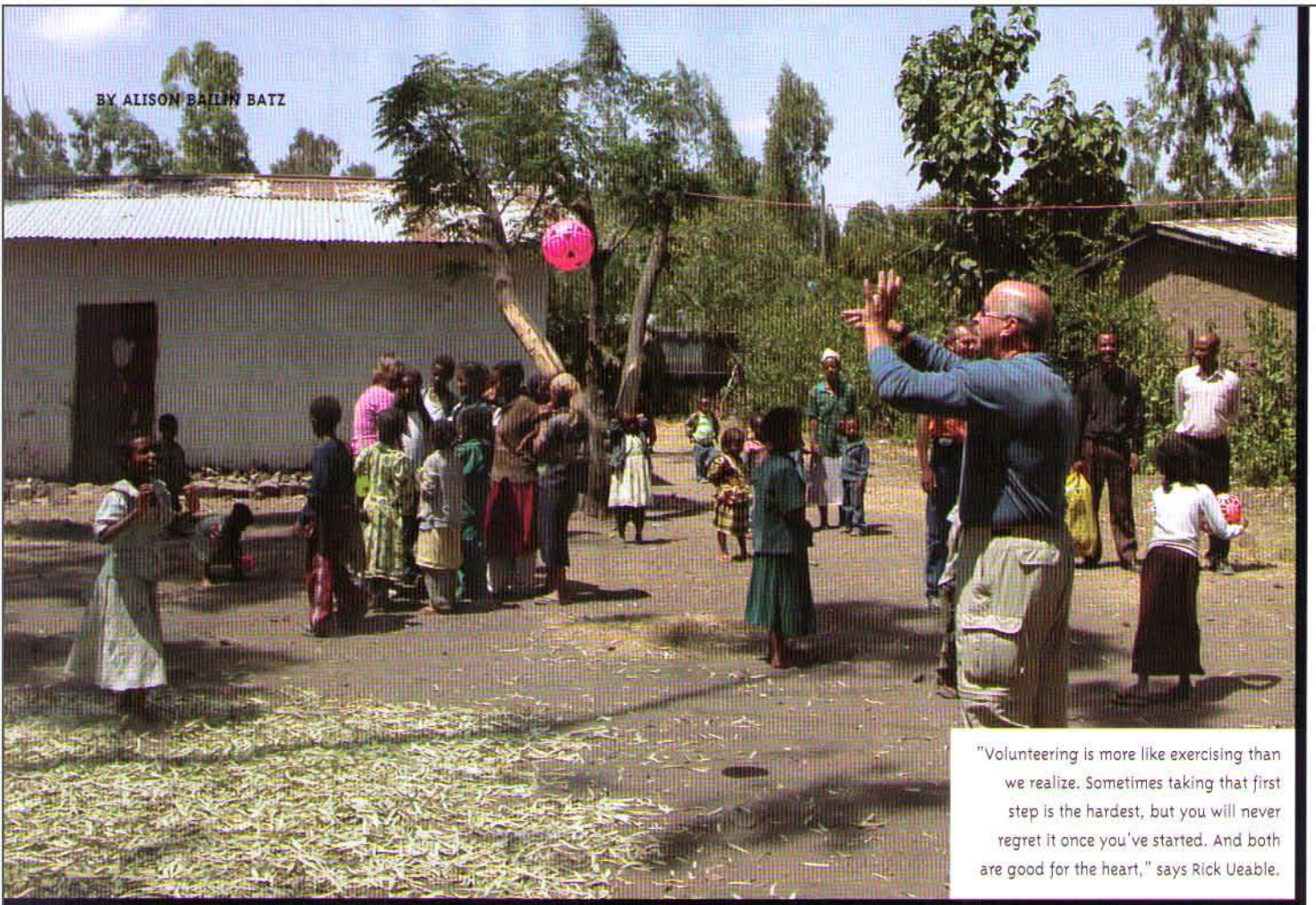


BY ALISON BALLIN BATZ



"Volunteering is more like exercising than we realize. Sometimes taking that first step is the hardest, but you will never regret it once you've started. And both are good for the heart," says Rick Ueable.

Give & Get

Not Volunteering Can Be Hazardous to Your Health!

Did you know that improving someone else's life may very well save yours?

It's true!

According to a recent study by the Corporation for National and Community Service, there is more than just a casual connection between giving back and one's overall health. In fact, researchers found that those who volunteer have lower mortality rates, greater functional ability, higher self-esteem, lower rates of depression, and higher overall wellness than those who do not volunteer.

"This research is particularly relevant to Baby Boomers," says Robert Grimm, director of the corporation's Office of Research and Policy Development. "Just 2 hours a week can bring meaningful benefits to a person's body and mind."

