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# YOUTH PULSE

## volunteer!

**Youth Pulse is here to show you how to get plugged into where your community needs you most. Get involved and show how important youth involvement is to the Bay Area! Each month we focus on a different community need and highlight volunteer opportunities that will allow you to apply your talents and skills to that need and give back to your community!**

Happy New Year! It's January 2009, and a long exciting year is ahead of us! I don't know about you, but when I think of the coming year, I get super-excited about all the technological advances we'll see in the next 12 months. I'm stoked to present this New Year's Youth Pulse, focusing on science and technology.

Our Bay Area nonprofit community can always use your help, and there's a ton of weekend, afternoon and evening volunteer opportunities available that will fit right into your busy schedule, so take a look!

### Youth Pulse Highlight

Do you like watching movies? Do you want to learn how to set up audio/visual equipment? Are you interested in learning about other cultures? If so, Manilatown Heritage Foundation may have a volunteer opportunity that's right for you!



Manilatown needs help with setting up their projector, audio and other equipment for their monthly free movie night. Each month, a Chinese, Filipino or American movie is shown to all who wish to attend! Isaac Obenzinger, Manilatown's Volunteer Coordinator, says that youth volunteers are "the best! The youth that volunteer at Manilatown put smiles on the faces of our seniors, and are more tech savvy than many of [Manilatown's] staff."

Volunteers are trained to operate and set-up the projector and audio equipment, so if you're not sure you already have the know-how, know this - Isaac says that he and his team "would be happy to teach youth volunteers whatever they need to know about the projector and sound equipment used at Manilatown." Sounds like a great opportunity for the tech-minded!

[To lend a helping hand to Manilatown, click here!](#)

### Nonviolent Peaceforce Needs You!

Did you know that you can use your computer skills to promote nonviolence and set the stage for peace on Earth? One way you can is by volunteering with Nonviolent Peaceforce! Nonviolent Peaceforce uses nonviolence to protect human rights, deter violence and to help local groups seek peaceful ways to settle their conflicts.



Nonviolent Peaceforce's San Francisco office is looking for a volunteer who would be available to help out when they're having computer difficulties. If you have the computer know how and a busy schedule, this may be the perfect volunteer opportunity for you, because Nonviolent Peaceforce will only call on you when they need your technical expertise ... a great way to make a big impact with a small commitment!

[To promote peace on Earth, click here!](#)

### Help a Library Find its Materials!

Redwood City Public Library is hoping you're interested in using your computer skills to

help them pull library materials! You'll be using a computer generated list of customer requests to figure out what CDs, DVDs, magazines, videos and/or books are needed for their customers. You'll have the opportunity to learn the library's organizational system and get a little bit of exercise as well, stooping down or reaching up to get materials from shelves and pushing a book cart.

Redwood City Public Library will provide all the training you need, and there may be a branch closer to you than you think!

[To get connected to Redwood City Public Library, click here!](#)

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### Bridge the Digital Divide!

Do you love computers? Do you enjoy surfing the internet? How about helping to get people online? You can be a part of bridging the digital divide. There are many seniors who have computers, but don't have the assistance they need to set them up, install software, or connect online. Reliable computer resources can play a big part in increasing their quality of life and ability to connect with friends and family. For a few hours a few times a month, you can make a big difference.

To take part, you've got to be able to set up computer hardware, install software and make internet connections. If you're also reliable and friendly, you're ready to go!



[To help seniors get online, click here!](#)

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There are so many different ways to volunteer!

The Volunteer Center website has plenty ways for you to get involved. If you didn't find what you're looking for in this month's Youth Pulse, why don't you check out [www.thevolunteercenter.net](http://www.thevolunteercenter.net), and see what you can find? I'll be back next month for with more volunteer opportunities in February's Youth Pulse. In the meantime, keep volunteering!

Peace,  
Damien

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The Volunteer Center Serving San Francisco and San Mateo Counties

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