



# ENCORPS eNews

Up to the minute developments at ENCorps • Dec/Jan 2013

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## Forward Ho! The Boomer Reporting Corps Heads Into 2013 With Full On Momentum

With information coming at us in every direction, it can be difficult to determine which information applies to you and your goals.

It is a difficult task to manage the wealth of information accessible to us through tv, radio, social networks (Facebook, Twitter, LinkedIn), blogs, vlogs (YouTube), message boards, online newspapers and journals, print newspapers and journals, and photos, especially if you don't know how to use the technology.

That's why members of ENCorps who are participating in the Boomer Reporting Corps have been learning the tools and techniques to collect, organize and share important topics related to their volunteer work and local communities.

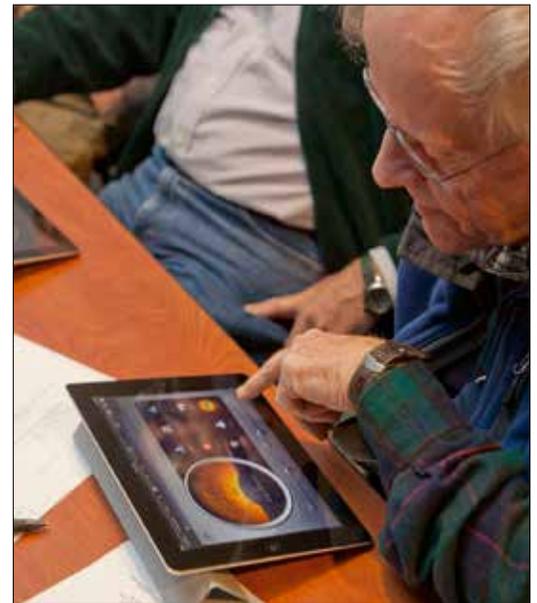
During the most recent Boomer Reporting Corps workshop, held Saturday, December 1st, ENCorps members explored "Techniques for Recording and Editing Sound and Video" using iPads. Starting with an instructional

discussion by our lead journalistic and photography specialist, Bill Kuykendall, we looked at examples of professional video clips illustrating the use of video, music and photos to tell personal stories. To demonstrate the technical side of creating these visual journalistic pieces, the representative for Apple at UMaine, Duane Shimmel, brought iPads for everyone to practice using applications (called "apps") specifically designed for photo, audio and video editing.

Duane started with having the group learn the basics of shooting photos and videos with the iPads, then had them break into pairs to conduct video interviews.

The remainder of the workshop was spent learning the basics of editing a video using iMovie, an app that is available for \$4.99. iMovie allows users to edit video for things like background noise and rearrange clips to make interviews more organized and professional.

With all the tips and tricks out there to learn, a private forum has been set up for members to ask questions, share their work and review material. Any ENCorps



ENCorps members learn to use iPads to create community news.

Continued page 5



## ENCorps Events

### **WEBINAR: Finding Balance in a Fast-paced World: 10 Principles That Really Work**

WHEN: January 24,  
10-11:15 AM

WHERE: ONLINE. Enjoy from  
the comfort of your  
own home or local library!



How can you be happier and more productive? It's hard to know in the information age when ideas for being calm and fulfilled entice us in a constant stream from every direction. Facilitated by psychologist Amy Wood, author of the award winning book *Life Your Way*, this webinar presentation cuts through the clutter of quick-fix self-help hype and teaches a realistic program for living well amid the clamor. You'll learn ten proven principles for navigating our fast-paced world with less stress and greater rewards. Directions and a link to access the webinar will be sent upon registration.

→ RSVP to Patti Foden, Program Coordinator, at 207-767-5352 or [info@encoreleaders.org](mailto:info@encoreleaders.org). All ENCorps meetings and workshops are free for ENCorps members and their guests.

