



RETIREES NEWSLETTER

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“Voluntiree”

As a retiree that now has 6 Saturdays and 1 Sunday per week, you may be interested in doing some volunteer work in your community.

How do you find a volunteer opportunity that meets your interests, skills, and time availability?

Answer: “CALL 211”--the United Way.



On the internet: <http://www.stl.unitedway.org/volunteer.aspx>

Since 1933, the United Way’s Volunteer Center is this region’s main resource for volunteering. The Center’s mission is to connect a volunteer to a local opportunity to serve.

There is a long list of local non-profit organizations with volunteer opportunities. Short-term volunteering comes under the heading of: “**St. Louis Cares.**” Volunteering around holidays or during the summer comes under the heading of: “**Seasonal Volunteering.**” There are also “**Community Wide Service Days.**”

Volunteering by service categories is possible.

Examples:

Arts, culture, recreation

Disaster

Education

Legal, consumer, and public safety

Special populations

+ more categories

For “Voluntirees” stories in their own words, see pages 7-10.

Ba\$\$ Note\$

contributed by Brian Bass (Retiree-Highways & Traffic)

NOTE: It is recommended that seniors call and confirm these discounts before visiting the retailer.

FYI: If you are reading this online, hotlinks to vendors are in blue for one-click access

Restaurants

Applebee's: 15% off with Golden Apple Card (60+)
[Arby's](#): 10% off (55+)
Ben & Jerry's: 10% off (60+)
Bennigan's: discount varies by location
Bob's Big Boy: discount varies by location (60+)
[Boston Market](#): 10% off (65+)
Burger King: 10% off (60+)
Captain D's Seafood: discount varies on location (62+)
Chick-Fil-A: 10% off or free small drink or coffee (55+)
Chili's: 10% off (55+)
CiCi's Pizza: 10% off (60+)
Culver's: 10% off (60+)
[Denny's](#): 10% off, 20% off for AARP members (55+)
Dunkin' Donuts: 10% off or free coffee (55+)
[Einstein's Bagels](#): 10% off baker's dozen of bagels (60+)
Fuddrucker's: 10% off any senior platter (55+)
Gatti's Pizza: 10% off (60+)
Golden Corral: 10% off (60+)
[Hardee's](#): \$0.33 beverages everyday (65+)
IHOP: 10% off (55+)
[Jack in the Box](#): up to 20% off (55+)
[KFC](#): free small drink with any meal (55+)
[Krispy Kreme](#): 10% off (50+)
Long John Silver's: various discounts at participating locations (55+)
[McDonald's](#): discounts on coffee everyday (55+)
[Mrs. Fields](#): 10% off at participating locations (60+)
Shoney's: 10% off
Sonic: 10% off or free beverage (60+)
Steak 'n Shake: 10% off every Monday & Tuesday (50+)
Subway: 10% off (60+)
Sweet Tomatoes 10% off (62+)
Taco Bell: 5% off; free beverages for seniors (65+)
TCBY: 10% off (55+)
Tea Room Cafe: 10% off (50+)
Village Inn: 10% off (60+)
Waffle House: 10% off every Monday (60+)
Wendy's: 10% off (55+)
[White Castle](#): 10% off (62+)

Cell Phone Discounts

AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)
[Jitterbug](#): \$10/month cell phone service (50+)
[Verizon Wireless](#): Verizon Nationwide 65 Plus Plan \$29.99/month (65+)
*Check out our [Secret Cell Phone Discounts](#) to view all cell phone discounts available to you!

