

# Singles In Service - A Year of Fun and Philanthropy

By Sandra Hamel, Singles In Service Marketing Coordinator

At this time last year, single volunteers in Sacramento had no opportunities to meet each other while performing service projects. Singles in Service (SIS) began on September 3, 2003 with a meeting of the founding member and three friends. Abbey Thompson, who was then the program manager for Hands On Sacramento (HOS), jumped behind the project right away. A month and a half later, on October 18, 2003, 48 SIS volunteers spent the day cleaning up Goethe Park for the American River Parkway Foundation. Participants won prizes for finding weird trash (above and beyond thousands of cigarette butts) including a mattress, a deer skeleton, a bike, a thrashed cell phone, an unopened beer, plus a number of items that we just cannot mention in this article.

Since last Fall, SIS has completed 14 projects and its membership has grown to 315 volunteers! Singles In Service members plan to continue leading monthly service projects and expand the number of organizations with which we do recurring projects. Here are some highlights:

- ♦ In our March KVIE fund drive we raised \$18,505.00 in 102 minutes, booked \$181.96 per minute in funds, and processed 81 pledge phone calls.
- ♦ At the March Habitat for Humanity project we: painted the inside of an Oak Park house, got the lawn and other landscaping spic and span, and a few of the SIS volunteers learned some carpentry, did some demolition and installed siding. A representative from Habitat gave SIS volunteers rave reviews by mentioning, "You pitch in and don't stand around waiting for someone to tell you what to do. When you see something to do, you do it."
- ♦ In May we were featured in a Sacramento Bee Scene article.
- ♦ In May we helped The Leukemia & Lymphoma Society net more than \$4,000 by participating in their "Huge Singles Event."
- ♦ In June we made a difference at the Sacramento Habitat for Humanity headquarters by assigning three teams to reorganize their warehouse, prepare the director's office for a coat of paint, and install insulation in a new addition. We left knowing we made a difference that will give Habitat an efficient launching pad for future homebuilding projects.

## How do I join Singles In Service?

If you are already a HOS member, you may email Hands On Sacramento at: [volunteers@handsonto.org](mailto:volunteers@handsonto.org) and let them know that you are already a HOS volunteer and would like to join the SIS membership. Individuals who are not already HOS members need to complete the HOS application at <http://www.handsonto.org/Application.pdf>. Make sure to check the box for Singles in Service to get on our list.

## How are SIS projects different than HOS projects?

Singles in Service projects are strictly for unmarried HOS volunteers. SIS project events generally include a pre-event "meet and greet" and a post-event "after-party" for people to get to know each other and the organizations we are helping. Meet and greets usually include an orientation from the agency we are helping and an icebreaker. Afterwards we usually get together at a local eatery or pub.

(cont. on page five)



Off to a great start! Singles In Service members at one of their first projects--The American River Parkway Clean-up in September 2003

## What is Hands On Sacramento?

Hands On Sacramento, a program of the Community Services Planning Council, organizes fun, one-time volunteer projects in partnership with a variety of community organizations. Hands On Sacramento's flexible volunteering is great for business groups and individuals who want to get involved in their community. There is no minimum commitment and projects are planned during evenings and weekends to fit your busy schedule.

## In this issue

Make a Difference Day Projects  
Single In Service One Year Anniversary Party  
Project Calendar



## Program Manager's Corner

*Dear Hands On Sacramento Volunteers,*

As we see the end to another Summer, we look ahead to two busy months packed with opportunities to serve our community. Here is a highlight of what we have on tap for September and October.

Coming to Sacramento, September 16-20, the U.S. State Department is sponsoring a visit from Journalists from Indonesia, Syria and Nepal who will be producing a documentary that will help their countries better understand the important role that volunteerism plays in our country and how organizations like Hands On Sacramento work with non-profits and community volunteers to make a difference. The documentary will be filmed for distribution in other parts of the world. Why Sacramento? The journalists wanted to get out into our nation's "heartland", to see how people are working to help each other in the nation's smaller communities. One project to be featured during their visit is Hands On Sacramento's "Sunday Lunch at Sacramento Food Bank" on Sunday, September 19. The documentary will also feature the Community Services Planning Council's Hunger Commission and its Edible Landscaping Project, which seeks to make nutritious and sustainable food resources available for low-income residents by planting food-producing landscaping for volunteers and residents to maintain and harvest.

Next, 100 volunteers from Home Depot will be converging on Southside Park in Sacramento on September 29 to give it a badly needed overhaul and clean-up. Tasks for the day include: draining and cleaning-up the duck/fishing pond, painting and repairing docks and picnic benches, planting flowers and repairs to the playground. The Home Depot project is part of a national effort to celebrate Home Depot's 25<sup>th</sup> Anniversary by having its employees give back to the community through a week service. The effort is coordinated nationally by CityCares of America, a network of "Hands On" type organizations.

Singles In Service (SIS) will be celebrating their first anniversary with a big bash at Vallejo's Taqueria and Cantina on Friday, October 15. Celebrate a year of hard work, or if you are new to Singles In Service, plan to attend and see why SIS is the perfect to meet new people and give back to the community. More details are on page 5.

