



Change yourself. Change your world. Volunteer.

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Volunteer Newsletter

August 2008

*"In a nation of millions, and a world of billions, the individual is still the first and basic agent of change."*

- Lyndon Johnson

## What's New

### VSD is Hiring

We are currently looking for outstanding candidates to fill the positions of Fire Recovery Coordinator, a Fire recovery Assistant, and four AmeriCorps positions. Check out our [employment page](#) for more details. Apply now!

### Sign up to volunteer for the 18th Annual Hands On San Diego!

This September you can participate in one of 120 projects during our annual service event. Projects are now listed [on our website](#). You can either sign up for a project on a specific day, or adopt a project. Help make this year's Hands On San Diego spectacular!

Congratulations to Nicole Thompson, this year's Hands On San Diego art contest winner. Nicole currently resides in the Pacific Beach area, and is a Facilities Manager with VAVi Sport & Social Club. Nicole combined the concept of getting "hands-on" and active with San Diego in the background. Through the VAVi organization and Volunteer San Diego, Nicole says, "everyone can contribute, and by working together, we can make a big difference."

### Fundamental Success of Tutoring

Learn the fundamental basics of tutoring and what it takes to

## Quick Links

[Find A Project](#)

[Flex Orientations](#)

[VSD Podcast](#)

[VSD Blog](#)

make your tutoring experience worthwhile. Also learn how you can help out at our Homework Helper projects and meet other tutor volunteers. Details: September 9, 2008 from 5:45pm-7:15pm. To sign up or find more information, [click here](#).

## Hot Projects

### **Weed Warriors**

Join weed warriors on Aug 2 and Aug 16 and help protect and preserve Tecolote Canyon! To find more information, please [click here](#).

### **Trail Maintenance & Building at Cuyamaca Park**

This project needs to be filled! Join the trail maintenance unit in on-going trail maintenance and trail building as well as resource protection and mitigation projects every Saturday and one Sunday from 8am-12pm. Great for groups! To sign up or find more information, [click here](#).

### **Habitat Restoration**

Join the Tijuana River National Estuarine Research Reserve in caring for important wildlife habitat. On Aug 9, volunteers will be needed to help with weeding, watering, and planting the natural habitat of wildlife at the Tijuana Estuary. Come and see some of nature's wildlife! To find more information, [click here](#).

### **Beautified Nature Walk for Teens**

Learn more about local plants and animals in a guided nature walk and actively restore the natural beauty by helping save the environment in small but important ways! Project details: August 23, from 9:30am-12pm. [Click here](#) to find more information.

### **Got Yarn?**

Come and enjoy the afternoon knitting in a cozy cafe with other volunteers! All levels accepted, just need to know the basics of knitting! Project details: Aug 17, from 2pm-4pm. [Click here](#) to find more information or to sign up!

### **Childcare at the Women's Resource Center**

Help brighten the day for children living in the Transitional Housing Program at the Women's Resource Center! The WRC still needs more volunteers on Aug 16 and Aug 27 to help with providing critical childcare support for mothers who have been threatened or victimized by domestic violence. Project is on a Saturday from 10am-12pm and a Wednesday 6pm-7:30pm. To find more information about the project or to sign up, [click here](#).

## Flex Members

### New Flex Projects

#### **Second Harvest Food Bank for Youth**

Young volunteers can make a difference too! Help fight hunger with Second Harvest Food Bank by sorting through donations and organizing them into categories for their agencies. For more information about this project, please [click here!](#)

**Got an idea for a Flex Project?** Contact [Lei Ai Yap Imperial](#) at 858-636-4139 for more details.

## Be a Leader

### Flex Team and Orientation Leaders Needed!

#### **Tierrasanta students need you!**

Tierrasanta Homework Helper needs a TL to start in September on the 2nd and 4th Wednesdays at 6pm. A Team Leader is required for the success of this program. [Click here](#) to find out how to get started.

#### **Dress for Success**

Team Leader needed for our Super Sorter project at Dress for Success. Join us the last Saturday of every month between 10 a. m. to 2 p.m. Help San Diegans get back into the work force! Simply sorting, sizing and identifying appropriate attire helps make the difference for low-income San Diegans actively seeking employment.

#### **Interested in Becoming a Team Leader?**

Interested in Being a Flex Team Leader? The next orientation session is scheduled for August 18th at 5:30PM here at Volunteer San Diego. [Click here](#) to sign up. If you are unable to attend but would still like to be a Team Leader, contact [Debbie Krakauer](#) at (858) 636-4184.

### Board and Committee Members Wanted

Are you looking for a position on a Board of Directors? Check out a list of opportunities with a variety of organizations looking for your expertise [here](#).

## Youth

## SAVY Leaders Looking for Advisers

Join our SAVY Leaders, a group of dynamic youth that come together to form a youth leadership council! We are looking for volunteers with project or event planning experience or volunteers with outreach and



marketing experience to assist the SAVY Leaders in planning their own service projects! Volunteers must be able to commit to the SAVY Leaders program from mid August to end of May, which entails attending biweekly meetings on Tuesday evenings from 6:30 - 8:00 p.m., projects planned by SAVY Leaders and recognition and celebration events. Contact [SAVY@volunteersandiego.org](mailto:SAVY@volunteersandiego.org), 858-636-4123, for more information.

## Superhero of the Month

This month we would like to recognize Roberto Weinstein, a volunteer with [Easter Seals Southern California](#). Camp Respite is an Easter Seals camp that offers children and adults with disabilities the same exciting activities available at typical overnight camps. Roberto is a popular longtime volunteer camp counselor and a strong member of the Easter Seals Camp Respite Leadership Team. He volunteers one weekend a month, nine months a year and has been doing this for eight years. While at camp, Roberto is a counselor, big brother, friend and mentor to all the campers, staff and fellow volunteers. He performs all types of tasks from singing songs around the campfire, leading sports activities and emceeding the talent show, to ensuring the campers are dressed, fed and in bed at night.

As the camp's informal morale leader, Roberto personally infuses camp weekends with a sense of fun and play that truly brings out the best in both volunteers and campers. Roberto's caliber, tenure and commitment demonstrate his true passion for bringing joy to the lives of the Easter Seals campers. Camp Director Amanda Myers says of Roberto, "Not only do our campers and their families benefit from Roberto's involvement, but our volunteers and entire staff do too!"

If you would like to nominate a volunteer, [please let us know!](#)

## Flex Accomplishments

## **Flex keeps growing and improving the community!**

In the month of June, 203 new volunteers joined Flex and attended orientations. Welcome to you all!

Thanks to Flex volunteers like you, here's what we achieved in April:

**1,507** hours of service completed by **711** volunteers attending **96** projects.

### **Not yet a Flex Member?**

Please join us at one of our Flex Orientations! To sign up, visit our [Course Calendar](#).

## **Support Volunteer San Diego**

### **Donate to Volunteer San Diego**

Click [here](#) to donate funds.

### **Check out the latest Volunteer San Diego fashions.**

Visit our shop [here](#).

### **Supporting VSD just got easier!**

Now you can raise money for Volunteer San Diego just by searching the Internet at [goodsearch.com](http://goodsearch.com).

### **Have an Albertsons Preferred Savings Card?**

Sign up your Albertson's card to benefit Volunteer San Diego. Support VSD youth programs with your Albertsons Preferred Savings Card! Register [here](#) & enter our ID# 49001011683.

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