

# Volunteer Center of Cedar Valley



15 Years  
Serving the  
Cedar Valley!

# Volunteer Link

Mobilizing people and resources to solve community problems.

## RAGBRAI Volunteers Needed!

Interested in volunteering to help for RAGBRAI in Waterloo?

Approximately 800 volunteers of all ages, interests and abilities are needed. Volunteers will be needed before, during and after the RAGBRAI visit (July 28-30).

Volunteering at Waterloo RAGBRAI is a great opportunity for a work outing, team building opportunity, family activity, or just a way for a few friends to do something fun together.

Volunteers will receive a free Waterloo RAGBRAI volunteer t-shirt and will receive general training, and specific training for their assignment. Volunteer assignments are outlined on [WaterlooRAGBRAI.com](http://WaterlooRAGBRAI.com) for general volunteer updates.

Apply online or contact [volunteer@WaterlooRagbrai.com](mailto:volunteer@WaterlooRagbrai.com) or contact Lauren Pellemounter at the Volunteer Center of Cedar Valley at 272-2087 or [Lauren\\_Pellemounter@vccv.org](mailto:Lauren_Pellemounter@vccv.org). Current RAGBRAI volunteer positions are listed on page 4.



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## UNI Volunteer Fair

Preparations are underway for the 2010 UNI Volunteer Fair! The VCCV would be delighted to have your agency join us for this collaborative effort between the Volunteer Center of Cedar Valley and the UNI American Humanics Student Association. Last year's event attracted more than 40 non-profit agencies from the Cedar Valley area and over 300 students. This year's Volunteer Fair will be held on Thursday, September 2 from 10:30

a.m. to 1:00 p.m. in the Maucker Union Old Central Ballroom.

The Volunteer Fair is a wonderful opportunity for your organization to connect with students, matching your specific volunteer needs to students' skills and personal interests. Agencies may recruit students for one-time or semester-long volunteer opportunities, internships or employment. This is a great

chance for you to take advantage of valuable one-on-one contact with UNI students, faculty and staff.

As a member agency your participation in the Volunteer Fair is completely **free** and you are given priority registration! Space is limited and we process registrations on a first come, first served basis. To take advantage of the "early bird registration," please register by August 5.

## Feature Board Member: Julie Kacher

Julie Kacher is the Vice President over Loss Mitigation Fulfillment at GMAC Mortgage. She has been with the company for over 23 years. Julie attended the University of Northern Iowa and has a BA in Management.

Julie is married to her husband, Darin. They have 3 daughters: Whitney, Jessica and Madison.

Julie loves being active, watching sports and

spending time with family / friends. She enjoys running, biking, golfing, shopping and watching her daughters play sports. The Iowa Hawkeyes are her favorite college team – she cheers them on during the football season and attends all their home wrestling meets.

Julie believes people should give back to the communities in which they live and work. In addition to

VCCV activities, she is involved with many non-profit organizations in the Cedar Valley and serves on her neighborhood housing board of directors.



Hands On NETWORK



Funded Partner

## Country View - Spotlight Agencies

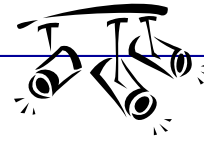
Country View provides a safe, supportive, and caring environment, which enhances maximum independence, dignity, and quality of life.

Country View uses volunteers to read, sing, play bingo, help with crafts, ceramics, bulletin boards, entertain, fish, and offer refreshments to residents. Volunteers also assist with shopping, cleaning closets, and mending clothing.

The Volunteer Services program is dedicated to enhancing quality of life and expanding services to residents through the effective use of volunteers. A screening, orientation, and training process ensures that volunteers are well-informed and prepared to help meet resident and facility needs. A variety of volunteer opportunities with various levels of commitment offer volunteers flexibility in

utilizing their talents when their schedule allows.