Saturday, October 23, is National Make A Difference Day, which began 13 years ago with a simple idea: Put your own cares on hold for one day to care for someone else. Be a part of the nation's largest single day of volunteering by participating in one of our projects scheduled for that day. If you are looking for other volunteer opportunities, please give our office a call, as more opportunities will be coming in the next few weeks.

I look forward to working with all of you these next two months. If you haven't participated in a while, maybe now is the time to reinvigorate your passion for service—sign-up, get started, VOLUNTEER!

Sincerely,

Valeri Mihanovich, Interim Program Manager  
Hands On Sacramento/Volunteer Sacramento

## HOS Welcomes New Volunteers

in July and August!

- |                    |                      |                     |
|--------------------|----------------------|---------------------|
| Jill Stevens       | Woohyung Chon        | Bryan Bernardo      |
| Lillian Wong       | Neal Francino        | Linda Martin        |
| Cindy Buttle       | Leslie A. Berry      | Kris Breitstein     |
| Dayna Evans        | Carrie Schaufel      | Michelle Bernardo   |
| Jennifer Whitten   | Erica Osborn         | Pamela Ng           |
| Elizabeth Franklin | Mary M. Gualco       | Jennifer Hendricks  |
| Mary Low           | Richard J. McCurdy   | Katsumi Watanabe    |
| Daniel Rosasali    | Diana Macias         | Hiroko Watanabe     |
| Monique Maeri      | R. Andrea Zvonicek   | Karina Huynh        |
| Dante Gulle        | Julie Durant         | Patrick Hilligan    |
| Debbie Andreja     | Paul Stallard        | Barry Votaw         |
| Cyndi Paige        | Rebecca Clark        | Cathy Kane          |
| Betsy Krohmer      | Louie Sinh Saepphanh | Michael Wilson      |
| Mike Levine        | Eduardo Cisneros     | Diane Christiansen  |
| V.M. Dunlap        | Beth Topf            | Kellen Young        |
| Kathryn Franklin   | Irene Webb           | Johanna Fong        |
| Chris Leidecker    | Stacey Armstrong     | Cindy Wong          |
| Joyce Burris       | Patti T. Glunz       | Dave Schwartz       |
| Lula Chaney        | Ashley Yu            | Robyn Lynn          |
| Julie Osborne      | Lisa Primeaux        | Barbara Jean Barley |
| Wendy Jennings     | Diane Schaubach      | Sheryl Cacace       |
| Hoon-Ji Choi       | Doug Wise            |                     |

**WELCOME TO HOS!**

We hope to see you at a project soon!

## HOS NOTES

### DONATIONS NEEDED FOR THE WOMEN'S BEAD

**CONNECTION PROJECT:** One of our newer projects, The Women's Bead Connection, is in need of supplies! Currently, a dedicated group of volunteers is covering the costs out of pocket. Please help us with a donation by sending a check made out to Hands On Sacramento (note "Women's Bead Project" on the check). Please mail our donation to: ATTN: Valeri Hands On Sacramento, 909 12th Street, Suite 200, Sacramento, CA 95814. We appreciate your help!

### LOOKING FOR MORE SHORT-TERM VOLUNTEER

**OPPORTUNITIES?** The City of Sacramento is a great resource for a variety of volunteer opportunities. Contact Mary Lynn Perry, City of Sacramento Volunteer Coordinator at (916) 808-8317 or go to: <http://www.cityofsacramento.org/volunteers> to view current listings and to download a volunteer application.

## Chipotle, Hot Volunteer!

In each newsletter we recognize special volunteers who have given something extra to our program. The "Hot Volunteer" will receive two free Chipotle Burrito Bucks

Justin Thompson  
our HOS Volunteer  
Orientation Leader!



Know a volunteer worthy of recognition?  
Nominate them by calling the HOS office!

## VOLUNTEERING 101

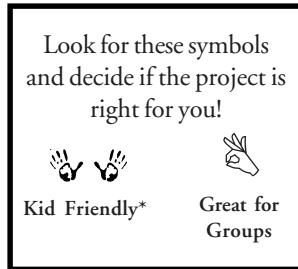
### HOW DO I BEGIN VOLUNTEERING WITH HOS?

1. Fill out a Volunteer Application. You can submit an online application (at [www.handsonsacto.org](http://www.handsonsacto.org)) or fax/mail a paper application to the HOS office.
2. If possible, attend an orientation to learn more about how HOS works and how you can begin volunteering for projects.
3. Choose a project (or two!) that fits your schedule and interests. Each month, we list all the projects by alphabetic category in the newsletter. See the Project Calendar on Page 7 for Projects at-a-glance.
3. Sign-up by calling or e-mailing the Project Leader between 9:00 am and 8:00 pm. The project leader will give you directions and any other details you need to know. If a project leader is not listed, or if you cannot reach the project leader, please call the HOS office.
4. Show up on time and have fun!