The report echoes Grimm's assertion that time spent volunteering counts, noting that individuals must meet a "volunteering threshold" in order to receive the positive health outcomes from volunteering—about 100 hours per year.

So, how do some of Scottsdale's busiest residents find time to give back? How did they get involved? And, have they really seen a link between their health and volunteering?

23.8% of Arizona's residents volunteer—ranking us **42nd** among the **50** states and Washington, DC.

Source: www.VolunteeringInAmerica.gov

Scottsdale Volunteers at a Glance

Tim Murphy

What I do: I am the founder and president of Presidential Pools & Spas, a residential and commercial pool builder that's been in the Valley since 1991.

How I give back: Through our business, we have been lucky enough to work with several organizations, including the Phoenix Children's Hospital and the YMCA, on pro bono pool projects.

But, rather than fitting more active volunteering into my work day, I fit it into my vacations! I am involved with a group called "Juntos" that helps raise money for an orphanage in Rocky Point, where I vacation throughout the year. I figure that Rocky Point has given me and my family so many wonderful memories that the least we can do is return the favor.

In the past two years, we have raised enough money to donate a school bus and power center, in order to provide much-needed air conditioning for the kids at the orphanage. We also do the little things that make a difference, including just walking the streets and passing out shoes and toys to children.

And, in that case, if sweating is any indication of calories burned, I must lose a few pounds on those days!

Rick Ueable

What I do: I'm the owner of 32 Subway restaurants in Arizona.

How I give back: Like many of us, I love the occasional golf fundraiser! In fact, I am a founding member of Subway Kids & Sports of Arizona, and each year we put on one heck of a golf tournament to provide kids with access and funding for local sports.

In addition to working with Subway Kids & Sports, I am also the director of African Affairs for Partners in Action, a 501c3 organization in Scottsdale that manages orphanages and schools in Africa. We have a passion for helping children to get healthy and educated in a loving environment. In my role, I visit our projects three to four times a year to ensure that our funding and level of care both exceed expectations. We've passed out food to children, provided clothes so they can attend school, built homes for their families, and now we even bought a city.

With two partner groups, we bought a 4,300-acre city called Bulembu in Swaziland where we currently assist 350 orphans and hope to help 2,000 or more by 2020. We've also been able to create 1,200 jobs and hope to create 5,000 over the next 10 years.

Now, not everyone has to go off to Africa to give back. Sit down and choose something that means something to you. If your grandparents have diabetes, call the American Diabetes Association. If you're a dog lover, call the Humane Society.

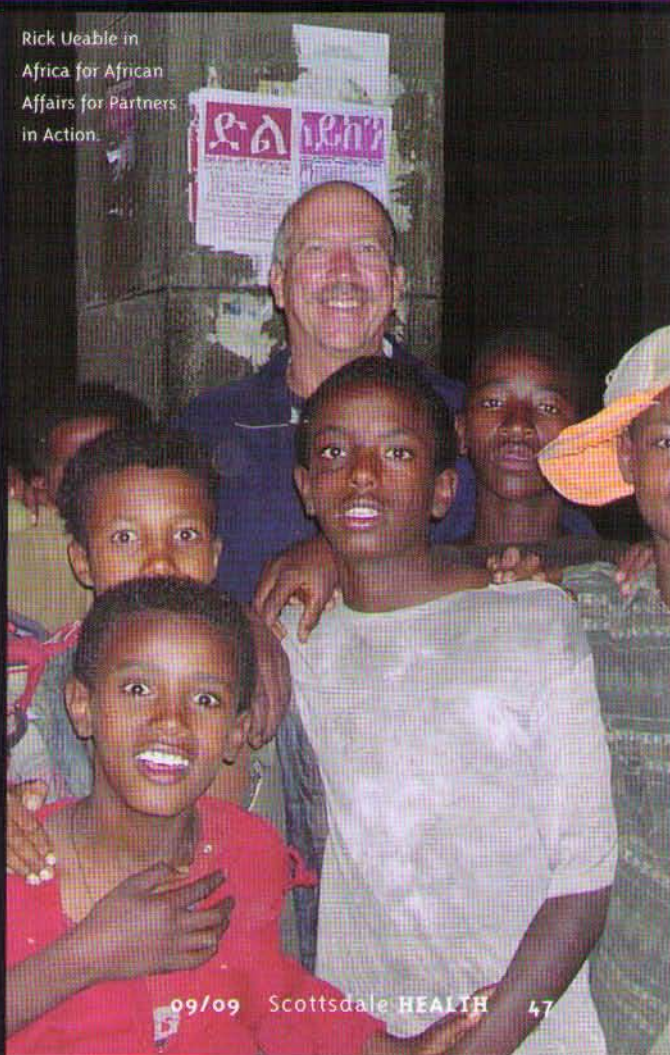
Funnily enough, volunteering is more like exercising that we realize. Sometimes taking that first step is the hardest, but you will never regret it once you've started. And both are good for the heart.

