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*Inspiring, strengthening, and
supporting volunteerism in
Frederick County.*



Quarterly Newsletter

Summer 2008

Back to School - Youth Volunteering

With summer coming to an end, thoughts of back to school are sure to be on many people's minds right now. Back to school season is a great time to volunteer with children in many different capacities at a variety of agencies throughout Frederick County. Children can also benefit greatly from volunteering themselves; they gain confidence, learn new things, share their talents and ideas, explore career interests, gain work experience and build their resume.

There are many opportunities for children to volunteer during the school year. This fall Volunteer Frederick is starting a new group to engage young children in service called YAC (Youth Action Corps) Junior. YAC Junior is open to children ages 10 and under and is modeled after the original YAC group that organizes service projects for 11-17 year olds year-round. YAC Junior will expose younger children to volunteering and its many benefits. For more information on the YAC programs, please contact Stacey White at 301-663-5214, ext. 2# or staceyw@volunteerfrederick.org.

Agency Profile:

The Boys and Girls Club of Frederick County

"The Positive Place for Kids"

With the school year looming on the horizon for the area's children, the Boys & Girls Club of Frederick County has already been working hard to finalize plans for afterschool programs. The Clubs provide a variety of afterschool educational enhancement and recreational opportunities for Frederick's youth at four sites. The Burck St. Unit, the Club's main headquarters, is a licensed Child Care facility, and features a game room complete with billiards, foosball, air hockey and a variety of board games; a technology Lab with 10 computers; a learning center where members can choose a book from its library, receive assistance to complete homework, and observe the animals in the nature center; and an art room stocked with all kinds of art and craft supplies. In addition, there is ample outdoor space and facilities for youth to run and play: Sports fields including two basketball courts, a soccer field, volleyball, badminton, and tennis nets, a pavilion capable of holding a few hundred people and a playground with swings, slides, and other equipment.

Extension sites are located at Crestwood & Monocacy Middle Schools, and the Hillcrest Community Center, where the members participate in similar activities using the resources available at those locations. Everyday, members engage in activities in each of the five core areas of the Boys & Girls Club that allow them to develop a sense of belonging, usefulness, influence, and competence within themselves which continue far beyond the walls of the Club. The five core program areas include: Character and Leadership, Education and Career Development, Health and Life Skills, The Arts and Sports, Fitness and Recreation.

Following the Club's mission to provide a safe place for all of Frederick's youth, especially those who need it most, the cost of joining the club is kept to a minimum – just \$25 per month. This price includes all field trips and activities. Additionally, if any parent finds this cost to be a financial burden, assistance is easily available. The parent contributions only account for less than 4% of the annual costs of providing programs at the Club. Costs are kept low by subsidizing programs heavily with local contributions from businesses and individuals, city, state, & federal grants, and fundraising events; partnering with like-minded organizations (like FCAA) to provide necessary services; and using volunteers to assist staff in meeting the needs of our members.

Volunteers may lead programs on specific topics, coach sports teams and referee tournaments, help with meals, assist managers in the office, help to keep the club spotless, and become role models to the youth they help serve. Volunteers may download an application online at www.BGCFC.org. After completing a background check and short orientation to the club, volunteers are acclimated to the club environment and are given additional responsibilities as they become comfortable with their roles in helping the Boys & Girls Club of Frederick County be the positive place for kids.



Club members playing a board game - one of the many activities available at BGCFC.

Pro Bono Corner

Pro Bono Consulting – Making a difference in the community by applying your personal skills and experience.

Are you a working or retired adult who wants to volunteer more than once a year when Santa is watching? If you are interested in a short term project with a flexible schedule and a specific work product, then let Volunteer Frederick's Pro Bono Consulting program match your skills and experience with a local non-profit agency and project.

Friends of Frederick County (FOFC), a non profit agency promoting quality of life, sustainable land use and watershed protection, needed a book keeping system and the training to go with it. Barbara Brewster, of Accounting Software Services was matched with FOFC to utilize her skills using QuickBooks accounting software, and presto, everyone got what they were looking for! "We wouldn't have either software or training, and hence would be without a book keeping system, if not for Barbara" said Janice Wiles, Executive Director. Says Brewster: "I appreciated the opportunity to work with Janice and further the mission of such a worthwhile organization. I was able to set up the chart of accounts and give Janice a crash course in basic accounting. Projects like this give individuals a chance to 'give back' by volunteering their expertise".

