

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

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



Quarterly Newsletter

Summer 2007

Just a Few Historic Sites to Visit in Frederick County... Made Possible by Volunteers!

National Museum of Civil War Medicine

48 E. Patrick St., Frederick
301-695-1864.
Exhibits tell the story of the sick and wounded using artifacts and illustrations. The museum examines changes in surgical techniques and nursing, the role of nurses, the battle against disease, field medicine and hospital structure.

Barbara Fritchie Museum

154 Patrick St., Frederick
301-698-0603
Enduring story of the old woman who defied Stonewall Jackson in September 1862 is memorialized in her reconstructed home.

Brunswick Railroad Museum

40 West Potomac St., Brunswick
301- 834-7100
Features a huge, interactive HO scale model railroad depicting B&O passenger line from Union Station, DC to Brunswick .

National Shrine to Elizabeth Anne Seton

333 S. Seton Ave., Emmitsburg
301-447-6606.
A religious and historic site honoring the 1st American-born canonized saint, Elizabeth Ann Seton.

Roger Brooke Taney House

121 S. Bentz St., Frederick
301-663-7880
The Roger Brooke Taney House interprets the property owned by the former Frederick attorney and Chief Justice of the U.S. Supreme Court.

Agency Profiles:

History in Frederick County

Volunteers Make the Past Come Alive throughout Frederick County

"Paul Revere earned his living as a silversmith. But what do we remember him for? His volunteer work. All activism is volunteering in that it's done above and beyond earning a living and deals with what people really care passionately about. Remember, no one gets paid to rebel. All revolutions start with volunteers." -- Susan J. Ellis, Energize, Inc.

The history of volunteerism is a rich one, spanning to the birth of our nation. Frederick County is no stranger to history. Confederate Troops marched through its streets, Abraham Lincoln sat where Algonkian Indians once roamed, and generations of immigrant settlers, such as the Schifferstadt family, farmed and constructed homes making the area what it is today. With such a history, it's no wonder Frederick County residents work and volunteer to preserve, support and share the past.

One organization in Frederick County that does so is the Frederick Historic Sites Consortium (FHSC). The FHSC began 15 years ago as a program of the Tourism Council. "We recognized a need when a lot of historic sites had trouble recruiting and training docents," said Liz Shatto, coordinator of the FHSC. The FHSC holds a workshop series each February for seasoned and rookie docents to learn and communicate. The keynote address is open to the general public. They also hold quarterly "tough topics" series where docents gather to hear speakers, discuss experiences and share advice on specific topics, such as working with school groups or visitors with mental health challenges. Multiple FHSC museum sites need volunteers to lead tours and there are also opportunities to plan and implement special events, such as Museums by Candlelight and Bell and History Days. Two museums in the area, Rosehill Manor and Brunswick Railroad Museum, have junior docent programs for younger history lovers. Anyone interested in learning more about how to be a docent or how to become involved in the FHSC and its many opportunities, can contact Liz Shatto at 301-600-4042.

Another Frederick nonprofit that focuses on history is the **Frederick County Landmarks Foundation** (FCLF). "We try to protect historic sites and sights in Frederick County," said Joanne Ivancic of the FCLF. Two sites the FCLF oversees are the Beatty-Cramer House and the Schifferstadt Architectural Museum.

The Schifferstadt Architectural Museum, located at the intersection of RT. 15 and Rosemont Avenue, is a farmhouse built at the beginning of the French and Indian War. It is one of the best examples of German colonial architecture in the country, and tours focus on the interesting details



Schifferstadt volunteers assist visitors with a candlemaking activity during the annual Museums by Candlelight open house. The upcoming event will take place on December 8, 2007.

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Give to Receive?



Research shows Volunteering carries tangible health benefits

We all know that volunteering provides social benefits, but can a few hours of donated time give you tangible health benefits as well? A new study says so.

Research in the past two decades indicates those who volunteer have lower mortality rates, recover from illness faster, have fewer incidences of heart disease, a greater functional ability and lower rates of depression, especially later in life.

The findings of the new study by the Corporation for National and Community Service Office of Research and Policy Development collected data from numerous studies to make the link. Volunteers who devote a specific amount of time to volunteering (about 100 hours a year or roughly two hours a week) are most likely to exhibit positive health outcomes: both mental and physical. Although the study points out that older volunteers are more likely to receive these benefits, evidence also

indicates those who volunteer at an earlier age are less likely to suffer from ill health later on, indicating volunteering is a possible prevention strategy.

A study by the National Health Interview Survey found that even when controlling for age, health and gender factors, research shows those who volunteer tend to live longer. Health and volunteering data from the U.S. Census Bureau and Center for Disease Control indicated that states with a high volunteer rate had lower incidences of heart disease.

