

NHAVA NEWS

January 2003

NHAVA's Annual Meeting to Feature Lew Feldstein, Advocate for Social Capital

By Sue Rapter

The NHAVA Program Committee is proud to announce that Lewis Feldstein will be the keynote speaker at the Annual Meeting on Wednesday, January 8, 2003, at the Cat 'n Fiddle Restaurant in Concord.

Lew is a volunteer himself and currently the president of the New Hampshire Charitable Foundation (NHCF), New Hampshire's statewide community foundation and the principal source of venture capital for the state's nonprofit community. NHCF finished 2001 with \$230 million in assets, representing the gifts of hundreds of individuals, organizations, and corporations. In 2001, NHCF distributed \$12.3 million in grants, loans, and scholarships and received \$17.5 million in gifts.

Perhaps your organization has been a fortunate recipient of its funding!

From the civil rights movement and working with former Mayor John Lindsay in New York City for seven years, to dean

and provost at Antioch/New England Graduate School, Lew also lists among his achievements serving as master of ceremonies for the International Zucchini Festival and as a wine steward for John Wayne on his yacht!

Lew serves on many local, national, and international boards, but one of his many notable current happenings is co-authoring a book on social capital with Robert Putnam from the Kennedy School of Government. Lew was listed as one of the ten most influential people in New Hampshire in 2000.

We are indeed fortunate to have Lew Feldstein further promote and enhance the value of volunteerism and encourage us to continue our good works — a great message to start off 2003! Consider bringing a guest to the annual meeting to hear this wonderful man's message and then join NHAVA!

NHAVA President's Message

Last month, I had the opportunity to experience a short scenario planning session. I had not heard of it before, but I found it revealing for those of us involved in volunteerism.

The session started with a brainstorm on the characteristics of the "ideal volunteer" — something I had never put down on paper. Some of the characteristics were: willing to do anything, willing to donate money as well as time, personable, understands the organizational structure, committed, dependable, skilled, and so on.

Next, we brainstormed the social, technological, environmental, economic, and political events of the last year or so. To say the list was depressing would be an understatement. As we all studied the lists, I realized why I felt like a pall had fallen over America. The lists made me realize it wasn't my particular way of looking at things, but rather the way the



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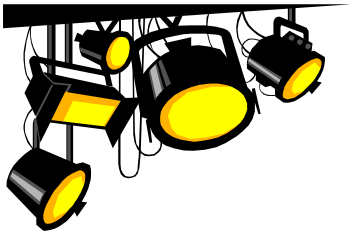
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Spotlight on Members

Trish Churchill

by Letty Barton

A dedicated volunteer coordinator who has come up through the ranks is one way to describe Trish Churchill. She has been employed by the Society for the Protection of New Hampshire Forests since 1967. Her current position also includes serving as part-time outreach registrar.

This quiet, gentle lady had to petition the management of the Forest Society to become its first official volunteer coordinator. “Volunteers are our most valuable natural resource,” says Trish. She finds volunteers not only assist in the Forest Society’s mission but inspire, surprise, and even entertain the staff. Last year, 345 volunteers contributed in some way to the organization.

The Forest Society utilizes volunteers of all ages — from teens to some who are over 80 — as tour guides, mailers, researchers, for computer data entry, and as land stewards who teach and care for the many properties the Forest Society owns across New Hampshire. The volunteers are fortunate to have a caring, friendly volunteer coordinator to work with and an organization that treats them as staff working toward a common goal.

Trish has been a member of NHAVA since its inception, serving two terms as secretary. She is also a member of AVA and the recipient of the Governor’s Peg McGarity Award in 1992. Trish received a J.C. Penny

Golden Rule Award for outstanding service to the community. A resident of Concord, Trish volunteers on the Concord Tree Volunteers Steering Committee and is a member of Voice of the Heights. She is also active in the National Abortion Rights Action League. In her leisure time, Trish enjoys traveling, reading, movies, crafts, and the natural world. She is a natural for her role at the Society for the Protection of New Hampshire Forests.



