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I see I am running out of space so with St. Patrick's day just around the corner, I leave you with this simple Irish Blessing; May you live a long life full of gladness and health, with a pocket full of gold as the least of your wealth. May the dreams you hold dearest be those which come true. May the kindness you spread, keep returning to you! Kindest Regards, -*Angie Weeks*



Welcome New Volunteers

(+ indicates community volunteers)



Life Lessons that Carry Over from the Hardwood



*Did you know that more gym memberships are purchased during or after **March Madness** than any other time of the year? It would seem that the talent displayed during the NCAA tournament inspires us to be a better version of ourselves. With that in mind, I found some great values learned on the basketball court that are also, some of life's best lessons.*

****It all starts with belief in yourself.** If you don't believe in yourself, then it doesn't matter how talented you are or how big your dreams are, it just isn't going to happen. Whatever your goals are in life, to be successful and happy you have to have faith in your capabilities. "It's hard to beat a person who never gives up." -Babe Ruth*

****There is no substitute for hard work.** We are always taught to dream big but our dreams don't work unless we do. "Between man and excellence, the gods have placed the sweat of our brows." -Hesiod*

****Overcome life's obstacles and loss.** Life isn't fair and everyone has to learn to overcome adversity. "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it or work around it." -Michael Jordan*

****Be unselfish and a team Player.** Instead of trying to be the best on the team, be the best for the team. Be the best for your community and lead by example. "You don't inspire others by showing how amazing you are. You inspire them by showing them how amazing they are." -Robyn Benincasa*

What's Cookin'?

"Over my Dead Body" Delicious Peanut Butter Cookies.

Ruth Scanlon was a wonderful volunteer for 8 years. She volunteered at many places and always baked the best peanut butter cookies for our bake sales. When asked for the recipe, she would always smile, decline and say, "Over my dead body." Sadly she lost her battle with cancer in December and her daughter (with Ruth's blessings) shared her recipe at the funeral.

****1 Cup Peanut Butter, *1 Cup Sugar, *1 Egg***

Preheat oven to 350 degrees. Combine the peanut butter, sugar and egg. Mix until smooth. Drop spoonfuls of dough onto prepared baking sheet. Bake at 350o for 6 to 8 minutes. Do not overbake, these cookies are best when they are still soft and just lightly brown on the bottoms. May add chocolate Kiss when cooling.

Food for Thought...

"What you do speaks louder than what you say."

— Stephen Curry ♥ ♥



HAPPY BIRTHDAY!



For January, February & March

JANUARY: *Bonnie Bertsch, Dee Bevers, Jon Boone, Lila Bredberg, Myron Buchli, Monique Bunkers, Marsha Colling, Mark Crosswait, Marlene Dhayer, Mary Doescher, Demetrius Duncan, Paula Efta, Beverley Espeland, Pat Fallbeck, Sheila Fenner, Edward Fitzgerald, Grace Fodness, Patricia Forrer, Jill Gearhart, Marjorie Golden, Robert Grimm, Sandy Gullings, Connie Hanson, Lila Harrington, Dan Herman, Donald Hotz, Doris Hume, Andrea James, Lisa Jenson, DeeDee Karabetsos, Kathryn Koerner, James Kunz, Barb Layton, James Leon, Carolyn Little, Kelley Maguire, John McMahon, Mary Mead, Karen Nemecek, Darlene Parker, Lea Patterson, Marcile Pustejovsky, Frank Rasmussen, Janece Rieman, Joan Robinson, Ruby Rodocker, Loren Seegrist, Shirley Sjomeling, Monica Sorensen, Tom Tolman, Mildene Turpin, Diane Ward*
FEBRUARY: *Maha Abdulnabi, Nila Boone, Jerry Brown, Marleen Caffee, Rita Conklin, Carissa Dachtler, Terry Davies, Gabby DeMarce, Karol Dodson, Marvin Espland, Ethel Gibbons, Kathleen Gibbs, Sarah Hart, Heidi Hartnett, Dolores Holt, Roger Horgan, Bill Hough, Sarah Huntley, Evelyn Knapp, Dorothy Larsh, Alice Lascelles, Millie Laue, Regina Lewis, Genevieve Liebig, Joann Lux, Christine MacDonald, Marjo Maple, Dave Martinson, Lisa Moran, Vera Morgan, Marilyn Mulz, Shirley Myers, Virginia Nelson, Darlene Ochsner, Libbie Pavich, Letty Penaloza, Elizabeth Plank, Goldie Prestjohn, Janet Rathbun, Erica Rineard, Anne Rohluff, Betty Sanders, Diane Stadel, Tiffany Tan, Jose Trinidad, Lorna Walgren, Joyce Walsh, Rosella Waltman, Brady Wauer, Donna Weeks, Kellie Werkmeister, Joann Wilkins, Clara Wiltse*