The findings of these studies are especially pertinent to millions of baby boomers reaching retirement and the freedom of choice that comes with extra time. For that population, Volunteer Frederick, Frederick County's volunteer center, offers RSVP. RSVP utilizes the talents and skills of volunteers age 55 and older to support dozens of local nonprofit and public service agencies and the people they serve.

"With all the benefits— social, mental, and physical—of volunteering, there is no better time to get involved!" said Carol Haag, RSVP project director. "We invite you to join with more than 600 volunteers serving our local commu-

nity through Volunteer Frederick's RSVP program. By getting involved, the life you enrich may be your own!"

Whether you are a young person looking for a summer of service, a professional contemplating life after retirement or a business seeking further community involvement, Volunteer Frederick has a service program to meet your needs and interests. "Volunteering is a great way to use or learn a new skill, put your passion for a cause into action, build your resume and network, increase your self-esteem, and improve your health!" said Lisa Orr, executive director.

For a link to the full report on the health effects of volunteering, visit the "What's New at Volunteer Frederick?" window at www.VolunteerFrederick.org.



SummerServe 10th Anniversary!

What began as an offhand comment in response to the frustration of finding summer volunteer opportunities for young teens is now a 10 year old program that has engaged 3,426 participants in 42,000+ service hours at dozens of nonprofit and government agencies across Frederick County. Back in 1997



teens, or working parents calling on behalf of their teens, were looking for meaningful and constructive ways to engage over the summer. "The young people complained that they were too old for summer camps but too young to work, but parents didn't want them staying at home unsupervised while they worked," said Lisa Orr, executive director. "The problem was that most nonprofits didn't have youth volunteer programs and lacked resources to develop and supervise age appropriate projects every day." Another obstacle was transportation—who would get the youth to and from the agencies while

parents worked?

"I love solving problems," said Orr, "and because of these obstacles the idea for a program that was a win for parents, teens and agencies just popped out of my mouth while I was meeting with a frustrated parent and her teenager--'I should just create a program that takes small

supervised groups of teens to all different kinds of agencies all over the county" SummerServe does just that. On any day 30 youth are serving at five simultaneously operating service projects, while 15-20 other youth are serving on one of three two-week SummerServe Express projects. The program works around the schedule of working parents and includes transportation and recreation. Some service sites, such as the Red Wiggler Foundation and the Mental Health Association's Kids on the Block program have been service sites for nine and ten years. '

Youth Recognition



53 Youth volunteers were recognized and honored by nominating agencies, Mrs. Maryland and County and City public officials at the Annual Youth Volunteer Recognition Ceremony on April 27th.

"I want to thank all the terrific staff and AmeriCorps VISTA members, service site partners, numerous foundations, parents, and of course our fabulous SummerServe youth volunteers. It's all of you who have made this a remarkable and enduring program that serves our communities, mobilizes youth as positive agents of change, and develops lifelong civic minded leaders and volunteers." See [special SummerServe recognition on last page.](#)

Continued from page 1....

throughout the house. The museum is open for tours April 1 - December 10, Thursday through Sunday 12:00-4:00, and Wednesday by appointment. To reach the museum, call 301-663-3885.

The Beatty-Cramer house, located at 9010 Liberty Road (MD Rt. 26) northeast of Frederick, was built in 1732 and is one of the oldest houses standing independently in the county. According to the Maryland Historic Trust, it is one of the six most historically significant houses in Maryland. Tours of the house are available by appointment; call 301-668-2086 to reach the museum director.

In addition to running two museums, FCLF also helps people in the county preserve historic buildings. They offer a plaque program that recognizes houses in the area that have maintained architectural integrity with the building's original design. The oval plaques are a familiar sight in the area, especially in downtown Frederick.

The FCLF also has a need for docents to lead tours, as well as volunteers to write grants, garden, and work in the gift shop. People with an interest in historic preservation are also invited to help with special events or other committees throughout the year. The FCLF's next large event will be Oktoberfest 2007. If interested in learning more about FCLF buildings or volunteering please visit

www.FrederickCountyLandmarksFoundation.org.

New Leadership, Staff & Transitions

Volunteer Frederick has new faces in the office and on the board, and we'd like to introduce you! We are pleased to announce that **Shannon Thompson** of Smith Barney and **Brad Benna** with North American Housing Corp. have joined the Board of Directors.

Diana Halleman has replaced **Jeanne Mahoney** as Volunteer Services Coordinator. Jeanne has followed her passion for the environment and is now working for the Appalachian Trail Conservancy.

Diana brings a passion for volunteering to Volunteer Frederick evident by her volunteer work as a mediator and board president with CALM, president of her Neighborhood Advisory Council, board member for The Abbey HOA, commissioner with the City Personnel Commission, and board member and volunteer chair with Celebrate Frederick.