"Currently, we have needs for web site developers, grant writers, fund raisers, event planners, and much more", says Margaret Convey, who is a pro bono consulting team volunteer. For more information or to sign up to be a Pro Bono volunteer contact Jim Cox jimcoxjr@volunteerfrederick.org, or Diana Halleman 301-663-5214 ex 6# or visit www.volunteerfrederick.org and click on pro bono consulting. ☺



Pro Bono Volunteer for Friends of Frederick County, Barbara Brewster

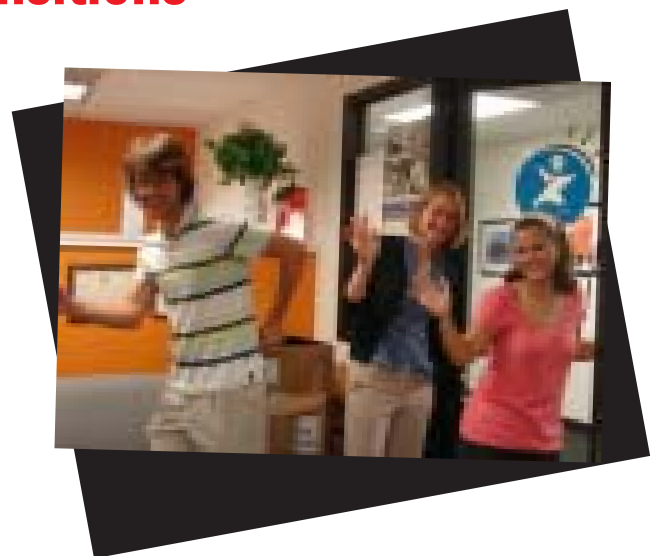


AmeriCorps*VISTA Transitions

Two of our AmeriCorps*VISTA Volunteers are ending their year of service at Volunteer

Frederick. April Browhan is ending her year as AmeriCorps*VISTA Youth Service Coordinator. During her year April helped lead the Youth Action Corps (YAC), helped plan the Martin Luther King, Jr. Day of Service, and planned and led the SummerServe Express Summer Service Programs. April will be doing a second year of AmeriCorps*VISTA as Coordinator of Civic Engagement Programs for Meredith College. "It's been so fun being at Volunteer Frederick this past year! I've been able to work with a lot of awesome people and AMAZING youth! I will especially miss all my YAC-ers! :-)" says April. Elizabeth Carter is also ending her year of service at Volunteer Frederick as AmeriCorps*VISTA Marketing and Special Events Coordinator. Over the past year, Elizabeth was a coordinator for the 8th Annual VIPs at Your Service Event, led production and distribution of four Volunteer Frederick Newsletters, assisted with production of VF's Annual Report and was co-coordinator for the 7th Annual BIG Sweep, as well as a counselor for SummerServe Express. Elizabeth will be attending graduate school this fall at Fordham University for a Master's in Social Work.

Two new AmeriCorps*VISTA members are also coming on board in August. Paul Winzer, of Middletown, MD, is joining Volunteer Frederick as the new AmeriCorps*VISTA Youth Service Coordinator. Paul graduated from the University of California, Berkeley, with a bachelor's degree



Farewell to VISTA's; Elizabeth Carter and April Browhan and welcome to new VISTA Paul Winzer!

in History. Eve Shafi is also coming on as the new AmeriCorps*VISTA Marketing and Special Events Coordinator. Eve graduated this past spring from Villa Julie College with a bachelors degree in Business Communications. A BIG thanks to all our VISTAs for all they do for Volunteer Frederick! ☺



RSVP

Volunteer Frederick announces retirement of **RSVP Project Director Carol Haag**. As so many of you know first hand, Carol has done an outstanding job developing Volunteer Frederick's RSVP program, the Volunteer Mobilization Center program and the Pro Bono Consultant program. Since 2002 she has helped strengthen Volunteer Frederick and RSVP with her vision, dedication, tenacity and hard work. Her vast experience, knowledge and expertise will be greatly missed. Here are some highlights of Carol's many accomplishments:

