

it's Your Life...
Are You Ready?



Write Your Own Zine

Zines are self-published mini magazines that can be one-of-a-kind or super small publications. Make one as a personalized gift for a friend or make a few to really let people know what's on your mind.

What you'll need

- Paper
- Writing Utensils
- A pair of scissors

Extra Supplies – The sky's the limit!

- Glue stick
- Washi tape
- Paint chips
- Colored pencils (or crayons)
- Stickers
- Security envelope linings
- Rubber stamps
- Old magazines
- Old stamps
- String or yarn

Directions

1. Fold your sheet of paper in half. Fold it again into quarters and then one more time so that it's folded into eighths.
2. Open your paper so that it's folded in half. Cut halfway across the middle from the fold. When you open your paper it should have a slit in the middle.
3. Fold your paper lengthwise (along the crease that has the slit). Hold the paper at either end, then push the ends in toward each other. The sections should fold into each other to form an eight-page booklet.
4. Now it's time to turn that blank booklet into a zine! How you fill it in is completely up to you. You can plan or sketch out your content before making it final. Use your imagination!

5. You can keep it for yourself, give the original away as a one-of-a-kind gift, or make copies to share with your friends. Either way, you've made your first zine!

How to Volunteer at the Local Nursing Home

1. **Get permission.** If you are a minor, you need a parent or guardian's permission to volunteer.
2. **Search.** Go online and find the nursing home at which you would like to volunteer.
3. **Check your schedule.** Know when you are free to volunteer.
4. **Call.** Get the phone and call the nursing home. Have a pen and paper ready. When someone answers, introduce yourself and explain you'd like to volunteer. Arrange with the volunteer coordinator when would be a good time to come in and start or fill out any necessary paperwork.
5. **Follow instructions.** As a volunteer, it's important to follow the rules and guidelines provided by the volunteer coordinator or staff.
6. **Choose activities that work for the age range.** If you are given the freedom to plan the activities yourself, consider what the residents will enjoy.
7. **Be consistent.** Be sure to show up every time you have scheduled to volunteer.
8. **Be yourself.** Act like you're meeting people your own age. Chances are, you might have more in common than you think!



Have you heard of the **Shared-Branch Network**?

Did you know that all ATMs in our Shared-Branch Network are free for all members? Don't judge an ATM by its cover, even if it does not say Interior FCU on it. Surcharge-free by finding the nearest IN-NETWORK ATM to you and use the cooperative Credit Union, Shared-Branch Network!

Hint: They are everywhere!

Find free ATM's by going to our Branch/ATM locator on our Homepage:
interiorfcu.org