Susie Miller comes to VF from the Weinberg Center for the Arts where she served as the Assistant Theater Manager and Volunteer Coordinator. She has been supportive of Volunteer Frederick for years and looks forward to expanding her experience working with volunteers as the new RSVP Coordinator. Susie is deeply involved in the arts and serves as vice-president of the Frederick Arts Council. Susie replaces **Debbie Bauer** who is now working with the Alzheimer's Association.

Jackie Minnick is the new manager of finance and human resources. With experience in accounting for 25 years and a passion for volunteerism and helping youth through the Tall Cedar Foundation and the Muscular Dystrophy Association, she was naturally drawn to Volunteer Frederick.

Because of relocation plans, Youth Service Director **Jennae DuBois** will be departing in August. We are sad to see her go but glad she was able to find "her perfect job" as 4H Program Associate with the Univ. of Rutgers Cooperative Extension. **Stacey White**, a recent graduate of Hood College and intern with CALM, will replace her. Stacey is also a long time volunteer with the Lewistown Mountainview 4H Club.

And there's more! VISTA members **Angie Cochrun**, marketing and fund-raising coordinator, and **Samantha Stiles**, youth service coordina-

Big Sweep 2007 Results



Windsor Knolls Middle School SGA turned in the winning photo for the first ever BIG Sweep photo contest.

More than **1,000** volunteers representing **69 community organizations** raised **\$47,000** for their causes through the 6th Annual BIG Sweep. On April 21, volunteers picked up **24.5 tons of trash** and recyclable items and **296 tires** weighing 4.3 tons. The three organizations turning in the most funds by the deadline were Hood College student clubs, the Senior Recreation Council, and Small Angels Rescue. **Congratulations, and thanks to all participants.** We'll see you next year!



New on Staff: Diana Halleman, Stacey White, Jackie Minnick & Susie Miller

tor, completed their year of service this summer. Sam will be returning to college at University of North Carolina at Chapel Hill.

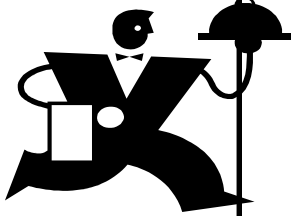
New VISTA member **April Brohawn**, who will replace Sam, is a recent graduate of the Univ. of North Carolina-Wilmington. She has led service projects through UNCW's Center for Leadership Education and Service and the Wilmington Baptist Assoc., and served as a Naturalist Intern and camp counselor with the Irvine Nature Center. Jennae, Stacey, Sam and April have all been working together in SummerServe, so transitions should be smooth!

Finally, **Stephanie Schepp**, a recent graduate of St. Mary's College, will be joining Volunteer Frederick this fall as a VISTA member dedicated to the Volunteer Mobilization Center program.

Save the Date!

NOVEMBER 9th

Frederick's Most Fun Event!



VIPs at Your Service

Do you know any fun-loving people who would get a kick out of serving a meal to their closest friends with theatrical flare? Ask them to consider becoming a VIP Waiter and contact Lisa Orr at 301.663.5214 ext. 3# or LisaOrr@volunteerFrederick.org

SEPTEMBER 28th

RSVP Recognition



RSVP Volunteers will be joyfully recognized and appreciated for their service to Frederick County at a very special breakfast at Dutch's Daughter on Friday, September 28 from 9am-11am. Stay tuned for more information or contact Susie Miller at 301.663.5214 ext. 7#, or SusieMiller@VolunteerFrederick.org

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Visit our web site at:

www.VolunteerFrederick.org

HISTORICAL VOLUNTEERING CAN BE A LEARNING EXPERIENCE!

Are you interested in history? Why not seek a volunteer opportunity that can help you travel back in time or learn about something new? This month we've assembled a list of such opportunities for you to select from. Let history be your guide —

