

Sierra del Mar Divisional Headquarters

February 2016

Divisional Volunteer Center Newsletter



DOING THE MOST GOOD™

The Salvation Army

Sierra del Mar Division

THE YOUNG AND THE GIVING

A young boy's dedication to doing the most good helps over 100 homeless people..

PLUS

VOLUNTEER PERSONALITY QUIZ

STUDY: *Volunteer and live a longer life*

BON APPETIT! *at the Door of Hope*



DOING THE MOST GOOD

THANK YOU to all Volunteer Bell Ringers!



by Karen Roth,
Divisional Community Engagement Coordinator

This season we had over 250 volunteers sign up to be bell ringers across San Diego, Imperial, San Bernardino, and Riverside Counties! While the high numbers were great, the most touching part was hearing the various reasons they had for volunteering with us; several employer-sponsored groups wanted to promote corporate social responsibility, retired individuals listed “bell ringing” as a goal on their bucket lists, and parents wanted to instill their love of volunteerism in their children. Every minute a volunteer spent ringing a bell brought us closer to our goal of raising funds to support our local

Want to get involved? It's not too early!

Contact Karen Roth at (619) 446-0228

Special thanks to:

*Pepsi-Cola
Coke
Deloitte
The Salvation Army Metropolitan
Advisory Board
Building Industry Association of San
Diego*



**Building Industry Association of San Diego
County's Adopt-a-Day Event!**



Volunteer and live a longer life!

by Elsie Estrada,
Volunteer Coordinator

It is now scientifically proven that including volunteer work into your routine will actually affect your long term well-being. Harvard Women's Health Watch recently published that volunteering for as little as 100 hours a year could potentially help with various ailments and even extend the length of your life.

Volunteering has been powerful throughout the ages. It gifts you with instant "feel good" satisfaction, while still helping out your community. According to MovingWorlds.Org, some of the most visible effects are lower blood pressure, lower rates of depression, development of valuable new skills, and an overall thriving, healthier body.

As The Salvation Army continues to expand its services and programs, so does our need for volunteers! We currently have over 10 programs that are providing volunteer opportunities, so come and join us in helping our community grow and prosper while keeping yourself healthy!



by Stacy Dertien,
Divisional Volunteer Coordinator

“ Find your own
Calcutta ”

- Mother Teresa

Mother Teresa is famous for her generous deeds and selfless works in Calcutta, India. From hospices, to soup kitchens, to orphanages, she single-handedly made an impact on this city. *So, does that mean that we should all pack a suitcase and begin planning our own mission trip to Calcutta?* For a few of us, maybe. For many more of us, we can find our own Calcutta.

We all have something to offer. We can all inspire others through some aspect of our life experiences. We can all show compassion to others through our own creative lenses.

The Volunteer Center strives to create volunteer programming based upon the passions and skills of the volunteers that come to us with open minds and open hearts. We listen to their strengths and God-given gifts and try to find a platform where the need matches the desire to help.

Have you ever thought of sharing a unique talent or passion with others? Is there a certain skill set that you have that you would be willing to share with others? The Salvation Army needs you and your uniqueness. Partner with us to make a difference in the community and to "find your own Calcutta."



NEW!

What's Cookin' at the Door of Hope

by **Julie Kiley**,
AmeriCorps member

On January 19th, residents of the new Haven Interim Housing (HIH) at The Door of Hope campus participated in their first session of a new 6-week cooking program. The instructors—Linda Stump, Sheila Walwick, Anne Warren, and myself—introduced a lesson on meal budgeting, in which we prepared multiple meals from one rotisserie chicken. The students made chicken and peanut lettuce wraps, chicken wonton soup, and chicken chow mein in less than an hour. In an even faster time, we prepared a quick dessert of fried Hershey's Kisses wrapped in wonton wrappers. Our second class featured a classic favorite: homemade pizzas! After learning about a quick and nutritional oatmeal breakfast, the residents were given an entire pizza pie each to design and bake (pictured at bottom right).

