

Drop of a Hat Brigade

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Potawot Community Food Garden: Needs Volunteers

WHAT: Help get the garden, orchard and greenhouses ready for spring planting.

WHEN: First Saturday of the Month, from 10 am to 1pm

WHERE: 1600 Weott Way, Arcata, CA

WHO: Ed Mata and T Griffin, 826-8476

Humboldt County Library: Needs Volunteers

WHAT: Help clean the public computer areas; including, keyboard, mice, monitors and desks

WHEN: Saturday, January 21, 9:00 a.m. - 11:00 a.m.

WHERE: Humboldt County Library, 1313 Third St., Eureka, CA

WHO: Kitty Yancheff, Public Services Division Manager, 269-1930

Alzheimer's Resource Center Volunteer: Needs Volunteers

WHAT: If you are a community member who wants to make a difference in the lives of people who are living with dementia and other disabilities, please consider volunteering with the Adult Day Health Care and Alzheimer's Resource Centers.

WHEN: Please submit your application by February 7th, 2012. The Alzheimer's Resource Center is offering volunteer training on Wednesday, February 15th, 2012, from 10 a.m. to 3 p.m.

WHERE: If you are interested, please go online at www.humsenior.org for a volunteer application. Drop off or mail application to Rachael Riggs, 1910 California Street, Eureka, CA 95501.

WHO: Call Rachael Riggs at 444-8254, ext. 3220.

National MS Society: Needs Volunteers

WHAT: Walk MS is a simple, but incredibly powerful way for you to share in the hope for the future. Walk MS is our rallying point, a time and a place for us to stand together and to be together — to help raise critical funds that support cutting edge research, drive change through advocacy, facilitate professional education and provide programs and services to help people with MS move their lives forward.

WHERE: Eureka

WHEN: Saturday, April 21, 2012

WHO: Sarah Irvine. Email: Sarah.Irvine@nmss.org Walk MS Volunteer Coordinator.

Greetings Trail Stewards: Needs Volunteers

WHAT: A small group of Stewards may work on a project on the bluff with concrete work and vegetation removal. Rain or shine! If you are new to the

Stewards, a brief orientation will be offered. Trained Hammond Trail Stewards: Following each Volunteer Steward outing on the Hammond, please fill out the online form located at:

<http://spreadsheets.google.com/viewform?hl=en&formkey=dFEzemITbk5raWo2UXdieU1vVFJ2WGc6MQ#gid=0>

WHERE: Hiller Park

WHEN: The Hammond Trail event occurs on the First Saturday of each month from 9 am to 11 am. The next Hammond Trail Work Day will take place Saturday, February 4th. Friends of the Dunes Steward work days occur on the 3rd Saturday of each month from 9 a.m.-12 p.m. Quarterly events occur in January, April, July, and October.

WHO: Stacy Becker sbecker@reninet.com. Or contact Friends of the Dunes at 444-1397 or info@friendsofthedunes.org.

Food for People: Needs Volunteers

WHAT: Help with distributions at the food pantry in Arcata.

WHERE: The Arcata Presbyterian Church on G Street, Arcata. It's across from Umpqua Bank.

WHEN: Distributions are every Tuesday from 2 to 4pm, and we're looking for 8 volunteers each week to help around from 1 to 4:30. This is in addition to our usual volunteer requests.

WHO: Contact Laura M. Hughes at lhughes@foodforpeople.org, or call 707-445-3166 x310 or 707-445-5946.

The Natural Resources Services division of Redwood Community Action Agency: Needs Volunteers

WHAT: Volunteer Tree Planting Day for adult community members interested in beautifying Eureka neighborhoods.

WHEN: Saturday Feb 4 from 9am to noon

WHERE: In Eureka (RSVP for meeting location)

WHO: Debbie at DebbieP@nrsrcaa.org or (707) 269-2071.

Bring: Weather-appropriate clothes (this is a rain-or-shine event!), water, gloves, and a shovel, if you have them.

BIG BROTHERS BIG SISTERS HOSTS 29TH ANNUAL BOWL FOR KIDS' SAKE: NEEDS VOLUNTEERS

WHAT: Big Brothers Big Sisters of the North Coast (BBBSNC) is inviting individuals, businesses, and community organizations to form bowling teams and raise money to help local children who are facing adversity. Funds raised during Bowl for Kids' Sake make up over half of BBBSNC's annual budget. This year's Bowl for Kids' Sake event is entitled "Ever After Bowl." BBBSNC will host an

enchanting fairytale-themed celebration complete with costumes, music, door prizes, and bowling. Bowlers are rewarded for their fundraising through various prizes, ranging from event t-shirts to a \$500 travel voucher. Prizes are also awarded hourly for exceptional enthusiasm and costumes.

