



Retired & Senior Volunteer Program
of Eastern Iowa & Western Illinois

RSVP Momentum

Winter 2009

RSVP Volunteers Report over 151,000 Hours in 2008!

Congratulations RSVP members! These are definitely the most hours that have been reported in the 21st Century and possibly the most ever. According to independent analysis, this service is the equivalent of nearly \$3,000,000 worth of services being contributed to local non-profit and government agencies! Numbers like this will make people stand up and take notice of how valuable seniors are to their community. This is a reason to celebrate and it will be a major theme at our Annual Recognition. We're especially pleased that so many new members are already faithfully reporting their hours.

So why does this excite us so? We know that it's an inconvenience for volunteers to report hours, and recognition for hours of service is not why they volunteer. But the number of hours reported is a barometer of everything we do. People are willing to go through the inconvenience of reporting hours because they know it supports our programming and they enjoy the services that RSVP provides.

Willingness to report hours also speaks well of members' relationship with RSVP staff and staff's efforts to stay in contact with RSVP members. We know that there is still much left to accomplish and that there are many requests for volunteers that we have yet to fill. We also know that there are many ways we could better serve all of our members and we are always striving to make improvements. Your best-ever hours report tells us that we are doing something right and that is what is important to us. ❁

Illinois Residents: Meet Your Elected Officials

The Western Illinois Area Agency on Aging (WIAAA) is conducting legislative forums in order to gather information and public comment regarding our funded services and the remaining unmet needs of the senior population in our area. This is an opportunity for seniors, caregivers, and the general public to share with elected officials and us their experiences and concerns about aging in western Illinois. WIAAA will use the collected information in preparing our Area Plan, which is the application we are required to submit yearly to the Illinois Department on Aging.

WIAAA is charged with the responsibility of ensuring the delivery of services as they are set forth in the Older Americans Act to those who are 60+, and it is imperative to us that the needs of seniors and their caregivers be given priority. Your input would be very valuable.

Forum Dates and Locations:

City Building
232 E. Jackson Street
Macomb, IL
Friday, March 6, 2009
10:00 to 12:00

Western Illinois Area
Agency on Aging
729 34th Avenue
Rock Island, IL
Monday, March 16, 2009
9:00 to 11:00



Sponsored by Western Illinois Area Agency on Aging
WIAAA: FirstStop For Seniors

RSVP Mission Statement

RSVP works with men and women, 55 years of age or older, and community groups to promote and increase volunteerism and the potential for making a difference in the lives of people and communities.

From Your Co-Directors,

Look what you did!!! We hope you'll feel proud to be a member of such a great group as you read about our RSVP members reporting 151,000 hours in 2008. That's a great achievement. We all should be proud when we read about the great work Monmouth volunteers are doing with the American Legion and when we learn about amazing volunteers such as Eleanor Lange.

We are also very proud of our Advisory Council members who conducted a strategic planning which will play a key role in RSVP's adapting to the changing needs of seniors and the community. Advisory council members also played a vital role in assessing the impact that RSVP volunteers have made in assisting disaster service agencies and how we can better assist those agencies in the future.

We believe you'll also be fascinated as you learn about volunteerism in China. Step by step, China is improving economic and social standards for its people. The volunteer initiative in this article represents a huge step and may play a role in the discussion of volunteerism in America.

Finally, we hope you enjoy reading this entire newsletter as much as we enjoyed producing it.

Sincerely,

Barb Byrne and Dave Layton
RSVP Co-Directors

2009 RSVP Recognition Events Planned

This year's events will be held on:

- April 29th from 11:30 – 1
Starlite Ballroom
Mississippi Valley Fairgrounds
- April 30th from 11:30 – 1
Milan Community Center

Once again Riefe's will cater both events and the River City Quartet will perform at both events.

We thank I.H. Mississippi Valley Credit Union for their continued major sponsorship of our recognition events.

Here is how you can email each of us:

Dave Layton: dlayton@wiaaa.org

Barb Byrne: bbyrne@wiaaa.org

Marcia Cook: mcook@wiaaa.org

Chris Sheckler: csheckler@wiaaa.org

Linda Nielsen: ln Nielsen@wiaaa.org

Contact Information:

Rock Island Office:

Address: 729 34th Ave.