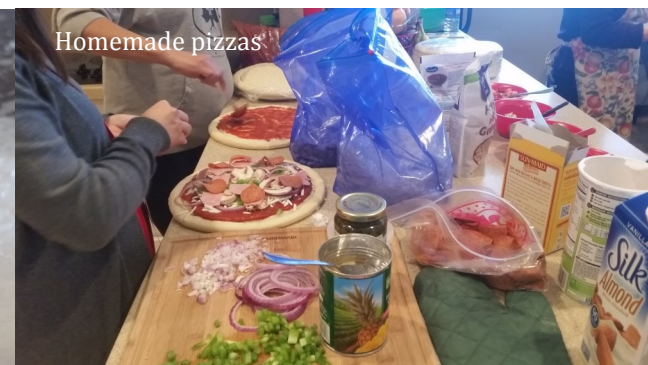
Similar to our past cooking programs at the Centre City Corps' S.T.E.P.S. Program, the HIH residents learn quick and healthy recipes, nutritional tips and budgeting from volunteer instructors. Each week, they, along with the Door of Hope staff and volunteers, will prepare and cook themed lunch recipes. Through the joys of cooking and eating together, this program will not only provide in-depth lessons on life skills but also strengthen community relations.



Lettuce wrap filling



Wonton Kisses



Homemade pizzas



Reflections on **The Annual Thanksgiving and Christmas Community Dinners**

by Marcia Hunter,
AmeriCorps member

The Thanksgiving and Christmas Dinners at Golden Hall were great experiences! I loved seeing so many diverse groups of people coming together to help bring happiness to our guests. I did not realize how busy and complex these dinners were until the mornings of both events. There were a total of over 600 volunteers, including children, who dedicated their Thanksgiving and Christmas mornings to making their fellow community members happy. I was especially happy seeing the children participate in this giving opportunity!

The atmospheres for both dinners were very warm and welcoming. As The Salvation Army band played, there were no distinctions between the rich or poor, just one person serving another out of the goodness of their heart. Seeing everyone come together to give was so beautiful. I was so blessed and happy to be a part of these events. The Thanksgiving and Christmas Dinners will always be memorable events for me.

*Have you ever wanted to give back? Contact the
Volunteer Center for more information!*



THIS SEASON'S VOLUNTEER HIGHLIGHTS

"The greatest poverty that can afflict the human spirit is the loss of a generous heart. You will know that success has slipped away when your passion for helping others grows cold." - Bill Lane Doulos

Blanket Drive at Centre City Corps

Tucker Basham, 12, held a blanket drive with his family and friends at the Centre City Corps for the community dinner participants on December 17, 2015. Following in the footsteps of his grandmother, Linda Stump, who was last year's Volunteer of the Year, Tucker collected over 100 blanket donations from his school, the Escondido Christian School, with the goal of supporting those in need.

“Overall the blanket drive went really well and it was a great experience for everyone and we handed at least 130 blankets out to the homeless. But what was also cool about the drive is that we also handed out rain ponchos and socks and also some beanies. But like I said earlier this drive was awesome and I am thinking of starting a charity now.

- Tucker



Tucker (far right) and his friends with their donated blankets at Centre City Corps.

“What is the first thing you think of when you hear the name Salvation Army? Do you think of hope or love, what about blankets? About two months ago, I had the chance of a lifetime to experience something that most people don't get to experience. I had a chance to hand out blankets to people who are less fortunate than us. There were many amazing experiences but the thing that blew me away was the amount of people at the shelter. The staff at the shelter were warm and friendly and I would definitely do this again. - Josh, friend of Tucker”

