



VOLUNTEER SAN DIEGO

Change yourself. Change your world. Volunteer.

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Volunteer Newsletter

February 2009

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another."
- Erma Bombeck

Executive Director's Message

From Sue Carter

"We are the ones we've been waiting for." Alice Walker

This quote seemed particularly appropriate after an exciting month where no less than the President called us all to serve. I was especially encouraged that he asked Americans to consider making a long-term commitment to an organization or cause. He understands that some projects can be completed in a day - and that healing lives as a mentor or coach or leader needs relationships and service that endure.

So now what?

For those who haven't served yet - start today. [VSD's Flex Projects](#) are the perfect place to begin.

For those already serving on a short-term basis, consider the impact you could make with a longer-term commitment.

For those hardy souls already in for the long haul, talk to your favorite organization about their most critical needs and explore how you can be a partner in meeting them.

Our waiting is over. I can't wait to see what we do as a

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[Flex Orientations](#)

[VSD Podcast](#)

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community.

What's New

Oscars Night 2009

The 2009 Oscars are on February 22nd and you can celebrate Volunteer San Diego style. There will be food, games, and celebrity viewings! Mark your calendars and walk the red carpet with Volunteer San Diego. To purchase tickets and for more information, click [here](#).

Servapalooza is Coming!

Volunteer San Diego, eXcel Youth Zone and Kids for Peace are co-hosting Servapalooza to celebrate Global Youth Service Day. Servapalooza is a Service Festival and Parade of Wishes in Balboa Park on Sunday April 26, 2009. Participants will enjoy the entertainment, Parade of Wishes, food, vendor booths, raffle prizes and the main event, Service Stations. To find out more, click [here](#).

We are still looking for volunteers to help plan Servapalooza. If you are interested in being on the team to make the magic of Servapalooza, please contact savy@volunteersandiego.org.

Other VSD News

10News Leadership Award



With Volunteer San Diego, Sempra Energy Foundation and LEAD San Diego, the 10News Leadership Award recognizes someone who provides leadership by making San Diego a better place to live, by standing up for those who need help, and improving the quality of life for all San Diegans. [Nominate](#) a leader for their work in the categories of Volunteerism, Environment, Diversity or Community Action.

Hot Projects

For Valentine's Day, Resolve to Save a Heart!

The San Diego and Imperial Counties Chapter of the American Red Cross is asking for volunteer help with its annual CPR Saturday schedule for March 14 at Golden hall. On that date, thousands of San Diegans will earn FREE adult CPR certifications, but help is also needed the day before and the following Monday for event set-up and disassembly. The best present you could give on Valentine's Day is a decision to volunteer for CPR Saturday, now a San Diego tradition. Help those who are teaching others how to save hearts and lives. For more information, click [here](#).

Weed Whackin' Saturdays

Survivors of the 2007 Wildfires need your help! Volunteer San Diego is seeking community volunteers to help provide brush management services for fire survivors in need. With assistance from local fire recovery centers and partner organizations, teams of volunteers will be able to provide these services at no cost to fire survivors who are either senior citizens, physically unable, low-income, under-insured or challenged by special circumstances. [Sign up](#) now! No experience necessary - we provide the training!

Flex Members

[Flex Projects](#)

Updates

Angel's Depot

The Angel's Depot project has been cancelled for the next several months. Watch for it to come back onto the Flex Calendar.

Beckwourth Homework Helpers

We are in special need of volunteers who can assist with high school students with Spanish and calculus homework. General homework assistance in other subjects is needed, as well. [Sign up now!](#)

Beautified Nature Walk for Teens

This project is back and scheduled to take place on February 28. [Sign up now!](#)

Not a Flex member yet? Click [here](#) to join.

Have an idea for a Flex Project? Email [Leia](#) or call her at (858) 636-4139 for more details.

Be a Leader

Flex Team Leaders Needed!

Interested in Being a Flex Team Leader?

We need Team Leaders for:

- * Childcare at the Women's Resource Center (WRC) - 5th Wednesday (when we have a 5th Wednesday) and 3rd Saturday of each month
- * North County Food Bank - 1st-3rd Thursday of each month
- * Meals at Merle's Place - 3rd Monday of each month
- * Oak Park Branch Library - Wants to start a homework helpers project so looking for team leaders to get started

If you are interested in becoming a Team Leader for any of the above projects (or have an idea for a new project you would like to lead), please email [Debbie](#) or call her at (858) 636-4184.

If you live in South County and are interested in being a Team Leader, especially for Homework Helper projects, please contact [Leia](#) or call her at (858) 636-4139. We are currently trying to start Homework Helper projects in South County and need your help to make it happen.

Board and Committee Members Wanted

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

Flex Accomplishments

Flex keeps growing and improving the community!

In the month of December, 445 new volunteers joined Flex and attended orientations. Welcome to you all!

Thanks to Flex volunteers like you...

751 volunteers completed **77** projects and **1,511** hours of service.

Not yet a Flex Member?

Please take our online [Flex Orientation!](#)

SAVY Leaders

Take the Lead

The Teen Summit began 12 years ago to assist the community in developing youth volunteers. The conference has consistently attracted more than 400 youth, educators and community

partners. The conference will take place Friday, March 13, 2009 at California State University, Fullerton. For more information, click [here](#).



Superhero of the Month

This month we would like to recognize **Betty Gossett**, a volunteer with Alvarado Hospital. Alvarado Hospital's programs include cardiac services, emergency medicine services, neuroscience, orthopedics, oncology, rehabilitation, general surgical services, skull base surgery, vascular services and surgical weight reduction.

"Betty is the Gift Shop Chairperson. She not only volunteers in the gift shop 3 times a week but she also trains all the new gift shop volunteers. She actively participates in the Ways and Means committee helping with many fundraisers throughout the year. As the Gift Shop Chairperson, she is an active member of the Alvarado Hospital Auxiliary Board. Betty also gets donations and puts together gift bags for home health patients every Christmas." Stated by Holly Smith, Coordinator of Volunteer Services.

Each month, Betty volunteers about 100 hours and has been doing so for almost 18 years at Alvarado Hospital totaling over 19,800 hours.

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

Special Thank You

LAS PATRONAS

Partnering with the San Diego Community since 1946

VSD recognizes Las Patronas for their generous donation. With their support, we were able to purchase a cargo van to support our Disaster and other Volunteer Programs. Their community contributions are invaluable. Additional thanks to Qualcomm for their funding and Kearny Pearson Ford for their excellent service.



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 is easy!

Now you can raise money for Volunteer San Diego just by searching the Internet at goodsearch.com.

Have an Albertson's 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.

For more information contact:

Volunteer San Diego

Email: volunteer1@volunteersandiego.org

Phone: (858) 636-4131

Fax: (858) 492-2016

Web page: <http://www.volunteersandiego.org>

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