### HOW CAN MY BUSINESS, CHURCH OR SCHOOL GROUP VOLUNTEER?

Some of our projects are appropriate for groups; check the project description for the "Great For Groups" symbol. It's always a good idea to check out the community calendar on page 6 or to call the HOS office to find out if we can design a one-time project with your group in mind. Call Valeri at (916) 447-7063 ext. 304.

Students looking to fulfill their community service hour requirements should take a look at the "Youth and Student" Link on our website: [www.handsonsacto.org/youth.htm](http://www.handsonsacto.org/youth.htm)



*\*Children are welcome to attend select projects, but we ask that they be accompanied by a parent or guardian. Please check with the project leader to make sure that the project is suitable for the age group. Thank you!*

## HOS EVENTS

### NEW VOLUNTEER ORIENTATION

**Tuesdays: September 14 and October 12**  
**7:00- 7:30 pm**  
**Borders Books & Music**  
**2339 Fair Oaks Blvd.**  
**(Look for us by the Art & Architecture Section!)**

Drop by for our monthly "Meet-n-Greet," an orientation that will introduce new volunteers to our program. Meet other HOS volunteers and learn about who we are, what we do and how you can start volunteering for projects.

### PROJECT LEADER TRAINING

**By Appointment**  
**HOS Office**  
**Contact: Valeri**  
**[projects@handsonsacto.org](mailto:projects@handsonsacto.org)**

Project Leaders play a key role in making the HOS program a success. It is a great way to develop leadership skills, meet new people and get involved volunteering on a more regular basis. Learn more about leading a project that interests you, working with volunteers and other resources. See Page 5 for current openings. Job Description available at [www.handsonsacto.org/PL/htm](http://www.handsonsacto.org/PL/htm).

## CHILDREN & YOUTH

### PROJECT BIRTHDAY

**Saturday, September 19 at 1:00 pm**  
**and Saturday, October 16 at 1:00 pm**  
**Contact: Nicole Perez**  
**[NPerez10@dhs.ca.gov](mailto:NPerez10@dhs.ca.gov)**

Help provide birthday parties and presents for homeless children! This new, creative project is

still in the development stages. Volunteers interested in joining the planning committee are welcome to come and share their ideas.

### PLAYTIME AT ST. JOHN'S

**Thursdays: September 9th and 23rd**  
**and October 14th and 28th**  
**6:30pm -7:30 pm**  
**PL: Karina Huynh**  
**[khuynh@ucdavis.edu](mailto:khuynh@ucdavis.edu)**

This is one of Hands On Sacramento's oldest and most fulfilling projects! Volunteer to read and play games with the children at St. John's Shelter for Women and Children in the activity room or outside. The shelter has moved to a new location--4410 Power Inn Road (between 14th avenue and Fruitridge Road).

## COMMUNITY

### H STREET FESTIVAL

**Saturday, September 11**  
**9:00 am - 6:00 pm**  
**PL: Mary Lynn Perry**  
**(916) 808-8317**

This festival is sponsored by Council member Steve Cohn and will feature various local performers, arts and social service exhibitors, and food vendors. Volunteers are needed on Saturday to help with greeting visitors, serving as stage managers and monitors, helping with refreshments and clean up. The celebration takes place at the Central United Methodist Church in Sacramento, 5265 H Street. For more information and to sign up, contact Brenda Waters at (916) 457-3337 or email: [BjewWaters@aol.com](mailto:BjewWaters@aol.com).

### SACRAMENTO COMMUNITY GARDEN COALITION PLANTING DAY

**Saturday, October 23**

**9 am to 4 pm**

**PL: Bill Maynard**  
**(916) 508-6025**



**[sacgc@ulink.net](mailto:sacgc@ulink.net)**

Make a difference in the Sacramento community by helping the Sacramento Community Garden Coalition to expand school and community gardens, as well as planting trees and creating new urban green spaces. The project will take place at various locations throughout Sacramento. Wear comfortable clothing and durable shoes. And, if you can, bring gloves, shovels and hats.

## HUNGER & HOMELESSNESS

### SHARING THE BOUNTY

**(at St. Philomene's)**  
**Tuesdays in September and October**  
**5:15 pm - 7:30 pm**



**PL:** The Project Leader will be out of town these two months. In her absence, you may show up and report to the St. Philomene's Volunteer Coordinator. It's that easy!

Volunteers help serve food and dignity to the hungry and homeless guests at St. Philomene's. Volunteers will help prepare and serve a hot, nutritious meal, pack meal boxes and serve beverages. Before cleanup time, volunteers are invited to share the same dinner with the guests.



## **SUNDAY LUNCH at SAC FOOD BANK**

Sunday September 19

8:00 am - 1:00 pm



PL: Andrew Wong  
sunsetjd@hotmail.com

Over 1,000 bag lunches are assembled and distributed at the Sacramento Food Bank each Sunday in Oak Park. About half of them go to children under 12 yrs. of age. Help in food preparation, bagging and distribution.