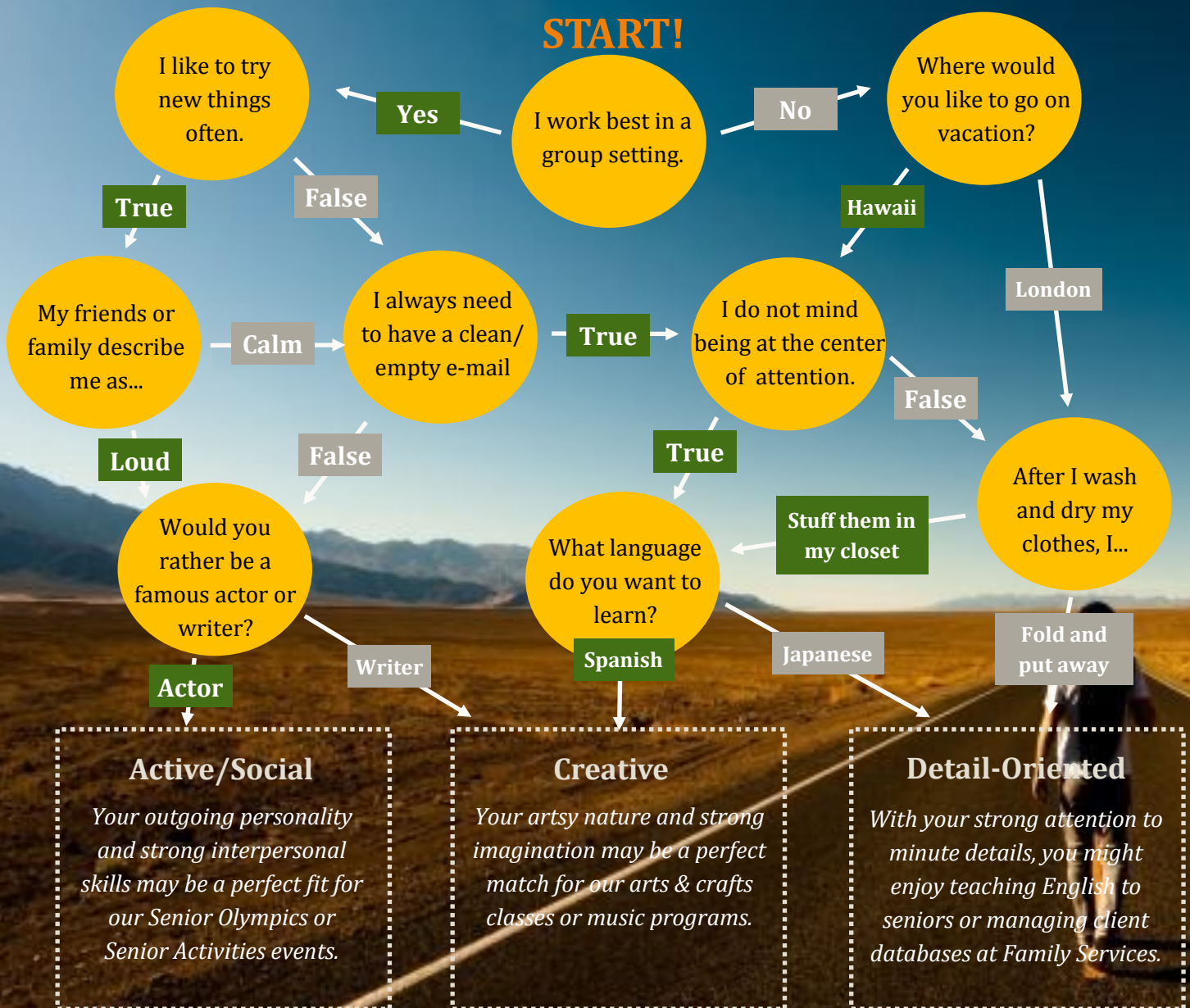
“This was my first drive in my life I found it fun. It was a fun experience, but it was really sad to see all the people who needed blankets. There was a little kid who came in who was probably six and wanted a toy and he got a drone which was really cool. There was an elderly lady who wanted a toy, but the toys were for kids, so she saw us and gave us the toys which I found cute. It was really cool that we gave the homeless all of the 130 blankets, including the Powerpuff girl blanket. In conclusion, I found it an awesome experience and would recommend anyone to try it at least once.

- Jason, friend of Tucker



What is **YOUR** volunteer personality?

With a multitude of volunteer opportunities out there, take this quiz to find out what type of opportunities may match with your volunteer personality!



For more information on volunteer opportunities, please contact **Stacy Dertien** at (619) 446-0238 or stacy.dertien@usw.salvationarmy.org