MARCH: *Richard Abbott, Louise Achtien, Patricia Anderson, Vi Barfoot, Maria Bunkers, Noel Burke, Peggy Christner, Hilda Cole, Gertrude Crisp, Sandy Dallago, Zachary Dempsey, Dorothy Doerner, Norma Eckmann, Isaac Egermier, Margaret Feist, Audery Feterl, Betty Foos, Dewayne Glassgow, Florence Glassgow, Norman Griggs, Carol Hahn, Terresah Hall, Linda Halley, Joyce Hannan, Dorothy Hill, Marilyn Hockenbary, Kathy Holmgren, Benita Hume, Gustav Jacob, Dorothy Jones, James Karabetsos, Emma King, Gordon Lease, Kathy Lemire, Rosa Lopez, Vanessa Lopez, Seth Malott, Mark McDaniel, Alta McElroy, Patricia McKay, Sandra McLain, Glenn Miller, Cindy Nelson, Judy Nielson, Ronald O'Connell, Betty Ott, Ann Oukrop, Manuel Penaloza, Michael Perez, Wayne Peterson, Barbara Pierce, Todd Pond, Teresa Pullen, Jasmine Red Bird, Leon Reel, Dennis Ritter, Mary Root, Irene Sears, Judy Smith, Susan Smith, Edna Steinberg, Pauline Sumption, Durwood Swimmer, Pat Tarr, Clinton VanBlaricum, Shane Wagner, Chuck Ward, Donald Willey, Greg Williamson, Clara Zechin,*



Easter doesn't come till mid-April this year, but we are already planning our annual Easter Bake Sale. We are hoping that you will again make this a success by donating yummy home baked goodies! April 14th (Good Friday) is the date of the sale, but we are asking that donations be dropped off by Thursday, 4/13 so we can get them all priced and ready for the sale. Rice Krispy bars, cookies, banana bread, bars, fudge, cakes and cupcakes are all great sellers! Thank you!!



Take a Shot at Trying Something New

I hope everyone is surviving the cold and snowy winter we have been having. If you are looking for something to do to get you out of a winter funk, or to start the New Year off on a different foot, take a look at the volunteer opportunities listed below. Please let me know if you have any questions or would like more information on any of the opportunities. If you don't see any opportunities that are your cup of tea, give us a call at the office and we can find something fun for you to do!

Bake Sale Bakers/Callers: RSVP+'s annual Easter bake sale will be taking place on Friday, April 14th, and we are looking for volunteers to make some delicious baked goods! Some big sellers are cookies, pies, brownies and any type of bar. You can drop off your delicious baked goods at the office on or before Thursday, April 13th. If you would like to help call bakers for the sale please let me know and I can get you a calling list. ***This is something you can do from the comfort of your own home!!*** If calling isn't your thing but would like to get added to the bake sale calling list, please give us a call and we will get you added.

Adult Educator: Are you interested in helping teach older adults on fire safety and fall prevention? If so, I have the opportunity for you! Volunteers are needed to help teach classes once or twice a month. Volunteers must have the ability to interact with older adults, make oral presentations, use computers and organize time effectively. Training and materials will be provided. Don't miss out on this fun opportunity that allows you to meet new people as well!!

Child Educator: Volunteers are needed to educate pre-school children about fire safety and injury prevention. This is an opportunity that will take place once or twice a month, mainly in the morning during the week. Volunteers will read books on fire safety and/or injury prevention as well as lead some interactive games with the same themes. Volunteers must enjoy working with children, reading books aloud, leading and playing interactive games with young children, and are excited to learn new things! Orientation, training and materials will be provided by the volunteer station. If you would like to learn more about this exciting volunteer opportunity give us a call at our office.

