

THE WEEKLY Hurlburt Community Commandos A&FRC VOLUNTEER NEWSLETTER

Helping others can reduce stress and raise happiness

~by Elizabeth Scott, M.S. (from ask.com)

Helping others brings good feelings to the giver and the receiver of the good deeds. Using your special gifts to help others can be a gift to yourself as you enjoy as self-esteem boost for making other's lives better, and make the world a better place. You feel more worthy of good deeds yourself, your trust in the decency of people is reinforced, and you feel more connected to yourself and others.

In fact, research shows that those who demonstrate more altruistic social interest tend to enjoy higher levels of mental health, above and beyond the practical benefits of receiving help and other known psycho spiritual, stress, and demographic factors that you would expect.

Creating a balanced lifestyle that includes service to others can help you feel less stress as well, as you feel more connected to your spirit, more grateful for what you have, and less invested in the "rat race" that causes stress to so many of us.

Volunteer Resource Program (VRP) Overview

- If you see something you're interested in-- please fill out an attached volunteer registration form ASAP, so that you can get started ASAP!
- Once your registration form has been received, you will be registered in the VRP; and added to the email distribution list to begin receiving the weekly volunteer newsletters directly. For those already signed up, please notify me by email if you would like to be removed.
- There are 2 ways to use the VRP:
 1. Use the volunteer newsletter to view volunteer opportunities & contact agency's POC directly.
 2. Be placed with an agency by the VRP coordinator.
- If you plan to attend any of these volunteer opportunities, please contact the agency/event POC beforehand so they can get a tentative head count.

Please note, the next volunteer newsletter will be available on November 3rd

However, this newsletter has many volunteer opportunities geared towards FALL fun. Therefore-- until next time, please take a moment to enjoy the festivities of the season while doing something good in the community (and good for you)!

*** Read on for available volunteer opportunities! ***



Hurlburt Field Volunteer Resource Program (VRP):

Since a big part of military culture is the spirit of giving back, the VRP brings volunteers on Hurlburt Field and in the surrounding communities together with agencies and organizations in need of volunteers. Ultimately, the VRP is a clearinghouse to coordinate the volunteer efforts at Hurlburt Field by acting as an information source or a placement service, and as part of a referral network; the VRP networks with on-base and off-base agencies and organizations in order to provide a wide range of options to our volunteers. Any spouse, active duty member, reservist, retiree or civilian who desires a meaningful volunteer experience may participate.

Hurlburt Field
Airman & Family Readiness
Center
1SOFSS/FSFR
220 Lukasik Ave
Building 90213
Hurlburt Field FL 32544

Marisa Ortiz
Volunteer Coordinator
Marisa.Ortiz.ctr@hurlburt.af.mil
884-5441

Current Volunteer Opportunities Available:

Who: Emerald Coast Wildlife Refuge ~ The Dark Haunted House

What (volunteer position): Haunted House Operators

When (dates/time): Every weekend in October that volunteers are available
October 7/8/14/15/21/22/28/29/30/31 2011 - Operation Days

Where (address): Uptown Station /99 Eglin Parkway, Fort Walton Beach

How (duties): This is a Halloween themed event; the Dark Haunted House is a maze of about 15-20 rooms in which people (13 y/o or over, 13 and under supervision) attending are scared by volunteers. This is the Emerald Wild Life Refuge largest event of the year. **Haunted House Operators** Individuals with special skills or interests will be assigned tasks accordingly. General help such as makeup design, security, crowd control, characters, etc.

Why (do it): The ECWR provides education, conservation and rehabilitation for the welfare of Florida's natural fauna. They rescue, rehab and release native wildlife while providing education to all ages on native wildlife.

Number of Volunteers (needed): As many as desire to help (50-60 people are needed nightly to run the operation when open to the public)

Good to Know: Bring gloves, wear closed toe shoes and clothes you don't care about.

POC /Phone/Email: MSgt (Ret) Deb Edwards / 685-9014 / Mknbn4u@cox.net

Who: Air Force Enlisted Village ~ Oktoberfest

What (volunteer position): Event helpers /grill masters

When (dates /time): Friday, October 7 /4:00pm -8:00pm

Where (address): Teresa Village /321 Woodrow Street, Fort Walton Beach

How (duties): Volunteers will help set-up tents, tables and chairs; run the grill; serve the residents; and help clean up after the event.

