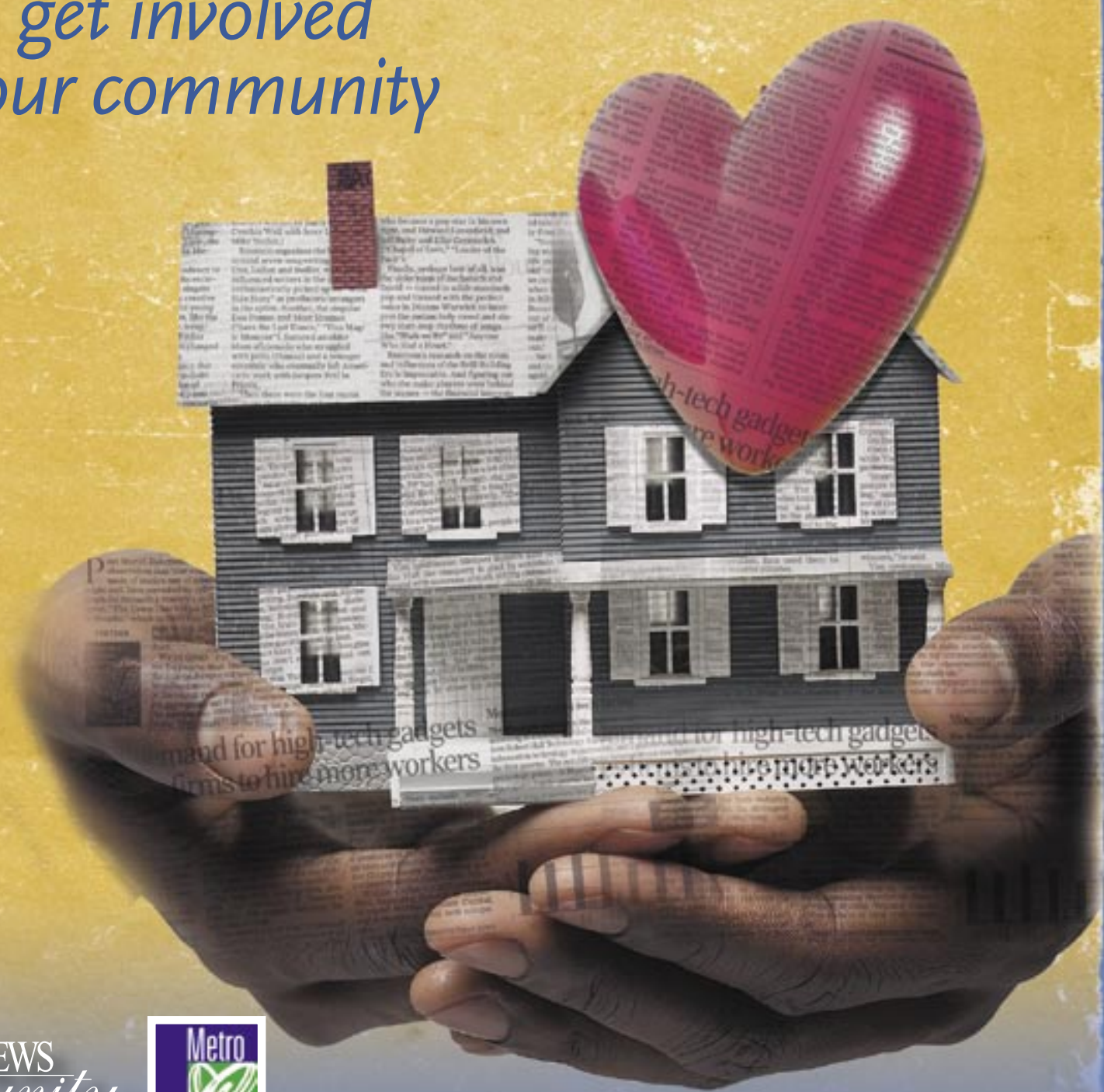


'06 Volunteer Guide

how to get involved
in your community



POST-NEWS
Community
Community Programs of The Denver Post and Rocky Mountain News
ARTS • YOUTH • EDUCATION • HUMAN SERVICES



www.post-newscommunity.com

Dear Readers and Volunteers,

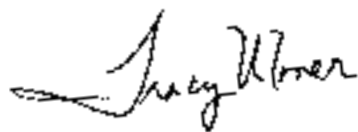
The Denver Post, Rocky Mountain News and Metro Volunteers are proud to bring you the **2006 Volunteer Guide**. We hope you find this section useful, whether you are a seasoned volunteer or someone looking for ways to get started.

With National Volunteer Week starting today, **Post-News Community** (the community relations arm of The Denver Post and Rocky Mountain News) is pleased to publish this Guide in partnership with **Metro Volunteers**, a nonprofit whose mission is to mobilize and cultivate volunteers as a vital force in our community. Both of our organizations are committed to improving the quality of life in Colorado and beyond. This section is designed to help empower you to join us in that mission, by providing you with the resources you need to get involved and give back to the community as a volunteer.

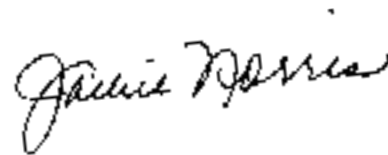
There are numerous volunteer opportunities available – something to fit just about everyone's schedule, skill set and interest. In this Volunteer Guide, you'll find a variety of projects – from painting and home-repairs to ushering at a live performance to cleaning park trails to working with animals to serving and packing food, and much more! As part of Post-News Community's "Support the Arts" campaign, this year's guide has a special feature on volunteer opportunities in the arts. Our community arts and cultural institutions have much to offer volunteers, and vice versa. We hope you'll find these arts opportunities of interest.

We know you're busy, and you may think volunteering requires a huge time commitment. It doesn't have to. The volunteer opportunities in this Guide are divided into categories based on the time commitment involved. Whether you're able to volunteer once a year, once a month or once a week, there is a great opportunity waiting for you!

We encourage you to use this guide as a resource and invite you to get involved in the community by volunteering. You can make a difference! Try it once. You'll experience the tremendous rewards volunteering has to offer, and we bet you'll be back to do it again.