Trish Churchill



Deborah Cheever

Deb Cheever

Congratulations to **Debbie Cheever** for serving 25 years as a 4-H youth development educator through UNH Cooperative Extension. Debbie was recently honored for her many years of service to 4-H youth and leaders at Merrimack County’s honors evening. Was that really Elvis who serenaded you, Deb?

Committee Reports

Program Committee -- Sue Rapter, Chair

Your Program Committee has been hard at work developing programs designed to meet your needs and interests — ideas gathered from your evaluations distributed after each meeting. So let us hear from you — we want to be relevant, interesting, helpful, and fun! We have committee meetings with our annual planning meeting on January 16 facilitated by our own Dave Coombs to keep us on track! Plus a few laughs — so if you'd like to be a part of the Program Committee let one of us know.

Sue Rapter — Program Committee chair, 271-5788, srafter@dhhs.state.nh.us

Membership Committee -- Cova Greig

The membership committee will meet directly following the October NHAVA membership meeting. We need more help. If you are not a committee member, please feel free to join us. Please notify Cova Greig at e-mail: c.greig@fmhospital.com if you have any position or contact number changes.

Norminating Committee

The Nominating Committee is looking for nominations for **five board positions**. The slate of officers to be presented by the Nominating Committee is as follows:

- President: Alexis Walker
- Vice President: Sue Rapter
- Secretary: Sherry Wheeler
- Treasurer: Don Hayes
- Legislative Contact: Don Chesnell



Nominations can be sent to either:

Nancy Evans
 UNH Cooperative Extension, 4-H
 315 DW Highway
 Boscawen, NH 03273
 Phone: 603/225-5505 x17
 e-mail: nancy.evans@unh.edu

or

Don Chesnell
 NH State Elks Association
 50 Patton Street
 Rochester, NH 03867
 Phone: 603/438-5422
 e-mail: dches@concentric.net

PRESIDENT *Continued from page 1.*

things looked to many. Then the facilitator asked us to determine what would get America off the downhill slope and heading uphill again. Now, we were all from the nonprofit sector and at first, like many, we felt that there was no solution, but it soon came to us.

What is still alive and well and growing is the volunteer spirit of Americans. This willingness to chip in and get things done continues to grow among all ages. But volunteerism will not necessarily look like it has in the past. Organizations will have to look at new ways of using all types of volunteers. But they are the hope, and as volunteer managers we need to keep the hope alive. It is a big responsibility, but it does seem to be the key to getting us back on track. For an optimist like myself, it was rejuvenating to know that I work in a sector where I can make a difference on a larger level. And so can you. Your volunteers are our hope. Your organization is our hope. We will get America back on track.

- Alexis Walker

Mark Your Calendar

Next Membership Meetings

April 17, 2003
July 16, 2003
October 16, 2003

NHAVA Mission

To Support and Strengthen the Profession of Volunteer Administration through Education, Networking, and Recognition.

Great Quotes

Match the famous person with their quotes.

A.

Everyone is a prisoner of his own experiences. No one can eliminate prejudices — just recognize them.

B.

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.

C.

Life in the twentieth century is like a parachute jump; you have to get it right the first time.

D.

There is a land of the living and a land of the dead, and the bridge is love.

E.

Every man has to seek in his own way to make his own self more noble and to realize his own true worth.

F.

The future belongs to those who believe in the beauty of their dreams.

G.

I am glad to see that men are getting their rights, but I want women to get theirs, and while the water is stirring I will step into the pool.

H.

Human salvation lies in the hands of the creatively maladjusted.

I.

Be nice to people on your way up because you might meet 'em on your way down.

J.

There are no grades of vanity; there are only grades of ability in concealing it.

K.

Conscience is the inner voice that warns us somebody may be looking.

L.

Life is an unanswered question, but let's still believe in the dignity and importance of the question.

M.

It is often easier to fight for one's principles than to live up to them.

N.

Be the change you wish to see in the world.

O.

A baby is God's opinion that the world should go on.

P.

Imagination is more important than knowledge.

Q.

Nothing in the world is so exhilarating as to be shot at without result.

R.

If my husband ever met a woman on the street who looked like the women in his paintings, he would faint.



