



# RKC NEWSLETTER

Autumn 2017

## From the Director's Desk

As we ready for our winter break, we pause to be grateful for the opportunities for relationships and the gift of knowledge the Roberta Kuhn Center provides. Of the 44 classes offered, most are full. As the days and weeks pass, I often have the opportunity to interact with participants in the hallway of classrooms and coming and going to Aquatics, Yoga and T'ai Chi Chih. I am struck by the comments of participants telling me they love their time here, and that they feel peaceful and energized at the same time. They often go on to express their gratitude and support of myself, our instructors, and the BVM community for making it all possible. --Karen❖

## Volunteers Make A Difference

The need for volunteers never ends. Our nation sets aside many different days and weeks to honor volunteers, to illustrate the contributions of volunteers, and to encourage people to get involved to make their communities better places. Every day is volunteer day in the Roberta Kuhn Center. Forty-four dedicated people teach or facilitate our 47 classes. In addition to the actual teaching time, many spend a good deal of time preparing for their classes and some even provide resources for participants to take with them to continue the learning outside of the walls of the Roberta Kuhn Center. Please take time to thank your instructors and perhaps investigate ways that you yourself can use your talents and gifts to give back to the various communities in which you are a member. Volunteers report a satisfaction in being proactive in making the world a better place, meeting new people, and in realizing that we have all been the recipient of other's volunteer efforts, creating a desire to pay that kindness forward. For further information on national statistics on volunteerism, visit [www.nationalservice.gov](http://www.nationalservice.gov) and for local opportunities to volunteer go to [www.volunteermatch.org](http://www.volunteermatch.org) or [www.resourcesunite.com](http://www.resourcesunite.com) ❖

### Important Upcoming Dates

**Friday, Nov 17** Last Day of Fall Semester  
**Monday, Feb 5** First Day of Spring Semester  
**Feb 12-16** Session 3 Yoga begins  
**March 26-30** Spring Break, no RKC classes held

*“What is the essence of life? To serve others and to do good.”*  
Aristotle

## **In Memory...**

Therese Jacobs, BVM  
Therese Fox, BVM  
Mary Kelliher, BVM  
Carmelina Meyers, BVM  
Frances Dolan, BVM  
Harriet Holles, BVM  
Pat Perko, BVM  
Helen Maher Garvey, BVM  
Mary Therese Rink, BVM  
Mary McGovern, BVM  
Mary Ellen Caldwell, BVM  
Mary Kay Dum, BVM  
Jerry Beckman, RKC instructor  
Pat O'Rourke, RKC participant  
Joan Voigts, RKC participant  
Juliana Didesch, RKC participant  
Rose Mary Chung, RKC participant  
And other unnamed BVMs, RKC participants  
and their loved ones

## **Beauty and Oral Care Recycling Continues**

To date, the Hunger Fund has collected over \$750.24. This money supports women and children across the world, and the recycled items are saved from our landfills. Thank you to everyone who takes the time to set the accepted items aside. Items can be brought to Mt. Carmel over the winter break and left in the collection boxes in the RKC hallway. The door code will open the door between 8am-3pm Monday-Friday.

### **Accepted recyclables....**

**Oral Care-** Toothpaste tubes and caps, toothbrushes, outer packaging of toothpaste and toothbrushes, floss containers and their packaging

#### Beauty Brigade:

**Hair care-**shampoo bottles/caps, conditioner bottles/caps, hair gel tubes/caps, NON aerosol hair spray bottles, hair styling products/caps, permanent solution bottles

**Skin care-**lip balm tubes, lotion bottles/tubes/caps, body wash bottles/caps, soap dispensers

**Cosmetics-**lipstick/lip gloss tubes, lip/eye liner pencils, mascara tubes, eye shadow/powder cases

**Thank you** to several donors who contributed to the purchase of a moveable white board for the RKC classrooms. It was difficult to find students willing to stay after school to clap erasers☺

**Invitations for campus events** to the RKC community from the BVM community...

**Advent reflection and music in the style of Taizé prayer**, 4:30-5:00pm/St.

Joseph Hall

Monday, December 4

Monday, December 11

Monday, December 18

Park in Lot 2 and enter through the RKC classroom entrance

**Fall Craft & Baked Goods Festival**

Friday, November 17 8:00am-

3:00pm/Loyola Hall

Parking in Lot 1, enter through the garden gate near the Marian Hall receiving door.

Enjoy homemade food items, handmade jewelry, holiday décor and crafts

## **Inclement Weather Policy**

As winter is right around the corner, please be aware of the Roberta Kuhn Center policy on holding class. If Dubuque Community Schools are cancelled, then RKC classes are automatically cancelled. Tune in to local TV and radio stations for this information. If the weather is less than desirable for traveling, RKC classes are on unless you hear from your instructor or the director. But, please exercise the idea of "safety first". The choice to attend rests with you.

**Please remember** the speed limit on campus for all is 15mph, and we appreciate your extra attention to parking within marked lines in all parking spaces as we make the best use of available spaces throughout the winter!!