Why (do it): The Air Force Enlisted Village's mission is to provide a home for Air Force Widows.

Number of Volunteers (needed): 10-15

Good to Know: The event is a celebration of the Teresa Villages anniversary!

POC /Phone /Email: Ashyea Alford /862-4079 or 862-8778 /alford@afev.us

*All labor that uplifts humanity
has dignity and importance
and should be undertaken
with painstaking excellence.*

- Dr. Martin Luther King Jr.

*Nothing
liberates our
greatness like
the desire to
help, the desire
to serve.*

*~Marianne
Williamson*

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More Volunteer Opportunities Available...

Who: SW Boys & Girls Club ~ Band Festival

What (volunteer position): Event supporters

When (dates/time): October 9, Sunday /10:00am -10:00pm

Where (address): Gulf Place, Santa Rosa Beach

How (duties): Volunteers will support the various needs such as food, arts, crafts and drink station help. Need the following: Check-in, team captains, floaters, event ticket sales, trash patrol, parking, security.

Why (do it): The ECWR provides education, conservation and rehabilitation for the welfare of Florida's natural fauna. They rescue, rehab and release native wildlife while providing education to all ages on native wildlife.

Number of Volunteers (needed): 50-60 people are needed nightly to run the operation

Good to Know: Bring gloves, wear closed toe shoes and clothes you don't care about.

POC /Phone/Email: MSgt (Ret) Deb Edwards / 685-9014 / Mknbn4u@cox.net

Who: Bob Hope Village ~ Rummage Sale

What (volunteer position): General Rummage Sale Helpers

When (dates /time): *various dates and times

Wed /October 12: set-up 12:00pm-2:00pm

Thu /October 13: move items 12:00pm-2:00pm

Fri /October 14: tear-down 12:00pm-2:00pm

Where (address): The Village /30 Holly Avenue, Shalimar

How (duties): Volunteers will help set-up tables, set out the items to be sold and help tear-down the rummage sale.

Why (do it): The Village's primary mission is to offer housing and financial assistance to surviving spouses of enlisted Air Force members. Those spouses with the greatest need have priority. Low pay and frequent military moves leave some dependants without the opportunity of careers, home equities, retirement plans or significant assets.

Number of Volunteers (needed): 6 volunteers each day

Good to Know: This is also a morale event for the ladies at the village.

POC /Phone /Email: Sandra Horton /Horton@afev.us /293-00115 or 651-2635

Who: Navarre Beach Marine Sanctuary ~ Run For the Reef 5k

What (volunteer position): Race Day Water Station, Results, and Kids Motivators

When (dates /time): Saturday, October 15 /6:00am – 10:00am

Where (address): Navarre Beach Pier, Navarre Beach

How (duties): **Water Station** – Set up, hand out water cups to passing runners, and break down. **Results** – Work under direction of the company in charge of results to coordinate activities at the finish line (tearing race numbers, running results, queuing up and directing finishing runners, etc). **Kid's 1 Mile Fun Run** – ensure the safety of the children participating in run and celebrating as they cross the finish line.

Registration and Awards Ceremony – direct registrants, beverages and food, help set any tables and staging needed for the awards, run results back and forth from the results area to the awards area. **Race Course Setup and safety** – help setup cones and markers for the race course and take them up after the race. Monitor the course to watch for anyone having difficulty and call EMT help if necessary. Inform runners of proper path to take.

Why (do it): The purpose of the organization is to establish and maintain beach accessible snorkeling and diving reefs at Navarre Beach and related supporting programs.

Number of Volunteers (needed): 25

Good to Know: Volunteers receive a run for the reef race shirt and enjoy the awards ceremony food and beverage.

POC /Phone /Email: Mark Griffith /navbms@navarrebeachmarinesanctuary.com /677-1875

*Unselfish
and noble
actions
are the most
radiant pages
in the
biography of
souls.*

- David Thomas

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More Volunteer Opportunities Available...

