

# Volunteer Newsletter

## Happy Valentine's Day!



FEBRUARY 2012

UNITED WAY...TOGETHER WE CAN DO MORE

United Way of Utah County is focused on advancing the common good in Utah County by promoting effective service and connecting community members to volunteer opportunities that will have the greatest impact.

### COMMUNITY CALENDAR

#### February

- 2-**Orpheus Winds**, Madsen Recital Hall at BYU in Provo, 7:30 p.m., free. Call 801-422-4678.
- 3-**Conscious Fathering**, Kids on the Move in Orem, 6:30 p.m., free. Childcare provided if you RSVP to [pic.committee@gmail.com](mailto:pic.committee@gmail.com) or call 801-691-5304.
- 6-**Community and Family Night**, Springville Museum of Art, 6 to 9 p.m., free. Call 801-489-2727.
- 9-**Crafternoon**, Springville Museum of Art, 11 a.m. to 1 p.m., free. Call 801-489-2727.
- 14-**The Lost Valentine**, SCERA Theater in Orem, 10 a.m., \$2 admission. Call 801-225-5669.
- 18-**Try Hockey for Free**, Peaks Ice Arena in Provo, 8:30 a.m. to 12:30 p.m., free. For ages 4-10. Call 801-852-7465.
- 19-**The Bengé Family Singers**, Sunday Concert Series at the Springville Museum of Art, 5 p.m., free. Call 801-489-2727.

### DONATION REQUESTS

- Centro Hispano**—Emergency preparedness and first aid kit items. Call 801-655-0258.
- Friends for Sight**—Used eye glasses. Call 801-524-2020.
- Family Support and Treatment Center**—Grocery store gift cards and white copy paper. Call 801-229-1181.
- Turning Point**—Office casual or business dress clothing for women. Must be no more than 5 years old and in good repair. Call 801-863-7580.

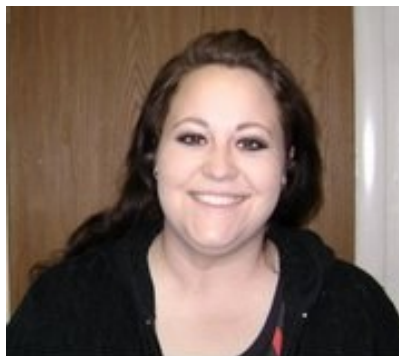
Also see *Gifts In Kind* at [www.unitedwayuc.org](http://www.unitedwayuc.org).

### HELP ME GROW

The Conscious Fathering program teaches that fathers are partners in parenting. A kick-off to a series of classes for fathers will be held on **Friday, February 3, at 6:30 p.m.** at Kids on the Move (475 W. 260 N., Orem). Bernie Dorsey, creator of Conscious Fathering, is sharing his experience on strengthening fatherhood. Childcare is provided, but you must RSVP to [pic.committee@gmail.com](mailto:pic.committee@gmail.com) or 801-691-5304. All community members are welcome to attend.



## HOW I LIVE UNITED: Gabrielle Harris



The tough economy could be enough to slow anyone down, but this is not the story for Gabrielle Harris from the Daily Herald. She saw that their annual fundraising campaign was not getting the job done; and Harris wanted to expand their focus for giving. Harris encouraged her team to give goods, time or talents. This year, the Daily Herald got involved in United Way of Utah County's Day of Caring, had a book drive, encouraged payroll deductions, had a change jar competition and a silent auction among employees.

"It was amazing to see the amount of generosity that poured out from our team," Harris said. "The tremendous generosity and charity that was given left a lasting impression on our team and motivated us to maintain our momentum and begin doing monthly, smaller projects in addition to our large once a year fundraising campaign."

Other events Harris organized include a canned food drive, participating in

Sub for Santa and a deodorant and shampoo drive for The Center for Women and Children in Crisis.

In addition to getting involved in giving, the Herald propelled their campaigns by inviting guest speakers from nonprofit organizations to talk about how funds are being used. They also went on a tour of Community Action Services and Food Bank where participants were exposed to many of the programs happening in our community.

"Not only did this promote our awareness and hopefully encourage personal volunteerism," Harris said. "It gave us an inside view of what United Way is all about."