Volunteers age 16 and over are welcome.



of Northeast Iowa  
Established in Waterloo/Cedar Falls in 1956

## Cedar Valley Volunteer Emergency Club

The mission of the Cedar Valley Volunteer Emergency Club is to serve our community wherever and whenever necessary by providing radio communications, severe weather spotting and any other function deemed necessary by local law enforcement and/or FEMA.

The Cedar Valley Volunteer Emergency Club uses

roles such as: Traffic Control for Sturgis Falls Days Celebration, Severe Weather Spotters, Community Volunteer, Watermelon Days Celebration, Crowd Control for UNI Homecoming, Halloween Patrol, and Traffic Control for March of Dimes March for Babies.

Volunteers ages 18 and over are welcome.

For more information contact Lauren Pellemounter at 272-2087 or [Lauren\\_Pellemounter@vccv.org](mailto:Lauren_Pellemounter@vccv.org).



United We Serve  
SERVE.GOV

Supportive Agencies and Organizations

## 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.



### Agency Renewal Reminder

Please note that member agency annual renewal notices have been sent. Please keep your membership current so that we can keep your 1-800 postings active and promote your agencies through the Courier, E-News, Facebook, Twitter and our publications in addition to the University of Northern Iowa.

### Welcome GMAC Mortgage!

The Volunteer Center welcomes GMAC Mortgage as our fifth Business Partner this year! GMAC has been an outstanding benefactor through their involvement in "An Appetite For Service" fundraising event for many years. The Volunteer Center of Cedar Valley welcomes them as our most recent Business Partner!

## L'Oréal Women Of Worth

More than 30 years ago, L'Oréal coined the phrase "Because I'm Worth It" to celebrate a woman's worth and build her self-esteem. In 1997, as an extension of this sentiment, L'Oréal Paris proudly partnered with [The Ovarian Cancer Research Fund \(OCRF\)](#) to raise money and awareness in the fight against ovarian cancer.

In 2006 our signature phrase and OCRF partnership came to life in a new way. L'Oréal established Women Of Worth - a grassroots program and award that honors women who serve others in their communities.

Who is a Woman Of Worth? She's an inspiring volunteer, an outstanding achiever, and a beautiful person who's making a difference in her community. She sees a need around her and doesn't hesitate to get involved. Whether she's empowering women, mentoring children, helping survivors to heal or motivating troops overseas, her efforts are tireless. Her spirit is unbreakable.

L'Oréal Paris will make a \$5,000 donation to each 2010 Women Of Worth Honoree's most cherished charitable cause. L'Oréal will make an additional \$5,000 donation in the name of each winner to support [The Ovarian Cancer](#)

[Research Fund \(OCRF\)](#), L'Oréal Paris primary philanthropy. To date, L'Oréal has raised over \$18 million on behalf of OCRF to honor their commitment to women.

Additionally, one Woman Of Worth Honoree and her cause will be selected by the public at large via online voting and will be recognized as the National Woman Of Worth Honoree. Her charity will receive a donation of \$25,000 from L'Oréal Paris in her name. All honorees will receive national recognition for both her cause and her efforts.

L'Oréal Paris Women of Worth is committed to recognizing powerful women who have taken on the responsibility to make a change in our world for the better. We are proudly celebrating our 5th anniversary of the Women of Worth program and hope you will make it a monumental year in recognizing great women.

Nominations run through July 9. Raise your voice - and celebrate women who raise the bar! Nominate here: <http://www.womenofworth.com/nominations/home.aspx>

## BP Oil Spill Update

All 4 gulf states related to the oil spill (Louisiana, Mississippi, Alabama and Florida) have put together a unified messaging document that they have posted that details the need for volunteers - The most important message is that at this time we DO NOT recommend people head to the gulf to volunteer. In most cases, volunteers will NOT be used in this response effort - this disaster is being managed by BP and there are significant, dangerous chemical hazards that require significant training before anyone can participate in clean up efforts. BP is PAYING people (i.e. as employees) to help with this disaster response. Gulf area volunteer opportunities will be specific to NON-oil spill efforts (i.e. volunteering with

environmental projects in the gulf, helping with workforce development training for people displaced/unemployed by the oil spill).

