

# Volunteer Center of Cedar Valley



16 Years  
Serving the  
Cedar Valley!

# Volunteer Link

Mobilizing people and resources to solve community problems.

## MLK Day 2012 at UNI



### What is the MLK Day of Service?

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: **What are you doing for others?**" Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities.

January 16, 2012 will mark the 26th anniversary of the Martin Luther King, Jr. federal holiday. This milestone is a perfect opportunity for Americans to honor Dr. King's legacy through service. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a beloved community.

At UNI, this commitment is shared and it is hoped that students will join together using MLK Day as a **"Day on, not a day off."**

For more information, visit <http://mlkday.gov>.

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## Happy New Year 2012!

**Who:** Any student, student organization, resident hall, class, faculty or staff!

**Where:** Students may volunteer at one of five agencies: Catholic Worker House, Cedar Valley Hospitality House, Country View Care Facility, Grout Museum District, or the Northeast Iowa Food Bank.

Please select your top choices on the registration form found at <http://www.uni.edu/siac/online-forms/slc-mlkdayofservice/index.shtml>

**When:**

- Monday, January 16
- Check-in is from 8:30-9:00 a.m. at Maucker Union.
- Buses depart campus following introductions & instructions. Lunch will be served at approximately 12 noon.

**What:** Participants will receive a free shirt, transportation, and lunch

Students should simply fill out the RSVP to secure a spot. Students will receive a confirmation via e-mail. Questions should be directed to the Student Leadership Center at 273-7422. **\*Registration will close on Wednesday, January 11, 2012\***

Contact the VCCV to find out about all the MLK Day activities for the community. Call 272-2087 or email [Lauren\\_Finke@vccv.org](mailto:Lauren_Finke@vccv.org) to get involved.

## Service Learning Update

All the research indicates that service learning will empower youth to become leaders. This is plainly seen in the classrooms in the Cedar Valley.

- A class at North Cedar Elementary in Cedar Falls is preparing a powerpoint presentation to show to the adults in the North Cedar Neighborhood Association and the Cedar Falls City Council about the need for safety features and beautification in the North Cedar area of Cedar Falls.
- Students at Orchard Hill Elementary in Cedar

Falls are planning for a "bully-free" day at the school. They have planned activities that will involve the entire school in this event.

- A 5th grade class at Poyner Elementary in Waterloo are developing plans to make life better for the hungry and homeless in the Cedar Valley.
- Students at Hoover Middle School in Waterloo are crafting projects to attack the problems of substance abuse, child abuse and hunger.
- Animals in the Cedar Valley have five classes of

students (two 5th grade classes at Poyner Elementary in Waterloo, Hansen Elementary, Lincoln Elementary, and Orchard Hill Elementary all in Cedar Falls) looking out for their needs, educating others about animal adoption, and collecting money for the Cedar Bend Humane Society.

Our future is bright with these future leaders. To involve your class in Service Learning, contact Jean at 272-2087 or [jean\\_seeland@vccv.org](mailto:jean_seeland@vccv.org).

POINTS OF LIGHT  
INSTITUTE



Hands On  
NETWORK



Funded Partner



NONPROFIT LEADERSHIP ALLIANCE

Certified to Change the World

## In the Spotlight - Catholic Worker House



The mission of the Catholic Worker

House is to provide food, shelter, and hospitality to those in need.

Volunteers may assist in the following ways:

- Each Monday, Wednesday, and Thursday we serve a community

meal for 30 to 40 people. Help is needed in meal preparation, serving and clean-up.

- Volunteers are needed to help with general maintenance. A variety of projects need attention.

- Volunteers are needed to prepare meals to be frozen and served at a later date. Label the meal and attach

the cooking directions. Food may be made at your home or the Catholic Worker House.

Volunteers age 16 and over are welcome!



## In the Spotlight - Cedar Falls Historical Society

The mission of the Cedar Falls Historical Society is to engage the community in the preservation, education and celebration of our heritage.

The Cedar Falls Historical Society utilizes volunteers to serve as:

- Cleaning Person
- Council Member
- Docent
- Education Volunteer
- Finance Specialist
- Grant Writer
- Grounds Volunteer
- Oral Historian
- Publicity Volunteer
- Research Historian
- Special Events Assistant
- Standing Committees

Volunteers age 18 and over are welcome.



Call 272-2087 to get involved!

United We Serve  
SERVE.GOV



Supportive Agencies and Organizations

Volunteer Center of  
Cedar Valley  
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Suite 1414  
Waterloo, IA 50702

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**Volunteer Center  
of Cedar Valley**

**Mobilizing people and  
resources to solve  
community problems.**

**Volunteer Center of Cedar  
Valley Staff**

Lauren Finke  
*Executive Director*

Jean Seeland  
*Program Coordinator*

Anne Nass  
*Communications Coordinator*

**Our Mission**

The mission of the VCCV is to promote and support effective volunteerism; to serve as the resource and coordination center for volunteers and a catalyst in building coalitions and community partnerships.

Follow us on Twitter at  
[VCCV1Volunteer](https://twitter.com/VCCV1Volunteer)

On Facebook—group,  
[http://www.facebook.com/  
group.php?gid=7951689098](http://www.facebook.com/group.php?gid=7951689098)!