Tracy Ulmer
Community Relations Director
Post-News Community/Denver Newspaper Agency

Jackie Norris
Executive Director
Metro Volunteers



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Be your own star — make a difference as an arts volunteer

By Marywyn Germaine

The arts in Colorado continue to thrive. From tiny mountain towns to metropolitan cities, the power of volunteers helps keep music, drama, the visual arts, crafts, dance and festivals center stage in our communities. Providing your time and talent in the arts — without a paycheck — has grown small art shows and theater clubs into full-fledged festivals and museums. Volunteers have discovered they can change the world, beginning right in their own backyard.

Volunteers come in all shapes, ages and sizes. They might share the skills they have or learn new skills. They might explore a hobby, discover new interests or simply enjoy socializing.

Self-improvement

Arts volunteers often educate, as well as gaining education. They learn what's happening on the arts scene, and even help create the arts scene. Volunteers are among the first to know of new artists and arts gatherings.

Locally, volunteers play a leading role with PHAMALy (Physically Handicapped Amateur Musical Actors League), a performing arts group, which showcases the talents of people with disabilities in live produc-



tions. This year the group will produce *The Wiz*, requiring volunteers for hair/make-up artists, costume assistance, ushering and backstage jobs.

Volunteers at the **Denver Museum of Nature & Science** get a learning experience, plus free admission to the museum, IMAX and Gates Planetarium. They might greet visitors, serve as a guide in the Space Odyssey Gallery or lead school-aged children on a tour. Some 150 volunteers participate as a family, where children ages six to 12 can participate.

Social networking

Arts volunteers experience a “behind the scenes” view, bringing interaction with artists, patrons and the public.

That's the case at the **Denver Art Museum**, which will require volunteer Ambassadors to help open its new expanded museum complex this fall. DAM will need greeters, hosts for gallery activities and Ambassadors to offer details on the new architecture to visitors. Volunteer open houses are offered periodically to help volunteers find a good fit.

Sheer pleasure

Enjoying your leisure time is a natural in the arts. Volunteers have the insider's view, and it makes performances even sweeter.

Nearly 1,000 volunteers are the backbone of the **Cherry Creek Arts Festival**; July 1-3 will be its 16th year. Festival volunteers are enmeshed in the event helping with the auction, demos, artist relations and so on. Most volunteers return every year for this outdoor arts experience.

Make a difference

Volunteers play a vital role, so vital in fact, it can be called a starring role. The work and enthusiasm they bring to an organization and community is crucial to sustaining the arts.

Volunteer opportunities in the arts are many. Remember, the show must go on (with the help of volunteers, of course).



4. Assess how much time you have to volunteer.

Is it a couple of hours a year or a month? Or is it four hours a week? Anything helps. Be realistic with your time constraints.

5. Take action.

This is the final part of starting to volunteer. Where will you actually go to serve, and for how long? Volunteer resource centers, like Metro Volunteers, are good places to get started as they are connected to many agencies in your area and it's easy to find something that matches your interests.

Tips for Volunteering

Many people want to get involved with volunteering, but getting started often seems challenging. Here are some tips to begin your own journey into volunteering:

1. Determine your motivations and goals.

Why do you want to volunteer? Sometimes it is to meet new people or to gain more work skills or experience, or just simply give back to the community.

2. Inventory your interests and skills.

What are you good at? Can you use your strengths to help out in the community? If you are proficient in technology, teaching, carpentry or accounting — there are ways for you put those skills to work.

3. Choose an issue you care about.

Are you interested in education, health, homelessness, advocacy? There are a wide variety of agencies in the Denver area to suit all areas of interest.

Volunteer opportunities in arts and culture

Ambassadors

Denver Art Museum

These volunteers will assist visitors as greeters, gallery hosts and orientation hosts. Greeters welcome visitors and help them get off to a good start. Gallery hosts encourage participation in gallery activities, maintain supplies and equipment, and answer questions about visitor amenities. Orientation hosts help visitors learn about the museum's architecture and how to get around the new museum complex.

Contact: Meg Morris-Aabakken 720-865-5045 or volunteer@denverartmuseum.org
www.denverartmuseum.org

BODY WORLDS 2 Volunteer

Denver Museum of Nature & Science

More than 50,000 people have seen Gunther von Hagens' BODY WORLDS 2: The Anatomical Exhibition of Real Human Bodies since it opened at the Denver Museum of Nature & Science on March 10. To date it is the most popular exhibition the Museum has hosted in the last 10 years. Because of the exhibition's popularity, the Museum needs 300 additional volunteers to greet visitors, assist with way-finding, distribute audio guides and take tickets. The Museum is offering extended evening hours during BODY WORLDS 2, so day and evening volunteer shifts are available. The exhibition runs until July 23.

Contact: Leesly Leon, 303- 370-6419 or lleon@dmns.org.
www.dmns.org

Backstage Volunteers & Ushers for “The Wiz” PHAMALy

The Physically Handicapped Amateur Musical Actors League (PHAMALy) is seeking volunteers to assist with its 2006 production of *The Wiz*. Volunteer opportunities include working backstage on the running crew; (setting props and set pieces, assisting actors in getting on and off stage, etc.) hair/make-up artists; dressers and front of house/lobby support, primarily as ushers.

Contact: Jeannie Kloosterman, 303-575-0005 or info@phamaly.org
www.phamaly.org

Event Volunteers

Cherry Creek Arts Festival July 1-3

Cherry Creek Arts Festival volunteers assist in a variety of areas including artist demonstrations, artist relations, art auction, food and beverage assistance, Creation Station (kids art area), media and community relations, performing arts, production, public safety and more. Benefits include a CCAF t-shirt, food, beverages and the post-event party.

Contact: Carol Hiller, 303-282-5073 or volunteer@cherryarts.org.
www.cherryarts.org

Museum Store Volunteer

Colorado Historical Society

Volunteers are needed to staff the museum store and interact with visitors while exploring Colorado's history in a whole new way. Volunteer tasks include greeting visitors, assisting customers in finding merchandise, taking telephone orders and using the computer cash register. Training is provided.

Contact: Angela Caudill, 303-866-3961 or angela.caudill@chs.state.co.us
www.coloradohistory.org

Concert and Events Volunteers

Swallow Hill Music Association

Volunteers are needed to help staff Swallow Hill concerts and events. Concert volunteer duties include ushering, ticket

2006

Volunteer Guide

Volunteering never felt so good!

