inclusion Project, state commissions and others, I now have the opportunity to use my disability as a teaching tool in advocacy for the inclusion of people with disabilities in community volunteerism and national service.

During this special time of year, remember that one of our most cherished Christmas songs and stories is a celebration of how including and extending opportunities to those with disabilities can pay off in very special ways.

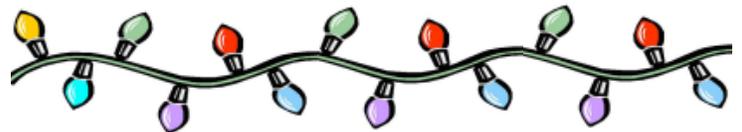
In closing, I want to say "thank you" for helping my childhood dreams to come true. May each of you have a safe, happy and INCLUSIVE New Year!

Rudolph the Red-Nosed Reindeer

Lyrics and music by Johnny Marks (c) 1949

You know Dasher and Dancer
And Prancer and Vixen,
Comet and Cupid
And Donner and Blitzen,
But do you recall
The most famous reindeer of all?
Rudolph the Red-Nosed Reindeer
Had a very shiny nose
And if you ever saw it
You would even say it glows
All of the other reindeer
Used to laugh and call him names
They never let poor Rudolph
Join in any reindeer games
Then one foggy Christmas Eve
Santa came to say
"Rudolph, with your nose so bright,
Won't you guide my sleigh tonight?"
Then all the reindeer loved him
As they shouted out with glee:
Rudolph the Red-Nosed Reindeer,
You'll go down in history!

By Lanny Taulbee, KCCVS Disabilities Coordinator



From www.cdc.gov/nchs



According to the National Center for Health Statistics, approximately **16%** of U.S. adults have high cholesterol.

DISABILITIES CORNER

State Disability Inclusion Advisory Council Now A Reality

The Kentucky Commission on Community Volunteerism Service (KCCVS) recently convened the first bimonthly meeting of the new state Disability Inclusion Advisory Council. The council marks another milestone in KCCVS' efforts to promote the inclusion of people with disabilities in community volunteerism and national service.

The Disability Inclusion Advisory Council directs and advises KCCVS and its disabilities coordinator on issues related to physical access and other barriers to service encountered by people with disabilities. The council also advises AmeriCorps programs under the direction of KCCVS regarding accommodations for current and prospective AmeriCorps members with disabilities. The council also will address policy and resource development, outreach, volunteer strategies and training to further enhance volunteer and service opportunities for Kentuckians with disabilities.

The KCCVS disabilities coordinator works to recruit AmeriCorps members with disabilities and provides assistance and service referrals to support those members during their terms of service. The coordinator also provides advocacy and outreach to address access, awareness, and accommodation policies and issues as a means to further expand service opportunities.

"KCCVS and Kentucky AmeriCorps strongly support and promote volunteerism and community service as ways to help people with disabilities gain greater community acceptance and as a stepping stone to careers and increased independence," said KCCVS Director Eileen Cackowski.

At the council meeting Dec. 12 in Frankfort, staff from the National Service Inclusion Project, a training and technical assistance provider for the Corporation for National and Community Service (CNCS), facilitated the meeting. Attendees were presented with an overview of national service and the disability inclusion efforts currently taking place in Kentucky. Each representative identified unique strengths and knowledge they bring to the table and shared common goals for a unified mission to promote and encourage inclusion of people with disabilities in all aspects of life.

Attending were representatives from University of Kentucky's Interdisciplinary Human Development Institute, Kentucky Office of Vocational Rehabilitation/Office for the Blind, the state Commission for Children with Special Health Care Needs, Kentucky Council on Developmental Disabilities, state Department for Aging and Independent Living, Kentucky Business Leadership Network, KCCVS and a former AmeriCorps member. Other agencies and organizations will be invited to join the council as they are identified.

For more information about the Kentucky AmeriCorps Disability Inclusion Advisory Council, contact Lanny Taulbee at (800) 239-7404. To learn more about Kentucky's

AmeriCorps programs, visit their Web site at www.volunteerKY.ky.gov or call (800) 564-7404.

Submitted by Lanny Taulbee, KCCVS Disabilities Coordinator



"There is no exercise better for the heart than reaching down and lifting people up."

– John Andrew Holmes Jr., American writer and minister (1841-1935)

COMMISSIONER SPOTLIGHT



Brandi Moore List grew up in Northern Kentucky and she and her husband Jason currently live there. She is the marketing/event coordinator for Redwood Rehabilitation Center, a non-profit organization helping children and adults with multiple and severe disabilities achieve independence. Before that, she spent two years in various state government positions and was the education coordinator for the Northern Kentucky Chamber of Commerce.

List has bachelor's degrees in political science and integrated strategic communications from the University of Kentucky and currently is pursuing a master's degree in public administration from Northern Kentucky University.

Former governor Ernie Fletcher appointed List to the commission in 2004. She is excited to be a part of the commission and is amazed by all the good news AmeriCorps generates.

"Hearing the stories from the various programs and projects always makes me feel proud to play some small part in the service being accomplished around Kentucky," List stated.

She has joined the newly formed Disability Inclusion Advisory Council (learn more about the council on page 6), serving as a commission representative. Her experience at Redwood makes her a perfect fit for the council.

"I am really excited about the work being done for people with disabilities," List said. "I look forward to the opportunity to continue supporting that work."

List and Jason have been married three years and they have a dog, Barney. List loves Audrey Hepburn movies and children's author Shel Silverstein. During her leisure time, she enjoys playing with Barney, wine tastings and vacationing as often as possible.

She credits her parents as being the biggest influence in her life for setting great examples for her to follow and offering helpful advice, for which she turns to them still.