(continued Page 4)

Retail and Apparel

[Banana Republic](#): 10% off (50+)
[Bealls](#): 20% off first Tuesday of each month (50+)
Belk's: 15% off first Tuesday of every month (55+)
[Big Lots](#): 10% off
[Bon-Ton Department Stores](#): 15% off on senior discount days (55+)
[C.J. Banks](#): 10% off every Wednesday (60+)
Clarks: 10% off (62+)
[Dress Barn](#): 10% off (55+)
Goodwill: 10% off one day a week (date varies by location)
[Hallmark](#): 10% off one day a week (date varies by location)
[Kmart](#): 20% off (50+)
[Kohl's](#): 15% off (60+)
[Modell's Sporting Goods](#): 10% off
[Rite Aid](#): 10% off on Tuesdays & 10% off prescriptions
Ross Stores: 10% off every Tuesday (55+)
The Salvation Army Thrift Stores: up to 50% off (55+)
Stein Mart: 20% off red dot/clearance items first Monday of every month (55+)

Grocery

Albertson's: 10% off first Wednesday of each month (55+)
American Discount Stores: 10% off every Monday (50+)
Compare Foods Supermarket: 10% off every Wednesday (60+)
DeCicco Family Markets: 5% off every Wednesday (60+)
Food Lion: 6% off every Monday (60+)
Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55+)
Great Valu Food Store: 5% off every Tuesday (60+)
Gristedes Supermarket: 10% off every Tuesday (60+)
Harris Teeter: 5% off every Tuesday (60+)
Hy-Vee: 5% off one day a week (date varies by location)
Kroger: 10% off (date varies by location)
Morton Williams Supermarket: 5% off every Tuesday (60+)
The Plant Shed: 10% off every Tuesday (50+)
Publix: 5% off every Wednesday (55+)
Rogers Marketplace: 5% off every Thursday (60+)
Uncle Guiseppe's Marketplace: 5% off (62+)

August, 2011

Page 2 St. Louis County Retirees Newsletter

St. Louis County Civilian Retirees Association

(A non-profit organization incorporated 1/30/2006)

MISSION: "To promote the well being, enhance the quality of life & encourage the full potential of St. Louis County retirees by promoting socialization while supplying helpful information on issues & matters important to civilian retirees"

2011 OFFICERS

President: Marian McCreary
Vice President: Janet Beasley
Treasurer: Brian Bass
Secretary: Jane Hutchinson

2011 PROGRAMS & MEETINGS

- Monday, September 12, 2011 10:00 a.m.
TOUR: Melvin Price Lock & Dam & Museum
#1 Dam and Lock Way
East Alton, IL 62024
- Friday, September 23, 2011 1:00 p.m.
Thornhill Branch STL County Library
12863 Willowick, 63146
Members' Planning Session for 2012:
Meetings, Parties, Programs, Tours
- Monday, October 3, 2011 9:30 a.m.
Thornhill Branch STL County Library
Q&A: Kirk McCarley, Director Personnel
St. Louis County
- Monday, November 7, 2011 9:30 a.m.
Thornhill Branch STL County Library
OASIS: Speaker Sherri Brock
- Monday, December 5, 2011 Noon
Buffet Ameristar Casino, St. Charles
4th Annual Holiday Party
Optional: Bring a White Elephant Gift

★ Spouses and guests of members are always welcome at events.

For details &/or RSVP.....
Association Information:
c/o President, Marian McCreary
Telephone: 314 291 1867
E mail: mmccre8814@aol.com
www.stlouiscountycivilianretireesassociation.com

A Good Time Was Had by All at Both Events

Civilian Retirees Picnic Vago Park Maryland Heights June 6



Police Retirees Picnic Brookdale Farms, Eureka May 21



St. Louis County Police Retirees Association Incorporated

(A non-profit organization incorporated 4/29/1995)

"Strength thru Unity"

MISSION:

- "To review & promote the improvement of existing retiree benefits including but not limited to financial remuneration, health and welfare, death benefits, along with surviving spouse or guardian benefits
- "To promote & strengthen the mutual comradeship & friendship established by many years of service together in the St. Louis County Department of Police
- "To visit sick members & to aid & assist members
- "To offer condolences to the family of a deceased member
- "To offer & provide any assistance possible to the St. Louis County Department of Police that is within our capabilities
- "To provide guidance and assistance to the widows/family members of our deceased"

