

Want to Volunteer? Start Here:
www.VolunteerFrederick.org
1.800.Volunteer
301.663.5214

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



Quarterly Newsletter

Spring 2007

VOLUNTEER VACATIONS: VACATIONS WITH A MISSION

Voluntourism, combining vacation with community service creates a unique recreation experience... one that more and more Americans are seeing the benefits of.

Volunteer vacations contain a plethora of opportunities, price ranges, purposes, and locations. Examples of voluntourism can vary: a doctor working on a child with a cleft palate in Brazil, a stay at home mom daypacking to clear out invasive plant species on a Virginia hiking trail, a businessman recording the effects of global warming on local coral reefs in Thailand, or a high schooler playing with children in a Mexican orphanage.

Voluntourism is a way of interacting with your destination and your destination interacting with you, bringing people of different backgrounds together for one common purpose- a better world.

Typically with volunteer vacations, volunteers pay their own expenses, including airfare. The organizations they go with are usually non-profit, and offer guidance in travel plans.

The following are just a few of the hundreds of websites on domestic and foreign volunteer vacation information. Remember, this is just a sampling of what is available!

- www.globalvolunteers.org
- www.crossculturalsolutions.org
- www.wildernessvolunteers.org
- www.charityguide.org/volunteer/vacations.htm
- www.i-to-i.com
- www.americanhiking.org/events/index.html
- www.voluntourism.org

Agency Profiles:

MissionServ & Able and Willing International Education Foundation

Caring and Compassionate Services for Those in Need... Halfway Around the World

Andrew Correces, at the time a senior at Highland View Academy in Hagerstown, went on Spring Break last year with 30 classmates. Not to soak up the sun in Panama City Beach or Cancun, but in the Brazilian state of Ceara, Correces soaked up the sun as he helped pass thousands of clay shingles up a roof, as he laid marble floor tiles, matched bits of tile to a wall mosaic, hauled dirt, played drums with Brazilian children, and picked up weeds.

Correces is just one of the 65,000 Americans traveling overseas to take part in volunteer vacations a year, estimates Stefanie Rubin, director of the International Volunteer Programs Association.

More and more Americans are starting to view vacations as more than a week laying on the beach or in the city.

"I can choose to have fun and enjoy myself, or I can choose to benefit myself and have fun benefitting others," said Correces, now a freshman at the University of Maryland, who plans to return this summer with the MissionServ organization to continue work on the Community Center he worked on before.

MissionServ International and Able and Willing International Education Foundation (AWIEF), are both local volunteer vacation groups based in Frederick.

MissionServ International, an organization established in 1992, has led more than 80 trips to Brazil, both medical and non-medical teams. The trip Correces was involved in was through VolunteerBrazil, a offshoot of MissionServ.

"You can get to know the country and the people and learn about their needs. Volunteers see they can make a difference by sharing practical love, they come back with a different vision of the world." said Dirci Borelli Marquart, president of MissionServ. On one medical trip, a doctor shared with her that he wanted to bring his family. "My kids are tired of the resorts' they want to make a difference," he said.

AWIEF is a Frederick-based organization that builds schools in areas where access to basic education is severely limited. This August three Frederick area volunteers are starting a new school in the Democrat Republic of Congo, said Jim Carpenter, treasurer of the non profit. In the



The opening of the Haroldo Julio Seidl Community Center in Aquiraz, Brazil

(Continued on back page)

Survey Results In!

What Frederick County Volunteers Think and Do....

More than one out of three people in Frederick County would volunteer more if they were more aware of opportunities. Read the results of a joint survey effort this past fall between VF and a Hood College Public Relations class by clicking the link in the What's New window at www.Volunteer Frederick.org The goal of the survey was to ascertain the attitudes, behaviors and key issues concerning volunteerism in Frederick County. It also gathered data on how the public views VF and its services. 379 county residents responded to the survey.