Brian Friedrich has found his community calling

By Barrett Wolfersperger

Brian Friedrich is a supervisor for AT&T in the Denver Tech Center, enjoys the Colorado weather, is a big hockey fan and is busy with his job and family obligations. But Friedrich stands out from his peers because of his commitment to positive civic change through volunteerism. He volunteers an average of 12 hours a month in many capacities, including as a board member for a local nonprofit, as a Metro Volunteers' project coordinator at Urban Peak (a youth homeless shelter), and as a coordinator of volunteer projects (including local Hurricane Katrina relief and food/clothing drives) for his colleagues at AT&T.

Why do you volunteer?

"There's a feeling I get from volunteering that I don't get anywhere else," says Friedrich. "The feeling that I've helped make a positive difference in the community, even if it's a small difference, is very valuable to me." He believes that everyone has a civic responsibility to "take care of each other" and that volunteering at local agencies can help fulfill this civic responsibility. In addition to the great feeling he gets by helping out in the community, Friedrich sees volunteering as a good way to get connected with other people. "The volunteer community is filled with some of the best people I could ever hope to meet," he said.

How did you start volunteering?

Friedrich started volunteering through Metro Volunteers' Board Bank program, which trains and matches individuals interested in serving on nonprofit boards. His training led him to become a board member of Neighborhood Partners, an agency dedicated to building and renovating affordable and safe housing for low-income families, seniors and those living with disabilities.

What is your most memorable volunteer experience?

This past December Friedrich participated in a project serving dinner at the Denver Rescue Mission. "I distinctly remember touring the shelter itself, which could hold maybe 280 people at the most," Friedrich said. "I heard about the waiting list for people who want a warm place to sleep, and I saw parents come in and collect food just so they could feed their families. Afterward, I thought about the fact that there are over 10,000 homeless in the Denver metro area alone — that was when I really started to understand the amount of need there is in our community."

What advice do you have for people who want to volunteer?

"Volunteering should be fun, and it should have a meaningful personal impact on the



Brian Friedrich brushes up on his volunteering skills.

volunteer," Friedrich said. "It's much easier to volunteer for a cause that you care about personally, as you will find it to be a very rewarding and enjoyable experience. Volunteering should never feel like a burden, so it's important to balance your time volunteering with other enjoyable activities, such as exercising, going out, or even spending some 'down time' with your family and friends. Most of all, just get out there and do it. You will find it to be one of the best experiences you can have."

Volunteer in the arts

ART from Page 3

taking, Café sales, musician merchandise sales and box office/will call assistance.

Contact: Joanna Springer, 303-380-6353 or

joanna@swallowhill.com
www.swallowhill.com

Starz Denver International Film Festival Volunteer Denver Film Society Nov. 9-19

The Starz Denver International Film Festival requires numerous volunteers to help out in customer service, transportation, hospitality, special events, outreach and more. Recruitment of volunteers for this event will begin in August 2006.

Contact: Cynthia Lavin,
303-595-3456 x18 or cynthia@denverfilm.org
www.denverfilm.org

Theatre Ushers Colorado Ushers

Colorado Ushers provides dependable recruits and places quality volunteers in the performing arts community within the Denver/Boulder metro area. Venues include the Aurora Fox Theatre, Miner's Alley, Colorado Ballet, Colorado Chamber Players, Curious Theatre, El Centro Su Teatro, Mackey

Auditorium, The Newman Center, Nomad Theatre and the American Shakespeare Festival.

Contact: Chip Ross, 303-282-8885 or coloradoushers@msn.com
www.coloradoushers.org



Adult Tour Guide

Denver Botanic Gardens

Volunteer tour guides lead groups of adults through a pre-designed tour on one of multiple topics. Tours are held at all three Denver Botanic Gardens sites (York Street, Chatfield and Mt. Goliath). Guides lead guests through the site while highlighting certain plants, discussing gardening techniques, sharing information and other tour specific activities.

Contact: Heather Boor, 720-865-3537 or boorh@botanicgardens.org
www.botanicgardens.org

Arts Benefiting Kids Artist Workshop Assistant ArtReach, Inc.

The artist workshop assistants work directly with workshop artists to facilitate workshop activities. The assistant represents ArtReach at designated visual art, music, theater, scientific and cultural workshops held in ArtReach affiliated agencies in the Denver metro area.

Contact: Erin Anderson, 303-433-2882 or erina@artreachdenver.org
www.artreachdenver.org

Art Market Volunteers

The Art Students League of Denver Saturday, June 10 & Sunday June 11

The Art Students League of Denver is looking for volunteers to assist during their Summer Art Market.

Contact: Jen Shaw, 720-427-9173 or artmarket@asld.org
www.asld.org

Story Teller

Black American West Museum

The Black American West Museum needs volunteers with expressive, warm personalities to tell stories of the old west with visitors.

Contact: La Wanna Larson, 303-292-2566 or LaWannaLarson@aol.com
www.coax.net/people/lwf/bawmus.htm

One Day a Year

Dining Out for Life Ambassador

Project Angel Heart April 27

Volunteers are needed to serve as Ambassadors over breakfast, lunch and especially dinner. Pairs of volunteer Ambassadors will be placed in restaurants to greet diners and talk to them about the mission of Project Angel Heart: to provide nutritious meals with love to people living with life-threatening illness in Denver and Colorado Springs. Volunteers will receive the training, materials, and support they need to effectively approach patrons and talk to them about Project Angel Heart.

Contact: Emily Frank, 303-830-0202 x24 or emily@projectangelheart.org
www.projectangelheart.org

Paint Party Roundup Fellowship Schedule a Day

Roundup Fellowship operates four group homes in Denver for children and adults with developmental disabilities. A painting party is a great opportunity for a group project (e.g., small business, service club, church group, etc.) where people can come together for a morning or day and paint one of the homes.

Contact: Jim VanderKamp, 303-757-8008 x18 or jvanderkamp@rup.org
www.rup.org

Making Strides Against Breast Cancer, Event Volunteer

American Cancer Society May 20

Volunteers are needed to help with logistics, registration, course set-up and tear-down, t-shirts, food and beverages, survivor tent and advocacy. Visit the event website for full descriptions.

Contact: Nanci Goldberg, 720-524-5442 or nanci.goldberg@cancer.org
www.acevents.org/strides/co/denver

Imagination Builders

Boys & Girls Clubs of Metro Denver

May 20

KaBOOM, coming to the Arthur E. Johnson Branch of the Boys & Girls Club, is an organization that builds playgrounds all around the country. Their mission is a playground within walking distance for every child in America. Volunteers are needed to help build a playground designed by the children in that community. Groups, families and individuals are welcome; food and entertainment will be provided.