## **NATURE & ENVIRONMENT**

### **GARDENING AT OLD CITY CEMETERY**

Most Saturdays except for Oct. 9 and 16 (Please email PL at least three days prior to make sure that there will be a work day).

9:00 am - 12:00 pm

Project Leader: Claudia Richardson  
solo3c@comcast.net

Weed, Water, Clip - Come help keep the cemetery beautiful. No special skills needed--just the enjoyment of being out of doors surrounded by a bit of Sacramento history as you work.

Suggested items to bring: small clippers for trimming, small hand shovel, and garden gloves. Also, as the weather will be warm, suggested items to bring are: water, sunscreen, and a hat. Park at lot across the street from the 10th and Broadway entrance. Claudia will meet you at the gate and the group will leave promptly at 9:05AM for the work area(s).

### **THIRD ANNUAL CALIFORNIA COASTAL CLEAN-UP AT LAKE NATOMAS**

Saturday, September 18

8:00 am - Noon

Noon: BBQ and celebration

PL: Crystal Barber  
cybarber@ucdavis.edu

Directions: From Sacramento, take Hwy. 50 East to Hazel Avenue. Go north on Hazel, over the river. Right on Sunset. When Sunset ends, take a left at the stop sign (Main Avenue). Right on Madison. Go through the light at Greenback and start down the hill towards Folsom. The entry to Negro Bar will be on your right. Go all the way to the day use area.

Help clean California's coastal and inland waterways as well as be part of a larger international effort to clean up our Earth and track the type and origin of the trash that is impacting our environment. Please bring sunscreen, hats, gloves and water bottles and wear closed toed shoes. Meet at the Negro Bar recreation area.

## **WOMEN'S ISSUES**

### **WOMEN'S BEAD CONNECTION**

Tuesdays September 21 and October 19

6:30 pm - 7:30 pm

Contact: Bliss Gonsalves  
(916) 685-9794

Help spend some creative time with the women at St. John's Shelter. We will make jewelry and provide a relaxing social activity for the women at the shelter.

### **SORT IT OUT**

Saturdays, September 25 and October 16

10:00 am - 1:00 pm (may change, contact PL)

Location: WEAVE Thrift (Carmichael)  
6634 Fair Oaks Blvd., Carmichael

PL: Elizabeth McColm  
eamccolm@comcast.net

Help sort and size donated clothes and other items at the WEAVE Thrift store located in Carmichael. Everything sold at the store goes to support WEAVE, Women Escaping a Violent Environment. For directions go to: [www.mapquest.com/directions/](http://www.mapquest.com/directions/) Learn about WEAVE: [www.weaveinc.org](http://www.weaveinc.org)

## **SINGLES IN SERVICE**

*Singles In Service* is a project of Hands On Sacramento for single volunteers to meet and make a difference in the Sacramento community! Hands On Sacramento partners with local singles organizations and nonprofit agencies to coordinate fun, monthly service projects. Our volunteers come from Davis to Folsom, Roseville to Elk Grove and are aged 20-65. Volunteering is a great way to meet people, especially since we make time for some fun and food along the way!

**TO JOIN:** When you fill out your Hands On Sacramento application, check the box for Singles In Service and we will keep you informed of upcoming events. SIS Members can also visit [www.handsonsacto.org/sis.htm](http://www.handsonsacto.org/sis.htm) for current updates on other service projects and socials.

### **SINGLES IN SERVICE NEW MEMBER ORIENTATION**

Tuesdays: September 14 and October 12

7:00- 7:30 pm

Borders Books & Music- 2339 Fair Oaks Blvd. (Look for us by the Art & Architecture Section!)

Join us at the regularly scheduled HOS Volunteer Orientation to learn more about getting involved with Singles In Service. Every 2nd Tuesday of the month.

### **SINGLES IN SERVICE PROJECT LEADER MEETINGS (Note the new location below)**

September 13 and October 4

Business: 6:30 pm -7:30 pm

Upcoming Project Planning: 7:30 pm - 8:30 pm

Contact: Valeri Mihanovich  
projects@andsonsacto.org

Do you have a larger vision for service? Want to develop leadership skills? Interested in leading an Upcoming Singles In Service Volunteer Project? Come join our Planning Meetings held on the first Monday of each month at the Governor's Office on Service and Volunteerism, 1110 K Street, Suite 210, Sacramento (buzz at the front door and somebody will let you in). Note: there is street/ metered parking on L and J Streets.

### **SIS MARKETING TEAM**

PL: Sandra Hamel  
Sandra95617@yahoo.com  
(916)718-4663

Singles in Service is building a Marketing Team. How has Singles in Service grown so fast—315 members since 9/3/03? Personal invitations are what works! Join Sandra Hamel in building a team of people equipped and willing to do those personal invitations. Are you willing to come to our Planning Committee meeting or pick up a packet of marketing materials from the HOS office? You can customize your commitment to fit your schedule and preferences.