2011 PROGRAMS & MEETINGS

- Saturday, September 17, 2011 Noon
Historic Stovall's Grove-Rockhorse Saloon
18720 Stovall Lane, Wildwood, MO 63069
Fall Picnic--BBQ & Live Entertainment
Free to members & their families
- Thursday, October 20, 2011 7:00 p.m.
Police HQ Board Room
7900 Forsyth, 63105
Business Meeting -Nominations for Election
- Thursday, December 1, 2011 7:00 p.m.
Police HQ Board Room Clayton
Business Meeting

★ For details &/or RSVP.....
Association Information:
c/o President, John D. Robertson
Telephone: 636 458 3166
E mail: jdracer168@sbcglobal.net

Travel

[Alaska Airlines](#): 10% off (65+)
[Alamo](#): up to 25% off for AARP members
[American Airlines](#): various discounts for 65 and up (call before booking for discount)
[Amtrak](#): 15% off (62+)
[Avis](#): up to 25% off for AARP members
[Best Western](#): 10% off (55+)
[Budget Rental Cars](#): 10% off; up to 20% off for AARP members (50+)
Cambria Suites: 20%-30% off (60+)
[Clarion](#): 20%-30% off (60+)
[Comfort Inn](#): 20%-30% off (60+)
[Comfort Suites](#): 20%-30% off (60+)
Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations
[Dollar Rent-A-Car](#): 10% off (50+)
[Econo Lodge](#): 20%-30% off (60+)
[Enterprise Rent-A-Car](#): 5% off for AARP members
Greyhound: 5% off (62+)
Hampton Inns & Suites: 10% off when booked 72 hours in advance
[Hertz](#): up to 25% off for AARP members
[Holiday Inn](#): 10%-30% off depending on location (62+)
Hyatt Hotels: 25%-50% off (62+)
[InterContinental Hotels Group](#): various discounts at all hotels (65+)
[Mainstay Suites](#): 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)
[Marriott Hotels](#): 15% off (62+)
[Motel 6](#): 10% off (60+)
Myrtle Beach Resort: 10% off (55+)
National Rent-A-Car: up to 30% off for AARP members
[Quality Inn](#): 20%-30% off (60+)
[Rodeway Inn](#): 20%-30% off (60+)
[Sleep Inn](#): 20%-30% off (60+)
[Southwest Airlines](#): various discounts for ages 65 and up (call before booking for discount)
Trailways Transportation System: various discounts for ages 50 and up
United Airlines: various discounts for ages 65 and up (call before booking for discount)
U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

Miscellaneous

Great Clips: \$3 off hair cuts (60+)
Super Cuts: \$2 off haircuts (60+)

P.S.

Since many senior discounts are not advertised to the public, men and women over 55 should ALWAYS ask a sales associate if that store provides a senior discount. That way, you can be sure to get the most bang for you buck.

Missouri No Call List

Telemarketers targeting senior citizens--claim to be calling on behalf of Medicare or request Medicare/SS numbers. Scams are designed to get personal and financial info. NEVER GIVE THIS INFORMATION OVER THE PHONE. NEVER GIVE PERSONAL INFORMATION OVER THE PHONE UNLESS YOU ARE THE ONE WHO INITIATED THE CALL. Beware companies calling to say you have won money--report call to Attorney General's Office. MO No Call law allows Missourians to reduce unwanted telemarketing class made to their homes--sign up for the No Call List which is managed by the Attorney General's Office. No cost to you: 1-866-289-9633

Independent & Assisted Living Options

.New Lifestyles Guide Senior Living and Care
Free: 1-800-820-3013 or www.NewLifeStyles.com

AARP Missouri Debuts on YouTube

Weekly 2-3 minute videos by Missouri AARP members on issues of interest to this age group
Go to youtube.com/user/aarpmissouri

Online Fun and Games

"My Coke Rewards"--set up account & enter codes in Coke bottle caps and accumulate points towards awards--see catalogue of reward items
<http://www.mycokerewards.com/home.do>

"CityPASS" grants you admission to the most famous attractions in a city at nearly **half the cost** you'd pay for separate admission to each. For travel in Atlanta, Boston, Chicago, New York and more. <http://www.citypass.com/>