- ◆ Carol launched the RSVP program in Frederick County in 2002. She partnered with numerous agencies, community groups and the media to promote and expand the program which today engages 593 active RSVP members at 46 agencies. Carol supported volunteer recognition activities at many RSVP stations and in 2007 hosted an RSVP Breakfast of Champions celebrating RSVP's 5th year anniversary. Over the past five years, more than 600 Frederick County citizens have registered and been placed with RSVP, giving 67,830 hours of service to more than 100 public, nonprofit and faith-based organizations.
- ◆ In 2003, Carol applied for and received an RSVP Program of National Significance Award to establish a disaster volunteer mobilization initiative for processing spontaneous volunteers following local emergencies or disasters. Carol worked tirelessly to develop Volunteer Mobilization Center training and operation tools and materials, establish VMC host sites at five area churches, and recruit and train VMC volunteers through numerous orientations and drills. Carol also formed a VMC Leadership Team of RSVP volunteers willing to assist with the planning and operation of Volunteer Mobilization Center drills. She also organized a statewide VMC Roundtable in collaboration with the Volunteer Center Serving Howard County. Carol also played a key role in planning and obtaining funding for the Volunteer & Medical Reserve Corps.
- ◆ Carol was key player with the formation and operation of Frederick County's Citizen Corps Council. She served in leadership roles such as Secretary and Membership Chair. She also developed and strengthened relations with many emergency and disaster partners through her regular participation on the Local Emergency Planning Committee and Maryland VOAD (Voluntary Organizations Active in Disaster).
- ◆ Carol established the Pro Bono Consulting Program in February, 2006 to offer working adults, seniors and active retirees a flexible opportunity to apply their professional capabilities to short term needs of local agencies. She launched the program on the Day of Discovery "Life Mapping: Chart Your Course for a Creative Retirement" organized in collaboration with FCC's Institute for Learning in Retirement and MOST Magazine. The event brought national and regional speakers to help 75 retirees and pre-retirees examine unexplored passions, yet-to-be-fulfilled goals, hobbies and community service possibilities to match their unique talents and interests.
- ◆ Carol assisted many organizations with meeting community needs through the strategic engagement of volunteers. Most recently Carol collaborated with the Frederick County Commission for Women to develop a mentoring program for young women between the ages of 18-29. ♡

Dear Friends and Colleagues,

I would like to express my sincere thanks to all of you who have supported Volunteer Frederick RSVP during the past six years. I have decided to retire this month and while it is sad to leave so many friends behind, I am very happy and grateful to have known you. I'll treasure the good times we've shared and the happy memories I've gained. The program will be in the very capable hands of Suzanne Franklin, who will be serving as RSVP Project Director following my retirement. Many of you have gotten to know her during her tenure at Volunteer Frederick as RSVP Coordinator. Please continue to let her know how you are making a difference in your communities.



I'm reminded of you when I remember one of my favorite quotations: "The sacrifices and contributions made by older volunteers are not necessarily sweeping acts of courage or heroism. Often they are simply quiet acts of compassion. Nevertheless, they remind those who have met hard times that they are worthy of support and deserve to be treated with dignity. More importantly, they remind us all that even in the most desperate of circumstances, there are people committed to creating a world more prosperous, more beautiful and more caring than the one into which they were born. There is no greater gift a generation can give the world, no greater legacy it can leave behind. It is a legacy of hope, and above all, the strength of the human spirit."

Andrew Carroll

As I begin my retirement journey of service, I will be inspired by your example.

Yours in service,

Carol Haag



You're Invited...

Volunteer Frederick's RSVP Models of Service! Fashion Show and Luncheon

Please join us as Volunteer Frederick highlights the outstanding service of our RSVP members and prominent community volunteers as they model fashions by Coldwater Creek. The afternoon will also feature a Silent Auction, fashion accessories and a lunch buffet. All proceeds benefit Volunteer Frederick's RSVP Program.

