

# Sister-Corps: Serving Others

## BROADCAST & RECAPS

Platinum  
Transparency  
2023



**Candid.**

### What does Platinum Transparency mean?

The Platinum Seal of Transparency indicates that Sister-Corps shares clear and important information with the public about our goals, strategies, capabilities, achievements and progress indicators that highlight the difference the organization makes in the world.

**SOLD !!!**

See details on page 5 regarding

"Tie One On"

### Social Media Sites

Facebook page

<https://www.facebook.com/SisterCorpsTeam/>

<https://www.linkedin.com/company/sister-corps>

### Save-the-Date

*November 28, 2023*

**GIVING  
TUESDAY**

*Help us make a difference.*

### Sister-Corps Board

*Leeann Moore (TX), President; Sherry Gibbons (TX), Vice President; Greta Rigney (TX), Treasurer; Lisa Moreland (LA), Secretary; Jane Farmer (FL), Member; Marie Breckel (OR), Member; Gena Curtis (TX), Member; Valerie Brown (CA), Member.; Joan Johnson (TX), Member.*



*Donate now use  
this QR code.*

## Medical Study Group

The Medical Study Group has met on several occasions to brainstorm and dream about ways to enhance the medical aspect of Sister-Corps work. Through several virtual sessions with Medical Study Group volunteers (Beth Fry, Betsey Upchurch, Bonnie Pendleton, Virginia Spencer, Wendy Wheeler, Linda Link, Kristina DuBois and Laura Bank) from around the country, the group has determined the primary client is the Sister-Corps volunteer. The primary focus being the physical, mental, and emotional needs of the volunteer as they arise and within the scope of practice during each project. In the coming months the group will present recommendations to the Sister-Corps board.

## Training in Texas

### **C.E.R.T. Community Emergency Response Team**

Being part of Sister-Corps, we have all seen the devastating effects of hurricanes and tornadoes but not as first responders. We come in months after to help families regain some semblance of life as we repair their homes or remove debris. Now imagine if these damaging events took place in your neighborhood and you were the first responder.

In June, 4 Sister-Corps members (Leeann Moore, Sherry Gibbons, Greta Rigney and Barb Jones) attended a C.E.R.T. program. This 3-day program provides knowledge and hands-on training to prepare participants to respond in emergency situations. As the women worked together as a team, they put out controlled fires, extricated entrapped victims, triaged, and evaluated injuries using head to toe assessments. They learned what to look for and how to treat survivors in shock and control bleeding plus learned about disaster psychology and survivor trauma.

You may be thinking, "When would I ever use this?" As mentioned before, Sister-Corps volunteers are not first responders but...What if something happened during one of the projects and a sister was injured? As you know Sister-Corps does demo work in some locations. What if you are taking down a shed and suddenly, the shed collapses and one of your sisters is caught underneath? Think of all the tools sisters use, chainsaws, table saws, drills, and nail guns. And in your everyday life, have you ever passed by an accident and thought to yourself, would I know what to do if I were the first one on scene and needed to render aid? Would you know what to do in these situations? C.E.R.T. training can assist in preparing you for these types of events. Life happens! Being prepared is not just a scout motto but a necessity.

# Sequoia Sisters

## California Environmental Projects



In July, twelve volunteers came together and worked with park staff to address the threats posed by invasive plants in Round Meadow. Without any dedicated project funding, but a growing volunteer program in the Sequoia National Park, this project is totally maintained by dedicated volunteers. Being in one of the premier meadows in Giant Forest, and near the Wolverton Volunteer Service Camp, makes this an attractive project for volunteer groups. Using herbicide to control invasive plants in such proximity to Giant Sequoia trees and the public has been too controversial to attempt, and resource managers do not have funding to support the great amount of labor required for a sustained manual control effort by employees. Volunteers work on short patches to remove the invasive Orchard Grass. Over seventy-two volunteer hours were used in this great project with over sixty volunteer hours in the preparation and planning of the event. The total impact dollars for this project were \$3,498.00.