Tech Care Package for Mom & Dad

Google offers more than 50 two-minute videos with step by step instructions on everything from how to cut and paste copy to creating a blog. A tech care package can be created by selecting video/s of interest and e mailing them to someone else (e.g. Mom and Dad etc).
<http://www.teachparentstech.org/>

COUNTY RETIREES

MAY, 2011

Therese M. Brady	Parks & Recreation	30 years 8 months
Richard K. Harrell	Sheriff's Office	10 years 6 months
Mary K. Mansker	Police Department	32 years 10 months
Kenneth M. Mowery	Police Department	31 years 6 months
John D. Newbauer	Highways & Traffic	38 years 3 months
Matthew Skenandore	Highways & Traffic	30 years 7 months
Fred J. Statler	Parks & Recreation	31 years 9 months

JUNE, 2011

Alfred Breeding	Justice Services	34 years 7 months
Cassandra Cadell	Health	18 years 3 months
Norman Davis	Justice Services	25 years 1 month
Carol A. Johanning	Health	22 years 1 month
Jimmie J. McCormick	Police Department	41 years 0 months
Louis G. Mitchell	Highways & Traffic	14 years 8 months
Fred Nicolay	Judicial Administration	19 years 7 months
Anthony L. Reese	Sheriff's Office	4 years 11 months
Christopher W. Rudolph	Police Department	29 years 7 months
Franklin W. Sharp	Justice Services	19 years 10 months
Eddie Mae Williams	Highways & Traffic	31 years 5 months

JULY, 2011

Mary L. Amelung	Prosecuting Attorney	27 years 2 months
Thomas P. Curran	Police Department	29 years 8 months
Margaret A. Deptula	Municipal Court	17 years 5 months
William N. George	Police Department	14 years 11 months
Joanne D. Griggs	Highways & Traffic	20 years 2 months
Joseph A. Lebb	Health Department	45 years 0 months
Stacy T. Murley	Police Department	28 years 5 months
Steven Salamon	Police Department	32 years 6 months
Carl A. Schultz	Police Department	28 years 9 months
Lance B. Smith	Justice Services	27 years 2 months
Vincent Vaughn	Justice Services	35 years 2 months
Deborah K. Wyland	Health Department	29 years 6 months

RETIREE DEATHS
May-July, 2011

KRUEGER, FERN	5/3/11
SELLMANN, RICHARD	5/9/11
WENDEL, PATRICIA N.	5/14/11
MORGENS, JUNE	5/22/11
KENNEDY, WILMA	5/24/11
MC CORMICK, CARROL	6/8/11
BURRELL, BARBARA	6/28/11
HADE, ROLLA J.	6/30/11
BARNHOLTZ, MARIAN	7/5/11
REED, JANE	7/8/11
CUNNINGHAM, CHARLES	7/14/11
STIMSON, MARY M.	7/14/11
LOUIS, JANE A.	7/16/11
WITTROCK, REGINA	7/16/11
DU BOIS, MYRTLE	7/17/11
MC BRIDE, ROSEMARY E.	7/17/11
SIMPSON, ALBERT	7/18/11
GOERKE, LINDA	7/23/11
LAIRD, ANN D.	7/24/11
TINSLEY, MELVIN	7/24/11
SNODGRASS, CLYDESE	7/29/11
LAMBUR, GERTRUDE	7/31/11

WORD OF MOUTH WORKS BEST

There are many County retirees who don't yet know about this newsletter. Pick up the phone and call that retiree you know and tell them about it. Share the online link with them to access the newsletter on their computer or a local library computer:

<http://www.stlouisco.com/YourGovernment/CountyDepartments/Personnel/InformationforRetirees>

If the retiree you call doesn't have computer access, have them call this reporter to receive a copy of this newsletter in the US mail at their home address.