Contact: Kristine Cohn, 303-892-9200 x125 or kristinec@bgcmd.org
www.bgcmd.org

People's Fair Volunteers Capitol Hill United Neighborhoods

June 3-4

The 2006 CHUN Capitol Hill People's Fair needs volunteers. Twenty-five percent of Fair proceeds is returned to the community through grants to non-profits and neighborhood organizations. A variety of volunteer opportunities are available.

Contact: Alex Mena, 303-830-1651 or alexmena@chundenver.org
www.peoplesfair.com

Event Volunteers Creating Healthy Communities Resource Fair

June 11

Bilingual and culturally competent volunteers are needed to help with logistics, event set-up/strike, event management and general support for this resource fair in the Latino community. Volunteers will share an afternoon of fun and community-building while supporting the educational efforts of health-based nonprofits.

Contact: Kathi Conner, 303-282-1234, x308 or kathic@metrovolunteers.org
www.metrovolunteers.org

Volunteer Counselor Camp To Belong

June 9-17

Volunteer counselors are a mosaic of unselfish, compassionate individuals who jump in the trenches with campers eight years old and up. CTB volunteers oversee intentionally programmed signature programs for brothers and sisters. Volunteers are needed who are between the ages of 21 and 60, and possess sincere thoughtfulness, positive energy, insightful wisdom, open acceptance and unending flexibility to try new things.

Contact: Lynn Price, 303-791-0915 or lynn@camptobelong.org
www.camptobelong.org

Concert Volunteer

Concerts for Kids June 17

Volunteers are needed in multiple shifts from 8:00 a.m. to 11:00 p.m. on Saturday, June 17 for the Concerts For Kids' Third Annual Concert — Daryl Hall & John Oates/Seal.

Contact: Sally Hallingstad, 303-605-2885 or sally@concertsforkids.org
www.concertsforkids.org

Summer Camp Volunteer Adam's Camp

June-July

Adam's Camp offers a variety of great opportunities for volunteers who would like to become involved in their programs. Adam's Camp provides a variety of intensive therapeutic programs for children with special needs and their families as well as recreational programs for youth and young adults with moderate developmental disabilities.

Contact: Helga Simons, 303-563-8290 x0 or helga@adamscamp.org
www.adamscamp.org

Volunteer Trail Days Jefferson County Open Space June-October

Volunteers are needed to assist the Open Space Trails crew in the construction and maintenance of Jefferson County Open Space Trails. The 2006 Volunteer Trail Days are Saturdays June 3, July 15, Sept. 16 and Oct. 7 from 8:00 a.m. until 4:30 p.m.

Contact: Nora Simmons, 303-271-5922 or nsimmons@jeffco.us
<http://openspace.jeffco.us>

Help Desk Volunteer 2006 North American Indigenous Games

July 2-9

Volunteers are needed to serve as ambassadors for the host city of Denver for Native American and Canadian athletes participating in the 2006 North American Indigenous Games. Help desk volunteers will manage accredita-

Summit County areas. Volunteering for the Courage Classic is fun, but does require a commitment to training dates as well during the event. Volunteers will be required to attend orientation and training for their particular position. Every volunteer works all three days of the Tour.

Contact: Micah D'Hondt, 303-698-3343 or Micah.dhondt@comcast.net
www.couragetours.com

Rocky Mountain Golf Classic Volunteer

American Liver Foundation July 31

The Rocky Mountain Golf Classic is an annual golf event to raise funds for liver disease awareness, education and research. Volunteers are needed to register players, monitor individual golf hole contests, help with reception and lunch set-up/clean-up and act as host/hostess for the event.

Contact: Krista Wessling, 303-988-4388 or kwessling@liverfoundation.org
www.liverfoundation.org



tion badges and provide general assistance to service providers, officials, VIPs and volunteers. Cultural Competency and U.S. Olympic Accreditation Training is provided.

Contact: Carrie Andree, 303-623-3513 or candree@naig2006.com
www.naig2006.com

Courage Classic Volunteer Children's Hospital

July 22-24

This year's Courage Classic takes place in the beautiful Leadville, Vail, Copper Mountain and

Annual Yard Sale Childcare Volunteer

Warren Village Aug. 19

Volunteers will provide childcare for residents and alumni while they work in the yard sale. Volunteers will play games, make crafts, and participate in group activities with the children during this time. Breakfast and lunch are provided.

Contact: Naomi Taggart, 303-320-5035 or ntaggart@warrenvillage.org
www.warrenvillage.org

Volunteering for a day a year

YEARLY from Page 5

Day of Event Volunteer Colorado AIDS Walk/Run Sept. 10

One thousand volunteers are needed in a variety of areas to help manage an expected 10,000 participants in this year's event. Money raised through this walk/run benefits more than 25 AIDS/HIV service organizations in Colorado.

Contact: Tara Roesener, 303.837.0166 x508 or TaraR@coloradoaidsproject.org
www.coloradoaidsproject.org

Brew Crew Volunteer Great American Beer Festival Sept. 28-30

GABF, America's oldest and largest beer festival, is dedicated to educating the public about beer. The primary goal of the GABF is to educate the consumer about the vast spectrum and quality of beers currently produced in the United States. Many volunteer opportunities are available including brew crew, merchandise, security, set-up, take-down and volunteer coordination.

Contact: Carol Hiller, 303-282-5073 or caroleyII@aol.com
www.beertown.org

Day of Event Volunteer Susan G. Komen Breast Cancer Foundation Oct. 8

Volunteers are needed for hands-on jobs the day of the Denver Race for the Cure®. Opportunities range from operations, food delivery, guides, breakfast support and trash management. Details can be found on the Race website.

Contact: Pat Reed, 303-744-2088 x301 or preed@susankomen.org
www.raceforthecure-denver.com

Renovation Project Volunteer Rebuilding Together Metro Denver Oct. 21

As a member of a team of approximately 20 people, volunteers will help repair the home of low-income senior or person with a disability in a one-day time-frame. Home repair experience is a plus but is not required.