In August, to help maintain the physical beauty of a national park setting and to protect natural and cultural resources from impacts of litter and trash left by park visitors, 8 volunteers came together to pick up trash in the Giant Forest Museum parking lot. Most of this trash is what the park calls, "micro-trash". These are the little bits of stuff that come out of pockets, cars, strollers, etc. and are dropped on the ground. They are usually too small for people to care about picking up. Just some bits of scraps here and there. Members of Sister-Corps picked up over twenty pounds of these little bits and pieces. Thirty-two volunteer hours were accumulated with the project plus over forty-one volunteer hours to organize and plan the event. There was a total of \$1,927.20 impact dollars calculated for just picking up tiny bits of trash.



In early September, the "Sequoia Sisters" returned to the park to assist park staff in collecting seeds for Sequoia & Kings Canyon National Parks Native Plant Nursery. The seed collection project is essential for reforestation efforts within five of California's National Parks, including Sequoia, Kings Canyon, Yosemite, Pinnacles and the Channel Islands. Efforts are underway to germinate new plants and place them back into their native environments after wildfires decimated three of the parks in 2021.





# Minnesota Build a Bed

A group of Sister-Corps volunteers came together to build beds for the nonprofit, Sleep in Heavenly Peace. On August 3rd the following women: Sue Notch, Janel Kral, Jo Ann McCauley, Jane Meehan, Cindy Tewart, Lori Hammerstrom, Kim Stecher, Darcee Larsen, Denise Lindberg, Deb Strand, assembled to build beds. Nine of the women were from Minnesota and one from Wisconsin. Sleep in Heavenly Peace provided all the needed tools, wood, safety gear and earplugs to get the job done. Some of the women were experienced with the various tools and others were not, but this didn't stop them from digging in and getting the job done.



The women cut the lumber to the specified length and passed it on to the assembly line where others sanded all sides and edges to ensure smoothness. Onward to the next station where the lumber was laid on a template and hit with a rubber mallet making dents where it would be passed on to the drill press. The next station was where the head and foot boards were assembled. Each piece had a specific spot to screw into the next piece, making the ends fit perfectly. All the bed pieces were then stacked in the storage building awaiting the call for a bed(s) to be delivered to the children. The beds would be assembled on site with a new mattress, all the bedding and pillow, ready for the children to climb in for restful sleep.

Many of the women took cash donations and new bedding. One brought a \$1,000 check from her local Lions Club. Many hope to go out on a bed(s) delivery down the road. The Sleep in Heavenly Peace Chapter President said, "once you go on a delivery, you are hooked on this project." This is an easy project for Sister-Corps volunteers to participate in and help many in their respective communities.

The women brought wonderful dishes for lunch and shared with the build a bed folks. Great time had by all with wonderful fellowship plus thank goodness for the awnings that provided much needed shade on such a hot day.

## Wilderness First Aid Training

In August, 11 Sister-Corps volunteers attended Wilderness First Aid training. The women learned the patient assessment system, plus how to provide effective first aid treatments for injuries and illnesses common in the outdoors, plus how to make appropriate evacuation decisions when EMS is not readily available. This training was held at the Nantahala Outdoor Center in North Carolina. Many thanks to Sister-Corps volunteer Beth Fry for putting this training together.



# Another Award!

Sister-Corps has received The GreatNonprofits Top-Rated Award. This award is the Only People's Choice Award in the Nonprofit Sector



Training opportunity still open  
**BE CARPENTRY CAPABLE**

October 15-22, 2023  
TRAINING LOCATION:  
5261 County Road 329  
Colorado City, TX 79512

<https://volunteers.sister-corps.com/user/dashboard/>

## UPCOMING TRAININGS

Go to Sister-Corps volunteer page to register - see below

PHOTOGRAPHY & VIDEO EDITING with Allie

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<https://sister-corps.org/>  
<http://www.thesistercorps.com/>

<https://volunteers.sister-corps.com/user/dashboard/>

## Building Partnerships

Shout out to PJ Buerger, owner of Princess Craft.



<https://rvsmalltalk.com/rebuilding-lives-with-sister-corps/>



Let's thank Karen in North Carolina for winning the bid on this classic one-of-a-kind travel trailer. Nearly \$22K will assist in getting a survivor/s back in their home.

## The trailer "Tie One On" SOLD!!

Future Projects

Spring 2024  
Oklahoma in February  
Amory, Mississippi in March