- | | |
|-----------------------|----------------------------|
| __ Carl Sandburg | __ Albert Einstein |
| __ Albert Schweitzer | __ Margaret Mead |
| __ Mark Twain | __ Martin Luther King, Jr. |
| __ Sojourner Truth | __ Tennessee Williams |
| __ Winston Churchill | __ Franklin D. Roosevelt |
| __ Mrs. Pablo Picasso | __ Jimmy Durante |
| __ Adlai Stevenson | __ Gandhi |
| __ Thornton Wilder | __ Eleanor Roosevelt |
| __ Edward R. Murrow | __ Henry Louis Mencken |

DVS-On-Call Program



NHAVA's Director of Volunteer Services (DVS)-On-Call mentoring program is designed to provide support and encouragement to those who are new to the field of volunteer management. By talking with a more experienced volunteer manager, a participant can obtain answers to their work-related questions, learn about helpful resources, and be referred to other colleagues.

If you are relatively new to the field of volunteer management or just want to bounce a question off someone with experience and expertise, feel free to contact the designated person listed below. They will be glad to talk with you.

<u>Month</u>	<u>Name</u>	<u>Agency</u>	<u>Contact Info</u>	<u>Expertise</u>
January	Nancy Evans 4-H Youth Development Educator	UNH Cooperative Extension Merrimack County 315 D W Highway Boscawen, NH 03303	Phone: 225-5505 Fax: 796-2271 nancy.evans@UNH.edu	Organization Recruitment Interviewing Recognition
February	Don Hayes Coordinator, Community Service	Keene State College MS 3003 Keene, NH 03435	Phone: 358-2665 Fax: 358-2875 dhayes@keene.edu	Vol. management Community and board development
March	Cova Grieg Vol. Services	Frisbie Memorial Hosp. 11 Whitehall Road Rochester, NH 03867	Phone: 332-3100 x8329 Fax: 332-3774 c.grieg@fmhospital.com	Event planning; Organization; Multi-tasking; Efficient organization
April	Elaine Melquist Vol. Coordinator	Squam Lake Natural PO Box 173, Rt. 113	Phone: 968-7194 Fax: 968-2229 elaine.melquist@nhnature.org	Docent programs Recognition; Training
May	Lois Meredith Admin. Asst.	Merr. Cty. RSVP 97 Pleasant St. Concord, NH 03301	Phone: 224-3452 Fax: 224-0157 meredith52@juno.com	Recognition Vol.Handbooks Retention



We're on the Web!

www.nhava.org

You'll find:

Membership info; Officers/Board members;
Upcoming events; *NHAVA News*; Bylaws;
Professional Competencies; Photos; and Links

If you'd like to add info, send it to Jean Desany at
volaction@aol.com



UpReach Therapeutic Riding Center

Submitted by Gina Tillotson

Established in 1992, UpReach Therapeutic Riding Center in Goffstown is an educational, nonprofit organization providing valuable therapeutic horseback riding sessions to both children and adults with disabilities. UpReach serves nearly 100 riders through its program

Instructors work with a trained volunteer team and about a dozen horses to provide each rider with a very special riding experience. UpReach utilizes more than 100 volunteers, who assist riders as “sidewalkers,” walking alongside the horse and rider and offering support, and also as “leaders” who lead the horse during the session.

Clients are referred to UpReach through physician referrals, physical and occupational therapists, school district special education coordinators, human service offices, the Genesis Fund, and word of mouth. Each new rider receives a professional evaluation by a trained therapeutic riding instructor, who carefully tailors the session to the rider’s physical and psychological needs. The rider is fitted with a safety helmet, assigned an appropriate horse, and matched with a teaching team made up of an instructor and trained volunteers.

Riders begin with private lessons to determine which therapeutic methods most effectively meet their needs. Goals are set that take into account the client’s limits to reach; teaching self-esteem and independence is as important as teaching riding skills and performing exercises to increase the rider’s balance and strength. Once the clients progress through their sessions and achieve their goals, they are placed in group lessons with other riders who have similar goals and needs. Group lessons help further develop clients’ independence, as well as their riding, social, and competitive skills.