### **BOOMER REPORTING CORPS UPCOMING WORKSHOPS**

#### **Multimedia Narrative: Producing Galleries, Slideshows & Videos**

WHEN: Saturday, January 19, 2013, 9AM to 2PM

SNOW DATE: Saturday, January 26

WHERE: UMaine Hutchinson Center, Belfast

#### **Pulling it All Together: Designing Packages for Print and Digital Media**

WHEN: Saturday, March 2, 2013, 9AM to 2PM,

SNOW DATE: Saturday, March 9

WHERE: UMaine Hutchinson Center, Belfast

#### **Engaging Larger Audiences and Leveraging Media Skills via Social Media and Mentoring**

WHEN: Saturday, April 20, 2013, 9AM to 2PM

SNOW DATE: Saturday, April 27

WHERE: UMaine Hutchinson Center, Belfast

→ RSVP to Mia Noyes at 207-262-7931 [mia.noyes@umit.maine.edu](mailto:mia.noyes@umit.maine.edu). All Boomer Reporting Corps workshops are free for ENCorps members and their guests.

# Happy Holidays!

**Thank you for all you do as a member of Maine's volunteer community!**

# Volunteer

in

# Action

**JIM DOYLE** is an Encore Leadership Corps member in Warren, Maine. Like many ENCorps members, he is retired. And, like many ENCorps members, he stays very busy helping others in his community.

When Jim first retired, his wife, Marianne, said two things: he should do something for someone else every day, and she never wanted to come home and ask, "What did you do today?" and have him reply, "Nothing."

With this in mind, Jim started a garden and began raising food as therapy. Suffering from "bad joints and a bad skeleton," Jim found that gardening is a form of low impact, regular exercise. It is also a pain killer, since he doesn't dwell on pain when focused on tasks and solving problems.

Then Jim heard about a program called "Plant a Row for the Hungry," where gardeners plant an extra row of vegetables and donate their surplus to local food banks. He decided to participate, but didn't really know anything about commercial gardening.

Jim began by contacting the UMaine Cooperative Extension and enrolling in the Master Gardener class to become a Master Gardener. This designation required community service and Jim decided to grow food for Harvest for Hunger, a program through the UMaine Cooperative Extension. He found that even after giving away food from his garden to family and friends, he still had surplus vegetables to share. He decided to donate his extra produce to "Bread for the Journey," a food pantry in Warren.

Jim would now like to share his love for gardening with other people who may find it difficult. Through a program called AgrAbility, people with chronic health conditions or disabilities can learn to use



modified tools to grow food. One such tool is an Accessible Raised Bed – a triangular shaped trough sitting on legs at table height. In this type of bed, deep-rooted vegetables, such as broccoli, squash or cucumbers, can be grown in the middle and shallow rooted crops, such as salad greens, can be grown along the edges.

These 4'x8' beds can be ordered on-line for \$300, but Jim found he can build them for around \$40. He wants to encourage disabled people to start gardening – for themselves, as therapy and for healthy eating, and for their neighbors, by sharing surplus food.

How can you help? The folks at AgrAbility have suggested that Jim develop a business plan to make and market the Accessible Raised Beds. If you have expertise developing business plans, are interested in buying a bed, or want to learn how to make your own, contact Jim at [twobyfo@gmail.com](mailto:twobyfo@gmail.com). Together, we can share Jim's enthusiasm for growing and sharing fresh food.

## Got News?

Share your news, stories and updates with ENCorps eNews!

Email [carol@encoreleaders.org](mailto:carol@encoreleaders.org)

## About Maine AgrAbility

Maine AgrAbility is a non-profit collaboration between the University of Maine Cooperative Extension, Goodwill Industries of Northern New England, and Alpha One. Maine AgrAbility is part of a nationwide network of United States Department of Agriculture (USDA) programs begun through the 1990 Farm Bill. The goal of the National AgrAbility Project is to inform, educate, and assist farmers, ranchers, farm workers, and their families with disabilities, so they can continue to have successful careers in agriculture.

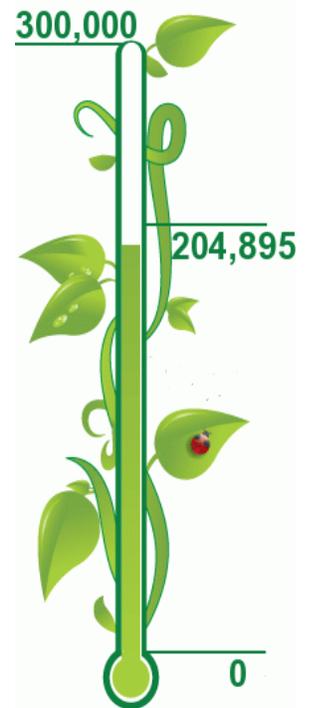


### Help Feed Hungry Mainers

According to Barbara Murphy, Chair of the statewide program, Maine Harvest for Hunger, Maine has the highest food insecurity risk of all the New England states. Forty-three percent of food insecure people do not qualify for food stamps or other government programs. The Maine Harvest for Hunger program attempts to fill this gap. Since 2000, hundreds of volunteers have donated almost 600 tons of fresh produce to hungry Mainers through this program. Their goal this year is 300,000 lbs!