Rock Island, IL 61201

Phone: (309) 793-4425

Fax: (309) 793-6807

Warren County office:

Address: RSVP

% Strom Center

211 South A Street

Monmouth, IL 61462

Phone: (309) 734-6779

Fax: (309) 734-8074 (call first)

Warren County Volunteers Help Military Personnel

RSVP of Warren County and the American Legion Auxiliary (an RSVP station) have formed a strong partnership focused on mobilizing volunteer support for our military personnel and their families. Two RSVP volunteers are in key leadership roles within the Auxiliary and have spearheaded the involvement of about 15 RSVP volunteers, a number which continues to grow. One church group, led by an RSVP volunteer, has made this a key project as well. Projects include:

- “Operation Toasty Toes” involves knitting or crocheting slippers based on a specified pattern. The local Auxiliary sends them for distribution to the troops around the world. Two shipments totaling 55 pairs were shipped in 2008, many of them completed by RSVP volunteers. These slippers are given to soldiers recovering in military hospitals, those in cold climates and those on ships.
- Neck Coolers: Again, utilizing a specific pattern, volunteers sew these neck coolers and add a small teaspoon of a special bead. When dipped in water, these beads swell to fill the cooler and keep the necks of soldiers cool in the extreme heat of the desert. They can be reused, providing comfort in difficult conditions. Some RSVP volunteers have completed these at home, but some have also participated in group events. 24 boxes of coolers were sent to Iraq in May and 325 additional coolers were completed and mailed in July.
- Clipping Coupons: Military families stationed overseas do not have access to money saving coupons. RSVP volunteers, often in their home, clip and sort coupons that can be used by these families. Coupons were mailed to three overseas bases in 2008, totaling 21,915 to 6 bases.
- Through the Children & Youth initiative of the American Legion Auxiliary, Cheri Stanton (also an

RSVP volunteer) helps with “Operation Military Kids”. When troops are deploying, a group of auxiliary members take their supplies to the departure point where troops and families are gathered. Families provide pictures which are iron transferred to pillowcases and given to the military member and to family members. They can then sleep with their loved ones while separated.

All of these projects connect volunteers to the military members and their families and make them feel they are doing something to help. Their efforts are greatly appreciated by the military personnel who receive them as well. In a recent thank-you letter, an army sergeant expressed her appreciation and asked for support for a new outreach program the army is doing in Baghdad. The program is called “Hearts and Minds” and is reaching out to the citizens of Baghdad. The weather is cold right now and many women and children are waiting in long lines for services without protection. So, our new project will be to mobilize RSVP volunteers again, this time to provide mittens, scarves and hats. ❁



Cheri Stanton helping organize items for the troops and their families.

Volunteer Spotlight



Eleanor Lange

Eleanor has been tutoring at C.R. Hanna School in Orion since 1981. She began soon after she retired from teaching.

She says one of her greatest joys is that she's been tutoring long enough to hear back from some of her students who've completed college. Here is one of her favorite stories.

When I started as a volunteer tutor one of my first struggling students finally learned to read. Now he has become an architect. I've stayed in touch with him and when Oak Glen was planning a new Alzheimer's wing I asked him if he'd like to bid on the plan for it. He said he'd be glad to help and submitted a complete design for the wing. When I asked how much we owed him for that design, he replied, "The same amount you charged for teaching me how to read." Can you imagine how much of a difference that man has made in people's lives all because he began to succeed in grade school? How could anyone say no if they knew how much of a difference they could make?

She also talked about the immediate joy and humor of working with children.

A few years ago a first grader came to me and asked, "Can you help me to read cause I'm really dumb."

"Of course I can and you're not dumb."

"Well then can you help my friend? He's even dumber."

Now they're in fourth grade and doing pretty good. The other day both asked me, "Can you tutor us in college too?"

Eleanor's stories aren't all fun. She takes on the most troubled children and sometimes their stories are heart wrenching. Her most recent challenge is a boy with serious behavior problems. She says he's plenty smart but he fights with other kids, refuses to study, and disrupts class. He didn't get off to a very good start with Eleanor either. At one point she confided that she didn't know if she'd be able to help him or not, so for much of their first session he was basically attending Grandma's boot camp. She's Grandma to all the kids at C.R. Hanna. Her husband, Al, another volunteer at C.R. Hanna, said she was so strict with the boy that he almost felt sorry for the kid.