Saturday, September 20, 2008

11:30am-2:30pm

Dutch's Daughter Restaurant

581 Himes Ave. Frederick, MD

Tickets \$20

To purchase your ticket contact Stephanie Schepp at 301-663-5214 x 0# or StephanieS@VolunteerFrederick.org.

BACK TO SCHOOL VOLUNTEER OPPORTUNITIES



Make a difference in the lives of children by mentoring them only a few hours per month through **Big Brothers Big Sisters** (<http://www.bbbsfrederick.org>) Mentoring Plus Program. Many of these children, ages 4 to 14 don't have a positive role model to help guide them and you can help. As a mentor, you will be matched with a child one-on-one, to spend quality time together each week. No special skills or experience are required. Mentors must be 18 years and older. Hours and days are flexible. If you want to reach out and change a child's life today, contact Maret Sisas at maret.bbbs@yahoo.com or Lisa Robertshaw at 301-694-0188.



The Boys and Girls Club of Frederick County (www.bgcf.org) is seeking volunteers to help run summer and after-school programs in Frederick. Needs vary greatly. Volunteers can share their interests and hobbies as an organized program, help organize upcoming Halloween festivities, or simply be a positive role model for youth. Volunteers are asked to make a 3 month commitment and must submit a background check before service. The check is done free of charge to the volunteer. Contact Ben Shuman, 301-600-1875 to learn more.



Community Agency School Services (CASS) (<http://www.emmitsburg.net/cass/index.htm>) are collecting school supplies to ensure that all students start the school year off right with the necessary supplies. Needed supplies include: 3 ring binders 2" or less; composition notebooks, dividers, spiral notebooks; paper, folders, pencils, pens, highlighters, colored pencils, tissue boxes, markers, glue sticks; erasers, scissors, rulers, dry erase markers, protractors and compasses, zipper pencil cases, and Ziploc bags gallon and quart size. Gift cards to stores that sell supplies (Wal-Mart, Staples, CVS, Target, etc.) are also welcomed donations. School supplies or gift cards can be dropped off at: Trinity United Methodist Church, 705 W Patrick Street on Monday Aug. 18th at 8:00 AM – 7:00 PM. Any assistance you can provide is appreciated. If you have any questions

please contact Ginger Hart, CASS Coordinator, at 301 371 4897.



Circle of Hope Therapeutic Riding (www.chtr.org), a nationally accredited 501(c)3 non-profit organization dedicated to encouraging the physical/mental development of children and adults with disabilities, is seeking volunteers to perform many tasks that are vital to the program. Among those duties for which volunteers are needed are: grooming horses, assisting staff, assisting participants, grant writing, fund raising, marketing special events, etc. to name a few. Volunteers must be 14 years of age or older and all volunteers must attend a two day orientation and training. To volunteer, call 301-916-2040 or email chtrinc@aol.com.



Wags for Hope (www.wagsforhope.org) is looking for volunteers to take pets into nursing homes and assisted living facilities. This is in addition to volunteer participants in R.E.A.D. (Reading Education Assistance Dogs) which takes place in various facilities and involves bringing pets to schools and libraries to help improve the literacy skills of children. Volunteer orientations are held regularly and training is offered for volunteers. For more information, contact Gabe O'Neill at gabe@wagsforhope.org.



At the monthly 'Parents' Day Out' program sponsored by **The Arc of Frederick County**. "Parents' Day Out" provides much needed respite care to parents and guardians of children with developmental disabilities and their siblings. Volunteers of all ages are encouraged – it's a great family volunteer project! The program is held the third Saturday of every month, 10AM-2PM and it's FUN filled hours of games, crafts and other projects! Call Leah Crace-Jones at 301-663-0909 to volunteer.

Summer of Service Grant & Highlights from SummerServe



Over the last 11 years, Volunteer Frederick has become well known locally and nationally for its innovative *SummerServe* programs, and this year we're playing a lead role in the Corporation for National and Community Service's (CNCS) drive to involve more middle-school youth from disadvantaged circumstance in service during the summer months. Volunteer Frederick created the Eastern Seaboard Summer of Service Consortium and was awarded the largest CNCS Summer of Service grant, \$200,000, to strengthen and replicate successful service learning programs at 14 organizations ranging from New Jersey to Florida. Through these programs, nearly 2,000 youth will serve roughly 70,000 hours this summer on hundreds of service-learning projects.

