



iVolunteer Calender

Upcoming Volunteer Opportunities & Special Events on and off campus

November

Volunteers needed for "Great Strides Valdosta"

Cause: Cystic Fibrosis Foundation

When: Saturday, November 5

Where: Wild Adventures.

When: 6:30AM-11AM

We are in need of **23 volunteers** to assist with a variety of opportunities from 6:30-11am that morning. Opportunities we have:

Set-Up (6:30AM-7:30AM): 5 volunteers needed

Are you an early bird? Then we can use you! Help us get the site ready for participants. You will be setting up tables, blowing up balloons, putting out banners, and more!

Incentives (7AM-9AM): 2 volunteers needed

Distribute t-shirts to our fundraising walkers who have raised over \$100.

Photographers (7AM-11AM): 1 volunteer needed

Take team photographs of all of our teams and capture the magic of the event through your candid shots in the park and along the route.

Rest Stops (7:30AM-11AM): 4 volunteers needed

Cheer walkers and distribute water at the rest stops along the route and inside the park. Volunteers will need to wear gloves for infection control. Great for groups!

Walk Route Monitor (7:45AM-10:30AM): 6 volunteers needed

Cheer our walkers along the route with noise makers and balloons. Keep them pumped up and motivated while walking the 2 miles. Great for groups!

Clean-Up (10:00AM-11:00am): 5 volunteers needed

If you have muscles, we need them! Help breakdown the event after what is sure to be a successful walk

Interested? Please Contact

Vicki Hendley Nix

Development Director

Cystic Fibrosis Foundation

404-325-6973

[Join Great Strides: Taking Steps to Cure Cystic Fibrosis](#) ←Click here

Girl Scouts of Historic Georgia **VOLUNTEERS NEEDED**

ASAP for:

Girl Scouts will be hosting monthly events for Kindergarten through 5th graders. These events will take place in the Valdosta area and will run for a few hours one Saturday a month. The girls will be divided in their age groups of Kindergarten and 1st, 2nd and 3rd graders, 4th and 5th graders.

We are looking for students who could volunteer for a couple hours once a month; it can be a one time commitment or a whole year commitment. The topic for each month will be based off the time of year, the supplies available, and the volunteer skills in combination with Girl Scout badge books. I think it would be great if student groups came out and taught the Girl Scouts about something they care about whether it is sports, nature, fashion, chemistry, dance, and so much more. If you have a skill or interest you would like to show or teach to young girls, please contact

- **Super Saturday's Kickoff October 29th 6pm-8pm**
- **Super Saturday Meeting Dates**
 - **November 19th 9am-12pm– First meeting**
 - **December 3rd 8:30am-12pm**

*Bridget Colosimo, Membership Specialist for the Girl Scouts, at
(517)402-5198 or bcolosimo@gshg.org*

Behavioral Health Services of South Georgia
VOLUNTEERS NEEDED!

See link to Volunteer Brochure below for details!!
[Behavioral Health Services Volunteer Brochure](#)

The City of Valdosta Stormwater Division Curb Marker Event
VOLUNTEERS NEEDED!!!!

Lawn chemicals, car oils, pet waste and litter are washed into storm drains every time it rains. These drains lead directly to our local waterways untreated, impacting aquatic life and their habitats. A curb marker event is one way for community volunteer groups to make a difference in the environment by protecting our stormwater system from these pollutants. These events inform people of the direct path from the storm drain to the waterways. The City partners with organizations and residents to place curb markers on storm drains that read “No Dumping... Drains to Stream”. During these events, door hangers with the curb marker logo are distributed to homes and businesses explaining the problems with pollutants being dumped into storm drains. It also provides tips to help reduce non-point source pollution. All materials needed for a curb marker community event are free.

***To set up an event, please contact the
Stormwater Division at (229) 259-3530.***

Please visit our website that gives more information on our volunteer opportunities.