Harris said staying enthused about what you are supporting and a great team can make the difference. She believes that finding different ways to give can be the direction that some need to get involved.

"I think LIVING UNITED means finding a way to reach out and make a contribution," Harris said. "We all have a contribution to make; in some chapters of life it will be small, and in other chapters we will have more to give, but we can everyday be adding to the betterment of our community and the quality of life of those around us."



## UNITED WAY...TOGETHER WE CAN DO MORE

### Silver Bowl Award

Do you know a volunteer who has made a difference in the community? Now is the time to nominate them for a statewide recognition award.

Nominations for the "Governor's Silver Bowl Award" are due Friday, February 3. This annual award recognizes volunteers in each of Utah's 29 counties. The Silver Bowl Award is given to an individual or a group who shows outstanding volunteer service in their community.

"It's awesome because it is an opportunity to recognize a volunteer on a county and state level for their service," said Summer Valente, community engagement director at United Way of Utah County. "Winners get to join the legacy of Silver Bowl holders and keep the tradition of service. They are honored with other volunteers who have also dedicated their life to service."

This April, Silver Bowls will be personally awarded by local and state dignitaries at the statewide ceremony in Provo. Anyone can nominate an individual or group. Recipients of the award show exceptional volunteering that makes an impact in their county.

The tradition of the "Silver Bowl Award" traces back to 1979; each recipient of the award is presented with an engraved silver bowl, which gives the award its name.

"The Provo and Orem area is No. 1 in the nation for service, so the winners are the cream of the crop; they are not your average volunteer," Valente said. "It is someone who is really dedicated to service."

Please nominate those who you feel have made an impact through service and positively influenced their community. The nominee must excel in each of the following judging criteria areas.

"We encourage anybody to nominate," Valente said. "If you know a friend or neighbor who is a wonderful volunteer, please nominate them."

Visit [www.unitedwayuc.org](http://www.unitedwayuc.org) for more information and a nomination form. Winners will be announced at the end of February and receive their awards at a luncheon in April.

### The Straighter Way Foundation

Through its Hoofbeats to Healing program, the Straighter Way Foundation strives to improve the quality of life for people with disabilities. Hoofbeats to Healing provides therapeutic horseback riding, an opportunity to show horses competitively and other equine activities. To contribute to this program, you can adopt a horse by sponsoring their care (feed, vet bills, etc.). You can also adopt a rider by contributing financially to their scholarship fund, which allows those individuals who cannot pay to still participate. You can also contribute by volunteering directly and indirectly with the horses and riders. Opportunities include helping with riding lessons and helping to care for the horses. Horse experience is not necessary, but welcome. To get involved, please call Tamera at 801-836-4325.

### Volunteer Opportunities

**Ability First**—An on-call receptionist is needed. Please call 801-373-5044 for more information on how to get involved.

**American Diabetes Association**—On February 25, the ADA is holding a health fair dedicated to diabetes, healthy eating and active living. Volunteers are needed to help with the bookstore, admission, registration, information booth, volunteer check in, the Youthzone and more. Please call 801-263-3024 ext. 7064.

**Big Brothers Big Sisters**—Become a school-based mentor in either Lehi or Pleasant Grove. Adults and high schools students (age 14-18) are welcome. For more information, please call 801-743-1668.

**Easter Seals Northern Rocky Mountain**—Help with childcare for children with developmental delays while their parents attend educational workshops. Call 801-852-4525 to find out how you can help.

**Juvenile Justice Services**—Volunteers are needed to do presentations on the job market and available opportunities. For more information, call 801-491-0118.

**Migrant Head Start Program**—Volunteers are needed to help with education activities, health care programs, field trips and nutrition programs. Call 801-521-4473.

**Provo City Cemetery**—Volunteers are always needed to help keep the grounds beautiful. Please call 801-852-6607 to get involved.

**Provo Downtown Alliance**—Help keep Downtown Provo clean by weeding, taking down fliers from street posts and picking up litter. Call 801-377-5700 for more information.

*For more volunteer opportunities,  
dial 2-1-1 or visit [www.unitedwayuc.org](http://www.unitedwayuc.org).*