At the state level, our state commission partners and HandsOn Action Centers are working with BP to monitor the situation, respond where appropriate and to register interested/potential volunteers. The hope is that interested volunteers can be kept abreast of opportunities to serve at some point. Certainly, this disaster continues to evolve and we will keep our network updated if/when volunteer response opportunities become available.

In the meantime, any interested volunteers to can register at:

<http://www.volunteerlouisiana.gov/>

<http://www.volunteermississippi.org/>

<http://www.servealabama.gov>

<http://www.volunteerflorida.org/>

You can view the unified messaging document and the FAQs for volunteers [here](#).

## Current RAGBRAI Volunteer Positions Available

**Information Center:** Hand out maps, answer questions about activities and services, etc. 2-4 hour shifts on Thursday, July 29 from 6 a.m. to midnight and Friday from 6 a.m. to 8 a.m.

**Public Safety:** Assist police with traffic control. 2-4 hour shifts on Thursday from 7 a.m. - 7 p.m. and Friday from 6 a.m. to 10 a.m.

**Beverage Garden: Security** (Thursday from 2:45 p.m. to 6 p.m.; 5:45 p.m. to 9 p.m.; and 8:45 p.m. to 12 a.m.) Entrance - control crowd, deter crashers, escort out those who don't pass the ID scan. Exit - insure it is exit only, beer stays inside, etc. Rovers - watch the fence line along the perimeter to insure no crashers.

**Administrative** (Thursday 2:45 p.m. to 6 p.m.; 5:45 p.m. to 9 p.m.; 8:45 p.m. to 12 p.m.) Money collectors - check for shirt/rider band, collect cover charge. Divider - decide which line people should go in (ID or no ID). Check IDs. Wristbänder - put bands on those who were questionable but passed. Ticket sellers - sell tickets, handle cash

**Beer** (Thursday 2:45 p.m. to 6 p.m.; 5:45 p.m. to 9 p.m.; 8:45 p.m. to 12 p.m.). Front Line\* - take ticket, give beer Pourer\* - pour draft 16 oz beer into plastic cups  
*\*Training Required - both beer positions will need to attend a brief training session the week prior*

**Facilities Set Up** (Wed, 8 a.m. - 12 p.m.; Wed, 12:30 p.m. - 4:30 p.m.; Thursday 9 a.m. - 2 p.m.) - Manual labor, set up fencing, hang signage, set up tables, etc. Clean Up (Thurs, July 29, 11 p.m. - Fri, July 30, 2 a.m.) -

Help pick up litter and secure the area for overnight. Tear Down (Friday, July 30, 8 a.m. - 12 p.m.) - Manual labor, remove fencing, signage, equipment, etc.

### Clean Crew:

Wednesday night volunteers—Will be putting trash box lids together and possibly begin setting boxes out. We are planning on 5-10 volunteers to put box lids together on Wednesday late afternoon/early evening.

Thursday morning volunteers—Will be setting out the trash boxes and the barrels around the vendor area, campgrounds, by the port-o-potty locations, shower locations and shuttle stops, etc. Some of you may be asked to assist at Golf Course or HCC. Volunteers will be needed to man the showers. Will also need volunteers for "toilet paper patrol."

Thursday noon until Friday volunteers—Will be to pull 2/3rds filled trash bags out of the barrels/boxes and place new sacks in them. A group will be picking up the cans and recyclable bottles. Primary focus will be the food and non-food vendor area (Parking lot) the port-o-potty sites to empty paper towel collection boxes, shower sites, and shuttle stops.