<http://www.valdostacity.com/Index.aspx?page=533>

Hopes & Dreams Riding Facility
Volunteer opportunity for the students at VSU

The Hopes & Dreams Riding Facility in Quitman, GA provides riding therapy for handicapped people and also provides services for the Wounded Warrior program – all free of charge. They are looking for volunteers to walk with the horses during the therapy sessions on Tuesdays and Thursdays from 5:30 – 8:00 p.m. They are

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**also open to any volunteers to help out with work on the ranch.
Please contact me at the number below or via email.**

*Victoria Wood
823 BDS/CCS
8409 Vanguard Run, Bldg 708
Moody AFB, GA
(COMM) 229-257-6122
(DSN) 460-6122
(FAX) extention 6134*

Big Brothers Big Sisters of South Georgia

is accepting volunteer and client applications for both of its One-to-One mentoring programs!

Big Sisters are waiting for little girls in the Valdosta area (Ages 5 to 14 who lack two involved parents/guardians in the home). Big Brothers are needed as well !

If you would like to be a member of the Valdosta board, call the number below.

To be referred, please contact Enrollment and Matching Manager Melinee Calhoun, 866-614-4215, <http://www.southgabbbs.org>

Valdosta Multiple Sclerosis Support Group

If your group is interested in helping to take pledges for a run or promote a talent show please come out and support your local MS Support Group at the monthly meeting.

Please send an email to us at:

valdostamssupportgroup@gmail.com or check out our new website www.valmssgroup.com

Join the advocates for mental health services in Georgia –

2011 has become increasingly challenging for persons needing services for mental illnesses and addictive diseases, and for people with mental retardation and related developmental

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disabilities in the State of Georgia. DBHDD Planning Board advocates are currently becoming very active with our Community Service Boards, Georgia Alliance on Mental Illness, law enforcement, county commissioners, the courts, consumers and other stakeholders to speak with one voice for the survival and improvement of access to DBHDD information and services in our region.

Interested persons may contact Linda Floyd at lfloyd@valdosta.edu.

Help Deliver Meals for Homebound People

The Break Bread Together Ministry of First Presbyterian is in need of volunteers who can help sort and/or deliver meals on the weekdays (Monday-Friday, except holidays). Presently, we have a waiting list of those in need of meals, but are unable to handle the requests without additional volunteers.

If you, your church group, or civic organization is interested in assisting with this important ministry to the Valdosta community, please contact Susan Sheridan, Break Bread Coordinator, at 229-249-0779.

VOLUNTEERS NEEDED

Jacobs' Ladder Therapeutic Riding Center in Hahira needs volunteers to help with special needs riders.

Please call Leslie at (229) 794-1188.

See the website for a lot more information:

<http://www.jacobsladderriding.com>

American Cancer Society
1-800-227-2345

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www.cancer.org

There are many resources through these avenues and the 800 # is "live" 365 days a year, 24 hours a day!!

The American Cancer Society in this area is looking for volunteers to help with the Road To Recovery and Reach To Recovery Programs.

A Reach To Recovery volunteer needs to have completed their treatment for breast cancer in order to be trained as a Reach To Recovery volunteer.

Reach to Recovery for women in this area who have had breast cancer, a program designed to help them cope with their cancer experience and assists with transportation to and from treatment.

If you are interested in volunteering for either of these programs, please contact Ashley Braswell at 229-834-0709 or 1-800-227-2345.

Keep Lowndes/Valdosta Beautiful

is a non-profit organization always looking for volunteers to help out on various environmental and beautification projects and events all through the year. For a list of upcoming events and dates, please visit the Keep Lowndes/Valdosta Beautiful website at: www.klvb.net

The Adopt-A-Road program is an ongoing community service opportunity offered through Keep Lowndes/Valdosta Beautiful for organizations and businesses to adopt a portion of a road to keep clean throughout the year.

For more information on events, meetings, Adopt-A-Road, or signing up to volunteer, call or email Aaron Strickland at (229) 671-2499 or astrickland@lowndescounty.com

Habitat for Humanity Volunteer Opportunities:

New volunteer opportunity: Serve as receptionist in the Habitat office on Wednesday afternoons and all day Thursday and Friday.

Family Supporter

Family Supporters must have good people skills and understand the difference between empowering and enabling and understand the importance of confidentiality.

Supporters will be a friend and information source for our Habitat families. They will assist families throughout the entire process of becoming homeowners by answering questions, helping plan Dedication Celebrations, providing follow-up explanations of Homeownership Skills class materials, and identifying other community resources. Once a family moves into their new home the Supporter will maintain contact during the first year as family faces the challenges of homeownership.

