

RED BANK HUMANISTS - THE WAYS WE VOLUNTEER

DECEMBER, 2008

Organization	Location	What you do & how it helps others	How do you feel about your efforts?
Jersey Shore Jazz & Blues Founda	Monmouth County	Volunteered at fund raising events. Provided technical assistance for budding musicians - free equipment repairs, guidance. Adjunct to the musical training offered by professional musicians.	Tremendous sense of gratitude by others. Engenders feelings of value, purpose and focuses your own goals.
Meals on Wheels	Monmouth, NJ	Deliver food to the elderly and infirm.	Felt good
U.S. Peace Corps	Kisoro, Uganda	Teacher. Helped advance education and give young people a better chance to succeed.	I gained much more than I gave.
EMT (Emergency Medical Tech)	Linden, NJ	Volunteer emergency services.	Good experience. Medical knowledge increased while assisting those in a crisis.
Food Bank	Hillside, NJ	Sorting donated food; stuffing envelopes	
Jazz Arts Project	Monmouth County	For the good of arts	
Blood Bank	Monmouth County - Lincroft; Morris County - Dover	Enabled human health	
AU	Financial Contributor		
ACLU	Financial Contributor		
Ewing Animal Shelter	Mercer County, Ewing, NJ	Socialized dogs and cats; tested dogs for "adoptability;" took dogs and cats to local pet store for adoption days.	Helped people to find amazing, loveable & loving companions. Helped animals to live better lives with a family who wanted them.
River Clean Up	Red Bank, NJ	Removed debris from ravine	Great

Contact We Care	Westfield, NJ	A crisis/suicide hotline. Talking on telephone to lonely people, mentally ill people, people on verge of suicide.	Callers almost always say "thank you." Gratified, frustrated.
Nature Conservancy	Ocean County	Debris pickup and monthly paper drive	Keep the world green and clean - personal satisfaction
Blood Bank	New York City, NY	Helped others survive	Gave me a good feeling to be helping others survive (cancer patients)
Tech Connection (TechConnection.org)	Shrewsbury, NJ	Fixing donated computers for loaning to disabled people (1 afternoon per week)	Helping the disabled or poor have access to the internet and improved their lives
River Rats Sailing Club	Fair Haven, NJ	Teach adults sailing terms, knots, on-the-water skills (for 18 years)	Teaching people a life skill is satisfying
Municipal Court Volunteer for McCourt System	Various Mc Municipal Courts	Adjudicated Cases	Felt very interested in solving problems as the end result.
Highlands Garden Club	Highlands, NJ	All aspects of garden infrastructure and ground preparation	I am greatly appreciated and have extended considerably the efforts of the other members. The whole town looks better because of our collective efforts.
The Township Citizen Boards The Planning Board	Neptune, NJ	Reviewed applications for development	Felt I helped both the community and the applicant reach balanced development.
Morris County Committee to End the War in Vietnam	Morris County, NJ	We successfully helped to end the war. I helped to organize professional and clergy and spot some notables to address large crowds. Organized busses to move people to mass rallies in Washington and New York.	
Unitarian Universalist Congregation		Social Action Committee	

Polling (Voter) Place	Red Bank, NJ	Working at the polling place for recent election, doing phones and banking, etc.	Made me feel part of the process; i.e. (happy)
Aslan Youth Ministries Tutoring Program	Red Bank, NJ	I tutored a Jr. High student in a one-on-one pairing over the course of each school year for approximately 10 years. This program was a secular arm of a faith-based organization (named one of "1000 Points of Light" by Bush, Sr.)	It is difficult to see that I was making any difference. Am I a role model? I have never been married, don't have children, and lived alone till 46 years old. But I attempted to show what options are available if one works hard and believes in oneself.
Unitarian Universalist Congregation of Ocean County	Ocean County	Co-chair of Social Action Committee. Bring food, clothes, etc. to the poor and homeless in Lakewood.	Mostly satisfying. Difficult to hear about hardships. My home is the depository. No money for other storage (a negative).
Middletown Public Library	Middletown, NJ Monmouth County	2007-Present. One-on-one tutorial of use of personal computer. Basics of computer capabilities, organization. Application programs: word processing, spreadsheets, PowerPoint. Web use: search, email, security.	People who come really want my help. They are very appreciative. They often come back and recommend others for tutorial.
Clean Sweep	Township of Ocean, NJ Monmouth County	Pick up litter around town twice a year. Makes the Town look nicer. Since my kids come with me it teaches them the consequences of careless acts, makes them think about and experience the natural environment directly and opens topics of discussion about some of the more "discrete" aspects of the adult world.	I feel good getting direct satisfaction fixing a situation that bothers me. I feel despair at the size of the problem and humble at my small life in this giant world. I feel proud at the power of my species to change the earth and saddened by its ill use. Finally I feel closer to my kids, being able to help them learn about and show them something of which they would probably never have been aware.
Friends & Refugees	Everywhere	Gave advice, money and my home.	Necessary for human survival.

Central Jersey Blood Bank	Shrewsbury, NJ	Give blood	Slightly light-headed, but good.
Dean for America		Meet up Host. Hosted monthly meetings of people interested in the Dean Campaign. Introduced them to each other and to opportunities to help elect Howard Dean.	Enjoyed meeting like-minded people and helping them act on their enthusiasm.
Meals on Wheels	Ocean County	Originator-Founder. Involved in every aspect of making it work and flourish.	Loved every bit of it! Extremely rewarding.
Reading Buddies Program	Atlantic Highlands, NJ Elementary School	Reading to Kindergarteners and First Graders through the Family and Children's Services	I love encouraging young children to love books.
Freehold Seniors	Freehold Township, NJ	On my own, if any in the group need a ride, I offer one.	It makes me feel good because I'm helping someone.
Democratic Party	Monmouth County	Phone bank. Helped to elect Obama.	Felt I accomplished helping Obama get elected (I started with McGovern!!!)
Telephone Help Hotline	Toms River, NJ - Ocean County	Answered calls from people who needed help. The most dramatic call was from a woman being abused. During the call her boyfriend came in and I tried to calm him down. He hung up.	Sometimes it was a positive experience, but often left me upset because of the difficulty of giving help. I did give resources when I could.
Rape Crisis Support Hotline Trenton State College	Trenton, NJ	Answer phone line for college students to report incidents, provide support and counseling.	Students received free counseling. I felt good about providing a free service.
Red Bank Charter School	Red Bank, NJ	Tutored by helping with homework.	Students received free counseling. I felt good about providing a free service.
Lunch Break, Red Bank	Red Bank, NJ	Founder. Served on the Board and edited the newsletter. Served food and clothing. Other social services to hundreds of people.	Students received free counseling. I felt good about providing a free service.

Navasink Garden Club	Red Bank, NJ	Monthly workshop at Care One Atlantic Highlands Garden Therapy - doing arrangements with senior residents. Caring for gardens at Primary School and Middle School, Red Bank. Established Butterfly Garden (at the) Primary School. At December meeting hosted/assisted students from Westside Community School with Christmas arrangements for their family. We also served lunch to all the students. Caring for Planters in Red Bank from June to October.	Students received free counseling. I felt good about providing a free service.
Cancer Research	Tinton Falls, NJ	Mailing to residents in my Court to obtain donations. Raised money for research.	Students received free counseling. I felt good about providing a free service.
Bayshore Community Hospital	Hazlet, NJ	Volunteered at hospital. Hands on with patient care.	Students received free counseling. I felt good about providing a free service.