

10 GREAT SUMMER VOLUNTEER IDEAS



Now might be the ideal time to set yourself up for next year's college application process. But you have to be willing to volunteer part-time in your community. Unpaid work can help you learn new skills, understand more about the community and workplace, and -- best of all -- give you something to point to when you're looking for your college admission or a paid job in the future. Check out our great list of volunteer opportunities. Then scope out the possibilities in your own community.

TIPS FOR VOLUNTEERS!

- **Show up.** Resist the urge to skip a day, no matter how tempting ("I'm not getting paid. . . I don't really owe them anything"). Remember, you're establishing a work record for that future job and you are representing Seven Lakes High School in the community.
- **Speak up.** Don't be shy about asking questions. Don't be embarrassed if you don't understand something. In the real world, successful adults speak up when they're confused.
- **Step up.** Any time you see something that needs to be done, do it without being asked. They'll appreciate your initiative.

Working with People -- Young and Old

1. CITs -- Counselors in Training

Too old to go to camp but not yet old enough to be a full counselor? Then you might want to find out about the Counselors in Training program at a camp you've attended. Call to find out what's available and what the requirements are. Ask to speak to the camp director. CITs are usually 16 or 17 years old. Some camp for free, some have part of their camp fee waived and other CITs receive a small stipend -- it varies from camp to camp.

2. Hospitals

Interested in medicine? Enjoy helping people? Then volunteering at your local hospital might be just the thing for you. Just call a hospital in your area and ask to speak to the volunteer coordinator or the director of volunteers. We found out about volunteer opportunities at Mason General Hospital in Shelton, Washington, where there are many volunteer opportunities for teens 14-18 years old. These include stocking nursing supplies, transporting patients with a nurse, making some pharmacy deliveries to nurse departments, bringing books to patients, sitting and talking to patients, and reading to patients.

3. Nursing Homes or Retirement Communities

"There's a natural link between the young and the old," says Helen Griffin, activities director, Rogerson Communities Adult Day Center in Jamaica Plain, Massachusetts. "It's we in the middle who've lost that link. We're too focused on our jobs, our bank accounts, our daily schedules. Plus, we tend to see what old people can't do. Kids see what they can do. Old folks and young people are happy to live in the present moment. And being around young people helps old people recreate memories." Interested in volunteering at a nursing home? Look in the Yellow Pages, under "Nursing Homes" or "Retirement Communities." Ask to speak to the activities director, the director of recreation therapy, or the volunteer coordinator. Work opportunities

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include: office work; setting up the dining room; pushing wheelchairs; playing checkers, cards, puzzles; talking and listening -- especially with blind clients; delivering mail; reading it for low-vision elders; helping write letters; reading aloud in general; cooking projects, art projects, and sing-alongs.

Helping Animals and the Environment

4. Animal Shelters and Veterinary Offices

More comfortable around dogs than people? Investigate a career working with animals by volunteering. "Local animal shelters and vets are a great place to start looking for opportunities," says Chad Mouton, special events coordinator of the American Society for the Prevention of Cruelty to Animals. That's what 14-year-old Susie Liebler did in Exeter, New Hampshire. This summer she'll be shadowing a horse vet. She'll learn about the equipment that he uses and about different animal ailments and treatments. When she's not busy doing that, she'll be working in a vet's office: answering phones, escorting animals in and out, and cleaning the kennels. Don't expect to be training dogs on your first visit, though. Mouton says, "In most cases teenagers must be over 18 years old to actually 'handle' the animals."

Interested in this kind of opportunity? Look in the Yellow Pages, under "Veterinary" or "Animal Shelters." Ask to speak to the office manager or veterinarian.

5. Garden Centers, Nurseries

Look in the Yellow Pages under "Garden Center" or "Nursery." Ask to speak to the owner or manager. Opportunities might include running the cash register, grooming outside areas, weeding, watering, and loading cars for customers. Some garden centers can't use unpaid labor because of the kind of insurance they carry. This varies from place to place, so shop around.

6. Sierra Student Coalition

Take action -- help save the Earth! Find out what you can do to protect the environment by joining the Sierra Student Coalition, the student-run activist program of the Sierra Club, a non-profit environmental organization. Though designed primarily for high-school and college students, this earth-friendly group will accept interested younger students. Volunteers participate in legislative and educational campaigns and attend training conferences to develop leadership and activist skills.

