

Doing Good Together

September 2011

JazzFest

The Family Partnership

Date/Time: Saturday, September 10, 11am-7pm

Location: Intersection of Selby Ave and Milton St in St. Paul (street parking is located nearby)

JazzFest is a community event sponsored by The Family Partnership since 2004. We have an excellent musical line-up, both local and national, about 80—100 booths of artists, businesses, agencies, great food, plenty of activities for everyone, and a Family Fun Zone. It is a great way to spend a beautiful early fall day. We need friendly volunteers to run activities like the "fish pond," face painting, and handing out balloons.

We need the following volunteers to make JazzFest great:

Fish pond: 11am-3pm and/or 3-7pm

Face painting: 11am-3pm and/or 3-7pm

The Family Partnership outreach table: 11am-3pm and/or 3-7pm

Kids photo art project: 1-4 pm

Balloons (helium): 11am-2pm

Climbing Wall: 1-4 pm

Ages: Kids as young as 8 can volunteer with an adult

Time Commitment: Shifts are 3-4 hours, depending on activity

Contact: Kim Ferencik, 612-341-1611, kferencik@thefamilypartnership.org

www.everyfamilymatters.org

Bulk Mail Volunteer

Metro Meals on Wheels

Date/Time: Volunteering can be done from our site (Monday-Friday 8am-4:30pm) or in most instances we can arrange for you to pick up the project and then do it from your site.

Turn a regular family night into a family service night by helping Metro Meals on Wheels with a bulk mail project (stuffing envelopes, labeling, etc). We need your family or groups' help with our September-December bulk mailings. When we have a large bulk mail project we will email families on our bulk mail volunteer list to let them know about the opportunity. If your schedule allows then volunteer to help out, and if not then just wait for the next email with a bulk mail opportunity. Tip: Add to the fun of your family service night by doing the project at your kitchen table and then serve pizza or ice cream sundaes!

Ages: Anyone! This volunteer opportunity is flexible and great for families or groups!

Time Commitment: Most bulk mail projects will only last approximately 2 hours

Contact: Get on our bulk mail volunteer list or learn more, email info@meals-on-wheels.com,

612-623-3363

Food Shelf Assistant

Neighborhood House

Date/Time: Weekdays (M-F) 9am-12pm and 1pm-4pm.

Location: Paul and Shelia Wellstone Center 179 E Robie Street, St. Paul, Neighborhood House serves immigrant, refugees and low-income families. Our food shelf is in need of volunteer shoppers/stockers to assist participants in getting the culturally appropriate food they need. Duties include: Shopping with participants, weighing food, keeping appropriate records and stocking food with shelves are low. This is a great way to interact with people of many cultures while giving back to your community.

Ages: 13 and under (with adult), 14+ (without adult)

Time Commitment: One (three-hour) shift per week, for a minimum of 4 weeks

Contact: Riley Karbon: rkarbon@neighb.org, [651-789-3626](tel:651-789-3626)

www.neighb.org

Mentor a Child

Kids 'n Kinship

Date/Time: Ongoing opportunity

Location: Your home or the community

Kids 'n Kinship matches volunteer mentor families, couples, & individuals with children ages 5-16 in need of additional positive role models for fun and enriching weekly activities. We are based in Dakota County and serve families in Apple Valley, Burnsville, Eagan, Lakeville, Farmington, & Rosemount though our mentors may drive in from other areas. Matches are made based on compatible personalities, ages, & interests as well as preferences of both volunteer(s) and child/parent. Our families say that mentoring together ensures they have weekly family time and that it's easy to just include another child with the family activity, whether it's a board game, sledding, a trip to a park, or going to the zoo or a museum. We offer discounted passes to area attractions to make activities more affordable, a 45-minute information session, a 2-hour training session, as well as ongoing training and support. We ask mentors and mentees to commit to a year's time together in order to build their relationship, however many of our matches become lifelong friendships and our average match is about 3 years. Please consider being a mentor to a child - it is one of the most challenging and rewarding ways to volunteer!

Ages: Mentors are families, couples or individuals over 21

Time Commitment: 1-4 hours per week, on your own time (very flexible scheduling: can be weekends, evenings or after school)

Contact: Ingrid Henry, Kinship Coordinator at ihkinship@aol.com or 952-891-3885, www.kidsnkinship.org

Books for Troops

Operation Paperback

Date/Time: At your convenience.

Soldiers serving the U.S. military often lack access to books. Operation Paperback is a non-profit organization that collects gently used books nationwide and sends them to American troops deployed overseas. Volunteer to collect and ship used books to troops, both abroad and

in the U.S., to help them through tough times and let them know their service is appreciated. As a volunteer shipper, you will collect and ship your own books using the addresses that Operation Paperback provides. Volunteer shippers are an integral part of Operation Paperback, sending over 90% of the books shipped under the program.

Ages: All ages can participate

Time Commitment: One hour or less per shipment.

Contact: http://www.operationpaperback.org/help_volunteer.php
<http://www.operationpaperback.org/>

Sandwich Makers

363 Days

Date/Time: Ongoing opportunity

Location: Sandwiches can be prepared in your home or any location that is convenient for you and then delivered to one of 363 Days [local drop off sites](#).

Each year, many organizations put together programs for Thanksgiving and Christmas to help feed, clothe and take care of those less fortunate. There is a remarkable amount of time, energy and money that goes into these programs. But what happens the other 363 days of the year? [363 Days](#) was established with those other days in mind. We depend on volunteers from all over the Twin Cities to make sandwiches that 363 Days then delivers to the hungry and homeless in our community. We are in giant need of sandwiches. This is a great volunteer opportunity for families with any age kids. You can make them in your home or at a church (or just about anywhere), by yourselves or with a group. It is easier to feed 150 people than you might think. It simply takes one trip to a local grocery store to purchase the supplies, and the time and effort to prepare 150 sandwiches.

Ages: All ages can participate

Time Commitment: Flexible, commitment includes purchasing supplies, preparing the sandwiches and delivering them to a [local drop off site](#).

Contact: To learn more and to sign up to prepare sandwiches, visit the [363 Days Instructions page](#)
www.363days.org

Mud Run MS Twin Cities

National Multiple Sclerosis Society, Minnesota Chapter

Date/Time: Saturday, September 10, 7:30 am – 4:30 pm.

Location: Trollhaugen Ski Resort, Dresser, WI

Mud Run MS is a 10K race (approximately six miles) through a military-style obstacle course made of mud. Teams of five compete in the co-ed, all-male or all-female divisions. Mud Run MS attracts people of all skill levels and is the fastest-growing adventure race in the country. Whether you run in the mud or watch contestants slip, slide and slosh their way to victory, it's an experience you can't miss. The success of Mud Run MS is directly related to volunteers. We welcome volunteers with a wide range of talents and skills. Volunteer at the Mud Run MS are needed to:

- Serve food from 7:30am–12pm
- Hand out space blankets at the finish line from 1pm–4:30pm

- Cut timing chips off of runners shoes at the finish line from 1pm–4:30 pm
- Direct parking traffic from 7:00am–11:15am and/or 10:45am–3pm (more suitable for older children or teenagers)

Ages: All ages can participate with adult supervision

Time Commitment: 3-5 hours, depending on activity

Contact: Will Ziegenhagen, will.ziegenhagen@nmss.org or 612-335-7992

www.nationalmssociety.org/chapters/mnm