Who: Panhandle Animal Welfare Society (PAWS) ~

Dog Daze & A New Leash on Life Dog Walk/Run

What (volunteer position): Event Floaters and Dog Drivers (to event)

When (dates /time): Saturday, October 15 /7:00am – 4:00pm

Where (address): Fort Walton Bach Landing (Park)

How (duties): This canine-centered event will have arts and crafts and informational booths, lots of freebies and giveaways, a doggy parade, wiener races, and more. Volunteers will help with registering walkers/runners, maintain PAWS booth, keep an eye on adoption dogs. Also need volunteer drivers to drive dogs that will be up for adoption to the event.

Why (do it): PAWS is a private, non-profit organization that presently handles more than 7,000 animals annually. The Panhandle Animal Welfare Society is a private, nonprofit organization dedicated to the welfare of animals.

Number of Volunteers (needed): As many as possible

Good to Know: If you are unable to attend this special event, PAWS hosts several events throughout the year.

*Visit www.paws-shelter.com/events_fundraisers/events_fundraisers_main.html for more info on these events.

POC /Phone /Email: Tricia Bryant / 850-243-1525/ triciabryant@embarqmail.com

Who: City of Fort Walton Beach Recreation Center ~ Fall Carnival

What (volunteer position): Event Floaters

When (dates /time): Saturday, October 21 /5:30pm-8:30pm

Where (address): 54 Ferry Road NE /Fort Walton Beach, FL

How (duties): Volunteers are needed to help with haunted house, manning carnival games, concession stand, set up/tear down of both games and haunted house. Help with other Fall/Halloween Carnival events such as the concession stand, bounce house, trick or treat trail, costume contest, raffle etc.

Why (do it): City of Fort Walton Beach, Recreation Center annual Fall/Halloween Carnival; serves the local community. Event mainly serves families with young children.

Number of Volunteers (needed): 15

Good to Know: This event is Outdoors. Halloween costumes ok must be family friendly, mainly involving children.

POC /Phone /Email: Shelley Mead /mmead@fwb.org /833-9580

Who: The Gulf Breeze Zoo ~ Boo for the Zoo

What (volunteer position): Zombies, qualified climbers, corn maze helpers, set-up, children's games and crafts helpers, mad scientists and freak acts

When (dates /time): *All can be put into different shifts

Oct 21, 22, 28, and 29 /4:30pm-10:30pm; Oct 30 /12:30pm-6:00pm

Where (address): The Gulf Breeze Zoo /5701 Gulf Breeze Parkways, Gulf Breeze

How (duties): **Zombies:** scare visitors; **climbers:** (experienced with gear only) hang from trees along haunted train ride; **corn maze:** take into and scare visitors in maze; **freak show act:** participate in freaks show presentation in snake house— weird and unusual talents encouraged; **set-up:** set-up props, games, etc for event; **prop creation:** build and create props for events.

Why (do it): Boo at the Zoo is a Halloween event at the zoo aka “the big scare”, which is a haunted zoo experience featuring a haunted train ride, freak show, and corn maze (Oct 21, 22, 28 and 29). The trick-or-treat trail is a daytime event (Oct 30) for younger children and families. It is designed to be family friendly and not so scary. Businesses in the area set-up trick or treat tables for children as they move through the zoo.

Number of Volunteers (needed): 60-100

Good to Know: Volunteers should wear clothes they do not mind getting dirty.

POC /Phone /Email: MandyEvers/nwfevents@gmail.com /850-366-2660

*Volunteering
is not
a choice,
it's a
responsibility.*

- Ashley Hyder

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More Volunteer Opportunities Available...

Who: Okaloosa School District Mentors Program

What (volunteer position): Mentor/Tutor

When (dates /time): Friday, October 21/ 2:00 pm (30 Minute one-time training)

Where (address): Training at A&FRC /220 Lukasik Ave, Bldg 90213, Hurlburt Field

How (duties): Mentors meet with the child once a week at a local school of their choice for 30-45 minutes. There is no outside contact; money involved, just guidance.

Why (do it): The program helps children who have been retained from the previous grade level or are in danger of being retained by placing them with a mentor to elevate the child's chance of continuing on to the next grade by improving the child's self esteem.