#### How You Can Help

- Grow extra food in your garden.
- Grow food in a community garden to donate.
- Harvest extra crops (glean) from farmer's fields.
- Collect and distribute food donations from my local farmer's market.
- Educate yourself and others about food insecurity in Maine.
- Farmers: support gleaning activities either in the field or at a farmer's market.
- Employers, Civic Organizations & Schools: engage your employees/members/students in any of these activities.



### LEARN MORE

**UMaine Cooperative Extension**  
[www.extension.umaine.edu](http://www.extension.umaine.edu)

**Maine AgrAbility**  
[www.umaine.edu/agrability](http://www.umaine.edu/agrability)

**Maine Harvest for Hunger**  
[www.umaine.edu/harvest-for-hunger/](http://www.umaine.edu/harvest-for-hunger/)

**Boomer**, continued from page 1

member is welcome to participate in the forum discussions and remaining workshops. Understanding the skills and technology used by professionals to share information with the public can help you take the initiative to collect and share information that is important specifically to you and your community. Learn more about the Boomer Reporting Corps, and register for the upcoming workshops, by contacting Mia Noyes at [mia.noyes@umit.maine.edu](mailto:mia.noyes@umit.maine.edu) or 207-262-7931.

*Funding for the Boomer Reporting Corps is provided by The John S. and James L. Knight Foundation, Maine Community Foundation, and The Atlantic Philanthropies.*



Participants in a recent Boomer Reporting Corps workshop use iPads to shoot and edit photos and videos. Apple Computer Campus Representative and New Media senior Duane Shimmel (photo top right) assists participants. Duane will assist with the upcoming workshops “Multimedia Narrative” on Saturday, January 19, and “Designing Packages for Print and Digital Media” on Saturday, March 2. The last workshop will be Engaging Larger Audiences and Leveraging Media Skills via Social Media and Mentoring on Saturday, April 20. A special convening focusing on journalism and reporting will be held during the ENCorps Summit in May. For more details see page 2.

# Find Your Voice

## The Boomer Reporting Corps

a project of ENCorps Leadership Corps



Call 207-262-7928 • [www.boomerreportingcorps.org](http://www.boomerreportingcorps.org)



## Volunteer Opportunities

### Speakers Needed

- Contact Linda Solomon, Activities Director, at 207-284-7061 or [wardwell@wardwell.org](mailto:wardwell@wardwell.org)

Wardwell Retirement Neighborhood is looking for speakers to come in to address the residents at the Wardwell assisted living facility in Saco. As ENCorps members involved in so many interesting initiatives, you may want to share stories of your work.

### Maine STEM Guides

- Contact Alyson Saunders, STEM Educator, at 207-626-3230 x119 or [alyson.saunders@reachcenter.me](mailto:alyson.saunders@reachcenter.me)

The Maine Mathematics and Science Alliance's Reach Center program is a nonprofit dedicated to connecting youth with STEM (Science, Technology Engineering, and Mathematics) opportunities in the state. The Reach Center is launching an initiative called Maine STEM Guides that will aim to form personal points of contact for local youth to help them discover the many out-of-school STEM resources (programs, people, activities, etc.) that exist locally and around the state. To do this, they have created a Maine STEM Resource Bank and have chosen two locations to begin their program: the greater Dexter/Dover area and the Blue Hill Peninsula. They are currently looking for individuals to be STEM Guides and are hosting focus groups in both locations to get feedback from community

leaders, youth and families. The Reach Center is hosting a "soft launch" event on Dec 14th in Dexter with local community leaders, businesses, organizations, and school system staff. Their goal is to explain why they are launching this program, what tools are available with this program, how they envision this program working, and most importantly to gain feedback on how to accomplish these goals in the Dexter/Dover area. If you are interested in being involved, get in touch!