Key Findings of the Study:

- **88% of respondents report volunteering in the past two years.**
- **72% The majority of that volunteering has been with people or community oriented organizations.**
- **76% like to volunteer as part of a group effort.**
- **77% do not volunteer more because of lack of time.**



Where



How can you get clean roadsides across Frederick County, funds for your favorite community organization, and a free t-shirt? The BIG Sweep, of course! It's not too late to register your organization before the March 29 deadline.

The BIG Sweep, Volunteer Frederick's annual county-wide beautification project that turns trash into cash for local nonprofits, will be held on April 21, 2007, National and Global Youth Service Day. The event works like a collaborative walk-a-thon to raise funds for any nonprofit community group, but instead of walking, teams of volunteers clean up roadsides and parks throughout Frederick County.

Last year nearly 1,200 BIG Sweep volunteers raised \$50,000 for 70 participating organizations. Friends, colleagues and businesses sponsored the clean-up efforts of the the volunteers who collected nearly 16 tons of trash and recyclables and 668 tires.

It's simple to become involved in the BIG Sweep. Any organization that wants to participate registers their group of volunteers and solicits sponsorships for their clean-up efforts on behalf of their selected nonprofit. Participants that collect at least \$35 receive a free BIG Sweep t-shirt. Businesses can put together BIG Sweep teams as well and decide which of the participating nonprofits they want their fundraising to benefit.

On April 21, Big Sweep team members may attend the free annual kick-off breakfast at Martins at Walkersville, pick up their supplies and t-shirts, and then head out to their chosen clean up site.

"The event is particularly effective for all kinds of youth groups, from faith-based youth groups to scouting troops," said Jennae Dubois, youth service director at Volunteer Frederick. This is the third year that Volunteer Frederick has been selected by Youth Service America as a Lead Agency for National and Global Youth Service Day. Last year more than 700 youth participated.

Participating BIG Sweep organizations keep at least 75 percent of the funds raised; the remaining 25 percent is used by Volunteer Frederick to cover the cost of event coordination and promotion, as well as clean-up and safety supplies, and t-shirts. Check out TheBIGsSweep.org for more information. ◦

1-800 
Volunteer.org
 Your New Link to
**Volunteering
 Information**

Volunteer Frederick is excited to announce that we have upgraded our online database! Our new system - 1-800-Volunteer.org - is an interactive online database of agency and volunteer opportunities with lots of great new features.

Volunteers can search for volunteer opportunities in Frederick County, create an account, and learn about our special programs for youth volunteers and older volunteers. Local nonprofit organizations can post their volunteer opportunities on the site.

You can check out the new database by going to VolunteerFrederick.org, and clicking on "Find a Volunteer Opportunity."



The Frederick
News-Post

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Is Pro Bono Right for you?

- Interested in volunteering – but not sure you have the time?
- Looking for an opportunity to use your professional skills?
- Willing to donate your expertise to area nonprofits?
- Searching for a way to contribute to your community in a meaningful, professionally challenging way?

If you are retired, semi-retired, between jobs or at the peak of your career but have some free time, then the Pro Bono Consultant Program may be perfect for you.

Volunteer Frederick understands that today's prospective volunteers are interested in achieving balance and flexibility. Many want to do something meaningful and substantial but want the flexibility to choose their schedule, the duration of a volunteer project, and the method of service. They are also interested in volunteering in new and unique ways. Sometimes the types of volunteer opportunities traditionally available may not fit the interests, talents and scheduling needs of today's more professional volunteers.

Although the Pro Bono Consultant program attracts volunteers of all ages, it was designed for the increasing numbers of mature adults with professional backgrounds who either reside in Frederick County or who have recently moved to the area. The program is modeled after Montgomery County's successful Pro Bono Consultant Program which targets the needs and interests of many 55+ adults.

Through focus groups and site visits, Volunteer Frederick staff members assist agencies with assessing their unmet needs and envisioning how highly skilled transitioning and retired volunteers can meet those needs. Each job description is designed to be time limited

and measured by tangible outcomes. The following are examples of the ways Pro Bono Consultants might be of help:

- * **Organizational** - finance, human resources, special event planning, public relations, research and evaluation, strategic planning, training and development
- * **Programmatic** - design or grant writing
- * **Technical** - database design, hardware and software support and selection, IT training
- * **Trades** - plumbing, carpentry, landscape design

If your skills are in one of these areas, and you would like to find out about projects currently requested by agencies, you can view Pro Bono opportunities on VF's web site (under agency listing "Volunteer Frederick's Pro Bono Consulting Program"), or contact Jim Cox at jimcoxjr@volunteerfrederick.org or 301-663-5214. ◦

Interested in Gaining Fundraising Skills & Experience?