Contact: Joey Giuffrida, 720-524-0840 or joey_rebuild@qwest.net
www.rebuildingdenver.org

Spa Day Volunteer The Providence Network Nov. 4

The Providence Network is looking for professional hairdress-



ers, estheticians, make-up artists, certified massage therapists, luncheon hosts, nail technicians, child care providers to donate their time and talents to provide a relaxing day for female residents and staff at the Providence Network's Spa Day Event.

Contact: Katherine Flahive, 303-807-8662 or kippyflahive@yahoo.com
www.theprovidencenetwork.org

Miracle on 19th Street Volunteer

Rock Bottom Foundation
Dec. 25

The annual Miracle on 19th Street, an event that provides a holiday meal, flu shots, bottled water, clothing, toiletry items, toys, candy and gifts to 6,000 of Denver's homeless and displaced individuals. Volunteers are needed to serve food, greet guests, work with Santa and supervise toys for children and adults.

www.chophouse.com



Workbook and Manual Assembly American Humane

American Humane is looking for people who enjoy starting and finishing a project, are detail oriented and appreciate a consistent, routine volunteer opportunity. Volunteers are needed to assemble workbooks and training materials.

Contact: Ginger Moore, 303-792-9900 x452 or gingerm@americanhumane.org
www.americanhumane.org

Childcare Volunteers Sacred Heart House of Denver

Volunteers provide child care on Tuesday and Wednesday evenings from 6:30 p.m. to 8:15 p.m. during life skills/parenting classes. Responsibilities include direct

supervision, reading, playing games, arts and crafts, etc. Small groups are welcome to participate in this volunteer opportunity. Volunteers must be at least 18 years old or come with a responsible adult.

Contact: Joline Sanchez, 303-296-6686 or jisanchez@myexcel.com
www.sacredhearthouse.org

Dog Adoption Volunteer Evergreen Animal Protection League

This volunteer opportunity helps match people interested in adopting a dog with dogs available for adoption through the Evergreen Animal Protective League. Dog Adoption volunteers work from home, taking calls and gener-

ally helping the applicant through the adoption process.

Contact: Lin Theders, 303-670-9454, lstheders1@aol.com
www.eapl.com

After School Tutor Sister Mary Lucy Neighborhood Network

Sister Mary Lucy Neighborhood Network Center cordially invites community members to be part of their volunteer tutor pool. Volunteers help school students with homework. Tutoring hour is from 4:00 p.m. to 5:00 p.m. Monday through Thursday.

Contact: Laura Aranda, 303-298-1934 or sisternmarylucy@archdiocesanhousing.org
www.sisternmarylucy.org

Behind-the-Scenes Volunteer The Children's Museum of Denver

The Children's Museum is currently seeking mature, responsible volunteers to assist their education staff. Essential duties would be to assist the education staff in the playscapes and help organize

and replenish materials and supplies throughout the day as needed. A volunteer in this area will work collaboratively with all members of the education team on projects as assigned, and participate as a team member with all staff.

Contact: Sarah Jacquin, 303-561-0114 or sarahja@cmdenver.org
www.mychildsmuseum.org

Medical Volunteers World Vision - Denver

World Vision has collected numerous medical donations to be sent to projects around the world to help the sick and the poor, but the organization is not adequately staffed or medically-minded to be able to sort these donations accurately. Medical volunteers are needed to share their time, knowledge, and medical expertise by taking inventory and sorting medical donations.

Contact: Kristin Twardy, 720-374-0658 or ktwardy@worldvision.org
www.worldvision.org

2006

Volunteer Guide

Monthly volunteer opportunities abound

MONTHLY from Page 6

Volunteer Tour Trailer and Museum Assistant

Colorado Sports Hall of Fame

The Colorado Sports Hall of Fame is looking for volunteers to assist tour guides and groups with tours of INVESCO Field at Mile High, as well as other tasks around the museum. Volunteers will enjoy visiting with fantastic groups of visitors, students, seniors and more while acquainting them with the stadium, museum and Colorado's rich sports history.

Contact: Laura Gee, 720-258-3535 or laura@coloradosports.org
www.coloradosports.org

Farm Hand

The Urban Farm

Volunteers will help with the essential operations of The Farm: watering the animals, helping fix fences, cleaning animal pens, working in the garden and making improvements and repairs to the property. Volunteers get some contact with the various animals on the farm — primarily horses, goats, chickens, sheep and cows. This is a great opportunity for groups and families.

Contact: PJ Breen, 303-307-9332 or volunteering@theurbanfarm.org
www.theurbanfarm.org

Horticultural Assistant

Butterfly Pavilion

Volunteers are needed to assist the horticultural staff in planting, pruning, weeding and watering the beautiful foliage in the conservatory and outdoor butterfly gardens. Other options include assisting with the short grass prairie restoration, helping with special events and doing butterfly-nectar research.

Contact: Kris Pohl, 720-974-1868 or volunteering@butterflies.org
www.butterflies.org

Donations Closet Organizer

Arapahoe House, Inc.-New Directions for Families Program

Volunteers are needed to help keep the women's and children's clothing donations in order. This busy donations center needs monthly attention to put its best foot forward. This is a great individual, group or family volunteer opportunity and can be done during the week or on the weekend.

Contact: Lee Ann O'Brien, 303-412-3656 or lobrien@ahinc.org
www.arapahoehouse.org

Massage and Bodywork Professional

Colorado AIDS Project

Volunteers are needed to provide sensitive, client-centered bodywork sessions to clients enrolled in massage program.

Volunteers provide various forms of sensitive skilled bodywork/massage to HIV+

clients in one-hour sessions per client in CAP's fully stocked massage room.

Contact: Athena Lansing, 303-837-0166 or athenal@coloradoaidsproject.org
www.coloradoaidsproject.org

Intake Specialist

Seniors Inc.

Seniors Inc. needs individuals to answer the Help Line (a free referral service) and refer seniors to resources in the community, helping to keep seniors independent. Training and a resource database are provided.

Contact: Julia Nevin-Esch, 303-300-6923 or jnevin-esch@seniorsinc.org
www.seniorsinc.org

Webmaster

Karis Community

Karis Community is looking for someone who is creative and technologically savvy to update and maintain their website. The ideal volunteer will have basic web design skills and knowledge of HTML, JavaScript and Photoshop.

Contact: E.J. Barklage, 303-355-5546 or Estherjg@aol.com
www.KarisCommunity.com

Volunteer Driver

Lutheran Family Services

Volunteers take newly arrived refugees to medical appointments in the Metro Denver area. The time involvement is usually two to three hours per appointment. This is a great way to get to know people from other cultures and to learn about their situation in moving to Denver.