Facebook page, [http://  
www.facebook.com/pages/  
Volunteer-Center-of-Cedar-  
Valley/133389940005502#!/  
pages/Volunteer-Center-of-  
Cedar-Valley/133389940005502](http://www.facebook.com/pages/Volunteer-Center-of-Cedar-Valley/133389940005502#!/pages/Volunteer-Center-of-Cedar-Valley/133389940005502)

Read our Blog at [http://  
volunteercenterofcedarvalley.bl  
ogspot.com/!](http://volunteercenterofcedarvalley.blogspot.com/)

**Volunteer Opportunities**

**Long Term**  
**Volunteer Office Assistant**  
Care Initiatives Hospice

**Prepare Frozen Meals**  
Catholic Worker House

**Grant Writer**  
Cedar Falls Historical Society

**Hospitality Specialist**  
Cedar Falls Tourism & Visitors  
Bureau

**Community Engagement**  
Cedar Valley Arboretum &  
Botanic Gardens

**Patient/Family Volunteer**  
Cedar Valley Hospice

**Community Volunteer**  
Cedar Valley Volunteer  
Emergency Club

**Friends Program Participant**  
Country View

**Clerical Assistant**  
Department of Human Services

**CHOICES Program Lunch  
Server**  
Exceptional Persons, Inc.

**Healthy Babies Mentor**  
Family & Children's Council

**Museum Store Assistant**  
Grout Museum District

**Meal Delivery Driver**  
Hawkeye Valley Area Agency on  
Aging

**Repairs Needed**  
House of Hope

**Volunteer Receptionist**  
Iowa Legal Aid

**Food Assistance Outreach  
Presenter**  
Iowa State University Extension -  
Black Hawk County

**Letters and Cards of Support**  
Iowa's Bravest

**Join the VCCV as a Business  
Partner**

At the Volunteer Center of Cedar Valley, we believe corporate initiatives that give back to the communities in which they operate and where their employees work and live, are reinforced by their alignment with an excellent volunteer and philanthropy program.

The Volunteer Center of Cedar Valley is the primary resource for workplace-based volunteering and for engaging more companies and employees effectively in volunteer service. We help businesses develop and manage effective employee volunteer programs that meet company priorities, address employee interests and meet real community needs. Throughout the Cedar Valley, we are working with our corporate partners to improve lives and create positive change in local communities.



## **Member Agencies**

Allen Hospice  
Allen Hospital  
Alternatives Pregnancy Center  
American Red Cross — Hawkeye Chapter  
Angel House  
Aspire Therapeutic Riding Program  
Back to School Project  
Big Brothers Big Sisters  
Birthright  
Black Hawk County Conservation Board  
Boys and Girls Club  
Boy Scouts of America  
Care Initiatives Hospice  
Catholic Worker House  
Cedar Bend Humane Society  
Cedar Falls Healthy Lifestyles Center  
Cedar Falls Historical Society  
Cedar Falls Tourism and Visitors Bureau  
Cedar Valley Arboretum & Botanic Gardens  
Cedar Valley Derby Divas  
Cedar Valley Hospice  
Cedar Valley United Way  
Cedar Valley Volunteer Emergency Club  
Cetnaesti Krajiski Teferic  
Community Project for Protecting Children  
Country View  
Department of Human Services  
Exceptional Persons, Inc.  
Family & Children's Council  
Family Management Credit Counselors  
Gallagher-Bluedorn Performing Arts Center  
Girl Scouts of Eastern Iowa and Western Illinois  
Grout Museum District  
Hartman Reserve Nature Center  
Hawkeye Valley Area Agency on Aging  
House of Hope  
Iowa Legal Aid Society  
Iowa State University Extension – Black Hawk Co.  
Iowa's Bravest  
Iowa Irish Fest

Jesse Cosby Neighborhood Center  
KBBG-FM 88.1  
Lutheran Services of Iowa: Waterloo  
Make-A-Wish Foundation of Iowa  
Mallard Point Retirement  
NewAldaya Lifescapes  
Newel Post Adult Day & Respite Services  
North Star Community Services  
Northeast Iowa Center for Independent Living  
Northeast Iowa Food Bank  
Operation Threshold  
Parkview Nursing & Rehabilitation Center  
Pathways Behavioral Services  
People's Community Health Clinic  
Pet Pals  
Phelps Youth Pavilion  
Quakerdale  
Ridgeway Place Assisted Living  
RSVP  
Salvation Army  
Silos & Smokestacks  
Strayer-Wood Theater  
The Job Foundation  
Together for Youth  
Tri-County Head Start and Early Head Start  
VA Voluntary Service  
Volunteer Center of Cedar Valley  
Waterloo Center for the Arts  
Waterloo Community Playhouse, Rental Shop  
Waterloo Community Schools  
Waterloo Community Schools Foundation  
Waterloo Convention & Visitors Bureau  
Waterloo Healthy Lifestyles Center  
Waterloo Jaycees  
Waterloo Leisure Services  
Waverly Healthy Lifestyles Center  
Western Home Communities  
Wheaton Franciscan Healthcare  
YMCA  
YWCA

## **Mark Your Calendar - Appetite for Service**

Join the Volunteer Center of Cedar Valley on Saturday, March 24, 2012 from 6 - 10 p.m. at Sunnyside Country Club for an evening of fun and fine food!

An "**Appetite For Service**" consists of a select group of community leaders from the Cedar Valley who are invited to "serve" during this memorable evening designed to raise funds for the Volunteer Center of Cedar Valley.

You may become involved by becoming a Celebrity Server, make a donation to our auction event, or by sponsoring a table of 8. Call Lauren at 272-2087 or [lauren\\_finke@vccv.org](mailto:lauren_finke@vccv.org) for more information.



MidWestOne Bank guests enjoying the 2011 event.