### **H STREET FESTIVAL**

Saturday, September 11

9:00 am - 6:00 pm

PL: Mary Lynn Perry  
(916) 808-8317

This festival is sponsored by Council member Steve Cohn and will feature various local performers, arts and social service exhibitors, and food vendors. Volunteers are needed on Saturday to help with greeting visitors, serving as stage managers and monitors, helping with refreshments and clean up. The celebration takes place at the Central United Methodist Church in Sacramento, 5265 H Street. For more information and to sign up, contact Brenda Waters at (916) 457-3337 or email: [BjewWaters@aol.com](mailto:BjewWaters@aol.com).

### **KVIE PLEDGE DRIVE**

Sunday September 12

3:15 pm - 8:00 pm

PL: Scott Nichols  
Phone: (916) 691-3049  
Email: [sdn95758@yahoo.com](mailto:sdn95758@yahoo.com)

Volunteer to help support public television and get on the air to promote SIS. A great experience for those who are interested in the behind the scenes of a Pledge Drive and a lot of fun. Bring snacks or cash for the vending machines. We need 16-20 volunteers for our next shift on Sunday September 12 from 3:15 to 8pm. If interested,

please contact Scott Nicholas (contact information above). Note, volunteers are invited to meet for dinner after this event. Location TBD.

**THIRD ANNUAL CALIFORNIA COASTAL CLEAN-UP AT LAKE NATOMAS**

**Saturday, September 18**  
**8:00 am - Noon**  
**Noon: BBQ and celebration**  
**PL: Rich Coill**  
**dylanrah1966@yahoo.com**

Help clean California's coastal and inland waterways as well as be part of a larger international effort to clean up our Earth and track the type and origin of the trash that is impacting our environment. Please bring sunscreen, hats, gloves and water bottles and wear closed toed shoes. The SIS group will meet at the Negro Bar recreation area. For directions and more details, contact Project Leader Rich Coill.

**IT'S ALL HAPPENING AT THE FOLSOM ZOO (SANCTUARY)**

**Saturday, October 23**  
**8:00 am - Meet & Greet in Park Pavillion (pastries and juice provided)**  
**8:30 am -Noon (projects)**  
**Noon - 1:00 pm (lunch)**  
**1:00 - 3:00 pm (more projects!)**  
**PL: Crystal Barber**  
**cybarber@ucdavis.edu**

Help the Folsom City Zoo Sanctuary with several projects that will help improve the zoo for animals and visitors alike. Founded in 1963, this small City owned Northern California zoo/sanctuary has been providing homes for some very special animals. Nearly all the animals living there are non-releasable natives, injured or orphaned in the wild. They have been removed from the wild as "problem wildlife," are failed wild pets given up by their owners or confiscated as illegal by authorities. Some are disabled, but each has an important teaching message encouraging responsible behavior toward animals. **Important:** Wear closed-toed shoes (boots are best) and bring gloves.

**HABITAT FOR HUMANITY**

**Saturday, October 30**  
**7:30 am - 3:00 pm**  
**PL: Bill Collins**  
**wjcollins@ups-scs.com**

Join us as we volunteer with Sacramento Habitat for Humanity! Wear comfortable, durable clothes and shoes. Bring a brown bag lunch and don't forget to pack a water bottle. Space is limited and this project fills up quickly so email Bill soon to reserve your spot!

Note: SIS volunteers must complete the HOS volunteer/waiver forms before they can participate!

**LOAVES AND FISHES PARK RESTORATION PROJECT**

**Saturday, October 30**  
**8:45 a.m. in parking lot**  
**from 9:00 am to Noon**  
**PL: grch422@cs.com or**  
**Denise, @yahoo.com**

Join SIS in help... general projects to make the center look... projects include general cleaning, tree trim... organizing and moving supplies... clothes and bring work gloves if you... Loaves and Fishes is located at 16th and 15th C. Turn left off 16th onto North C and drive to the end of the street to the parking lot security attendant. Call (916) 446-0874 if you get lost on the day of the event. We plan to go to lunch afterwards so bring lunch and beer money.

**CANCELLED THIS MONTH**

**Join Us on October 15 for the Singles In Service First Anniversary Party!**

Join us as we celebrate the one year anniversary of Singles in Service at the popular Vallejo's Taqueria & Cantina in downtown Sacramento on Friday, October 15 at 7:00 p.m. Whether you've been there from the first River Clean-Up in September 2003 or at any of the over a dozen service projects since, or if you've just been waiting for the right project to come along, come out and see why Singles in Service is a great way to give back to your community and meet new friends at the same time. \$18 at the door includes an all you can eat party spread of carnitas, fajitas, rice, beans, tortillas, salad, chips and salsa with guacamole and soft drinks. Come early and join us on the patio for cervezas and margaritas. **NO HOST BAR.** Here are the details:

**Date:** Friday October 15, 2004  
**Time:** 7:00 - 9:00 pm  
**Cost:** \$18 a person. Pay at the door  
**RSVP by:** Wednesday, October 13 to Denise Hamma at: [dkh10463@yahoo.com](mailto:dkh10463@yahoo.com).  
**Location:** Vallejo's Taqueria & Cantina, 1100 O Street in downtown Sacramento

*(SIS anniversary cont. from page one)*

**How do I become a SIS project leader?**

We recommend you go to at least one SIS project. Then attend one of our planning committee meetings (usually the first Monday of the month from 6:30 - 8:30 PM). Let us know what your idea is and have as much information as possible on prospective dates, logistical details, a draft announcement, and what support you need from the planning committee. Ideally, we'd like to set a date for the event at least 2-3 months in advance.