Contact: Phil Gazley, 303-217-5188 or phil.gazley@lfsco.org
www.lfsco.org

Tennis Coach's Assistant/ Homework Assistant

Net Results Junior Tennis

Volunteers are needed to work at one specified elementary or middle school to help kids learn the sport of tennis or assist them with their homework.

Contact: Andrea Woolley, 303-771-1882 or netresultsonline@aol.com
www.netresultsonline.org

Meal Providers



Ronald McDonald House

Families live at this huge house for months at a time while their children are in a local hospital. Volunteer groups are needed to bring food, prepare it, serve it and clean up. The reward is instant — the gratitude of a family with a sick child. This is a great opportunity for neighborhood groups, church groups, service clubs and families.

Contact: Kendra Trebil, 303-832-2667 or ronaldhouse-kt@earthlink.net
www.ronaldhouse.org

Offsite Event Ambassador

Women's Bean Project

Volunteers are needed to represent the Women's Bean Project at festivals and events throughout the year. Event volunteers assist in managing the booths, selling Women's Bean Project products, and serving as ambassadors for the organization. These are fun events that are wonderful to do with friends and family. Dates, times and locations vary.

Contact: Holly Woodbury, 303-292-1919, x230 or hollyw@womensbeanproject.com
www.womensbeanproject.com

Food Box Maker

Food Bank of the Rockies

Volunteers work together to create food boxes for the Commodities Supplemental Food Program. The duties include sorting food from various nutritional categories into boxes for distribution. There is some general warehouse work associated with this project including cleaning and discarding empty boxes.

Contact: Daniel Levario, 303-375-8081 or dlevario@foodbankrockies.org
www.foodbankrockies.org

Volunteer Groups for Community and Elders Program

Rainbow Bridge

Groups from businesses or organizations throughout metro Denver and surrounding areas are needed to visit with groups of nursing home/assisted living elders. Rainbow Bridge provides orientation, materials, coordination and facilitation of the partnership created with the volunteer group, the nursing home and Rainbow Bridge.

Contact: Cathy Smith or Kelly Rag-



land, 303-830-9035 or csmith@rainbowb.org
www.rainbowb.org

Dinner Provider/Companion

The Providence Network

This is a great group volunteer opportunity to plan a site visit with dinner. Volunteers provide a prepared dinner for 20 residents/staff at one of The Providence homes and dine among residents. Volunteers mingle with those who have been homeless and are being transformed by learning new skills to be more independent.

Contact: Katherine Flahive, 303-807-8662 or kippyflahive@yahoo.com
www.theprovidencenetwork.org

Garden Caretaker

Butterfly Hope

Volunteers who enjoy the outdoors and gardening are needed. Butterfly Hope garden volunteers will help maintain the Cheltenham Community Garden at Cheltenham Elementary School. Duties include basic garden maintenance. Volunteer hours are very flexible.

Contact: Allen Byrne, 720-424-8882 or vista@butterflyhope.org
www.butterflyhope.org

Volunteer with Seniors

City of Aurora - Morning Star Program

Seniors participating in the Morning Star program look forward to afternoon visits with volunteers who enjoy sharing their skills and enthusiasm with them. Volunteers can lead a drawing class, discussion group or bingo game.

Contact: Susan Everett, 303-326-8618 or severett@auroragov.org
www.auroragov.org/volunteer

One Day a Week

Summer Mentor Goodwill's School to Work Program

Volunteers are needed to serve as summer mentors for students who have recently graduated from Adams City or Lester Arnold High School, just received a Goodwill college scholarship, and will begin college in Fall 2006. Mentors support students in time management, communication, schedules, responsibility and career goals, in a group setting.

Contact: Emily Evans,
303-650-7744 or
eevans@goodwilldenver.org
www.goodwilldenver.org

Denver International Airport Ambassadors DIA Hospitality Ambassador Program

Volunteers are invited to volunteer every week or every other week, participating in a four-hour shift each time. Volunteers answer questions about air travel and services available at the airport. They help travelers, employees and visitors find their way and seek assistance for those in need. Training is provided.

Contact: Corinne Christensen, 303-342-2243 or corrine.

christensen@diadenver.net
www.flydenver.com

Prepare Colorado Ambassadors American Red Cross, Mile High Chapter

Ambassadors are responsible for spreading the work of the American Red Cross program, Prepare Colorado. Ambassadors perform outreach efforts in the community and give presentations related to disaster preparedness. Good public speaking interaction skills are a must. Bilingual abilities are a big plus. Training is provided.

Contact: Connie Dixon,
303-607-4757 or
cdixon@denver-redcross.org
www.denver-redcross.org

Dandelion Volunteer The Dandelion Project

Volunteers work with abused and neglected youth in the garden two hours a week on Saturday morning. Sessions consist of time creating a beautiful garden and group therapy through discussions and art projects led by a professional counselor. A background check is required and training is provided.

Contact: Amy Babb,
303-302-9926 or

ababb@law.du.edu
<http://rockymountainchildrenslawcenter.org>

Sidewalker for Disabled Riders Pegasus Program

Pegasus is looking for volunteers to help tack up horses and then either lead the horse or walk beside the rider during their therapeutic riding classes. Pegasus uses horses to provide therapy and riding lessons to children and adults with disabilities. Volunteers can choose to help for just one class or for a block of classes; however, once making the commitment to volunteer, Pegasus requests that volunteers come for at least one full eight-week session.

Contact: Deanna Bender,
303-972-3598 or
pegasusprogram@aol.com
www.pegasusprogram.org

Drop-In Center Host Hurricane Assistance Network of Denver

Volunteers are needed to act as hosts for a drop-in center for evacuees from the Gulf Coast who have temporarily or permanently relocated to the metro Denver area. This is a great way to positively impact those affected by the 2005 hurricanes.

Contact: Kathi Conner,
303-282-1234 or
kathic@metrovolunteers.org
www.metrovolunteers.org

Adoption Center Courier Cavy Care Inc. Guinea Pig Shelter

Volunteers are needed to serve as adoption center couriers who make a difference for small homeless animals. CCI is looking for individuals willing to take adoptive animals to and from their adoption centers. CCI has six centers located in Parker, Glendale, Littleton, Ken Caryl, Northglenn and Aurora.