**Phone 314.997.3474 Rosemary Wilson,
Reporter**

Events of Interest

***St. Louis Times Funfest for Grandparents & Grandchildren - In Honor of National Grandparents Day: Saturday, September 10, 2011 at the Missouri History Museum, 5700 Lindell Blvd, St. Louis, MO 63112
(314) 746-4599***

#

**SLUCare & St Louis County Library
present 2011 Community Health Literacy
Series Monday, September 26, 2011
2-3:30 p.m. at Library HQ,
1640 S Lindbergh, 63131 Program:
Asthma, Hay Fever & Allergies by Dr. J.
Temprano plus free blood pressure check**

***Necessary to RSVP (314) 994-3300**

#

***80th St. Louis Times Funfest -
Wednesday, September 28, 2011
Maryland Heights Centre, 2344 McKelvey
Road, Maryland Heights, MO 63043
(314) 434-1919***

Volunteers Needed

St. Louis OASIS needs you to help prevent childhood obesity! CATCH Healthy Habits is an evidence-based program that helps you to teach kids how to eat well and stay active for a lifetime.

For more information about the program and/or volunteering contact Shelby Schroeder, 314-779-9860, sschroeder@oasisnet.org

“VOLUNTIREES”--In Their Own Words

Betsy Alexander (Retiree-Health Department)

May, 2005, I retired from the Health Department and started a new venture in volunteerism. I joined the 1,900 active members of the volunteer force at the Missouri Botanical Garden. Collectively, we put in 152,000 work hours for 2010. (For those of you who used to calculate FTEs, I'll let you do the math.) We outnumber the employed staff by about 1,500 individuals. There is never any doubt that the contribution we make is welcomed, appreciated, and needed.

I came to the Missouri Botanical Garden (MBG) volunteer crew via the St. Louis Master Gardeners. The Master Gardener volunteer program started in 1973 at the University of Washington to supplement the university extension horticulture staff. The local St. Louis unit started in 1983. Generally, Master Gardeners are closely affiliated with land grant universities. Here in St. Louis, the unit is more closely tied to the Botanical Garden, officially based at the Kemper Center for Home Gardening.

I applied for and was accepted into the January, 2005, Master Gardener training class and quickly found myself in a semester long botany/horticulture class every Thursday afternoon, complete with 2 tests each and every week. I was soon immersed in the study of weekly genera (the binomial genus, species nomenclature used in horticulture), 25 of them a week to memorize, and class lecture content including plant anatomy and physiology, soil composition, annuals, perennials, pruning techniques, Integrated Pest Management, landscape design taught by MBG horticulturalists, MU professors and recognized green industry professionals.

After finishing the classroom study, I started actual volunteer work--needing 50 hours in that first year to become an actual Master Gardener. Up to that point I was considered a 'trainee'. The Master Gardener program expects members to contribute 50 volunteer hours a year to stay "active". The year following the training class, I put in some where between 300 and 400 hours and have continued to do so. I have a potpourri of involvement that turns into that total.

I have a standing assignment at the MBG Kemper reception desk every Monday morning, every Wednesday morning working in the outside Kemper gardens, attending various Master Gardener administrative meetings and serving as the point person for the Master Gardeners Speakers Bureau. In addition, I have 5 programs that I have developed for the Speakers Bureau and give those to community groups at their invitation.

Although, I have chosen volunteer activities connected with MBG, there are a number of non-MBG volunteer possibilities for Master Gardeners. Everything from county parks, Longview Farm, the Butterfly House, Litzinger Road Ecology Center, City Seeds, Operation Brightside, Urban Roots, Forest ReLeaf, Shaw Nature Reserve, Gateway Greening are possibilities depending on one's interests.. In addition, there are numerous educational opportunities to keep your brain actively challenged.

I'd encourage anyone with an interest in gardening to consider either one of the general volunteer situations that I mentioned, Master Gardeners or MBG volunteer. Information on the St. Louis Master Gardeners can be found at www.stlmg.org. The MBG volunteer office is at 314-577-0278, Norma Fraser.