Number of Volunteers (needed): As many as possible

Good to Know: Multiple local schools available. Training on mentoring /tutoring is free.

POC /Phone /Email: Marisa Ortiz / marisa.ortiz.ctr@hurlburt.af.mil /884-5441

Who: Hurlburt Field CLEP Prep Program

What (volunteer position): Tutors /Teachers /Professors

When (dates /time): Mondays form 11:30am-1:00pm and/or various times by appt.

Where (address): Hurlburt Field Library, Conference Room

How (duties): The CLEP Prep Program is a refresher course for students. Volunteers will act as tutors/teachers; volunteer will be teaching or co-teaching a course designed to improve the likelihood that the students will go on to pass their CLEP test.

Why (do it): The CLEP Prep Program is composed of Airmen who wish to use their knowledge to refresh the memories of airmen wanting to take a CLEP test.

Number of Volunteers (needed): Unlimited, the more the better!

Good to Know: Volunteers will not necessarily have to teach on a regular schedule; the more volunteers, the more flexible schedules can be.

POC /Phone /Email: SrA Jason Lewis /Jason.lewis@hurlburt.af.mil /207-756-0051

Who: Thunderbird Intertribal Committee ~ Hurlburt & Eglin Native American Heritage Observance Month POWWOW

What (volunteer position): Set-up, Tear-down, and floaters at the event

When (dates /time): Wed-Mon, November 2-7 /various times

Wednesday & Thursday: Set-up 9:00am-1:00pm & 1:00pm-5:00pm

Friday & Saturday: Children's Day 9:00am-1:00pm, 1:00pm-5:00pm & 5:00pm-9:00pm

Sunday: Powwow 9:00am-1:00pm, 1:00pm-4:00pm

Monday: Clean-up and Tear-down 9:00am-1:00pm

Where (address): Niceville Festival Grounds /Corner of Hwy 85N & College Blvd /Niceville, FL

How (duties): Set Up: Set up benches; pitch tents; set up chairs; sound system.

Children's day: Directing Bus parking; info booth, assist with student movement, ticket gate/admissions, drink booth, stocking ice.

Powwow: Info booth, assist with student movement, ticket gate/admissions, drink booth, stocking ice, help serve dinner; grounds policing; assist the arena director.

Tear Down: Tear down Benches; tents; chairs; sound system; clean up.

Why (do it): The goals of the Thunderbird Intertribal Committee is to educate the local community about Native Americans and their role in the past and the present. To promote cultural understanding, and to encourage participation and good-will between Native and non-Native persons.

Number of Volunteers (needed): 60

Good to Know: Powwow time is the Native American people's way of meeting together, to join in dancing, singing, visiting, renewing old friendships and make new ones. This is a time to renew thought of the old ways and to preserve a rich heritage.

POC /Phone /Email: SSgt Russel Benjamin /Russel.Benjamin@eglin.af.mil /882-4921

*You will
come to know
that what
appears today
to be a sacrifice
will prove
instead to be
the greatest
investment that
you will ever
make.*

*-Gorden
Hinkley*

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More Volunteer Opportunities Available...

Who: American Cancer Society ~ Office Help

What (volunteer position): Office Helpers

When (dates/time): Anytime, Monday-Friday /8:00am-4:00pm

Where (address): American Cancer Society/99 Eglin Pkwy NE Suite 37/Fort Walton

How (duties): The volunteers can help to answer phones, take messages, help patients in the "gift Closet" (fitting bras and prosthesis), help with outgoing mail, provide office coverage, create flyers, postcards and power points and more as needed.

Why (do it): The American Cancer Society is a non-profit helping local cancer patients enjoy a higher quality of life!

Number of Volunteers (needed): 3-6 volunteers per week

Good to Know: Seeking all help but computer savvy people are desperately needed.

POC /Phone/Email: Nikki Willingham /244-3813/nikki.willingham@cancer.org

Who: Navarre High School ~ "Navarre High Commando Tutors Program"

What (volunteer position): "Commando Tutors"

When (dates /time): Tutoring will take place on campus Monday through Friday.