Volunteer Frederick is seeking a Pro Bono volunteer to help its fund development committee. The position, Major Gifts Campaign Leader, would work with the committee to identify giving prospects, identify forums for outreach initiatives, and generate publicity ideas. If interested in this flexible and challenging position, please contact Carol Haag at 301-663-5214 ext. 1#.

New Staff, Leadership & Transitions at Volunteer Frederick

Volunteer Frederick is happy to announce the new board officers for 2007: Michael J. Cronin, a financial advisor with the Frederick branch of Merrill Lynch, has stepped up as president; he is joined by Melissa Sines, of DeLeon & Strang, CPAs and Advisors, as vice president. Cronin, a lifetime member of the Frederick Community has served on the board 2 years. He also serves as vice president of his Business Network International Group.

Jamie Sonnenberg, Volunteer Frederick's newest AmeriCorps VISTA member, will be coordinating the Volunteer and Medical Reserve Corps. In her role, Jamie will be recruiting new members, organizing and conducting trainings, and organizing CERT Citizens Emergency Readiness Training offerings. She is currently working on a bachelors degree in business administration at the University of Maryland.

Ashely White has also joined Volunteer Frederick for an internship through the Hood College Bonner Scholars program. Ashley is a junior at Hood College majoring in English and Communication Arts and is working on developing VF's annual report.

Volunteer Frederick is sad to say goodbye to two valued employees. Jeanne Mahoney, who has been Volunteer Frederick's Volunteer Services and BIG Sweep Coordinator for three years, will be leaving to work with the Appalachian Trail Conservancy. Deb Bauer, who has served as the RSVP Coordinator for two years, is leaving to assume the post of education coordinator at the Alzheimers Association, Frederick County Chapter. We wish them both the best of luck in their future endeavors. They have both contributed so much to Volunteer Frederick's programs and they will certainly be missed! ◦



Deb Bauer, Jamie Sonnenberg, and Jeanne Mahoney

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bush of Africa, volunteers direct and work along with villagers and parents as they make bricks and mix concrete for school buildings.

Able and Willing's schools strive to establish income-generating projects that teach students life skills while educating the schools to be self supporting, and educates the US public about their mission. The organization encourages volunteers to travel with them, but also needs help with the office and fundraising events in Frederick.

To learn more about MissionServ International you can visit their websites www.missionserv.org, fundango.com or www.volunteerbrazil.org. For more information on AWIEF, you can visit their website at ableandwilling.org.

Youth Service Update!

VF's Kids Kare Club program "Kick Butts 'Cause Kids Care," has been nationally recognized by the Kids Kare Club as the March Project of the Month!

Volunteer Frederick's Youth Service Director Jennae DuBois created this six-day anti-tobacco curriculum based on the service-learning project conducted in January with an after-school program. Students learned about the harmful effects of both tobacco and second-hand smoke through various group discussions and arts-related presentations. The youth then created "truth-vertisements" designed to counter appealing tobacco ads, and educate their peers about the truth behind tobacco.

BOARD OF DIRECTORS 2007

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Are you between the ages of 11 and 17? Do you want to make a difference this summer? Check out our SummerServe programs at VolunteerFrederick.org/youth_service.html

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RSVP Coordinator

Angie Cochrun

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Youth Service Director

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AmeriCorps VISTA, Volunteer & Medical Reserve Corps



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Visit our web site at:

www.VolunteerFrederick.org

Volunteer for a Day!

Many people have trouble finding time in their schedule for volunteering, but it is easy to fit in a one-day event. This month we've assembled a list of short term - one or two day - volunteer opportunities . Try one today!