Contact: Shannon Cauthen,
303-693-4630 or cavycare-inc@yahoo.com
www.cavycareinc.org



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Volunteer Guide

Volunteering once a week guaranteed to pay personal rewards

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Mentor Professional Providers' Resource Clearinghouse (PRC)

Volunteers are needed to assist PRC in its vocational program. This program takes Aurora Mental Health patients and helps them get back into the work force. Volunteers mentor vocational employees in a wide variety of warehouse skills, such as maintenance, inventory control, furniture repair and forklift operations.

Contact: Heather Dolan, 303-296-8580 or heatherdolan@aumhc.org
www.aumhc.org

7NEWS "CALL 7 FOR HELP" Volunteer KMGH-TV 7News

Call 7 for Help is the consumer advocacy division of KMGH-TV 7News. Volunteers answer and return calls to consumers, enter data into a database, and help in other ways as needed. Volunteers who like helping people, have excellent communication skills, are computer savvy and can commit to three to four hours one day a week are needed.

Contact: Marianne McKiernan, 303-832-2557 or call 7 forhelp@thedenverchannel.com
www.thedenverchannel.com

Youth Mentor Denver Kids, Inc.

Going to a museum, a ball game, or just hanging out has improved the chances of success for hundreds of at-risk youth. With help from adults who serve as positive role models to students in Denver Public Schools, the Denver Kids counseling and mentoring program gets kids to value education.

Contact: Penny Stanley, 303-405-8133 or penny_stanley@dpsk12.org
www.denverkidsinc.org

Cooking Teacher (Cooking Club)

Urban Peak at The Spot
This volunteer will teach youth the fundamentals of cooking, baking, and putting together meals. A love of cooking is a must. A culinary background is helpful but not a requirement. Volunteers must be able to create a menu and a food list, and serve a prepared meal to youth as dinner for the evening. A background check is required.

Contact: Safiyah Napier, 303-777-9198 x225 or Safiyah.Napier@urbanpeak.org
www.TheSpot.org

Helpline Counselors Alzheimer's Association

Counselors provide information, referral and support to individuals, family members



and caregivers concerned with Alzheimer's disease or related disorders on a busy Helpline. This is a good opportunity for those who have cared for someone with dementia to share what they've learned. Volunteers must be available weekdays. Training is provided.

Contact: Rob Allen, 303-813-1669 or rob.allen@alz.org
www.alzco.org

Evaluation Coordinator JeffCo Family Support Network

JFSN, an advocacy organization for families raising children/youth with mental illness, is seeking a coordinator to assist in the creation and implementation of an outcome-based evaluation process to measure the organization's services and child/youth behavior changes.

Contact: Luisa Bernal, 303-425-4603 or jeffcofamilysupp@aol.com

Warehouse Assistant Habitat for Humanity of Metro Denver

Volunteers are needed for the Habitat Home Improvement Outlets. Volunteers help with stocking, loading and unloading items. Hours are Tuesday through Saturday, 10:00 a.m. to 2:00 p.m. or 2:00 p.m. to 6:00 p.m. Habitat of Metro Denver has two Home Improvement Outlets, one in Denver and a second in Wheat Ridge.

Contact: Alice Goble, 303-996-5468 or alice@habitatmetrodenver.org
www.habitatmetrodenver.org

Childcare Assistant Aurora Mental Health Center

Volunteers are needed in the evenings for group therapy at various Aurora Mental Health Center sites. While the parents are in group therapy, volunteers look after their children, who range in age from one to 10 years old.

Contact: Heather Dolan, 303-617-2313 or

heatherdolan@aumhc.org
www.aumhc.org

Membership Ambassador The Wildlife Experience

Ambassadors prepare membership packets and assist with selling memberships to museum visitors. Volunteers are stationed at main counter and greet visitors and potential members. Volunteer ambassadors must be detail-oriented, enjoy working with the public and be comfortable answering questions about the museum. Training is provided.

Contact: Elaine Lockey, 720-488-3318 or eke-hm@twexp.org
www.thewildlifeexperience.org

Volunteer Naturalist Bluff Lake Nature Center

Volunteer naturalists are needed to lead field trip tours for school groups at Bluff Lake. No experience is necessary. Training will be provided in identification of local plants, animals, ecosystems, birds, insects and much more. Bluff Lake Nature Center offers continuing education opportunities throughout the year.

Contact: Sue Schafer, 303-468-3245 or sschafer@stapletoncorp.com
www.blufflakenaturecenter.org



Volunteers at the Museum of Nature and Science do a variety of tasks.

Weekly volunteer opportunities

WEEK from Page 9

Office Volunteer

Colorado Cancer Research Program (CCRP)

CCRP is seeking volunteers to assist with office support and special projects.

Contact: Jatonya, 303-777-2663 or JTurner@co-cancerresearch.org
www.co-cancerresearch.org

Art Facilitator for "Memories in the Making" Art Class

Christian Living Communities (formerly Christian Living Campus)

The Christian Living Communities Senior Day program located at Calvary Baptist Church in south Denver is looking for volunteers to lead a small art class. Volunteers will use their creative talents and skills to help people with Alzheimer's disease communicate their feelings through art. Training is provided by the Alzheimer's Association.

Contact: Mary Ann Schrader, 720-974-3907 or mschrader@clcmail.org
www.christianlivingcommunities.org

Patient Care Volunteer

Hospice of Metro Denver

A patient care volunteer provides respite for caregivers of terminally ill patients who reside in their homes. In the process, they extend support, companionship and socialization to the patients. These volunteers also provide companionship to hospice patients who reside in long term care facilities, including nursing homes.

Contact: Helen Quelch, 303-398-6248 or hquelch@hmd.org
www.hospiceofmetrodenver.org

Volunteer Mediator

Community Alternatives, Inc./



FACE-to-FACE Mediation

The FACE-to-FACE program offers volunteers the opportunity to perform various types of community mediations. Examples of mediations include victim/offender of non-violent property crimes, parent/teen, neighborhood and community disputes. Mediation offers the volunteer an opportunity to learn problem solving and negotiating skills.

Contact: Peggy

Evans, 303-695-0653 or pevans@coloradocai.org
www.coloradocai.org

Mentoring Children of Prisoners

Friends for Youth

Children of incarcerated parents need caring adults in their lives. Volunteers are needed to serve as an adult

friend who takes them to a movie, goes to their sporting events, helps out with homework, and is a consistent role model in their life. Volunteers spend a couple of hours a week sharing their interests and making a commitment to a young person. Training is provided.

