

# 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 while giving back to your community!

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## November

2009

It's getting colder and windier in our wonderful Bay Area, and day after day there are more people who need our time and support to get by ... especially with the Fall Celebrations upon us and the Winter Holidays coming not far behind. With the slew of volunteer opportunities that crop up this time every year, how can you possibly find a volunteer opportunity that's right for you to give back to the community?

Why, with Youth Pulse, of course! Take a look below. For November, we're highlighting some of the most accessible ways for you to volunteer during the Fall Celebrations and Winter Holidays!

### Youth Pulse Highlight

On December 21st, Little Brothers - Friends Of The Elderly will be sorting and wrapping gifts for our Elder Friends, and they need you to lend a hand! Wrapping takes place from 10:00 am - 3:00 pm at their office in Nob Hill, with drinks and light snacks provided!



Else Polk, the Volunteer Coordinator for Little Brothers -

Friends Of The Elderly, says that youth volunteers are a great help to the wrapping process. "We normally have about 600 gifts to wrap," she says, "and we always need more volunteers to help." About 40 high school students arrive each year to wrap presents. "The students think wrapping is fun," Else says, "and they've told me that wrapping makes them realize what they have. Many of our Elders have no family and are only getting the one gift we give them, which they appreciate so much!"

To help wrap presents with your peers for our community's Elder Friends, [please click here!](#)

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### Where are you headed December 19th?

Compass Community Services throws a huge holiday party for Homeless Families in San Francisco



every year, and they need you to get involved. More than 400 children and 300 parents are expected to attend, and you can help Compass Community Services make this an event for these families to remember all year!

Volunteers just like you will be needed to create a winter wonderland inspired by classic Dr. Seuss characters! Now how much fun will that be? If you're not an artistic or crafty type, there are still tons of ways you can help! Volunteers are also needed all day to serve food, supervise activities and clean-up when the fun is done.

Shifts can last as little as two hours, so if your December 19th is busy, you may still be able to help!

[Click here to help Compass Community Services create a winter wonderland for homeless families!](#)

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### Give a Gift to the SF Bay!

Save The Bay has been working to protect, restore and celebrate San Francisco Bay since 1961. They are committed



to making the Bay cleaner and healthier for people and wildlife, and they need you to do it! Planting native seedlings this time of year significantly increases a plant's chances of survival, because it'll get the chance to drink up all the Bay Area's winter rainfall!

This winter, Save The Bay wants to plant 20,000 native seeds at wetland sites throughout the Bay, and that's a lot of planting! They need volunteers with a lot of energy to help them plant native seedlings like alkali heath and sea lavender that will make way for a healthy Bay. If you're interested, Save The Bay is also looking for volunteers who can help with shoreline cleanup and site monitoring!

[Click here to give the San Francisco Bay a Happy Holiday!](#)

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### Have a Holiday Impact!

City Impact works to meet the physical needs of the hungry, lonely and poor. Now that's a mission we can all get behind!



This holiday season, City Impact needs 500 volunteers to help cook, prepare and/or deliver meals, sort and/or deliver groceries and serve hot meals in a dining room setting to the homeless. With so many different ways to get involved and give our time to people who aren't so fortunate, this holiday season is sure to be a success for everyone involved!

[To help San Francisco City Impact make a Holiday Impact, please click here!](#)

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And those are just some of the ways that you can volunteer during the Fall Celebrations and Winter Holidays. But what about volunteering during your Winter Break and after the

New Year? Never fear, Youth Pulse will find its way right back to your inbox next month, with another issue of volunteering goodness!

[The Volunteer Center website](#) has all these volunteer opportunities and hundreds more in our convenient online database! Hop online, and find a way to contribute to your community that's meaningful to you.

**Peace!**  
Damien

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