Eleanor has made great progress with the boy! She found some books he actually was interested in reading and his behavior has improved greatly. She recently told me, "Oh yes he's doing great!" She chuckled, "The other day he told me 'I read better when I don't kick people.'" Still, the progress isn't always consistent. That is due in large part to the boy having problems at home. The challenges he represents have only made her more determined to not let him fall through the cracks. She knows from decades of experience that, if he succeeds, he'll be a real asset to his community and maybe even to the town of Orion. "I've been invited to former students' college graduations and weddings and sometimes they call me when they get a good job," she explains. "That's what you get if you volunteer long enough. What better paycheck can you ask for." I agreed and thought, *We can't ask for a much better volunteer than Eleanor either.* ❁

Note: RSVP provides initial training and monthly meetings for tutors and mentors on the third Friday of each month. Anyone is welcome to attend these trainings. For additional information, please contact Dave at (309) 793-4425.

New Volunteer Stations

We have four new volunteer stations:

Rock Island County

- The Literacy Connection in Moline
- Rockridge School District

Warren County

- Tri-City Medical Reserve Corp
- Teddy Bear Child Development Center

RSVP members have been volunteering at The Literacy Connection (TLC) for a number of years but we counted their hours for Washington Elementary School across the street which TLC serves. The new TLC Director thought it would be beneficial for TLC to be its own station and we agreed. Volunteers work with first and second graders helping them improve basic reading skills.

Rockridge School District will also work with RSVP volunteers as tutors and mentors.

To learn more about volunteering at either of these locations, call Dave at our Rock Island office 309-793-4425.

Several well trained RSVP members are currently part of the Tri-City Medical Reserve Corp. They are activated in emergency situations to supplement emergency and medical services that become strained at those times.

Teddy Bear Child Development Center is currently looking for volunteers to serve as tutors in their preschool program and hopes that RSVP can help to find some of those volunteers.

To learn more about volunteering at either of these locations call Barb or Chris at our Warren County office, 309-734-6779. ❀

New Volunteer Opportunities

- After School Homework Help for Boys and Girls Club
- Youth Education Assistant for the Mississippi Valley Regional Blood Center
- Medicare Patrol Specialists: *See Upcoming Training info below*
- Tax Preparers for the Center for Economic Justice/Martin Luther King Center
- Faith in Action: Transportation, Friendly visitors, Care Plan Development/ Shopping assistance/Day respite, Handyman, Housekeeping
- Driver of truck delivering recycled cans for the Children's Therapy Center

We also still have priority needs for Thrift Store volunteers, home delivered meal drivers, Davenport Senior Center Greeters, Resident Escorts at Ridgecrest, and afterschool program assistants.

Medicare Patrol Specialist Training

The Western Illinois Area Agency on Aging (WIAAA) will hold a training for volunteers wishing to become Medicare Patrol Specialists on Wednesday, February 25th from 9-11 a.m. at WIAAA, 729 34th Ave., Rock Island.

Once trained, volunteers will work with seniors to help them know what to look for on medical bills to make sure that Medicare is fairly billed for services rendered. Medicare patrol specialists will perform a valuable service toward keeping Medicare solvent in the future and for protecting taxpayer investments into the Medicare system.

For more information or to sign up, call RSVP at 309-793-4425 or email rsvp@wiaaa.org ❀

Volunteerism and Philanthropy in China

By Dave Layton

The following article is the result of my interview with Huilin Liang, President of TEDA Community Service Volunteer Association (TCSVA)/ Huana Int. Volunteer Service Group and Wang Dong Miao (Sunny), Special Assistant of the TEDA Charity Association (pre-incorporation). Huilin's organization is somewhat parallel to RSVP and CNCS (Corporation for National and Community Service) in that it is funded by the Chinese government, though Huilin's program received government funding only very recently. There are now regional offices such as hers throughout China. Sunny's program is in development. Designed to promote and properly disseminate charitable giving, it's similar to a local United Way in some aspects.



Both of these dynamic women are friends of Sally (whom I went to China to see) and her roommates, Sue and Emily. After the interview, Huilin took us out to eat. When the restaurant manager showed us to a private room, Huilin commented that he himself volunteered. I learned that she has many good friends and is highly respected indeed. – DL

“The measure of any society is how well it cares for its weakest citizens.”

from the Salvation Army Positional Statement on Poverty & Economic Justice

TCSVA and Huana Int. Volunteer Service Group's mission is very similar to RSVP's, though Huilin has volunteers of all ages. She works with charity organizations such as orphanages and nursing homes to develop meaningful volunteer opportunities. She then finds volunteers for those opportunities. She says that her volunteers want to make a difference and the organizations want committed volunteers. Her volunteers care about their community and desire to give back to it. Many consider volunteering a fun social experience. These are the same major reasons our own RSVP members give for volunteering.