ALLIANCE FOR CHESAPEAKE BAY

CONTACT PERSON: Kate Dowling
PHONE/EMAIL: 410-377-6260 or kdowling@acb-online.org
WEBSITE: <http://www.acb-online.org/project.cfm?vid=271>
MINIMUM AGE: 16 (Must be with guardian if under 18)
Volunteers are needed to help cut off old tree tubes on Saturday, April 28, from 9:30 to noon. Tree tubes (or shelters) are the plastic covers that protect trees from deer and rodent damage. However, as the tree grows larger, the tubes must be removed so they don't choke and girdle the tree. Wear sturdy shoes and clothes that can get muddy. Tools, light gloves, and hot drinks and snacks provided. To RSVP, contact Kate Dowling of the Alliance for the Chesapeake Bay.

COMMUNITY LIVING – SHARE Program

3rd or 4th Saturday/month
Help assemble boxes of food for participants in the SHARE program
Contact: COMMUNITY LIVING
CONTACT PERSON: Marty Young
PHONE/EMAIL: 301-663-8811
marty@communitylivinginc.org
WEBSITE: www.communitylivinginc.org
Community Living needs help on the 3rd or 4th Saturday (it varies) of every month from approximately 11:45 until 12:45. Volunteers will help distribute SHARE food items into plastic bins. This would be a great family project. If interested or to learn more about this volunteering opportunity, please contact Ms. Marty Young, director of Volunteers/PR.

MARYLAND ENVIRONMENTAL TRUST

CONTACT PERSON: Beki Howey
PHONE/EMAIL: 410-514-7915 or rhowey@dnr.state.md.us
WEBSITE: <http://www.dnr.state.md.us/met/>
MINIMUM AGE: 21
Volunteers are wanted to visit farms and forest lands covered by conservation agreements. The Maryland Environmental Trust preserves significant natural areas, farms and forest lands, waterfront, wildlife habitat, historic viewsheds and scenic landscapes across Maryland through voluntary agreements with landowners. Help to ensure Maryland's open spaces remain unspoiled by visiting properties to check that the agreements are being met. Volunteers participate in a one day training session and agree to complete four or more visits. Volunteers should be over 20 years of age, physically able to walk over potentially rugged terrain and have their own transportation. Our next training session is on Saturday March 17 at the Gudelsky Center, The Howard County Conservancy, 10520 Old Frederick Road, Woodstock, Maryland 21163.

NATIONAL MULTIPLE SCLEROSIS SOCIETY, MARYLAND CHAPTER

CONTACT PERSON: Kayleigh Shebs
PHONE/EMAIL: 301-228-3808 Kayleigh.Shebs@nmss.org
WEBSITE: www.nationalmssociety.org/MDM/home
Volunteers are needed to participate in the MS society's annual 5K walk/fundraiser. Volunteers collect donations in the months and weeks leading up to the event and agree to walk a 5K course on April 22nd. The walk begins and ends at West Frederick Middle School. Those collecting at least \$125 will get a t-shirt.
JOIN AN EXISTING FREDERICK COUNTY TEAM: Visit <http://www.womenoutnabout.com/walk.htm> to learn more about joining a successful existing Frederick County team.
Volunteers can also participate the day of the event. Work as set-up or registration volunteers, support vehicle drivers, rest stop volunteers, photographers, first aid/medical volunteers, communicators, cheerleaders, logging and invoicing volunteers, and clean-up volunteers.
Visit www.Marylandmswalk.com to register or for more details.

PARTNERS IN HOPE

CONTACT PERSON: Gina Romero
PHONE/EMAIL: 301-663-8559
gina.partnersinhope@gmail.com
WEBSITE: www.partnersinhope.us
Partners in Hope needs volunteers to help fold, stuff, stamp and tape newsletters. Approximately 500 newsletters are sent out every other month. This takes about 4 hours of one day, and is a fun time!