Tutoring hours are: 8:00 a.m. to 8:45 a.m.; Tutors are asked to help a minimum of one time a week for approximately 45 minutes.

Where (address): Navarre High School /8600 High School Blvd /Navarre, FL

How (duties): The "Commando Tutor" will spend approximately 45 minutes helping a student improve competency and performance in a specific subject and will meet the student in the designated Tutoring classroom. The student will bring the needed text and other study materials sent by the teacher for the tutoring session. The "Commando Tutor" will determine, with the student, how many meetings are needed to achieve the targeted improvements

Number of Volunteers (needed): Ten to Twenty "Commando Tutors"

Good to Know: Students requesting tutors will be motivated and appreciative. Each "Commando Tutor" will be asked to complete the Navarre High Volunteer Application Form and present a valid driver's license.

POC /Phone/Email: Military Family Life Consultant /Kay Sullivan /377-0407 /Sullivank@mail.santarosa.k12.fl.us

Who: Teresa Village /Air Force Enlisted Village ~ Honey Do List Helpers

What (volunteer position): "Honey-Do" type projects (help w/ maintenance projects)

When (dates/time): 3rd Tuesday and Wednesday of Every month /7:30am to 4:00pm

Where (address): Young Community Center, 321 Woodrow Street, Fort Walton Beach

How (duties): Volunteers will help with "honey-do" type of projects that are somewhat difficult for many of our residents such as deep cleaning, ironing, hang pictures, install ceiling fans, write letters, etc. Also, the facility's maintenance crews are stretched to the max and could use help improving the property with projects such as painting, landscape, updating apts, etc.

Why (do it): The Teresa Village's mission is to provide comfortable homes to Air Force Enlisted Widows and Retired Air Force Couples (retirement community).

Number of Volunteers (needed): As many as possible

Good to Know: Please wear work clothes and closed shoes. Please do not bring children under age of 13.

POC /Phone/Email: Mike Ziegler /685-2536 /alford@afev.us

*Service is
the rent we pay
to be living. It
is the very
purpose of life
and not
something you
do in your
spare time.*

*-Marian
Wright
Edelman*

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More Volunteer Opportunities Available...

Who: USO ~ Center Support & Volunteer Committees

What (volunteer position): USO NAS Pensacola Center Support Volunteers & USO Northwest Florida Volunteer Committees

When (dates /time): USO NAS Pensacola Center Support:

Monday - Friday (10am - 2pm) or (2pm - 5pm) or (5pm - 8pm)

Saturday & Sunday (12pm - 4pm) or (4pm - 8pm)

*USO Northwest Florida Volunteer Committees: Based on individual Committee

Where (address): USO NAS Pensacola Center Support /153 Ellyson Avenue, Building 625D, Pensacola; USO Northwest Florida Volunteer Committees: Based on individual Committee.

How (duties): Volunteers assist the Center Manager in all aspects of running the USO Center. Or volunteers can join specialty Volunteer Committees within USO Northwest Florida (Please see the attached Word document).

Number of Volunteers (needed): As many as possible

Good to Know: USO Northwest Florida is committed to lifting the spirits of America's Troops and their families within the Northwest Florida panhandle through volunteers committed to supporting America's Troops and their families.

POC /Phone /Email: Faye White /fwhite@uso.org /850-455-8280, Opt. 4

Who: Seacrest Wolf Preserve ~ Fencing Repair

What (volunteer position): Fencing Helpers

When (dates/time): First and third Saturdays of each month /beginning at 9:30am

Where (address): Seacrest Wolf Preserve /3449 Bonnett Pond Road /Chipley

How (duties): Help rebuild fencing which provides a safe, humane habitat for the visitors who come out on field trips and tours to learn about this important keystone species.

Why (do it): Seacrest Wolf Preserve is a nonprofit organization providing safe, humane habitat for displaced captive wolves and wolf/dogs. The fencing needs of the preserve have increased considerably this last year. Seacrest is completely run by volunteers.

Number of Volunteers (needed): Multiple

Good to Know: Bottled water and cold beverages available during weekdays for those working on the critical fencing. Bi-monthly workday potluck lunch is also provided.