Volunteering in China has many differences too. One major difference is the newness of the concept of organized volunteer community service. Although modern Communist China was built on community

service, it was depressing and unpopular. Now, China is much freer socially, which means people are mainly compelled toward volunteer service by their own conscience or ideals. Sunny says that some newly wealthy individuals remembering their own struggles want to give their time for worthy causes. Giving time is considered even more valuable than giving money and volunteers are highly respected for working for free.

Despite the respect for volunteers, Chinese labor is abundant and inexpensive so many things that American volunteers do, such as hospital work, are done by paid employees. Public schools are also not allowed to have volunteers assisting in the classroom. Huilin says it is

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Volunteerism...

(cont. from pg. 6)

imperative not to replace paid employees with volunteers. I told her that we have the same imperative.

Huilin is one of the early leaders of Teda Community Service Volunteers Association, which is now in its 5th year. She said that at first it was much harder to find volunteer opportunities, but as her organization has earned credibility and respect, more agencies want to work with her. Her current project, the TCVA and the Huana Int. Volunteer Service Group, is the result of recent government funding and support.

The government connection is helping to build credibility, provide training, and create new volunteer opportunities. One government priority is the reforestation of the Chinese landscape. Though few natural trees can be found, planted trees are now abundant. Much of this planting was done by volunteers. Volunteers are now also helping more in government institutions such as libraries, hospitals, retirement houses and disabled children's nursing centers. Her organization also works with young teachers to teach in poor rural schools for future credit, similar to our "Teach for America" program. There is also a "Peace Corps" like program which sends volunteers to foreign places, including America, to teach Chinese.

New opportunities have brought many new volunteers. At first the volunteers were mainly seniors, but now they include students, business people and even foreigners, such as a number of teachers at TEDA International School where Sally works. Foreigners often develop pen-pal relationships with rural Chinese students to help them learn English. Learning English is extremely valuable to success in China.

Huilin says that an exciting new development from her program's partnership with the Chinese government is a new service to promote volunteerism. Volunteers who wish to participate are issued a "Chinese Community Volunteer" certificate after they are vetted. The certificate combines a legal identification with an official record of volunteer accomplishments. This record can be very valuable because those who have an official volunteer record will receive priority treatment if and when they need help in the future. It's also possible that this document will carry more authority than other standard forms of identification and will engender respect from those authorities to whom it is shown. Since this program is less than a year old and only active so far in a dozen locations, the overall effect of it remains to be seen.

Some Americans might wonder about the privacy aspect of such an identification and reward system, but they should be reminded of our own nation's push toward multiple and standard legal identification. That this certificate is acquired voluntarily and provides ongoing recognition for service makes it a far superior option and one that I feel our own government should consider as a service. CNCS would be the ideal organization to run such a project. Huilin's enthusiasm about this program is itself a ringing endorsement of the program's integrity.



Chinese Volunteer Certificate cover and records



Chinese Volunteer Certificate identification

(cont. on pg. 8)

Volunteerism...

(cont. from pg. 7)

Huilin is a very unique person. Her parents moved to Taiwan when she was a little girl in 1949. She eventually met her husband (Dr. S. J. Liang) and moved with him to America. In America, they both gained American citizenship and he became a successful business consultant. They raised 3 children in America. Huilin was very active in the community and became involved in Rotary while here. In the 1990's, business opportunities opened up in China, so Huilin and her husband returned to Tianjin City (Municipality directly under the central government) where he continued to be successful. She soon saw many opportunities to help those who are less fortunate. One of her major accomplishments was working with a computer company named *Town and Talent* which provides computers to western China schools. Now there is a need to raise money for poor western students to continue their studies. She also acquired a major donation of 500,000 RMB from Conoco Philips Oil Co. to help children from impoverished western provinces to receive their surgeries in TEDA International Cardiovascular Hospital. Rotary International named her a Paul Harris Fellow for her outstanding community service.