Hands On Learning

7. Libraries

Do you enjoy going to your local library? We spoke with Georgean Johnson-Coffey at the Volunteer Services Department at the Allen County Public Library in Fort Wayne, Indiana. About 30 percent of the volunteers at the library are between the ages of 11 and 17. They work in a variety of positions including computer center helper, studio camera operator, and children's program assistant. You can volunteer to be part of the Young Adult Advisory Council and have your voice heard in what services and materials are offered to young adults. Ms. Johnson-Coffey says, "My priority is to make the best possible match of volunteer to position." Sound like a fun way to spend your summer? You will find your local library in your city or town Blue Pages, under "Libraries." Ask to speak to someone in volunteer services.

8. Museums and Aquariums

Not only are museums and aquariums great places to learn but many also offer volunteer opportunities for kids and teens. Call the museum or aquarium in your area to find out what's

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available and what the requirements are. Opportunities vary greatly from museum to museum, so contact the one you're interested in and ask what volunteers do. At the National Aquarium in Baltimore, high school volunteers need to be at least in their junior year of high school and are recommended for the volunteer positions by their science teachers. Not all places have such tough requirements.

9. Video and Television Production

Did you know that most communities have a cable access station and many offer video production classes and volunteer opportunities for kids and teens? Just look in the Yellow Pages, under "Cable Access," or call your local cable company and ask for the number. Ask to speak to the volunteer director or the youth coordinator.

Opportunities for youth at cable access stations vary from community to community. Cable Access Incorporated of Fort Wayne, Indiana, sponsors the Three Rivers Video Contest. Not only is there a contest category specifically for teens and middle school kids, but Cable Access Incorporated runs programs that teach participants how to use the video equipment. To find out about the Cable Access opportunities in your area, contact your local cable access station.

10. Volunteer Centers

Many communities have a volunteer center that can help you find that perfect volunteer opportunity. Opportunities include recycling centers, hospitals, museums, summer camps, and libraries. Look in the Yellow Pages, under "Volunteer Center" to see if there's a volunteer center in your community. If you can't find the listing -- don't give up. Try calling your local chamber to see if there's a volunteer organization in your area. Ask to speak to the volunteer director or the volunteer coordinator.

See next pages for local organizations who need our help . . .

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KATY / HOUSTON ORGANIZATIONS LOOKING FOR VOLUNTEERS

<http://www.volunteermatch.org/> and then enter your zip code to search for local opportunities.

<http://www.volunteerhouston.org/> Select one of the buttons at the bottom of the web page to find "Volunteer" opportunities, "Register" to become a member of the site, "Login" to search your account for opportunities and "Hot Projects" to see current projects in the area in calendar format.

<http://www.VolunteerFortBend.org/> Type in Katy, TX in the city/state search button and find all the volunteer opportunities in the Katy area.

Local Resources:

Area Churches are always looking for reliable volunteers for Vacation Bible School and for Mission Trips (you will have to pay to attend one of these) over the summer vacation. Be sure to touch base with your home church for their opportunities.

Autumn Grove Cottage (<http://www.autumngrovecottage.com>)

Netta Prudhomme, Volunteer Coordinator
21803 Oak Park Trails Drive, Katy, TX. 77450
Phone: 281-398-6845, Email: nettaprudhomme@autumngrove.net

Breath of Life Children's Clinic (<http://www.boflife.com>)

** Back-to-School Immunization Drive - please phone in late July or early August*

21715 Kingsland Blvd, Suite 103, Katy, TX 77450
Contact: Shari Woolson
Phone: 281-398-7353, Email: shari@boflife.com

Cinco Ranch Community (<http://www.cincoranchconnects.com/communityhome.aspx>)

Contact: Lori Curtis, Chairperson, Special Events Committee
Phone: 281-793-9392, Email: Lori.Curtis@CincoRanchConnects.com or
lcurtis@newlandcommunities.com

Colonial Oaks Assisted Living and Memory Care (<http://www.colonialoaks.org>)

21601 Provincial Blvd. Katy, Texas 77450
Contact: Karen Fareday, Community Relations Director
Phone: 281-578-2222, Email: karenfcolonialoaks@netzero.com