WHERE: Eureka

WHEN: March 2-3, 2012.

WHO: Those interested in forming a fundraising team may contact Blue West, Bowl for Kids' Sake Coordinator, at 707-445-4871 x202 or bfks@ncbbbs.org. More information regarding BBBSNC programs and events can be found at www.ncbbbs.org.

Discovery Museum: 11th Annual Perilous Plunge

WHAT: It's that time again— dress up in a wacky costume and take the plunge into Humboldt Bay. Join the fun and collect pledges from family, friends, and co-workers who would gladly pay to see you jump into the bay. Plungers are rewarded with a soak in the hot tub, heated dressing rooms, a long-sleeved t-shirt, hot lunch, Bloody Mary's, and the satisfaction of knowing that brave plungers are helping children in our community. Plunger packets are available at www.discovery-museum.org or at the Museum. Not brave enough to take the jump? The Beach Party is on Friday, March 9, 6:00 p.m. at the Wharfinger Building (1 Marina Way Eureka, CA) as it is transformed into a tropical paradise just for party goers. Tickets are \$40 each (or 2 for \$75) and can be purchased at the Discovery Museum or online.

WHERE: The Discovery Museum is at 501 Third Street in Eureka.

WHEN: Saturday, March 10, 12:00 PM.

WHO: Contact (707)-443-9694.

Companion Animal Foundation

WHAT: Companion Animal Foundation is looking for some reliable, fun, animal-loving volunteers who love to help in retail at our Blue Lake thrift store location.

WHEN: Open Tuesdays—Saturdays!

WHERE: 410 Railroad Avenue, Blue Lake

WHO: Contact 707-668-1800 or cafpets@aol.com

Or contact Cheri Esparza at (707) 826-PETS (7387) or Email: cafpets@aol.com

Website is www.animal-foundation.org, or go to the Facebook page:

www.facebook.com/CompanionAnimalFoundation

Ombudsman Program: Needs Volunteers

WHAT: Our Mandate and Mission is to advocate for dignity, quality of life, and quality of care for all residents in long-term care facilities. You can change a life with just a few hours each month. Become an Ombudsman, we are highly trained advocates for residents living in Skilled Nursing Homes and Residential

Care Facilities for the Elderly. Ombudsman advocate for residents of long term care facilities in Humboldt and Del Norte counties; we empower those who are able to protect their own rights, we assist those who are unable to speak for themselves and we education the community about the rights of the frail elderly. Ombudsmen are State-certified volunteers trained to objectively investigate complaints and solve problems for residents. The Ombudsman makes regular visits to the long term care facilities to monitor the quality of care provided to these residents. When necessary we work closely with regulatory agencies and local law enforcement agencies.

WHEN: We ask that volunteers commit to visiting their assigned facilities a minimum of twice per month for the Skilled Nursing facilities and minimally once per month for the Assisted Living facilities. The schedule is set by the volunteer. There is mandated a 36 hour classroom/home study training along with an additional 10 hours working in the facility with a senior volunteer.

WHERE: Varies

WHO: If you are interested in helping these special seniors please call:
Suzi Fregeau or Val Lovelace at 707-269-1330

Humboldt Botanical Gardens Foundation: Needs Volunteers

WHAT: Please consider volunteering in the Garden or as a Docent (training provided).

WHEN: Work days are on Saturdays (10 a.m. - 2 p.m.). No need to RSVP - just show up!

WHERE: Humboldt Botanical Gardens

WHO: please call 707-442-5139 or e-mail hbqf@hbqf.org

Senior Center Without Walls: Needs Volunteers

WHAT: Senior Center Without Walls, an award-winning nonprofit telephone activities program, is an option for those seniors in California who are unable to go to a community senior center, and it is absolutely free. Participants call in from the comfort of their homes to join others in activities, friendly conversation, and an assortment of classes and support groups.

WHEN: Flexible

WHERE: Your Home

WHO: To find out more, please call us at 1-877-797-7299, email us, or visit our website: www.seniorcenterwithoutwalls.org where you can view a CBS video about our Jefferson Award, see our current catalog, and check out articles that have been written about Senior Center Without Walls.

Longer Term Opportunities

Area 1 Agency on Aging: Needs a Volunteer Receptionist

WHAT: Answer the agency phones during the lunch hour.

WHEN: Every Tuesday

WHERE: Area 1 Agency on Aging

WHO: Julie Symons at jsymons@a1aa.org

Area 1 Agency on Aging: Needs Volunteer Drivers

WHAT: Drive people to medical appointments from the Eel River Valley to Eureka

WHEN: Varies

WHERE: Varies

WHO: Julie Symons at jsymons@a1aa.org