### BE A TAX HERO!!!

- Contact Joan Jagolinzer at 207-883-8415 or [jagolinzer@gwi.net](mailto:jagolinzer@gwi.net) and visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide)

Are you looking for a meaningful volunteer activity that only involves a time commitment during the winter months? Do you like meeting and helping folks in your town and the surrounding area? Do you use a computer? If so, the AARP Foundation Tax-Aide program may be just the volunteer opportunity you have been looking for. State wide there are volunteer opportunities as tax preparers, appointment schedulers, greeters at tax sites and leadership positions in technology and communication. Volunteers for tax preparation do not need to be "tax experts." For those interested in being tax preparers, training is held in January. All volunteers receive training in administrative procedures.

“The ultimate expression of generosity is not in giving of what you have, but in giving of who you are.” ”

- Johnnetta B. Cole

# Calling all Members!

We need your help!

Two leadership opportunities available within Encore Leadership Corps

As we work hard to continue to provide you with the programming and support that is vital to your community volunteer work, we are asking for your help!

We have two committees that will be forming in the new year to help us with sustainability and summit planning. Please consider volunteering your expertise and time to helping ENCorps through one of these committees!

## 2013 Summit Planning Committee

We are once again looking for 5 - 6 members interested in helping to shape the 2013 Summit experience. This committee will be tasked with coming up with content and activities for the Summit.

### Details

- The Summit Planning Committee will hold its first meeting in mid-January.
- Meetings will be held about once or twice a month for one hour and those committing to the work group will have the opportunity to call into the meeting from home or meet in person.
- The location of the meetings will be determined by the location of those involved.
- Individuals who have attended at least one Summit are especially encouraged to join this committee.

## Encore Sustainability Committee

As we come to the close of our operating grant from Atlantic Philanthropies and the Maine Community Foundation, ENCorps staff will need to continue to plan for the sustainability of program activities. We are looking for a group of knowledgeable and committed individuals to help us plan for the future of ENCorps programming through the Sustainability Committee.

### Details

- The Sustainability Committee will hold its first meeting in mid-January.
- Meetings will be held about once or twice a month for one hour and those committing to the work group will have the opportunity to call into the meeting from home or meet in person.
- The location of the meetings will be determined by the location of those involved.
- For this committee, we are looking for members who have experience with fundraising and sustainability planning either through paid or unpaid volunteer work.

In order for both volunteer committees to be effective, we ask that those interested truly commit to consistent participation, whether in person or by phone. Everyone brings valuable perspectives and a wide range of knowledge and experience to the table. We don't want to miss out on any of your valuable feedback.

Active members who have the time and are willing to provide support are much needed. If you are unable to participate, please feel free to e-mail or call us with suggestions or ideas you may have for the summit or our sustainability plan. We appreciate your time and hope to hear from you soon!

To join either committee, please contact Mia Noyes by e-mail at [mia.noyes@umit.maine.edu](mailto:mia.noyes@umit.maine.edu) or by phone at (207) 262-7931.

## Welcome New Members!

- Chet Dayl
- Karen Johnson
- Ellen Pope
- Sally Reed
- Don Kauber
- Bruce Rockwood
- Marrienne Doyle
- Lisa Smith
- Pat Trice
- Sally Howe
- Doug Monteith
- Ingrid Nelson
- Peter Ezzy
- Dick Eustis
- Bill Loder
- JC Camelio
- Gus DeSiervo
- Sydney Rockefeller
- Marilyn Solvay



## Resources & Links

### Free Non-profit Webinars for December 2012

[www.wildapricot.com/blogs](http://www.wildapricot.com/blogs)

**Text to Donate and the Mobile Revolution** Tuesday, December 11, 3 – 4:00 PM

**Before You Seek a Grant: A Checklist for New Nonprofits** Tuesday, December 11, 1 – 2 PM

**Creating a Comprehensive and Engaging Volunteer Training Program** Tuesday, December 11, 2 – 3 PM

**Perfect Phrases for Fundraising** Wednesday, December 12, 3 – 4 PM

**How to Approach a Foundation** Wednesday, December 12, 1 – 2 PM

### An Introduction to Raising More Money Without Asking

Wednesday, December 12, 11 AM – 11:45 AM

### You Got the Grant! Now What?

Thursday, December 13, 2 – 3 PM

### e-Strategy for Your Nonprofit

Monday, December 17, 10 – 10:30 AM (Pacific)

### Proposal Writing Basics

Thursday, December 20, 1 – 2:00 PM

This round-up of free non-profit webinars is a regular monthly feature compiled by the Wild Apricot Blog. Subscribe by RSS or get updates by email and be sure to catch next month's webinars, as well as other great resources for associations and non-profits.