South Dakota Child Identification Program: The SD Child Identification Program (CHIPS) will be hosting an event at this year's Kids Fair, which is held at the Civic Center arena. The CHIPS program creates a database for children in case they were to go missing. They enter each child's fingerprints, height, weight, voice recordings, up to date photo and video recordings. The Kids Fair will take place April 28th, 29th and 30th, and they will need help mornings and afternoons. Let us know if you would like to help out, so we can get you on the schedule.

Simple Sewing Projects: This crafty request gives you the opportunity to work in your own home or at the work station. Volunteers are needed to transform t-shirts into dresses with just a couple of stitches and some elastic. All materials are furnished and hours are flexible but project must be completed in early March. This project can be performed with a group of your friends, or alone in your living room...Sound like fun? Give us a call and we will get you started!

Timesheet Reminders: I wanted to mention a few items that can go on your volunteer timesheet. If you give rides to the grocery store, doctor's appointments, events or errands please put those hours on your timesheet. Don't forget to put down how many people you gave rides to. If you donate blood make sure to put down your time. Also if you bake or make meals for neighbors or acquaintances don't forget to jot that time down as well! If you have any questions on what you can put down as volunteer hours please do not hesitate to give me a call. You probably volunteer more than you think!!

****** If you have a change of address or a new phone number, please give the office a call and let us know. We want to make sure we can keep you up to date on what is happening at RSVP+******

And, PLEASE turn your time sheet in by the 10th of the month. You can mail them, call in your hours, or email your time to me at ann.hines@rcgov.org. We really appreciate your effort to get the hours to us. Thank you!!



If you're looking for a new volunteer opportunity, and didn't see anything on this page, we have more opportunities than are listed here, just give us a call. We have both ongoing projects and one-time special projects. Call us at 394-2507.

VOLUNTEERS OF THE QUARTER!

JAMES & GRACE MACK have been chosen as our
OUTSTANDING VOLUNTEERS OF THE QUARTER!



James and Grace Mack first joined RSVP+ in 1998 and have spent the past 19 years making a difference in our community! Between the two of them, they have accumulated more than 19,000 hours of service as RSVP+ Volunteers. Over the years, the Mack's have volunteered at the Central States Fair, Canyon Lake Senior Center, Western South Dakota Senior Services, Cornerstone Rescue Mission, Pennington County Sheriffs Office, Chapel in the Hills, VFW, Ft. Meade, Clarkson Mt. View and West Hills Village.

In addition to all of this, Jame and Grace remain active and often volunteer with their church. From Rummage Sales at Canyon Lake Senior Center to Ticket Sales at Central States Fair, James and Grace have done it all, and, they did it together! We admire and salute their devotion to one another and to our community. It is our great honor and privilege to recognize **James and Grace Mack** as our
OUTSTANDING VOLUNTEERS OF THE QUARTER!

MEMORIALS/DONATIONS

Gifts may be given to the Black Hills RSVP+ in memory and in honor of loved ones & friends. Donations to assist in maintaining RSVP + are very important and appreciated.



Please consider a gift to help sustain RSVP+ in our community by donating on line
<http://friendsofrsvpnrapidcitysd.mydagsite.com/>

or clip the form below and mail to: RSVP+, 333 6th Street, Rapid City, SD 57701

My gift of \$_____ to the Black Hills Retired Senior Volunteer Program is enclosed.

I would like my gift to be:

In Honor of _____ or In Memory of _____

PLEASE SEND ACKNOWLEDGEMENT FOR MEMORIAL GIFTS TO:

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

Thank you for supporting the endeavors of the Retired Senior Volunteer Program+

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"I'm so glad we had this time together. Just to have a laugh or sing a song. Seems we just get started and before you know it, comes the time we have to say 'So long'."

-Carol Burnett Theme Song

In Loving memory of:

***Lois M. Bennett, Iris Brownrigg, Gloria Carlson,
Diana Erickson, Dorothy Fedders, Arlene Griffin,
Ruth Scanlon, Terry Shoener, Ann Trask***



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"There is a choice you have
to make in everything you do.
So keep in mind that in the end,
The choice you make, makes you."

—Coach Wooden



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