

# THE CORPS AT ITS BEST

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## Thanksgiving Dinner

By DeWayne Hess



We had an awesome Thanksgiving dinner for the Corpsmembers the day before Thanksgiving. The staff pitched in to bring all the food and it was great.



We had several kinds of turkey and dressing, ham, salads, beans, and pies. The staff even served the food.



Tony Lowe took photos of all the people at the dinner. Tony took a photo of each crew with their crew leaders.

There were a lot of Parks and Rec staff who stopped by for the dinner.



Good food and good company made for a great start to the holiday!

## **Believing:** Success Stories from the Conservation Corps

By Isaiah Hertzberg



Kevin Austin is a Corpsmember who was hired with the group right before mine. I had the pleasure of working for him for about nine months; and during that time we worked on many projects together. To me he was a perfect model worker and friend. His positive attitude along with an extremely good work ethic definitely left an impression with me. Being on the field with him was a great experience for everyone involved. He is close to completing his time here at the corps and is currently on job search.

**Kevin, describe your overall experience at the Seattle Conservation Corps.:**

My overall experience has been a positive one. Other than cutting grass, everything that I have done here was new to me. Board-ups, cement work, and building trails are some different skills I have learned. My favorite tool was the jackhammer.

*Continued on page*

## Sobriety and the Corps

By Darin Cyr

Long term sobriety is not something that happens overnight, a way it kind of is. Over the course of days and weeks of doing the things necessary to maintain a healthy lifestyle, a person can look up and suddenly realize that they have compiled multiple years of sobriety. The things we use to fill our time when we quit drinking or using drugs vary from person to person.



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Generally there are a set of suggestions that help a person to clear out the wreckage of a past filled with destructive behavior. Especially in early sobriety, these things can fill a large part of a person's free time. Once the majority of the work is done it is possible to stay sober with a daily regimen. Being self aware is wonderful, but I often need other people to point out things I am doing that I am in denial about. Having addressed my character defects once does not solve them, by the time I get through my list something else happens and either another defect will rise to the surface or an old one will show up again.

To be sure, coping with life on life's terms is a balancing act where things are constantly changing. Consequently I have to be continually willing to change in order to maintain said balance. But this is a sign of progress. When I was trapped in my addiction, nothing changed. Now that I am sober and things are changing in my life, I too have to change. A solution to yesterday's problem will not necessarily solve today's dilemma!

### EDITORIAL COMMITTEE

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## The Roving Reporter

DeWayne wants to know what is your New Year's resolution for 2012.



- Ahleigh and Amphone:** exercise
- Susan, Tim, Coney, and Theresa:** lose weight
- Chris and Isaiah:** quit smoking
- Darin:** quit chewing
- Terry:** stay employed
- Bill:** learn to live as a retired person
- John J.:** save more money
- Pete:** be more giving
- Kevin:** get a job
- Mr. Barnes:** keep surviving
- Don:** keep Mr. Barnes motivated to survive
- Daphne:** have more order in my life
- Trudie:** be more consistent on my work-outs
- Dewayne:** get in to college
- Hussain:** go back to Africa
- George:** stop being so judgmental
- Greg:** play better guitar
- Peg:** start building her model trains

### New Year's Trivia

**When do the Chinese celebrate the new year.**

1. The day after Halloween
2. In the month of the dragon
3. At the second moon after the winter solstice
4. Whenever they want to

**What's the Jewish New Year called?**

1. Rosh Hashana
2. Auld Lang Syne
3. Bar Mitzvah
4. Mazel Tov

*Answers on Page 4*

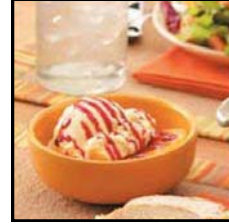
## Recipe of the Month

# Peach Melba

*2 Servings*

Fresh peaches are a summertime favorite! Try this dessert when you really want to impress somebody—it's not difficult!

*Hint: one of our editors believes it would be even better served with a slice of pound cake.*



### Ingredients

- 2 cups *water*
- 1/2 cup *sugar*
- 3 teaspoons *lemon juice*
- 1/4 teaspoon *vanilla extract*
- 1 *peach, peeled and cut in half*
- 2 tablespoons *seedless raspberry jam (even better with some fresh raspberries added)*
- 1/2 cup *vanilla ice cream*

### Directions

- In a small saucepan, bring water and sugar to a boil. Stir in lemon juice and vanilla. Reduce heat to low. Place peach halves cut side up in pan; cook for 5-8 minutes or until tender. Remove from the heat. Cool peaches in syrup for 30 minutes.
- Remove peaches with a slotted spoon and place cut side down in a shallow dish. Cover and refrigerate for 2-4 hours or until chilled.
- In a small microwave-safe bowl, heat raspberry jam for 20 seconds; stir until smooth. Place peach halves cut side up in dessert dishes. Top with ice cream; drizzle with jam.