I totally enjoy the brain challenges, the other volunteers from varied professional backgrounds that I have met, as well as the physical work. Really, crawling around on hands and knees off the designated walkways under shrubs and trees, going after escaped plants that are trying to grow outside of their assigned planting beds reminds me of being in an Alice in Wonderland scene, no white rabbit scurrying past, but on occasion turtles, chipmunks, wild rabbits, garter snakes, foxes, geese and curious birds. My son suggested that I'm having '60's` acid flash backs, but having not participated in that diversion, maybe I've gone mental but it is great, challenging fun.

“VOLUNTIREES”--In Their Own Words

Brian Bass (Retiree-Highways & Traffic)



Brian Bass

I do volunteer for the following organizations:

#1 Credit Unions

A credit union is a not-for-profit cooperative financial institution that is owned and controlled by its members.

I was elected to the Board of Directors of County Credit Union for 22+ years. I am currently (the last 6 years) on the Supervisory Committee of Electro Savings Credit Union.

One of the "mottoes" of Credit Unions is "people helping people". That is exactly how I feel when volunteering for credit unions.

#2 Nonprofit organizations

A nonprofit organization is an organization that does not distribute its surplus funds to owners or shareholders but instead uses them to help pursue its goals. I am currently volunteering with the following nonprofit organizations:

Treasurer---St. Louis County Civilian Retirees Association

Purpose---To promote the well being, enhance the quality of life, and encourage the full potential of St. Louis County retirees by promoting socialization while supplying helpful information on issues and matters important to civilian retirees.

Treasurer---Samuel K. Buchanon Educational Assistance Fund

Purpose---To provide scholarships for dependents of current, retired and deceased employees of St. Louis County Government.

Board Member---St. Louis Jazz Club www.stlouisjazzclub.org

Purpose---To preserve, support, and encourage traditional Jazz through appropriate activities (concerts, etc.)...

Marie Dargan (Retiree-Family Court)

Currently I serve on the Board of St. Vincent Home for Children where I have held the positions of Vice President, Secretary, and (currently) Chair of the Children's Program Committee. I served for nineteen years on the Board of Trustees of Blackburn College in Carlinville, Ill., where I chaired the Student Life Committee. I continue my involvement with the college having moved a couple of years ago to the Advisory Board. In addition, I am very active in my church, Pilgrim United Church of Christ. I have served on numerous committees and in a number of leadership positions. I am looking forward to attending the July 2011 National U.C.C. convention in Tampa, Florida as a delegate.



Marie Dargan

“VOLUNTIREES”--In Their Own Words



Janet Beasley

Janet Beasley (Retiree-Highways & Traffic)

Volunteering for the Touhill Performing Arts Center on the campus of the University of Missouri - St. Louis began when I retired in 2003. The Touhill opened in September, 2003, and I have been volunteering since that date.

One could surmise that volunteering at a performing arts center can be self serving at best because you get to see the shows that you are volunteering for. However, any volunteer job is a job. At all times you are working. We are there to assist the patrons with whatever needs they have or whatever needs to be done. I have assisted patrons who have become sick, have fallen down stairs, have had too much to drink and have fallen down as well as assisted with wheelchair bound patrons getting them to their assigned seating location. I have helped with evacuating the patrons to a safe area when tornado warnings were issued.

We have two theaters at the Touhill Performing Arts Center--the big 1,625 seating area known as the Anheuser Busch and the smaller 400 seating area known as the Lee Theater. They have a variety of events at the Touhill throughout the year.

One big draw in volunteering at the Touhill is that can you choose the performances you want to work. You are not assigned certain days. You may be assigned to be an usher, ticket taker, elevator operator, helper at a merchandise table, coat checker, or a greeter. You do not know your assignment until you show up and sign in for your time to volunteer. You may work days, afternoons or evenings as you choose. The staff does like and would prefer that you work a minimum of 15 shows a year--a little over once a month--but they will take whatever time you can give. You can work as much or as little as you like.

And believe me, we *do* have patrons that call or write about having a *positive experience* at the Touhill because of a *volunteer*.