**SIS Projects in 2003-04**

- ♦ American River Parkway Foundation River Cleanup, October 18, 2003 (48 participants)
- ♦ KVIE pledge drive, November 29, 2003 (11 participants)
- ♦ Holiday Toy Drive and Mixer, December 12, 2003
- ♦ Habitat for Humanity, January 31, 2004
- ♦ Sacramento Magazine Charity Event, February 20, 2004
- ♦ KVIE pledge drive, March 14, 2004
- ♦ Habitat for Humanity, March 20, 2004 (23 participants)
- ♦ Health & Safety Street Fair, April 17, 2004
- ♦ Earth Day, April 24, 2004 (15 participants)
- ♦ Mother's Day Card Party for Seniors, May 8, 2004 (9 participants)
- ♦ Huge Singles Event, May 20, 2004 (12 participants)
- ♦ Sacramento Tree Foundation, May 22, 2004 (4 participants)
- ♦ Habitat for Humanity, June 19, 2004 (25 participants)
- ♦ KVIE pledge drive, June 27, 2004 (12 participants)
- ♦ SIS Planning Committee Retreat, July 30 - August 1, 2004 (5 participants)
- ♦ Habitat for Humanity, August 28, 2004  
*...and many more to come in 2004-05!*



SIS members take a break after completing another project



# September/October 2004 Community Board

Each month we list activities and other opportunities in the Sacramento community that may interest our volunteers. Please Note: These are not HOS Projects.

**Help with Field Trips at St. John's Shelter for Women and Children:** Would you like to spend an afternoon with kids on a fun fieldtrip? Would you enjoy taking children out in the community to provide them with special and educational experiences? If all this appeals to you then St. John's Shelter for Women and Children would love to have you join us as a fieldtrip chaparone. The time obligation is minimal, and the rewards are fantastic. All you have to do is ask to be placed on our chaparone list. When we plan a fieldtrip, we will call you up and ask if you can join us that day. If you can, great! If not, maybe next time. It's that simple! We can also use help networking in the community to get free tickets for events, concerts, movies...you name it, to make the fieldtrips possible.

**Great American River Clean-Up:** Date: Saturday, September 18, 9 am to noon. Volunteers of all ages are welcome to come help clean-up Sacramento's crown jewel--the American River Parkway and River! Wear a hat, long pants, sturdy shoes and work gloves and bring sunscreen and water. For more information call (916) 456-7423 or info@arpf.org.

**Haunted House:** Date: October 29<sup>th</sup> or 30<sup>th</sup>, 2004  
Total Volunteers Needed: 15-20  
The Arcade Creek Recreation and Park District holds an annual haunted house at the Hamilton Street Park in Sacramento. The Haunted House is held from 6:00 pm - 8:30 or 9:00 pm on one evening. Generally 150 children and adults visit the haunted house. The district is looking for an organization to take on this special event and run the haunted house this year. The organization will set up the haunted house, provide the spooks and monsters, tour guides, and money takers, etc., and clean up afterwards. Contact Jane Steele at 482-8377 if your organization is interested.

**Volunteer! Become a Board Member:** BoardLink is a program of the Nonprofit Resource Center. It's mission is to connect and strengthen business and nonprofit communities in the Sacramento region through excellence in nonprofit board leadership development. The BoardLink Candidate Training is for emerging community leaders who wish to serve on a nonprofit board. A two part training offers attendees basic information about the roles and responsibilities of nonprofit board governance. Following training, candidates receive introductions to local nonprofit agencies. Call 916-264-2719 for more information.

**Infoline Sacramento Volunteer Information and Referral Specialist:** Infoline is a comprehensive, multilingual telephone information and referral service, helping callers find community resources they need. Volunteers needed to help link callers with social service programs using computerized database. Opportunity to learn about community resources and work with people of diverse social, ethnic and economic backgrounds. Training is provided. Must be at least 16 years of age. Infoline is located at the Sacramento Public Library building, (828 I Street) and is open between 8:30am - 4:45pm. For more info, contact Kae Tzeo at (916) 442-4273 or infoline@communitycouncil.org

**Project R.I.D.E.:** Is a therapeutic horseback riding program, developed in April 1979, for children and adults with special needs. Located in Elk Grove, R.I.D.E. provides students the opportunity to physically and mentally advance through horseback riding. Volunteers lead, sidewalk, assist in the classroom and help with barn clean up. Class schedule is Tuesday through Friday 9:30 a.m. to 3:00 p.m. There are two training sessions required prior to volunteering. Please contact the Project RIDE office, Contact Deb Lewis, 916/685-7433 for dates and times of the next training session. Please

leave message with contact phone number on voice mail if no one is available.