Therapeutic horseback riding along with conventional therapies can be the building blocks to the increased wellness of a person with a disability. At UpReach, clients leave their riding session each week with a renewed awareness of themselves and their accomplishments, which helps them to concentrate on their abilities, not their disabilities -- a first step towards independence. With a constant waiting list, the need for UpReach’s program by the challenged community remains constant.

Cornucopia Corner

Great Quote Answers

- Carl Sandbert-O
- Albert Schweitzer-E
- Mark Twain-J
- Sojourner Truth-G
- Winston Churchill-Q
- Mrs. Pablo Picasso-R
- Adlai Stevenson-M
- Thornton Wilder-D
- Edward R. Murrow-A
- Albert Einstein-P
- Margaret Mead-C
- Martin Luther King Jr.-H
- Tennessee Williams-L
- Franklin D. Roosevelt-B
- Jimmy Duranate-I
- Gandhi-N
- Eleanor Roosevelt-F
- Henry Louis Mencken-K

NHAVA October Meeting Summary

On October 16, NHAVA’s membership meeting was hosted by Cova Greig at Frisbie Memorial Hospital’s Community Education and Conference Center in Rochester. The rainy day certainly didn’t dampen the spirits of those members attending. The meeting featured a panel discussion on risk management. Cynthia Flynn from the New Hampshire Department of Labor, the state Department of Justice’s Terry Knowles, and Jeff Kellett of the Department of Safety provided helpful information and answered members’ many questions regarding the many issues surrounding risk management. During the brief business meeting, Treasurer Deb Cheever and the Membership Committee emphasized the need for members to complete and return the new 2003 membership forms as

Continued to page 7.

**DIRECTIONS TO NHAVA MEMBERSHIP
ANNUAL MEETING**

January 8, 2003

The Cat 'N Fiddle Resturant in Concord

I-93 NORTH & SOUTH to Exit 13:

I-93 to exit 13; from south turn right at exit; from north turn left at exit; continue through traffic lights up the hill. The Cat'N Fiddle Resturant is on the right at top of hill.

From the Seacoast:

From I-393, take I-93 South, to exit 13; turn left at exit; continue through traffic lights up the hill. The Cat'N Fiddle Resturant is on the right at top of hill.

From the West:

Take I-89 to I-93 North, to exit 13; turn right at exit; continue through traffic lights up the hill. The Cat'N Fiddle Resturant is on the right at top of hill.

Agenda for the Annual Meeting

8:30 - 9:00

Informal Networking

9:00 - 9:30

Business Meeting

9:30 - 10:00

Ice Breaker

10:00 - 10:15

Break

10:20 - 11:30

Speaker: Lewis Feldstein

11:30 - 1:00

Awards Luncheon

*Please note the deadline for submission to the **April 2003** NHAVA News is **March 6, 2003**. Send all correspondence to Jean Desany, e-mail: volaction@aol.com*

Meeting Summary Continued from page 6.

soon as possible before January's Annual Meeting to help maintain an up-to-date membership list. Currently, NHAVA has 83 members. The Program Committee announced that the date of the Annual Meeting was changed to January 8 at the Cat 'N Fiddle Restaurant in Concord. Lewis Feldstein, president of the New Hampshire Charitable Foundation, will be the keynote speaker. The Legislative Committee's Judith Lonergan distributed a survey to gather members' concerns regarding legislation affecting risk management in relation to volunteer programs. She also asked members to indicate at the bottom of the survey their desire for NHAVA's Legislative Day in the spring. Although unable to attend the meeting, Shawna Vaillancourt sent along a fun-filled "icebreaker" activity - the "Administrators' Autograph Party." Did you think anyone could say the alphabet backwards or could ever have a messy car? Who knew? But, now we know each other even better!



NHAVA News is published quarterly by the NHAVA Communications Committee.

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**NHAVA Annual Meeting
January 8, 2003
Cat 'N Fiddle, Concord, NH**

Name: _____

I will attend the Luncheon Buffet

My 2003 Annual Membership has been paid.

Send this form by **December 24, 2002** to:
NHAVA, PO Box 3364, Concord, NH 03302-3364

Your 2003 Annual Membership must be paid to attend this meeting as it covers all costs.