- ☛ The **C&O Canal Visitors Center** is looking for volunteers to work in their museum store and in ticket sales as well as be docents to guide visitors and answer questions about their exhibits. For more information, contact David Tune at 301-714-2238 or email him at david_tune@nps.gov.
- ☛ If you are interested in military etiquette, history, teamwork and discipline, then the **Maryland Defense Force** has a place for you. They are looking for volunteers to perform ceremonial functions (color & honor guards). Interested? Contact the director at 301-253-4053 or email hershkow@erols.com.
- ☛ Docents are needed for the **Historical Society of Frederick County**. Docents tell visitors about the wonderful history of Frederick County while guiding them through an 1820s Federal style mansion. No experience is necessary and training is provided throughout the year. If you'd like more information, contact Ellen Seagraves at 301-663-1188 or eseagraves@hscfinfo.org.
- ☛ Docents are also needed at the **Roger Brooke Taney House** to give guided tours of the 1798 house and outbuildings to visitors and groups. Two 3 hour shifts per month are suggested. To volunteer, contact Jennifer Winter at jwinter@hscfinfo.org or call him at 301-663-1188.
- ☛ If event planning is your passion, **The Frederick County Landmarks Foundation** could be just the opportunity you are seeking! This volunteer is needed to assist with the affiliated museums' special events, promotion, organization, set-up, take-down and publicity/media relations. Joanne Ivancic is waiting for your call at 301-668-6088 or you may email her at fredcolandmarks@aol.com.
- ☛ If railroading is what interests you, then the **Chesapeake Railway Association** might have an opportunity for you. They are seeking volunteers to serve as museum staff and researchers. Ready to volunteer? Call Tim Moriarty at 703-758-7449 or email him at Tim_Moriarty@tax.org.
- ☛ **The Brunswick Railroad Museum** is looking for volunteers to greet visitors, sell admission tickets, help with gift store sales and aid the staff with your computer skills as they transition to a computerized sales system. Docents are also needed to guide visitors and volunteer HO Scale Engineers to oversee the running of trains and answer questions about railway history. For more info, contact David Tune at 301-714-2238 or email david_tune@nps.gov.
- ☛ How about a living history opportunity as a member of the boat crew on the historic C&O Canal (see photo above)? **The Chesapeake and Ohio Canal National Historic Park** operates two replica canal boats. The Georgetown and the Charles F. Mercer boats need volunteers to serve as costumed members of these boat crews. This is an excellent opportunity to work outdoors and share a love of history while educating the public on life during the canal era. Please contact David Tune, Volunteer Coordinator, at 301-714-2233 or david_tune@nps.gov for more information.
- ☛ Volunteer docents are needed by the **National Museum of Civil War Medicine** (www.CivilWarMed.org) to lead on-site educational tours for museum visitors. Kari Saavedra will be happy to provide more information if you contact her at 301-695-1864 or at education@CivilWarMed.org.
- ☛ **The Friends of Gathland State Park, Inc.** also needs docents. Training will be provided. These volunteers will explain about George Alfred Townsend's life with regard to the Civil War and his career as a colonist. Volunteers will also be trained about the Battle of South Mountain. Contact Marg Magruder at 703-443-8475 (magruder@xecu.net) for additional information or to volunteer.
- ☛ If you'd like to work with children and historical education, Nancy Sweet at **The Children's Museum of Rose Hill Manor Park** would love to hear from you. Nancy can be reached at nldsweet@yahoo.com or by calling her at 301-694-1648.
- ☛ **The U.S. National Park Service/Historic Preservation Training Center** (www.nps.gov) is in need of a volunteer carpenter/mason to help renovate and preserve historic structures. Contact Dorothy Printup at 301-663-8206 or email Dorothy_printup@nps.gov.
- ☛ Volunteers are needed to assist with database management and clerical needs at the **Frederick Historical Sites Consortium** (www.fredericktourism.org). Other volunteers are needed to serve as interpreters for local museums and historic sites. Training is done individually to each historic site. If you are interested in volunteering, please call Elizabeth Shatto at 301-644-4042 or email her at lshatto@fredco-md.net.
- ☛ The **Schifferstadt Architectural Museum** is seeking volunteers to give tours to visitors, assist with special events. The Museum is open Thursdays through Sundays from noon to 4 p.m. Interested persons should contact Joanne Ivancic at 301-668-6088 or email fredcolandmarks@aol.com for additional information.



SummerServe 10th Anniversary!

Volunteer Frederick is most grateful for these SummerServe funders, volunteers, sponsors and supporters over our 10 year history. Without them, SummerServe would not be possible!



POINTS OF LIGHT FOUNDATION & VOLUNTEER CENTER NATIONAL NETWORK



Maryland Environmental Trust



UPS Foundation



Rotary Club of Carroll Creek



The Frederick News-Post



Calvary United Methodist Church
City of Frederick Youth Center
Evangelical Lutheran Church
First Missionary Baptist Church
Fort Detrick Youth Program
Frederick Community College
Frederick County After-School Pgm
Frederick County Public Schools
Frederick Friends Meeting
Hood College Bonner Scholar Pgm
Monocacy Valley Church
Police Activities League
Salvation Army
Seventh Day Adventist Church
Thorpe Foundation
Trinity United Methodist Church

Antietam Village Florist

Lena Bowie
William Bowie
Brown's Deli
Cellular One
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Frederick Rescue Mission
Glade Valley All Sports
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Lori Garrett
Dave Hanlon
Jeff & Patti Hurwitz
Sam & Bonnie Jones
Stacey Lancaster
Marjorie Lerner

Very Special Thanks to our SummerServe Directors, Staff, VISTAs & Bonner Scholars,

especially...
Kirsten Baier
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