**B Street Theatre & Children's Theatre of California Volunteer Opportunities!** B Street Theatre—Sacramento's Professional New Works Theatre—is seeking immediate assistance in our production and scene shop. Both skilled and unskilled volunteers are welcome to help us through our "crunch time" of building sets for two exciting upcoming shows. Physical strength and knowing your way around a hammer or screw gun are a plus! Volunteers will receive 2 tickets to their choice of either the B Street Theatre play "Lobby Hero" or our Children's Theatre of California play "Bunnica." B Street Theatre and Children's Theatre of California also has ongoing needs for volunteer ushers and administrative support. Please contact the B Street Theatre box office at 916-443-5300 and ask for Ron or Jerry.

**Become a KVIE Phone Bank Volunteer:** Are you looking for a great opportunity to promote your organization and to get regional on-air exposure? Well, now is your chance! We are currently accepting reservations for phone bank groups of at least 16 energetic people for our September Membership Pledge Drive. Come on down to the station with your coworkers and friends to help answer the telephones and raise funds and awareness for Public Television. Training is simple and will be provided for every group. Hurry and call today to book your time slot - these spaces will go quickly! For more information contact: Evie Turner at (916) 641-3593 or [eturner@kvie.org](mailto:eturner@kvie.org).

**Volunteers Needed for the Annual Heart Walk:** Last year's Heart Walk was a complete success due to the volunteers' dedication and hard work. Heart Walk is scheduled for Saturday, September 18. For more information about volunteering attend a Volunteer Orientation & Trainings on 8/26/04 or 9/2/04 from 6:00-7:30 p.m. at the American Heart Association office, 2007 O Street. You can also log onto [www.heartwalk.kintera.org/sacramentoca](http://www.heartwalk.kintera.org/sacramentoca) or call Rosanna Oliva at 916-446-6505.

**Natomas Community Festival:** Volunteers are needed on Saturday, October 16th at the South Natomas Community Center, 2921 Truxel Road. This 3rd annual family festival is sponsored by Council member Ray Tretheway and features children's activities, local entertainment and more. Volunteers are needed to help with vendor registration, parking, children's activities and clean up. Volunteers will receive a festival T-Shirt, all day volunteers will be provided a \$ 5.00 food coupon. Volunteers are also needed on Friday, October 15th from 5-8 pm to ready the site. Contact: Marni Leger: [festival@winfirst.com](mailto:festival@winfirst.com) or 802-4966.

**Pet Lovers Orientation:** Animal Care Services will hold its next volunteer orientation on Wednesday, September 8th, from 6:00 to 7:30 pm. Volunteers assist with special events, handling and exercising dogs and cats, office work, adoption clinics and education. Foster families are also needed for puppies and kittens and other animals needing special attention. For information contact Shannon Asquith at (916) 808-7383 or email: [sasquith@cityofsacramento.org](mailto:sasquith@cityofsacramento.org).

**Tour and Tea at the Crocker:** On the first Thursday of the month, September through June, the Crocker Art Museum holds a Tour and Tea program hosted and led by its docents. The museum is in need of volunteers to help with food prep, service, and clean-up. This is a fun series to volunteer for, and you don't have to commit to every tea. Help is needed from Noon to 3 pm. To volunteer, contact Teruko Nimura at (916) 264-1182 or [tnimura@cityofsacramento.org](mailto:tnimura@cityofsacramento.org).

**Adopt-a-Senior:** The Caring Neighborhoods program will host a clean-up in a South Sacramento neighborhood on Saturday, September 11<sup>th</sup> from 8 am to 12 pm. Volunteers are needed to help with clearing debris from the yard of an elderly neighbor and general yard work. Volunteers should be at least 16. Contact Tracey Gray at (916) 566-1594 or email: [tgray@cityofsacramento.org](mailto:tgray@cityofsacramento.org).

**Prevention 2004:** This fire prevention, life safety and health festival will take place on Saturday, October 2<sup>nd</sup> in Old Sacramento. Volunteers are needed from 10 am to 3 pm to help set up, staff information tables, serve as runners and help in the children's park area. Lunch will be provided. Contact Juanita Mason at (916) 433-1673 or email: [jmason@sfd.cityofsacramento.org](mailto:jmason@sfd.cityofsacramento.org).

**American River Salmon Festival:** This family event offers educational, recreational, cultural, artistic and culinary activities that highlight the wonders and importance of the river, its watershed, and adjoining American River Parkway. Volunteers are needed to help with the schools' day event on Friday, October 8<sup>th</sup> from 8:30 am to 2:00 pm. Volunteers will help fourth grade students from the area navigate 6 stations including arts and crafts, safety information, games and a hike. Volunteers need to be at least 16 and should enjoy working outdoors. Groups are welcome and volunteers receive a free lunch. Park. To sign up to volunteer, contact Ken McCulloch at (916) 264-0178 or email: [kmccull@cityofsacramento.org](mailto:kmccull@cityofsacramento.org).