Last year one of her biggest projects was to organize relief for earthquake victims. Her work was part of a well-organized national volunteer effort. She was one of a couple hundred people nationwide recognized personally by Chinese President Hu Jintao. Though she has worked largely on her own for many years, she's proud and excited that government funding has allowed her to hire 3 assistants. She says that if China is not threatened, it will continue to take steps toward a more free and open society, and that government support for organizations such as hers is a very positive sign that China now is equating strength with compassion.

Another accomplishment of Huilin's is her mentorship of Sunny. Sunny, who is aptly nicknamed, is the bright shining face of China's future. She shows an intense understanding of the growing importance of community service. She explains that churches and other organizations used to provide social services in China, but most Chinese citizens had no idea about social service and had few opportunities to do public service decades ago. In recent years, China's government realized gradually that the vacuum of public service could be filled with volunteering and community service. Sunny says it's her goal to help young people to learn that life is much more important and meaningful than just getting good grades or making money; and that, through service to others, the Chinese people will become more whole and respected and China will be stronger than ever.

One of Sunny's projects is organizing college students and others to write to younger students to both learn to succeed and share their success with others. She is also working with businesses to help fund lodging, school related fees, and transportation so poor rural students can go to those schools that now have computers and smart young teachers. Most of those children live many miles away and couldn't attend without assistance.

I told Sunny that her project sounded very valuable and I had friends at John Deere, both in China and at corporate headquarters in Moline, who might agree. She and Huilin both smiled and replied, "In the past, corporations would not donate to Chinese causes because they had no idea where their money was really going, but now we are much better organized. Please tell your friends at John Deere and other companies that

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Advisory Council Develops Strategic Plan

The RSVP Advisory Council helped chart the course for our organization's future outreach and development efforts during two strategic planning sessions in Fall, 2008. The plan they developed will be invaluable for making RSVP, a better service to our members, volunteer stations, and communities. We also want to thank Dan Ebener from St. Ambrose University for leading the strategic planning and making sure much was accomplished in the limited time available.

The plan addresses four key areas: Public Awareness, Volunteer Recruitment, Staffing and Funding. A number of goals were developed in each of these areas. Some examples of public awareness goals include developing more volunteer input in creating job descriptions, using volunteers more in promotional efforts, having volunteers recruit other seniors to volunteer, finding more ways to share volunteer stories with the public, and developing a dedicated RSVP website. Already we have volunteers working to accomplish these goals and hope to have our new website running in the next few months

Some goals/ideas in the other three areas include working closer with corporation's to develop retiree volunteering, creating recruitment presentations that Advisory Council members and other volunteers can make, use video equipment and modern technology to show what RSVP does, partner with college student volunteer organizations to fill community needs and develop intergenerational opportunities, involve volunteers more with office activities such as calling for special events so staff can perform more outreach, look into the possibility of having an intern, and having volunteers develop fun special events for fundraising.

These are just a sampling of ways that RSVP can improve moving forward. Many of these involve utilizing RSVP volunteers more for our own development and outreach. What is exciting is that as soon as we've identified these ways our members may help us, volunteers are beginning to fill some of these roles. For instance we have a web savvy volunteer who wants to help with developing and maintaining the website, more than one new member is interested in helping us with calls and in-house volunteering, and Advisory Council members are forming committees and addressing these goals directly. Even as we express pride in our recent accomplishments, we are certain that our members will be even more proud of RSVP in the future because of this strategic plan. We should all thank our Advisory Council for this good work. ✿

Volunteerism... (cont. from pg. 8)

now we will make sure they know exactly where their donations go, and in China their money can go a very long way!"

As I pondered the work that Huilin and Sunny do to make their world a better place, I thought about all the good people I know back home who also make our world a better place. This made me realize that our fates are truly joined. As the people of China are uplifted, so will be people around the entire planet. Compassion makes all nations stronger. I look forward to communicating with and learning from our dedicated Chinese counterparts for years to come. ✿



Living and Learning Series

Save the dates!!!

Western Illinois Area Agency on Aging (WIAAA) wants to provide seniors, caregivers and the general public with information which will enable them to make well-informed decisions regarding their retirement. Studies have shown that keeping mentally and physically active contributes to good brain health as people age. Many people today value lifelong learning as a way to keep their minds and bodies engaged in actively pursuing knowledge and experience through a variety of learning options. WIAAA values its commitment to the enrichment of the lives of today's seniors, caregivers, and all persons who are interested through its Living and Learning Series.

