

*NorthState Rural Assets Project
AmeriCorps Quarterly Newsletter*



Turkey Baskets

On November 24th, 2008, AmeriCorps and the Salvation Army came together to help provide Thanksgiving food baskets for families in the community. The Parent Partner program was able to sign up 24 families for food baskets consisting of Turkeys and all the fixing's. As an AmeriCorps member, it was truly rewarding to see everyone come together to help assist these families have food for the holiday. Side by side, each member helped pick up, carry and deliver the baskets to the very excited families that would have not had a meal on their table that day.

*April Carlton
Parent Partner*



Turkey Trot

As an AmeriCorps member, I have the privilege of serving as the Skill Builder for Children and Family Services Wraparound Team, where I help local youth develop social skills and learn about community activities and resources. However, the scope of my involvement with the local area through AmeriCorps is even broader. Over the last several months, I have had the opportunity to be involved with several community events, such as the Red Ribbon Week carnival at Turtle Bay, and more recently, the Thanksgiving Day Turkey Trot, hosted by the Shasta Regional Medical Center Foundation.

Though very cold, Thanksgiving morning was beautifully clear and buzzing with energy as thousands of Reddingites registered to run either the 2-mile or 6-mile courses set up along the river trail. Youngsters joined in the festivities as well, with the inclusion of the Diestelhorst Dash across the historic Diestelhorst Bridge.

I worked alongside volunteers from Redding's PlusONE organization, handing out t-shirts and 'utter butter' lotion to the runners. The other volunteers and I (complete with orange vests) then walked along the 2-mile course in order to set up sentries to point participants in the right direction. By the completion of the races, I was privileged to see whole families (complete with children in strollers), a man on crutches, and even a storm trooper from Star Wars join in the fun.

*Lauryl Bennett
Skill Builder*

**A Project of the Child Abuse
Prevention Coordinating Council
of Shasta County**



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Make a Difference Day!

Kids Helping Kids

Our make a difference day at Mistletoe Elementary School was first met with a slight amount of skepticism along with a good dose of enthusiasm; our plan was to have some of the older children (4th and 5th graders) to put on a game of charades with the younger children (2nd and 3rd graders), but with a twist – they had to act out events relating to the assets that AmeriCorps has provided. It seemed to be something we at Mistletoe were capable of doing, but we had no idea how the children would react and participate. At around 4:00 pm on Wednesday, October 22nd, 2008, we put our plan into action.

My fifth graders were more than enthused to be able to put on a skit. They rapidly shuffled over when I called for them and quickly jumped into action. One of the first skits they performed was related to safety, and they nailed it. I have never seen such laughter simultaneously from so many children! As kids keeled over from being hurt during a “football game,” one of the children asked the crowd of younger children what asset they had demonstrated. A hand quickly went up and correctly responded with “safety.”

This continued with a few more assets until it was obvious that the younger grades were getting restless. After my fifth graders and I were completed with our demonstrations, we bowed and left the room, all ready for Alex’s 4th graders and some more audience members to come in and steal the show once more!

I have to say that Make a Difference Day was, at least at Mistletoe Elementary School, a complete success. The kids participated and the audience learned some good assets from the bumbling fifth graders with a “grave predisposition towards injury.” Remember, safety first!

Bryson Howell
Asset Coach



Keeping Warm

First of all, I must say that we had to think a little harder about our Make a Difference Day project, because we work at such a great, well-cared for school in beautiful Trinity County. There are big trees everywhere, so tree-planting was out. There is hardly ever a scrap of garbage on campus, so a trash collection day was also out.

We decided to look further outside of the school and into the community to see where we could best fulfill some needs.

It came to us one day during our weekly after-school sewing class. We were practicing sewing straight lines on the sewing machine and making an open-sided bag with the material. Discussion came up about what we could fill them with before they were sewn on the fourth side. We had all used those hot packs that are filled with corn or rice and you can heat them in the microwave. They also work great in the freezer. This would be a great Make a Difference day project.

The more we talked about it, the more excited the kids became. We felt that the folks at the local senior center would be perfect recipients of our hot/cold packs. They were thrilled at the idea that they could actually make something that someone else would use and appreciate.

The following week we carefully selected cute prints of material and cut the shapes for our packs. The kids took their time with every stitch and skillfully poured in the rice.

Rebekah and I helped sew the tops shut until the final products were done. Within a few hours we had six finely crafted hot (or cold) packs to donate.