Terrence O. Wipler (Retiree-Police)

In 1995, my wife and I joined the Auxiliary Unit in the Cedar Hill Fire Protection District. This is a citizens group that assists firefighters at major fires in our district by providing water, gatorade, wet towels in the summer and coffee/hot chocolate in the winter to these rescue workers. From 1995-2008, the Auxiliary raised \$25,000 for a Fire and Storm Safe house to teach children and their parents about house fires and escape methods along with storm safety.

And in 2009, I was asked by the Cedar Hill Volunteer Fire Department to be their Staff Photographer for all structural fires in their 82 square mile district (this is 20 square miles larger than the entire City of St. Louis). Photos taken are downloaded into their training computer as well as their internet site. This role also involves photographing other social and training functions.

I am on-call with two pagers 24/7/365 days a year. I consider myself lucky when I can take a 1-2 hour break to go do scenic or wildlife photography.

I am really thankful that the ALMIGHTY Above has permitted me to stay both physically and mentally fit to keep doing all these things at the age of 73. As of June, 2011, I have been a volunteer and paid public servant continuously for the past 66 years.



Terrence
Wipler

“VOLUNTIREES”--In Their Own Words

Carol Martin (Retiree-Health)

When we first moved to New Haven, MO (a Franklin County town of about 2,000 located midway between Washington and Hermann), we were pleasantly surprised to find out how welcoming and friendly the people were.

A couple who were neighbors of ours (about ½ mile away) invited us over for dinner on several occasions to meet some of the people in the area. At one of these dinners, we met a couple who have become very good friends of ours and who are also transplants from St. Louis County. She is a retired nurse and is now the Director (a volunteer position) of the New Haven Senior Center. The Senior Center is staffed strictly by volunteers. It is funded through a minimal contribution requested of each attendee as well as through donations from local individuals and businesses as well as assistance from The Franklin County United Way. It's located in the Assumption Parish Hall which is no longer in daily use since the parish school closed a number of years ago. The Center is open at lunchtime on Tuesdays and Thursdays and provides a nourishing meal as well as pre-lunch entertainment, informational presentations, or post-lunch bingo and card games. I decided to start helping out there and have found it to be very enjoyable.

One day at the Senior Center an announcement was made that the New Haven Meals on Wheels program needed someone to deliver meals one day every two weeks. I decided to give it a try. I called and found out they needed a delivery person for every other Monday. After a one-time training, I started delivering to people on a route within the city limits. The people are very appreciative and seem to enjoy our brief visits as do I. Some of them are homebound and the Meals on Wheels volunteers may be the only people they see some days.

In a town this small, the only way people can survive is to help one another. I've found that I get just as much out of volunteering as I put into it. Someday I may be on the other side of the equation.

Sam Buchanon, Jr.



Sam Buchanon, Jr. (Retiree-Highways & Traffic)

The Samuel K. Buchanon Educational Assistance Fund is a nonprofit corporation in memory of my son, Samuel K. Buchanon. Samuel, who was a former employee of the Department of Highways and Traffic for 13 years and whose life ended abruptly after complications from an auto accident on November 12, 2000. Continuation of this fund is an important volunteer role for me.

The scholarship fund mission is to provide scholarships for dependent children of current, retired, and deceased employees of St. Louis County Government. Within the last two years, seven recipients were awarded \$500 scholarships. This is just the beginning of the SKBEAF efforts to assist others in their pursuit of higher education.

You can be apart of making someone's dream come true by volunteering, and financial contributions. Remember--sign up for payroll deduction is available to all employees and retirees between October 20 and November 30, 2011. Please contact SKBEAF if you are a potential recipient, volunteer, donor, or would like more information. Education is the key that unlocks the door.

To contact the Samuel K. Buchanon Educational Assistance Fund:

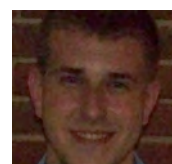
Phone: (314) 200-5SKB or (314) 381-8427

E-mail: skbeaf@gmail.com

Mailing address: 6617 Kahns, St. Louis Mo. 63121



Hayley Reed



Joshua Merseal



Nicole Kinzie

Summer 2011 Scholarship Recipients

August, 2011

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