Contact: Tracy Esslinger, 303-756-9285 x106 or tracye@friendsforyouth.com
www.friendsforyouth.com

Accountant

The Namlo Foundation

The Foundation is looking for a volunteer accountant preferably with experience in nonprofits to help with bookkeeping. This person will work directly with the executive director and will help prepare financial statements and budgets for this small international organization that currently runs programs in Nepal, Nicaragua and the United States.

Contact: Magda King, 303-399-3649 or namlo@namlo.org
www.namlo.org



2006

Volunteer Guide

Change yourself, change the world by volunteering

By Barrett Wolfersperger

You have the power to change things. How? You can start with your own community and its needs. Consider volunteering. It's a way to change yourself and change the world.

Whether serving as a volunteer for the local homeless shelter, mentoring a child, donating school supplies or helping an elderly neighbor with groceries cross a busy intersection, we are affecting positive change in our world. We are not only doing a "good deed," we are acting as role models for our children, our brothers and sisters, our friends, our community. We are strengthening community connections that are crucial to creating safe, vibrant, tightly-knit neighborhoods. We are taking just a little bit of time to powerfully show that our community is worth serving, that we ourselves are worth serving.

Changing the world through service doesn't have to be organized into a specific community project. You can choose to serve on the board of directors of a nonprofit, join the neighborhood association or parent-teacher association, or coach a community sports team. Changing the world through service doesn't have to take a lot of time. You can volunteer once a year, once a month or once a week. At any level, your involvement makes a difference.

Change yourself, change the world - one powerful action at a time.



Share and learn — join a board of directors

by Cindy Willard

Looking for a way to help in the community and learn new skills? Consider joining a nonprofit organization board of directors as a unique volunteer opportunity.

Nonprofit agencies are run by a vital and successful combination of paid staff and volunteer board members. The board provides governance and overall direction for the organization, and serving as a director or trustee can be greatly rewarding. The skills that board members bring to nonprofit organizations are key to the organization's success.

Board members provide valuable expertise from their lives and professional experience, such as finance, marketing, legal skills, project management or human resources among others. At the same time, it's a great way to enhance other skills like leadership, strategic

planning, community awareness and fundraising.

The Metro Volunteers' Board Bank opens doors to community leadership opportunities by recruiting and training volunteers to serve on nonprofit boards of directors. For a small fee, individuals interested in learning the basics of board involvement are trained by Metro Volunteers. The training will help you understand the role of a board and basic expectations, as well as help in identifying causes or organizations that match your interests. Metro Volunteers also works with organizations that have board openings to bring together interested board members and nonprofit organizations.

Take advantage of the opportunity to share your skills while learning new ones - become a board member and discover the rewards for yourself!

*Upcoming
Board Bank
Orientation Sessions*



**ROLES AND
RESPONSIBILITIES OF
NONPROFIT BOARD
MEMBERS**

- Fri., May 19 - 8:15-10:00 a.m.
- Fri. June 9 - 8:15-10:00 a.m.
- Wed., June 21 - 5:15-7:00 p.m.

For more information, fees and future dates, please contact Joy Criminger at 303-282-1234 ext. 303 or email: joyc@metrovolunteers.org



2006 VOLUNTEER ORIENTATIONS

Still wondering how you should get started? Consider attending one of Metro Volunteers' Volunteer Orientations. These seminars and workshops are designed to help volunteers learn more about the opportunities they have to make a difference in our community.

Unless otherwise noted, all orientations will be held at:

Metro Volunteers
400 Sherman St., Ste. 100
Denver, CO 80204

For more information, or to RSVP for an orientation, call 303.282.1234 or visit www.metrovolunteers.org (go to Seminars, Trainings and Orientations).

There's a First Time for Everything!

a volunteer orientation for new volunteers

Saturday, April 29 – 9:00-10:30 a.m.
Thursday, May 4 – 7:00-8:30 p.m.

Mentoring 101

an orientation for volunteers considering mentoring

Wednesday, June 7 – 6:30-8:00 p.m.
Wednesday, June 14 – 11:30 a.m.-1:00 p.m.*
Saturday, June 24 – 9:00-10:30 a.m.
Wednesday, June 28 – 6:30-8:00 p.m.
Saturday, July 8 – 9:00-10:30 a.m.
Wednesday, July 19 – 6:30-8:00 p.m.
Saturday, Aug. 12 – 9:00-10:30 a.m.
Wednesday, Aug. 16 – 6:30-8:00 p.m.
Saturday, Aug. 19 – 9:00-10:30 a.m.
Wednesday, Aug. 23 – 11:30 a.m.-1:00 p.m.*

*brown bag sessions – participants are encouraged to bring a lunch

Leveraging Your Abilities through Volunteerism

a volunteer orientation for new volunteers with disabilities

Saturday, July 15 – 11:00 a.m.-12:30 p.m.
Tuesday, July 25 – 7:00-8:30 p.m.

Volunteering with People with Disabilities

a volunteer orientation for people who want to work with people with disabilities

Saturday, July 15 – 9:00-10:30 a.m.
Thursday, July 27 – 7:00-8:30 p.m.

Volunteering as a Family

a volunteer orientation for families

Saturday, Nov. 4 – 9:00-10:00 a.m. (childcare provided)
Thursday, Nov. 9 – 7:00-8:00 p.m. (childcare provided)

Impact Jump Start Orientation

a short volunteer orientation followed by a project

Wednesday, April 26 at Project C.U.R.E. – 6:30-9:00 p.m.
Saturday, May 13 at SHARE Colorado – 8:30 a.m.-noon
Wednesday, May 24 at Project C.U.R.E. – 6:30-9:00 p.m.
Saturday, June 17 at SHARE Colorado – 8:30 a.m.-noon
Wednesday, June 28 at Project C.U.R.E. – 6:30-9:00 p.m.

Project CURE is located near C470 and Santa Fe.
SHARE Colorado is located near 93rd and Federal.

Contacts



Post-News Community

400 W. Colfax Ave.
Denver, CO 80204
303.892.2928
www.post-newscommunity.com



Metro Volunteers

444 Sherman St. Suite 100
Denver, CO 80203
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