As for our local SummerServe programs, while no one is ever turned away due to inability to pay fees, VF's portion of the grant allowed us to reach out more proactively and waive fees for more youth. Thirty-eight youth were supported by the grant with many of them recruited through Housing Authority's Project Alive program and FCPS'CASS program.

This summer, 59 youth attended our three theme-based SummerServe Express sessions: Environmental Action, Helping Animals in Need, and Down on the Farm. Our classic five-week SummerServe program engaged 34 youth in 13 projects at agencies such as the Frederick Rescue Mission, Up-County Family Center, HorseNet Rescue, the Salvation Army and the Schifferstadt Museum. The programs culminated with our annual SummerServe Celebration on August 7th; in all 90 youth received the President's Volunteer Service Award.

The sentiments of two SummerServe volunteers provide a glimpse of SummerServe's impact on the youth themselves: "You find a kind and inspirational side of yourself... I learned a lot and it was hard, but in the end I know I did something great!" and "We can accomplish anything if we work together and believe in ourselves." ♡

Plan to Be Safe: Plan 9

As one of Frederick County's emergency preparedness partners, Volunteer Frederick is pleased to announce our participation in Frederick County's Office of Emergency Preparedness Plan 9 preparedness campaign, beginning September 2008. The campaign will kick off on September 17, 2008 with a Train-the-Trainer course.

Plan 9 outlines the nine essential steps recommended by Frederick County's emergency officials to shelter-in-place in the event of an emergency. The program is designed to be delivered to those most vulnerable during an emergency through their regular service provider or trusted community leader.

Volunteer Frederick is looking for volunteers to join the Frederick County Preparedness team by becoming a Plan 9 trainer. Volunteers would need to commit to delivering the training periodically throughout the course of the next year. All supplies and assistance scheduling trainings will be provided to volunteers.

The Plan 9 campaign is being supported by the Frederick County Division of Emergency Management, Health Department, American Red Cross - Frederick County Chapter and Volunteer Frederick.

For additional information, or to volunteer as a Plan 9 trainer, please contact Jamie Sonnenberg @ 301-663-5214 x4 or e-mail jamies@volunteerfrederick.org.

Plan 9: Preparedness Tips

Nine essential items to help you shelter in place during an emergency.

- 1. Water-** Bottled Water. One gallon, per person, per day for drinking and sanitation.
- 2. Food** – Nonperishable food. A supply of 3-5 days of food per person.
- 3. Clothes-** Collect one change of clothes and footwear per person.
- 4. Medications-** Collect three days worth of prescription medicines you're taking.
- 5. Flashlight-** Keep a bright flashlight in case there's no electric power.
- 6. Can Opener-** Make sure it's a manual one in case there's no electric power.
- 7. Radio-** A battery powered radio for listening to news and weather.
- 8. Hygiene Items-** Just the basics like soap, toilet paper and a toothbrush.
- 9. First Aid-** Basics such as antiseptic, gloves, bandages and non-prescription meds.



VIPs at Your Service



Save November 14 for Frederick's Most Fun Event!

Wouldn't it be great if in just one evening you could

- Thoroughly entertain your closest friends & colleagues,
- Become better known in the Frederick community, &
- Support volunteerism in Frederick County!

Guess What? You Can! Volunteer Frederick is looking for a few good VIP Waiters to make 2008's the best ever! (No experience required!)

VIP Waiters...

- Come up with a movie theme for their table and decorate accordingly,
- Provide a list of friends they'd like to serve at their table, or agree to serve provided by Volunteer Frederick, and
- Entice their guests to give them tips for their creative service.

The VIP Waiter with the most tips wins the 2008 Most Appreciated Waiter Award!

If interested, please contact Lisa Orr at Volunteer Frederick at 301.663.5214, ext. 3# or LisaOrr@VolunteerFrederick.org

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