

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

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Rockwell Collins Retiree Volunteers

If you can dream it,
we can do it.

Mission

Rockwell Collins retirees connecting to identify and support volunteer needs in our community and beyond, while enriching the lives of the volunteers.

Officers

Charles Wehage – Chairman
Keith Sutherland – Vice
Chairman
Don Grimm – Secretary
Arlo Meyer – Treasurer

Committee Chairs

John McDonough –
Community Projects Team
Pete Jurgens – Recruiting/
Retention/Recognition
Rod Thorpe – Communications
Sara Case – Agency Liaison
Jim Klein – Data Base

Web Site

www.collinsclubs.com/rcrv
e-mail:
rcrv@collinsclubs.com

RCRV
927 N. Compton Drive
Hiawatha, Iowa 52233
319-393-9637 (voice mail)



RCRV Meetings

Community Projects Team

The Community Projects Team meets every Thursday at 10:00 in our office in the REACT Center where we discuss future and current projects. Service agency representatives submit new project requests on the 2nd and 4th Thursdays of the month. You are always welcome at any of the meetings.

New Retirees Orientation

Informational meetings for new retirees or others interested in becoming active members of RCRV are held at 9 AM on the third Thursday of each month at the REACT Center (927 N. Compton Dr. in Hiawatha). Those of you interested in learning more about RCRV and the many volunteer opportunities we offer are encouraged to attend. ♦

SPRY Conference Highlights

By Keith Sutherland

On June 18 – 20, Joe Hastings, executive director of the Science Station, and I participated in a conference organized by the SPRY (Setting Priorities for Retirement Years) Foundation in Washington, D.C. The goal of the conference was to find ways to build sustainable partnerships between Science Centers and “aging communities”.

The conference consisted of presentations by several notable speakers and “working group” brainstorming sessions by the participants. Interesting information from the presentation on the characteristics of “new older Americans” included the fact that 2/3 of the people who have ever been 65 years old are alive today, and that, in the past 50 years, the average education of retired Americans has increased from 8 years of schooling to over 12 years of formal education. And, as the baby-boom generation reaches retirement, these and similar changes in population demographics will be increasing for the next 20 years, and will make significant changes to our society.

In the working groups, the participants discussed proposals by each museum to expand or build partnerships with the “aging network” organization. Joe and I discussed the successes that RCRV and the Science Station have achieved together, and the steps to be taken to both complete the next project and to strengthen the bonds between the two organizations. At the end of the conference, the moderator for our breakout session commented to me that RCRV and the Science Station are already doing what most of the organizations at the conference are now trying to start. ♦

Four Oaks Bridge Needs Volunteers

The Four Oaks Bridge Intergenerational Center has 90 students signed up for their summer program which will run from June through August 16.

Additional volunteers are needed in the following specific areas to help make the program more valuable for the participants:

- **Music Lessons:** Many of the kids are interested in learning to play musical instruments and additional instructors are needed from 9:30 - 11:30AM on Tuesdays and Thursdays.
- **Direct care volunteers:** These volunteers would participate in games with youth, reading, homework help and being good role models.
- **Cub Scout Helpers:** The cub scout program involves over 25 children and additional help is needed during their weekly meetings from 10:30 - 11:30 AM Wednesdays.
- **Mentoring:** These volunteers would be paired up with a child and do one-on-one activities to provide individual attention and improve communication skills.
- **Read Naturally and Math tutors**
- **Lunch Helper:** Provide assistance serving lunch from 11:30AM - 1PM.

The mission of The Four Oaks Bridge is to bring together people of all ages, races, and economic backgrounds in an environment of learning, whereby youth, seniors and working adults can connect and contribute through the arts, technology and other learning opportunities. The goal of the many and varied activities at the center is help build bridges across the generations, and provide forums and safe places for youth, adults and seniors to use their differences as advantages, to recognize their similarities and to learn from each other. Seventy five youth are currently participating in these activities.

If you are interested in volunteering for this very valuable program please stop by the center at 2100 1st Ave. NE or call them at 247-4834. ♦

RSVP Management Change

Sarah Case recently announced her resignation as Executive Director of the Retired Senior Volunteer Program and has accepted a position as Director of Volunteer Services at The Hospice of Mercy. She has been a member of the Board of RCRV in charge of agency liaison and will continue in that role.