**Psychic & Lantern Tours:** Volunteers can help with the Historic City Cemetery's annual Psychic and Lantern Tours by guiding visitors through the cemetery by flashlight. The tours are scheduled for October 8, 25, 26, 27, 28, 29 and 30. Call Sharon at (916) 455-8166 or email at [patrician@midtown.net](mailto:patrician@midtown.net) to sign up. Teens over 16 are welcome.

**Butterfly and Hummingbird Garden:** The Sacramento Zoo needs volunteer groups to assist with one-time weeding and plant care projects in the beautiful Butterfly and Hummingbird Garden. Groups of up to 20 people can be accommodated in this project. Any day except Sunday is available. Contact Valorie Schneider at (916) 264-7444 or [vschneider@cityofsacramento.org](mailto:vschneider@cityofsacramento.org).

**Regional Children's Health Project:** Volunteers are needed to assist with various jobs at one-day events to reach families with uninsured children. Volunteers will assist at these events by facilitating children's activities, childcare, staffing a registration table or an information table, and making copies for families. Events will be scheduled periodically at different locations. For more information, please contact Jennifer Kwan at (916) 277-3839 or email: [jkwan@cityofsacramento.org](mailto:jkwan@cityofsacramento.org).

**Park Beautification Projects:** City Parks are looking for individuals, families, and groups of to assist with various one-day, short-term beautification projects at a park near you, or to discuss short and long term stewardship opportunities. Youth under 18 need written parental consent, and children under 12 need parent chaperone. Tools, supplies, and training are provided. Projects are available for groups of all sizes and abilities. For more information, Contact: Julie Mier at (916) 433-2285 or email: [jmier@cityofsacramento.org](mailto:jmier@cityofsacramento.org).

# September/October 2004

## Project & Community Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>September</b>			1	2	3	4 9:00 OCC Gardening
5	6	7 5:15 Sharing the Bounty	8	9 6:30 Playtime	10	11 9:00 H Street Festival 9:00 OCC Gardening
12 3:15 KVIE Pledge Drive	13 6:30 Singles In Service Project Leader mtg.	14 5:15 Sharing the Bounty 7:00 HOS/SIS Orientation	15	16	17	18 8:00 CA Coastal Clean-up 9:00 OCC Gardening
19 8:00 Sunday Lunch at Sac Food Bank 1:00 Project Birthday	20	21 5:15 Sharing the Bounty 6:30 Bead Connection	22	23 6:30 Playtime	24	25 9:00 OCC Gardening 10:00 Sort It Out
26	27	28 5:15 Sharing the Bounty	29 Home Depot 25th Anniversary Service Project!	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>October</b>					1	2 9:00 OCC Gardening 10:00 Fire Safety/Health Festival
3	4 6:30 Singles In Service Project Leader mtg.	5 5:15 Sharing the Bounty	6	7	8 Salmon Festival	9 Salmon Festival
10 Salmon Festival	11	12 5:15 Sharing the Bounty 7:00 HOS/SIS Orientation	13	14 6:30 Playtime	15 7:00 Singles In Service First Anniversary Party!	16 9:00 Natomas Festival 10:00 Sort It Out 1:00 Project Birthday
17	18	19 6:30 Bead Connection	20	21	22	23 Make a Difference Day! 8:30 Folsom City Zoo 9:00 SCGC Planting 9:00 OCC Gardening
24	25	26	27	28 6:30 Playtime	29	30 7:30 Habitat for Humanity
Halloween 31						



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volunteers@handsonsacto.org  
www.handsonsacto.org

Member of the Volunteer  
Center National Network



**Look Inside for September and October Volunteer Opportunities!**

**apply online: [www.handsonsacto.org](http://www.handsonsacto.org)**

# Hands On Sacramento PROJECT LEADER Opportunities

Project Leaders are the heart and soul of the HOS philosophy. They make it possible for us to offer fun, flexible, group projects in the community. We have a few projects that are in need of a new PL. Training and support are provided. The following projects are available:

## THE ELK GROVE FOOD BANK

**Saturdays 8:00 am - 11:00 am**

The Elk Grove Food Bank gives out 14,000 meals each month. Help sort, box, and distribute food, greet customers and help with other duties at the center. The Elk Grove Food Bank can also use volunteers M-F from 9 am - 12 noon. Feel free to call Crystal at 685-8453 to volunteer on a weekday.

## LOAVES & FISHES

**Sundays 7:30 am - 10:30 am**

Start your Sunday in the Kitchen! Help prepare and serve breakfast for the 800+ hungry and homeless guests at **Loaves & Fishes**. Volunteers will work preparing food in the kitchen, serving food in the dining room doing a variety of tasks (refilling water, seating families).

Interested in learning more about this commitment? For a Project Leader Job

Description, check out:

[www.handsonsacto.org/projectleaderHOS.pdf](http://www.handsonsacto.org/projectleaderHOS.pdf)

Call Valeri to learn more (916) 447-7063 ext. 304



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