Fort Bend County Library - Cinco Ranch Branch

2620 Commercial Center Blvd.. Katy, Texas 77494
Contact: Kenny Chao, Volunteers
Phone: 281-395-1311

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Habitat for Humanity (<http://www.houstonhabitat.org>)

3750 N. McCarty, Houston, TX 77029

Phone: 713-671-9993, Email: volunteer@houstonhabitat.org

Houston SPCA (<http://www.spcahouston.org>) (Ages 15+)

900 Portway Drive, Houston, Texas 77024

Contact: Julie Knapp, Vice President of Volunteer and Staff Resources

Phone: 713-869-7722, ext. 129

Katy Art Reach (<http://www.katyartreach.org>) You don't have to be an artist to participate *Inter-generational art events and activities for children, choir for the elderly, etc.*

4211 Stonecroft Circle, Katy, TX 77450

Contact: Terri Bieber

Phone: 281-392-5341, Email: art.reach@earthlink.net

Katy Christian Ministries (<http://www.ktcm.org>)

5501 1st Street in Katy (Contact: Nancy at 281.391.0003) and

510 South Mason Road (Contact: Barrington at 281.392.9696.)

Katy Community Council (Gulf Coast Regional Blood Center)

1575 South Grand Parkway at Highland Knolls, Suite 600, Katy, Texas 77494

Contact: Katie Nippres

Phone: 713-791-6219 or 281-392-7902, Email: knippres@giveblood.org

Katy Family YMCA

22807 Westheimer Parkway, Katy, TX 77494

Contact: Beth Strand, Membership/Marketing Director

Phone: 281-392-5055, Email: beths@ymcahouston.org

*** Kids Night Out: Ongoing opportunity - 3rd Saturday each month 5pm-10pm.**

Contact: Carrie Bump, Child Watch Director

Phone: 281- 392-5055 or carrieb@ymcahouston.org

***** New for 2008 *****

Katy Home Savers Association

Volunteer Coordinator: Mrs. Mary Ann Scheet

Phone: 281-395-3634, Email: ma_scheet@yahoo.com

The Katy Home Savers Association (a.k.a. KHSAs) is about making life a little better for senior and/or disabled residents in and around Katy. Past activities have focused primarily on helping disadvantaged senior homeowners with much needed repairs to their homes. The Katy Home Savers Program is powered by volunteers and donations from the Katy area. Our volunteers are comprised of seniors, handy men, women and youth as well as church and youth groups. Our funding thus far has been comprised of out of pocket purchases of our volunteers, corporate grants as well as some material donations of lumber and building supplies from local people. Currently our focus is within Katy and the surrounding area in Waller, Fort Bend and Harris Counties in Texas.

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Katy Prairie Conservancy (<http://www.katyprairie.org>)

3015 Richmond Avenue, Suite 230, Houston, TX 77098

Contact: Mary Ann Piacentini

Phone: 713-523-6135

Email: info@katyprairie.org

Katy Visual and Performing Arts Center (<http://www.kvpac.org>)

2501 S. Mason Rd. Katy, Texas 77450

Contact: Crystal

Phone: 281-829-2787

Application available at the KVPAC Front Desk

Memorial Hermann Katy Hospital (For Ages 15-17)

23900 Katy Freeway, Katy, Texas 77493

Application available through your KISD counselor

Sunrise Assisted Living of Cinco Ranch (<http://www.sunriseseniorliving.com>)

21939 Cinco Ranch Blvd. Katy, Texas 77450

Contact: Amber Dorris, Activity and Volunteer Coordinator

Phone: 281-240-0500, E-mail: cinco-ranch.avc@sunriseseniorliving.com

The Parish School (<http://www.parishschool.org>)

11001 Hammerly Houston, Texas 77043

Contact: Rhonda Bachicha

Phone: 713-467-4696 ext. 165, Email: rbachicha@parishschool.org

The Cat Spring Retreat (<http://www.thecatsspringretreat.com/index-4.html>)

14852 Hall Road, Cat Spring, Texas

Contact: Candace (mention "support staff")

Phone: 281-220-2622 or 979-992-3825

We maintain a maximum of a 1 to 6 counselor to camper ratio. All counselors and staff are carefully chosen based upon their character and relationship with Jesus Christ. All complete extensive training before camp begins. Sessions run from Sunday evening to approximately Saturday at noon (1 week recommended).