Friday morning volunteers—Assist in emptying containers at campgrounds, vendor area, beverage garden, shower sites, and shuttle stops at the Water Park. We will also be assisting Hawkeye Community College (quiet campground) and cleaning golf course as needed.

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

**Volunteer Center of Cedar  
Valley Staff**

Lauren Pellemounter  
*Executive Director*

Anne Marie Kofta  
*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](#) or on  
Facebook group  
Volunteer Center of  
Cedar Valley!

**Noteworthy News -**

Iowa is rated 2<sup>nd</sup> in the country, with 38.7% of Iowa residents volunteering in 2009—up from 5<sup>th</sup> in 2008

- Utah is 1<sup>st</sup>, Nebraska is 4<sup>th</sup> but was formerly 2<sup>nd</sup>

**Volunteer Opportunities**

**One Time Events**

Waterloo Jaycees Fireworks  
Festival Volunteer  
July 3  
Waterloo Jaycees

Youth Department Summer Library  
Program  
July 6-10 and 19-24  
Friends of the Waterloo Public  
Library

**TEAM Camp**

July 9  
Girl Scouts of Eastern Iowa and  
Western Illinois

**Hardees Help**

July 17  
Cedar Bend Humane Society

**RAGBRAI Volunteers Needed**

July 28-30  
Volunteer Center of Cedar Valley

**Long Term**

**P.A.W.S. Volunteer**  
Cedar Bend Humane Society

**Oral Historian**

Cedar Falls Historical Society

**Manicure Assistant**

Cedar Falls Lutheran Home

**Hospitality Assistant**

Cedar Falls Tourism & Visitors  
Bureau

**Accountant**

Cedar Valley Arboretum & Botanic  
Gardens

**Koala Volunteer**

Cedar Valley Hospice

**Community Volunteer**

Cedar Valley Volunteer Emergency  
Club

**Mending & Sewing Assistant**

Country View

**Clerical Assistant**

Department of Human Services

**CHOICE Program Lunch Server**

Exceptional Persons, Inc.

**Member Agencies**

Allen Hospital  
Alternatives Pregnancy Center  
American Red Cross — Hawkeye Chapter  
Aspire Therapeutic Riding Program  
Big Brothers Big Sisters  
Birthright  
Boys and Girls Club  
Boy Scouts of America  
Care Initiatives Hospice  
Catholic Worker House  
Cedar Bend Humane Society  
Cedar Falls Historical Society  
Cedar Falls Lutheran Home  
Cedar Falls Public Library  
Cedar Falls Senior Center  
Cedar Falls Tourism and Visitors Bureau  
Cedar Valley Arboretum & Botanic Gardens  
Cedar Valley Volunteer Emergency Club  
Cedar Valley Hospice  
Cedar Valley United Way  
Community United Child Care Centers  
Country View  
Department of Human Services  
Exceptional Persons, Inc.  
Family & Children's Council  
Friends of Heal the Family  
Friends of the Waterloo Public Library  
Gallagher Bluedorn Performing Arts Center  
Girl Scouts of Eastern Iowa and Western  
Illinois  
Grout Museum District  
Hartman Reserve Nature Center  
Hawkeye Adult Literacy Program  
Hawkeye Valley Area Agency on Aging  
Jesse Cosby Neighborhood Center  
Make-A-Wish Foundation of Iowa  
Northeast Iowa Food Bank  
North Star Community Services  
Operation Threshold  
Our Shepherd's Closet  
Parkview Nursing & Rehabilitation Center  
Pathways Behavioral Services  
People's Community Health Clinic  
Pet Pals  
Positive Steps of Northeast Iowa  
RSVP  
Salvation Army  
Silos & Smokestacks  
Together for Youth  
Waterloo Community Schools  
Waterloo Convention & Visitors Bureau  
Waterloo Jaycees  
Waterloo Leisure Services  
Waterloo Senior Center  
Waverly Senior Center  
Western Home Communities  
Wheaton Franciscan Healthcare  
YMCA  
YWCA