POC /Phone/Email: Wayne Watkins /773-2897 /seacrestwolfpack@yahoo.com

Who: VA Gulf Coast Health Care System ~ Information Desk

What (volunteer position): Volunteer Information Desk Associate

When (dates /time): Ongoing - weekly 4 hour commitment /Hours are: Monday thru Friday 8:00am - Noon or Noon - 4:00pm

Where (address): VA Gulf Coast Health Care System /100 Veterans Way / Eglin AFB

How (duties): Volunteers will provide general information and direction to veterans; answer phone calls and redirect; provide coffee service to veterans; maintain sign up lists for various programs and services; and make copies of documents and maintain information files.

Why (do it): Volunteers will be assisting the Veteran Health Administration in serving veterans of the community.

Number of Volunteers (needed): 3-4 volunteers

Good to Know: Outstanding people skills, Listening, clear communications are needed.

POC /Phone /Email: Michael Grey/ Michael.grey@va.gov / 912-2057

*There is
no exercise
better for
the heart
than reaching
down and
lifting people
up.*

*- John Andrew
Holmes Jr*

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More Volunteer Opportunities Available...

Who: Pet Welfare

What (volunteer position): Office Help, Dog Help, Cat Help

When (dates/time): Open

Where (address): Eglin Air Force Base / 683 Range Road, Eglin AFB

How (duties): Office Staff: The volunteer assists customers with viewing the pets, applying for adoptions, and volunteering ; answers the phone, files, copies records, and creates adoption folders; clean the office area and assist with the laundry.

Dog Caretakers: The volunteers take each dog for a walk to provide a good stretch, fresh air, and exercise. The volunteers also groom, administer medication, feed, clean kennels, train, and socialize with the dogs.

Cat Caretakers: The volunteers clean the cat room (scoop litter boxes, sweep & mop cages, etc), fluff bedding, attend the food and water stations, launder bedding, groom, administer medication, and love the cats.

Other Ways to Help: Public relations, marketing, graphic design, computer skills, vet runs, and facilities maintenance are all needed.

Why (do it): The Pet Welfare is a no-kill facility open to the public trying to aid the military when they have to leave their pets behind.

Number of Volunteers (needed): As many as possible

Good to Know: The shelter places 300 abandoned and homeless cats and dogs a year.

POC /Phone /Email: Mindy Kelley (cats) Tina Kneip (dogs) Jack Dickason (office) / 4kelleys@gmail.com, tina.kneip@cox.net, jackmdickason@embarqmail.com / (850) 678-5066

Who: Panhandle Animal Welfare Society (PAWS)

What (volunteer position): Volunteers to socialize /exercise cats and dogs

When (dates /time): Anytime Monday through Friday between 8am-4:30pm

Where (address): PAWS /752 Lovejoy Road, Fort Walton Beach

How (volunteer duties): Volunteers will exercise and walk dogs. Volunteers are also needed to play with the cats and kittens.

Why (do it): PAWS provides nutrition, shelter and healthcare for homeless, abused and neglected animals.

Number of Volunteers (needed): As many as possible

Good to Know: Volunteer needs to be familiar with handling dogs. Although staff members will show the volunteer the proper way to get dog out of kennel and to the play yard. They are also instructed on how to get the dog back into its kennel.

POC /Phone/Email: Tricia Bryant / 850-243-1525/ triciabryant@embarqmail.com

Who: Airmen Against Drunk Driving (AADD)

What (volunteer position): Dispatchers and Drivers

When (dates/time): All Shifts

Where (address): Local Area /Hurlburt Field

How (volunteer duties): The intent of the AADD program is to provide Hurlburt Field community members another alternative for getting home alive after consuming alcohol.

Why (do it): Prevents DUI's and saves lives for the individual and the local community.

Number of Volunteers (needed): 7 males/3 females every shift

Good to Know: Drivers license, AADD contract and liability form needed.

POC/Phone/Email: SSgt Ryan Mutuc or SSgt Anthony Harris /hurlburtaadd@hurlburt.af.mil

*Sacrifice is
giving up
something
good for
something
better.*

~Anonymous

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