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Nearly **61 million** Americans volunteered in their communities in 2007, giving **8.1 billion** hours of service worth approximately **\$158 billion** to America's communities.

Source: www.VolunteeringinAmerica.gov

Rick Ueable in Africa for African Affairs for Partners in Action.





Stella Sharlovich cuts the tape to kick off the Network of Strength's Walk to Empower on Mothers' Day.

Stella Shanovich

What I do: I am an audit partner at Grant Thornton LLP, a leading accounting, tax and business advisory firm.

How I give back: I've found that a great way to give back to the community is to get the entire office involved. Our office has an initiative called Grant Thornton C.A.R.E.S. (Community Awareness & Responsibility Expressed through Service), which enables us to focus our energy on giving back to the community. Locally, we found that this is one of the best ways to network and bond together as a team. One of our biggest successes has been our support of—and participation in—the Breast Cancer Network of Strength and its "Walk to Empower" fundraiser, which is a 5k walk held every year on Mother's Day.

Leading up to the event, our office held a variety of fun events to raise money for our walkers. Then, we walked together in the Mother's Day walk. By the end of each year's walk, we are tired but smiling. For me, events like this create positive energy in the office and can help eliminate some stress. And, by finding active ways to get involved, we were able to exercise together, too.

Scott Stemm

What I do: I'm the senior vice president of commercial lending for Western National Bank.

How I give back: I've volunteered as the head coach of the Pinnacle High School girls' lacrosse team for the past six years—my daughter is on the team. Our club has grown into a formidable competitor; last year the varsity team won its first championship!

But, winning the championship wasn't even my favorite moment as a volunteer. The year before, we won a semifinal game in overtime by one goal, and I was able to watch the team—and my family—jump for joy with their accomplishment.

As you can see, one of the best ways to fit volunteering into one's life is to do it with the kids—it's an amazing way to stay connected to them, which is traditionally tough to do once kids get into high school. Trying to keep up with the team also helps me stay active and sharp, both physically and mentally. It's a workout!



Scott Stemm with his daughter, Katie, after winning the state lacrosse title.

Abbie S. Fink

What I do: I'm the vice president and general manager of HMA Public Relations, a leading public relations agency in the Valley.

How I give back: Volunteering has always been a part of my life. My parents were always involved in community activities, and they taught my sister and me the importance of giving back. I serve on the board of directors for the Boys & Girls Clubs of Greater Scottsdale. In addition to lending my public relations expertise to further position the Clubs as the "positive place for kids," I always volunteer when I can to do hands-on activities with the kids. That can be serving Thanksgiving dinner to 100 families or taking kids shopping for their back-to-school clothes—there is something pretty special about seeing your work play out in the eyes of the child.

HMA also believes in giving back to the community. Our team provides pro bono public relations services to a couple different organizations, including the Partnership for a Drug-Free America, Junior Achievement and the Arizona Association for Economic Development.

Barbara Madden

What I do: I'm the executive assistant to Dale Walters, CEO at Keats, Connelly and Associates, LLC, the largest wealth management firm in the country specializing in U.S./Canadian cross-border issues.

How I give back: One of the best volunteering experiences in recent history—

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Abbie S. Fink, with co-worker Beth Wilkinson, takes part in the Boys & Girls Clubs of Greater Scottsdale's turkey dinner, where more than 300 people are fed.

and definitely the one that burned the most calories—was volunteering for the Save the Family Foundation.

Save the Family helps homeless families get back on their feet by providing housing while teaching them about financial and emotional self-sufficiency.

While I love festive charity casino nights and other social fundraising activities around town, when Save the Family obtained new housing that would need to be totally renovated, we jumped at the chance to roll up our sleeves and get our hands dirty.

Over the course of one hot week in the Valley, we landscaped the backyards of two homes. From pulling down fencing to raking to weed pulling, we did it all.

And when Save the Family presented the homes to the single mothers and their smiling children, our hearts were as full as our bellies were flat from some good old hard work.

Jeremiah Foster

What I do: I am the co-principal of Resolute Commercial Services, which delivers constructive solutions to complicated real estate matters.

How I give back: While growing up, I had the chance to learn about giving back each day. With my mother being the executive director of a number of charities, it was instilled in me since birth. So, my partners and I found a way to make the time to give back and to empower our team to do the same—we actually pay our employees for donating two full-time days to the charity of their choice.

My charity of choice is Junior Achievement of Arizona, where I feel like I can directly impact the lives of children through a personal donation of time in the classroom. Healthwise, capturing the attention of teens is an accomplishment in and of itself, and keeping their attention over time is a