Angela Berns has been named to replace Sarah as Executive Director of RSVP and has also been elected to the board of RCRV. Angela was a financial analyst at MCI prior to joining RSVP and has been a long-time volunteer in the Cedar Rapids Community. ♦



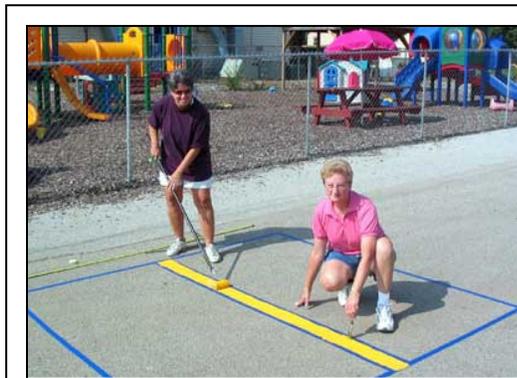
Sarah Case and Angela Berns (left to right)

St Luke's Rehabilitation Services

RCRV has been affiliated with the St. Luke's Hospital Rehabilitation Services department for several years providing various types of volunteer services. Denise Walker who is the Community Relations Representative for Rehab Services is an active member of the RCRV Board of Directors.

St Luke's recently announced a \$39.5 million major construction program that will include expanding and remodeling the Rehab Services Department and moving it to the 6th floor of the hospital. The Rehab services unit also recently achieved a three year Certification Accreditation of Rehabilitation Facilities (CARF) by the national Rehabilitation Accreditation Commission. In addition, CARF has named St. Luke's as the first rehab program in the state of Iowa to receive the CARF Inpatient Rehabilitation Stroke Specialty Program accreditation. There are only four programs with this accreditation in the country.

31% of the St. Luke's Rehab patient treatments in 2005 were the result of stroke impairment. The Rehab services group has a very informative presentation about the risk factors, warning signs and treatment of strokes which can be scheduled for groups that may have an interest by calling 369-8251. ♦



RCRV members Keryl Hamilton and Helen Potthoff painting playground markings at the Heart of Iowa Mother and Child Recovery Center in Cedar Rapids.

Governor's Volunteer Award Program

RCRV has once again been awarded the annual Governor's Volunteer Award in ceremonies held on June 14, 2006. RCRV was nominated for the group award this year by the Cedar Rapids Community School District for our outstanding volunteer efforts throughout the District over the past year.

Four RCRV members also received individual awards for their outstanding volunteer service. These individual awards were presented to John McDonough, Pete Jurgens and Fred Rogers for their work with the Senior Health Insurance Information Program and to Rod Thorpe for his work with the Retired Senior Volunteer Program.

The Governor's Volunteer Award program was established in 1982 by the Governor's Office for Volunteerism to honor and recognize the commitment, service and time that volunteers contribute each year to Iowa's state agencies and partnering organizations. ♦

Collins Retirees Potluck Meetings

The Collins Retirees Potluck Group meets the third Tuesday of the month at the United Methodist Church, 302 33rd St. NE at noon for a potluck lunch and program. Upcoming programs are:

- July - Shams and Scams presented by TRIAD.
- August - The meeting will be held at the **COLLINS REC CENTER** and will feature Mary Hanley playing the violin and speaking about her recent trip to the Philippines.
- September - Darlene Schmidt from the Community Health Free Clinic.
- October - Silent auction. ♦



Chairman Chuck with Lt. Governor Sally Pederson



Governor's Award recipients L-R Rod Thorpe, Chuck Wehage, Pete Jurgens, John McDonough



RCRV attendees with Lt. Governor Sally Pederson

RCRV Membership

The **active** membership roster of RCRV has continued to grow and we now have over 140 active members participating in various volunteer activities throughout the community. In order to become an **active** member and thereby partake of the many benefits it is necessary to fill out and submit a member registration form. The form may be obtained by calling the office at 319-393-9637 or from our website at www.collinsclubs.com/RCRV then clicking [Become an active RCRV member by registering with RSVP.](#)

Be sure to check the RCRV box when filling out the form. Sign up can also be achieved by attending one of the Community Projects Team meetings or New Retirees Orientation Meetings noted above. ♦

Festival of Trees

RCRV has agreed to provide volunteer services again this year for the St. Luke's Auxiliary's Festival of Trees. RCRV will provide assembly, take down and storage crews for the exhibit which will take place in the US Cellular Center November 16 - 19. Assembly work dates for RCRV will be November 14 and 15.