Training is provided for Family Supporters.

Office Angels (Monday-Friday 9am-4pm): Answer phone, Greet visitors, Perform office duties

ReStore (Tuesday-Saturday 9 to 4): Display, sort & price stock, Assist customers, Test & repair large appliances

Jobsite (Tuesday-Saturday 8am-4pm): Help build houses, Serve as Site Host/Hostess, Paint, Landscape, Provide meals, Clean up

Serve on a committee: Church Relations, Construction, Family Selection, Family Support

Lunch providers for worksites needed

Dinner site volunteers needed for campus groups coming during their spring breaks.

For more information, contact Richard Hart_: 242-3468, 563-1253 or Christine Nash: 245-1330 ext. 27, volunteerhabitat@bellsouth.net

For more information visit our website: www.valdostahabitat.org

To volunteer contact Volunteer Coordinator by e-mail: Christine Nash, volunteerhabitat@bellsouth.net or phone: 229-245-1330, ext 27.

Habitat ReStore

...is open to the public every Thursday, Friday, and Saturday 9:00 AM to 5:00 PM. It is at 2010 East Cypress St. For sale are donated new and used home improvement materials, furniture, appliances, and much more. Donations to the store are tax deductible. All sales proceeds benefit Valdosta-Lowndes County Habitat for Humanity and are used to help further the mission of building affordable housing for people in need.

Workers needed for ReStore...must be able to withstand variations of temperature...

For more information, call the store manager, Bill Ray, at 229-247-8513.

Mildred Hunter Community Center

All participants must pay an annual membership fee for the Mildred Hunter Community Center.

The membership fee is as follows:

Adults 18 and up: \$30.00 per year

Seniors 50 and up : \$12.00 per year or \$1.00 per month

This membership fee will give you access to all of our recreational programs. Memberships will not cover evening instructional programs (Sewing Classes, Computer Classes, Karate Program, or Basketball Leagues). All participants must also complete and sign an active membership waiver form before participating in any center activity or program.

For more information contact Andre Newson @ 259-5437 or 259-5407.

If you would like to register in classes at the center, or **serve as a volunteer** contact Andre Newson at the Mildred Hunter Center, 229-259-5407 or 259-5437

Programs offered:

Homework Assistance, a tutoring program for the youth in the City of Valdosta that helps in excelling in academics. This meets Monday-Thursday afternoons from 3:00-5:45 and Friday afternoons from 3:00-4:45.

African Culture & Dance Class is a learning program taught by Iye Kargbo designed to teach about the African culture and show different styles in dance to children ages 5-12. This program meets Tuesday evenings from 6:00-6:45.

Marching Pride Drill Team, Monday, Tuesday and Thursday, 4:00 - 5:30 PM, This program helps young men in all communities to learn and build self-esteem, character and motivation. Age group is 7 to 16.

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Phazes Modeling Troupe, is a posing program for teenagers in middle school and high school designed to show basic modeling skills. This program starts 1/27/11, meets Thursday evenings from 6:00-6:45 & Saturday mornings from 11:30-12:30.

Young Ladies' Circle of Ambitions provides guidance, mentors, and cultivates young ladies into successful women. The young ladies will participate in group mentoring that will include guest speakers, workshops that are educational, and community service that promotes healthy living and productive lifestyles. Program meets twice a month, from 11am-12pm.

Intervention Guidance Mentoring Program is a mentoring program for youth and teenagers ages 11-18 to help in dealing with life, goals, conflict, and character to become model citizens. This program meets the every Tuesday evening beginning at 6.

Senior Health Education involves walking, exercising, and interacting with other seniors to give them a chance to listen to guest speakers and about remaining in good health. Michael Foster and Courtnee Hawkins are coordinating this class. Program meets twice a month, Monday and Thursday mornings from 10:00am-11:00am.

Senior Social is a socializing program for older participants to come together for eating, fellowship, and/or playing Bingo for tallies. It starts 1/26/11, and meets on the last Wednesday from 11:30-12:30pm.

Free Sewing Classes

Monday and Tuesday, 6:00 PM - 8:00 PM -Ages 15 and older