All the kids that had worked on the project were extremely proud of themselves, some had never even sewn before. We were certainly proud of them too, and it felt great for all of us to help the needs of someone else.

Lisa Gibson
Asset Coach



Parent Partner : Success Story

Almost every day we encounter some type of success in families. Sometimes it can be small and overlooked and at other times there are big accomplishments and goals met. We tend to enjoy celebrating and feel a sense of pride for our clients and for ourselves for our part in it.

One client that stands out in my mind as a true “success story” is a young woman that bravely left a domestic violence relationship in another city and came to Redding to live with her older sister. When she got here she had nothing, but the bare essentials. She also had no source of income or savings to get by on.

Her sister referred her to Women’s Refuge and she began her journey. Luckily between her sister’s knowledge of social services and Women’s Refuge’s HUD priority housing voucher she began the long process of WAITING for all of the paperwork and documentation to go through. In the meantime she applied for WIC and got on the Heritage Plaza waiting list.

Women’s Refuge gave Parent Partners a referral for her knowing that we could offer support and guidance though the process.

When I met my client and her three month old baby boy for our initial visit, I was immediately impressed with her proactive approach to her own life. She had already applied for and recently received WIC, cash Aid, Food stamps, HUD and had a Heritage Plaza application in the works. She knew what she needed to get done in order to establish a home and healthy environment for her baby.

I almost felt like she had it so together that she didn’t need me, but as it turned out I was able to offer her emotional support as well as resource advice when she came upon a few unexpected “hoops” that she had to jump through in order to complete the HUD and rental agency requirements.

My client was very clear that her number one goal was to establish her own home. She and I met at least once a week for a period of 3 weeks before she had her final HUD appointment and received her voucher. It was a celebration that day! We immediately took the voucher to Heritage Plaza praying that they hadn’t given her spot away due to the long process it took for the HUD to go through. It was a blessing that they hadn’t. In fact they told her that pending the HUD inspection she would be able to move in that week.

Today my client and her son are all settled in their apartment and doing well. She is still the strong and proactive mother that she was on our initial appointment, but now she has a sense of calmness and peace about her.

Lindsey Dabney
Parent Partner

Members serving as Parent Partners provide parenting support, mentoring, & linkages to other needed community resources.



Thank you Phyllis Raudman, Skyway Machine and Bike Shop for your winter holiday contribution and making the difference in the lives of children!

Meeting the Needs of Our Communities

The NorthState Rural Assets Project serves children and families in Shasta, Siskiyou, and Trinity Counties. Members serve to reduce high risk behavior in youth and to strengthen families with young children. Part-time members serving as **Asset Coaches** provide support to after school programs; in addition to developing and implementing small group activities based on the 40 Developmental Assets. Full-time Members serving as **Parent Partners** provide parenting support, mentoring, and linkages to other needed community resources.

For more information about the **40 Developmental Assets** check out: www.search-institute.org

Upcoming Trainings:

January 30th: Conflict Resolution
March 19th: Professionalism (Shasta Only)
March 27th: Professionalism (Trinity & Siskiyou)
May 1st: Life After AmeriCorps/Active Citizens
May 15th: Evaluation Wrap Up
*Ropes Course TBA



NSRAP AC Members are Awesome!

The following Members were recognized for outstanding service.

Tabitha Gomez- Modeling Leadership Abilities
Lynnette Last- Commitment To Service
Kerry Howe- Commitment To Service
Rebekah Fitzwater- Excellence In Communication And Initiative
Lynnette Darst- For Asking Questions & Executing the Answers
Erica Hoffman- Going the Extra Mile in Staff Support & Building Relationships With Kids.
Lisa Gibson- Commitment To Service
Kerry Howe- Commitment To Service
Bryson Howell- Commitment To Service & Executing National Service Day Project
Joyce Root- Commitment To Service
Naomi Pursell- Excellence In Make a Difference Day Project
Chelsea Rodgers- Initiative & Commitment To Community Service
Jody Dean- Motivation & Dedication To Service
Candee Hodson- Commitment To Service
April Carlton- Providing the Lead & Facilitating Turkey Give



Thank You!

Thank you to the following trainers who provided excellent presentation of essential information. We really appreciate your time and knowledge.

Melissa Azevado
Confidentiality Boundaries

Dr. Kevin Moore
Behavior Guidance and the Brain

Margaret Jensen
Cultural Diversity