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Email [carol@encoreleaders.org](mailto:carol@encoreleaders.org)



## Volunteer Hours

Since Joining ENCorps

### 20 + Hours

Bonnie Cooper  
Jane Fairchild  
Oscar Feagin  
Lorain Francis  
Roberta Goodell  
Jim Goodson  
Harold F. Goodwin  
Cheri Hudson  
Don Kauber  
Susan LoGuidice  
Jim McGrath  
Deborah McLean  
Sherry Miller Welch  
Jim Nichols  
Ingrid Perry  
Gail Peters  
Faith Rawding  
Stephen Richards  
Roger St. Pierre  
Dawud Ummah

### 50+ Hours

Nancy Adams  
Mary E. Andrews  
Elaine DuBois  
Stephanie Emens  
Kate Harris

Fran Havey  
Marie Khoury  
Judy Merck  
Priscilla Payne  
Peter Reilly  
Joyce St. Pierre  
Angela Werner

### 100+ Hours

Candace Austin  
Lynn DeGrenier  
Steve Demaio  
Leslie Gilliland  
William Gilliland  
Jane Hall  
Dorothy Havey  
Nancy Hoffman  
Sandra Hopkins  
Yvonne Lambert  
Eileen Liddy  
Ardis Mayo-McNeil  
Anne Mundy  
Mary Neal  
Sharon Phelan  
Jim Pierce  
Nancy Prince  
Carol Ransom  
Marianne Reynolds  
Greg Rossel  
Toby Simon

Norma Simpson  
Mary Turner

### 200+ Hours

Alice Bolstridge  
Linda Bradford  
Bill Brown, Sr  
Dick DuBois  
Cindy Dunham  
Jim Dunham  
Thomas Gruber, Jr.  
David Howe  
Beverly Johnson  
Sue Kircheis  
Sue Mackey Andrews  
William McPeck  
Frank Mundo  
Heidi Munro  
Sandy Olson  
Nancy Rosalie  
Joan Shapleigh  
Lorraine Taft  
Donna Waterman  
Warren Wind

### 500+ Hours

Mary Berger  
Chris Corbett  
Hugo Diaz  
Julia Emily Hathaway

Amy Palmer  
Norma Rossel  
David Stansfield  
Tricia Wurpel

### 800+ Hours

Kerry Corthell  
Eileen Kreutz  
Dick Matthews  
Frank Ober  
Leelaine Picker

### 1000+ Hours

Ed Anderson  
Michael Costello  
Pamela Matthews  
Alice Morgan  
Debbie Mullen  
Don Nodine  
Phyllis vonHerrlich



work!

## Why Report Hours?

The purpose of ENCorps is to support your efforts to improve your community with training and networking opportunities. All of our programming – the Summit and training events – are free for ENCorps Volunteers.

Since we are privately funded through grants, we need to report on the impact of our members and their volunteer work. One tangible way is to keep track of our volunteers' hours each month. It's also a great way for us to acknowledge your good

Please help us by reporting your hours by the 15th of the following month (for December hours, please report by January 15). To do so go to:

[www.encoreleaders.org](http://www.encoreleaders.org)  
Click Submit Your Hour  
Fill out the form and hit SEND

**Thank you for  
your help!**

## ENCorps Staff

Dr. Lenard Kaye, D.S.W./Ph.D.  
Program Director

Jennifer Crittenden, M.S.W.  
Program Manager

David C. Wihry, M.P. A.  
Research Associate

Patti Foden, B.A.  
Program Coordinator

Carol Hammond, B.A.  
Marketing Coordinator

Mia Noyes  
Graduate Assistant

ENCorps is a program of the University of Maine Center on Aging in partnership with the Maine Community Foundation and with the cooperation of local, state, and national organizations. Initial project funding is provided by the U.S. Environmental Protection Agency's Aging Initiative and the Atlantic Philanthropies.

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Call 207-262-7928

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community**experience**  
PARTNERSHIP