STEP IT UP! FREDERICK

CONTACT PERSON: Kita Murdock
PHONE/EMAIL: kitamurdock@yahoo.com
WEBSITE: <http://events.stepitup2007.org/events/show/329>; www.stepitup2007frederick.wordpress.com
Participate in the Step It Up national day of climate action in Frederick on April 14, 2:30 - 4:30 pm. Volunteers are needed for a family-friendly bike rally from Baker Park to the amphitheater on Carroll Creek. Volunteer roles include registration, bike route monitors, bike parking monitors, clean-up, etc. In addition to the bike rally, the event includes speakers and music and a showing of the documentary "An Inconvenient Truth".

A Vacation That Makes A Difference!

Does sitting in your car and office all day make you feel restless? Do you long to be physically active and have an adventure? Get outdoors this summer and do something beneficial for our earth! Spend a week restoring wilderness and learning about the environment. You can find volunteer vacations within the United States or across the world with a variety of focuses and skill levels.



American Hiking Society

Does the idea of a volunteer vacation sound enticing, but you don't have much money to spend? All American Hiking Society trips are only \$130 (\$100 for members)!

Visit stunning backcountry locations at state and national parks throughout the country. Work on trail maintenance and reconstruction or invasive plant removal from the Californian coast to the Appalachian mountains and anywhere in between. Search by date, location and work level, from easy to strenuous.

Visit www.americanhiking.org to find the trip that is best for you!



Giving Global

Often compared to a mini peace corps, these short-term (one week) adventures in service focus on cultural-awareness and sustainability. Chosen projects meet several key criteria: safe, culturally interesting, genuinely beneficial to a needy community, and involve significant interaction with the host community. Trips offered reach out to Thailand, Laos, Vietnam, Nepal, Peru, Costa Rica, Cuba, Brazil, India, and Cambodia.

Visit their website at globeaware.org. It features a weblog, fundraising tips, information on group trips, and detailed trip dates, costs, and itineraries.



Earthwatch

Help save leatherback sea turtles from extinction in Costa Rica, study climate change in Australian rainforests, or promote maternal and child healthcare in India! Earthwatch Institute engages people worldwide in scientific field research and education to promote the understanding and action necessary for a sustainable environment.

You can search for volunteer expeditions by location or area of interest, as well as expedition type: new, teen, family, group or "behind the scenes."

Visit www.earthwatch.org/expedselect.html for more information about Earthwatch's expeditions.



Greenforce & Jatun Sacha

Help inventory fragile, shrinking ecosystems in the Amazon rainforest at the Jatun Sacha Biological Station, a field research station on the edge of the jungle that includes a nursery, organic farm, and accommodation the form of rustic huts. Greenforce, a volunteer-travel company can set you up with a variety of volunteer vacations around the world. Visit greenforce.org or jatunsacha.org for more information about volunteer expeditions tailored to your time frame.



Sierra Club

The Sierra Club was founded with the notion that people are more likely to help protect the earth if they have experience with nature. Over 100 years ago founder John Muir stated, "If people in general could be got into the woods, even for once, to hear the trees speak for themselves, all difficulties in the way of forest preservation would vanish."

The Sierra Club has many week-long outings that touch on themes of conservation and volunteerism, but the most service-oriented outings are the Activist and Service Trips. The Activist Trips aim to train the next generation to fight for the wilderness, both through learning about issues and through conservation efforts. Activist Trips scheduled for this summer include:

- Rafting the Wild Rivers of Alaska
- Backpack the Alaska Brooks Range
- Learn Activism on a Family Rafting Trip through Utah
- Vision for the Maine Woods: Restoring Valuable Wilderness

See whistler.sierraclub.org/TripSearch/



Global Volunteer Network

The Global Volunteer Network offers volunteer opportunities in community projects throughout the world through its partner organizations in Alaska, China, Ecuador, Cambodia, Ghana, India, Nepal, New Zealand, Romania, Russia, South Africa, Thailand, Uganda and Vietnam.

- Join a small team of volunteers caring for disabled children in the ancient Russian City of Yaroslavl
- Provide education for AIDS orphans in Ghana
- Work in a wildlife and environmental conservation program in South Africa
- Teach English in the Shandong Province of China

For more information about programs visit www.volunteer.org.nz/programs/