The spring 2009 series will begin March 6th on Friday mornings from 9:00 – 11:00 a.m. at WIAAA, with no session on Friday, April 10. More information on the sessions will be available as we move closer to the dates. Please call 309-793-6800 for more information.

- March 6th – Disaster Preparedness
- March 13th – Organizing Your Documents
- March 20 – To be decided
- March 27th – Frauds and Scams
- April 3th – Staying Safe at Home
- April 17th – RSVP & Volunteerism
- April 24th – To be decided

The Hospital Patient

A sweet grandmother telephoned the hospital.

She timidly asked, 'Is it possible to speak to someone who can tell me how a patient is doing?'

The operator said 'I'll be glad to help, dear.'

'What's the name and room number?' The grandmother in her weak tremulous voice said, 'Norma Findlay, Room 302.'

The operator replied, 'Let me place you on hold while I check with her nurse.' After a few minutes the operator returned to the phone and said, 'Oh, I have good news, her nurse just told me that Norma is doing very well.'

'Her blood pressure is fine; her blood work just came back as normal and her physician, Dr. Cohen, has scheduled her to be discharged on Tuesday.'

The grandmother said, 'Thank you. That's wonderful!'

'I was so worried! God bless you for the good news.'

The operator replied, 'You're more than welcome. Is Norma your daughter?'

The grandmother said, 'No, I'm Norma Findlay in 302. No one tells me anything!'

Miscellaneous Information

- If your name tag is lost, worn out or you never got one, give us a call. We'll send a new one to you right away.
- Now is the time to make your charitable contributions before year-end so you can claim them on your 2008 tax returns. Contributions to RSVP help us expand programming and service to our volunteers. They also help as a match for other funding and provide a safety net for leaner times.

NOTICE

All checks from RSVP's sponsor Western Illinois Area Agency on Aging (WIAAA) must be cashed within 90 days or they will automatically become void. WIAAA will not reissue any check that has been voided. **Please cash your reimbursement checks when you receive them.**

Thank you!

HOURS REPORTING CHANGES

CNCS's regulations on hours reporting have become more flexible. Time sheets no longer require two signatures, only your own. Hours may be reported by email to rsvp@wiaaa.org or to mcook@wiaaa.org or dlayton@wiaaa.org Monmouth volunteers may also email their hours to byrne83@msn.com. **NOTE:** Hours reports with reimbursement requests must be verifiable by the volunteer station.

If sending a timesheet or emailing is not convenient, call RSVP staff at 309-793-4425 or 309-734-6779 in Monmouth to discuss alternative reporting methods. **By reporting your hours you help insure RSVP's future. You also show the community just how valuable senior volunteers are!**



Retired & Senior Volunteer Program
of Eastern Iowa & Western Illinois
729 - 34th Avenue
Rock Island, IL 61201-5950

Address Service Requested



Sponsored by:
Western Illinois Area
Agency on Aging
WIAAA: FirstStop For Seniors



Corporation for National Service

RSVP of Eastern Iowa & Western Illinois is funded in part by the Corporation for National and Community Service, United Way of the Quad Cities, and the States of Illinois and Iowa.



Mind Stretchers

Try the following mental exercise to help keep your mind sharp.

Read the clue and come up with a 2-word answer in which each word begins with CA.

For example, Christmas stocking stuffer would be Candy Cane

- | | |
|------------------------------------|-----------------------------------|
| 1. San Francisco transportation | 8. Something a visitor may leave |
| 2. Feline with black yellow white | 9. Group of animals & riders |
| 3. NASA | 10. Slang for theatrical auction |
| 4. Old TV Show | 11. Plane transport |
| 5. Library Search System once used | 12. Chalk or limestone chemically |
| 6. National Park in New Mexico | 13. Ottawa |
| 7. Dessert Item | |

The Answers Are Coming, The Answers Are Coming !!

Answers

1. Cable Car; 2. Calico Car; 3. Cape Canaveral; 4. Candid Camera; 5. Card Catalogue; 6. Carlsbad Cavern; 7. Carrot Cake; 8. Calling Card; 9. Camel Caravan; 10. Cattle Call; 11. Cargo Call; 12. Cargo Carrier; 13. Canadian Capital