The KCCVS is always glad to have a commissioner with passion for her work and the commission - and it's even better when those two passions overlap.

direction of the Division of Family Resource and Youth Services Centers (FRYSCs) and AmeriCorps. The corps helps prepare children for school by working to maximize their potential for learning. SUCCESS Corps members work with families to provide resources and education about child development, conduct health screenings, provide workshops and activities for families with young children, lead group activities to unite parents, and conduct home visits. Working individually with parents and children, corps members monitor children's development and help parents support their children's school readiness.

Members are trained in the national Parents as Teachers program and use the curriculum to develop a basic understanding of early childhood development. The program helps teach parents about stages of development and windows of opportunity when children develop most rapidly. For example, during week one of a baby's second month, her or his brain is mapping information about language sounds. These become the basis for the baby's understanding of, and ability to replicate heard speech. Although children are able to develop these skills with normal stimulation, focused activities can maximize brain development and language potential. Members recommend and demonstrate to parents activities they can undertake with their children to make the most of learning and development opportunities.

Ruth Rezendes and Pam Harth, who trained the SUCCESS Corps members, said the program serves parents with education levels from M.D. to those without high school diplomas. Across the spectrum, results have been positive, raising school readiness and performance.

Although the SUCCESS Corps AmeriCorps program is in the early months of development, it has demonstrated its potential for success. Members have completed training and are implementing the Parents As Teachers program in their centers, working with a wide range of families – from first-time teen mothers to parents raising their third or fourth child.

Already, members have recruited families, planned health screenings, gathered donations of baby items. arranged baby showers for disadvantaged mothers and more. In observance of National Children's Dental Health Month in February, they are recruiting local dentists and national corporations like dental product manufacturers Proctor and Gamble and Colgate-Palmolive for assistance. Other events are planned throughout the year, including financial planning meetings where parents can win savings bonds for their children and safety fairs where fingerprinting will be available for children.

As members continue to develop the programs, their communities will increasingly benefit. Although SUCCESS Corps is new, the signs of its success are clear. Now and in the future, the whole state can look forward to watching this program live up to its name.

Submitted by Heather Musinski, SUCCESS Corps Program Director and Angela Baldrige, SUCCESS Corps Assistant Program Director



Finish each of the following three-word expressions. Some of the expressions are used as verbs, some as nouns, and some as adjectives.

- | | |
|--------------------|--------------------|
| 1. eat and _____ | 6. slash and _____ |
| 2. huff and _____ | 7. wash and _____ |
| 3. mix and _____ | 8. watch and _____ |
| 4. rise and _____ | 9. bait and _____ |
| 5. twist and _____ | 10. tar and _____ |

Answers on back page

MAKE A DIFFERENCE DAY 2007 RESULTS



The Kentucky Commission on Community Volunteerism and Service traditionally sponsors a campaign to collect canned beef stew and other canned foods as part of its Make A Difference Day observance. Collected food is donated to food pantries and emergency feeding centers in the communities where the food is collected.

Created by USA Weekend Magazine, Make A Difference Day is an annual event observed on the fourth Saturday of October. This year, KCCVS sponsored one beef stew/food drive on behalf of our Kentucky AmeriCorps programs and another among CHFS Department for Community Based Services regional offices.

Kentucky AmeriCorps programs collected a total of 436,306 ounces of food. More than half of that total, **297,271 ounces**, was collected by members of The Learning Corps who not only earned bragging rights for a year, but also will receive a special Make A Difference Day Governor's Citation commemorating their winning effort.

Three of the nine CHFS Department for Community Based Services regional offices participated, collecting a total of 42,454 ounces of food. More than half of that total, **21,972 ounces** was collected by the Two Rivers Service Region representing an average of more than 40 ounces collected by each of 545 regional office employees. The Two Rivers Service Region will receive the special Make A Difference Day Traveling Award for the second consecutive year as part of the annual Governor's Awards for Outstanding Volunteer Service presentation ceremony in the spring.

The Frankfort Kiwanis Club collected 30,000 ounces and \$1,100 to help feed families in Franklin County.

Statewide, Kentuckians collected 508,760 ounces of food - **enough to feed more than 63,500 Kentuckians**, exceeding last year's total by more than 20,000 servings.

To all participants, on behalf of the KCCVS, thank you for making a difference.

WHAT'S ON OUR CALENDAR?

FEBRUARY/MARCH/APRIL

2008

Feb. 6 – Ash Wednesday
Feb. 12 – Lincoln's Birthday
Feb. 14 – Valentine's Day
Feb. 18 – President's Day
Feb. 22 – Washington's Birthday
March 9 – Daylight Saving Time begins
March 16 – Palm Sunday
March 17 – St. Patrick's Day
March 20 – Vernal (Spring) Equinox
March 21 – Good Friday
March 23 – Easter
April 23 – Administrative Professionals Day

Answer to Brain Teaser on page 7.



- | | |
|------------------|----------------|
| 1. drink or run | 6. burn |
| 2. puff | 7. wear or dry |
| 3. match | 8. wait |
| 4. fall or shine | 9. switch |
| 5. shout or turn | 10. feather |

**Other answers may be possible.*

The Kentucky Commission on
Community Volunteerism and Service
275 East Main Street, Mail Stop 3W-F
Frankfort, Kentucky 40621

Local: (502) 564-7420

Toll-Free: (800) 239-7404

Fax: (502) 564-7478

E-mail: kccvs@ky.gov

Web site: www.volunteerKY.ky.gov



NEXT EDITION:

- Commissioner Spotlight: Pat Hargadon
- Program Spotlight: SERV Corps



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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275 East Main Street, Mail Stop 3W-F
Frankfort, Kentucky 40621

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