Darcy Honick from The St Luke's Auxiliary was the main speaker at the June RCRV Board of Directors meeting. She provided details about this year's festival and the importance of the event as a funding source for St. Luke's Hospital. She also expressed appreciation to RCRV for our assistance in making the event a success. Over the past sixteen years the festival has enabled the auxiliary to pledge over \$1.3 million to the hospital for various projects.



Darcy Honick from The St Luke's Auxiliary

The vision of the St. Luke's Auxiliary is to be a leader in volunteer resources and health promotion for Eastern Iowa. With a membership representing all sectors of the community, the auxiliary fulfills its mission by creating and expanding community networks, partnerships and collaborative efforts. The Auxiliary has many volunteer needs for their varied activities so if you have few hours to spare for this important group contact them at 319-369-7213. ♦

Member Profile

Keith Sutherland

Keith Sutherland has been an active member of RCRV since his retirement two years ago. In 2006, he is serving as Vice Chairman of the Board of Directors.



Keith Sutherland

Keith received his BSEE from Iowa State University in 1969, and started working for the computer division of Collins Radio company in June. He worked 28 years, including two years at the Richardson, Texas facility, as an engineer and technical manager designing computer, data-communications and telephone systems, and managing the implementation and support of design-automation and information systems. Following the sale of the Railroad Electronics business, he worked seven years as a technical and program manager for Wabtec Railway Electronics.

Since his retirement, Keith has been active in RCRV and the Linn County Trails Association. His volunteer activities with RCRV have been mostly the design and construction of ramps for the handicapped, projects for the Science Station, and providing computer support to a few non-profit organizations.

Keith plays a little golf (badly) and a lot of bridge (better), skis some (you don't have to be good to have fun), and reads quite a bit. He and his wife Nancy live in Cedar Rapids. They have one mature dog at home, two grown children living in Sacramento and New York City, and no grandchildren. They travel extensively, but especially to New York and California. ♦

Sixth Judicial District Presentation

The featured presentation for the April RCRV Board of Directors meeting was made by Heidi Soethout, RCRV board member representing the Sixth Judicial District and Rod Courtney a parole officer for the District. They described some of the programs through which convicted offenders are offered support in rebuilding constructive lives in the community. Probation agreements require employment, but felony history disqualifies job applicants from many opportunities. Often the only alternatives are minimum wage jobs. The parolee often has no driver's license, and has fines and victim restitution to face. Rod and Heidi emphasized throughout the presentation that support and participation of family members, volunteers and community members is vital to the success of their Restorative Justice program.

Faith based community initiatives and many other opportunities exist for volunteers to assist with rehabilitation programs. Mentoring one-on-one with offenders can be rewarding for the volunteers and may divert clients from old friends and habits, providing renewed opportunities for success. Other volunteers may help

crime victims and survivors or assist with maintenance of facilities.

If you are interested in assisting by volunteering for this important program please contact Heidi at 319-398-3675. ♦

Trivia Quiz

1. What is the World's highest elevation commercial airport?
2. If you traveled straight south from the center of Detroit, Michigan what foreign country would you come to first?
3. What is the tallest monument built in the United States?
4. In what state was the parking meter invented?

Answers to April quiz:

1. Chuck Yeager could not qualify as an astronaut because he lacked a college degree.
2. The "official" reason given by NASA to this controversial issue was that Armstrong was seated closest to the hatch.
3. Scott Carpenter was both an astronaut and an aquanaut.
4. The first food consumed in space was applesauce in a tube by John Glen in April, 1962. ♦



Heidi Soethout & Rod Courtney from 6th Judicial District