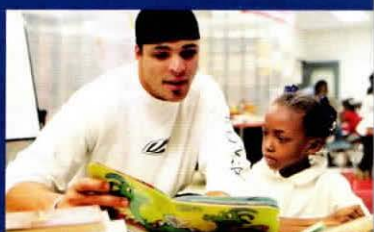
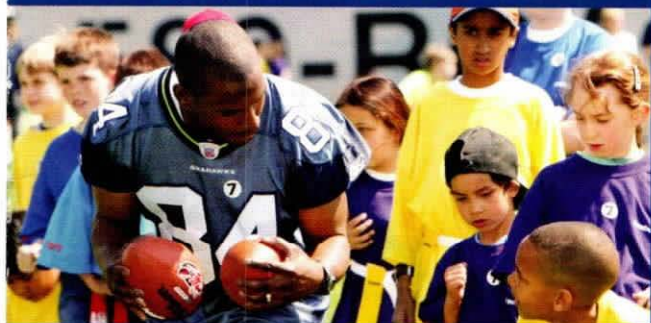
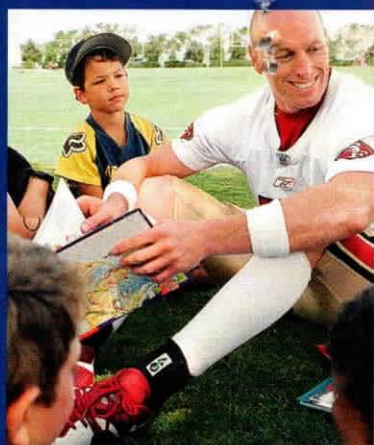
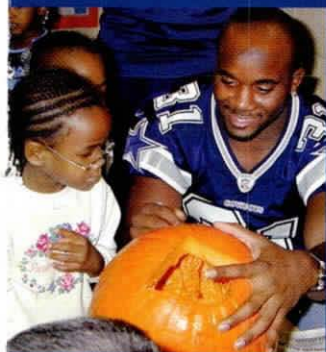


join the team



The Volunteer PLAYBOOK

A Game Plan for Giving Back

THE NFL AND PARADE: A Joint Commitment to Community Service

The NFL and PARADE Magazine each have a long history of inspiring people to take action in their lives and in their communities. We have joined forces to create the PARADE/NFL Community Quarterback Award to recognize the important work of people and organizations across the country who help others and put community first.

About the NFL

The NFL has long recognized its responsibility to give something back to the people and communities who have made the game America's passion. The NFL public-service tradition takes many forms. It is our strong partnership and TV campaign with the United Way, now in its thirtieth season. It is the NFL Youth Education Towns, a legacy of every Super Bowl, which support young people at risk. It is the \$150 million Youth Football Fund formed with the NFL Players Association to invest in the future of the game. Our tradition also extends to the many projects undertaken each season by individual clubs and players to address important issues in their communities.

The NFL kicks off its new Join The Team public service campaign in 2003. Join The Team is a "call to action"—a way for NFL fans and communities to come together and make a difference through volunteering, outreach, and involvement. The new PARADE/NFL Community Quarterback Award, which recognizes and celebrates outstanding volunteers nationwide, serves as a centerpiece of the Join The Team campaign and furthers the NFL's commitment to communities.

join the team



About PARADE

Each Sunday, PARADE has a conversation with America—educating, entertaining, and inspiring its 75 million readers. For more than 60 years, PARADE has played a leadership role in achieving positive and lasting change in the United States. PARADE has called attention to many worthwhile organizations and programs, including the Muscular Dystrophy Association, St. Jude's Children's Hospital, and The Great American Bake Sale. Editorially, the magazine has supported issues ranging from freedom of speech and literacy to abolishing child abuse and promoting proper health care for the elderly. PARADE's latest venture—joining with the NFL to promote The Community Quarterback Award program—is a natural extension of our commitment to volunteerism and community activism.

For more information about The Community Quarterback Award program, turn to page 26 or visit www.jointheteam.com.

THE VOLUNTEER PLAYBOOK: A Game Plan for Giving Back

This booklet is designed to walk first-time volunteers through the process of finding the ideal volunteer experience. We have also included some new and exciting opportunities for veteran volunteers, their families, and co-workers. Read on to find out how you can get involved and Join The Team!

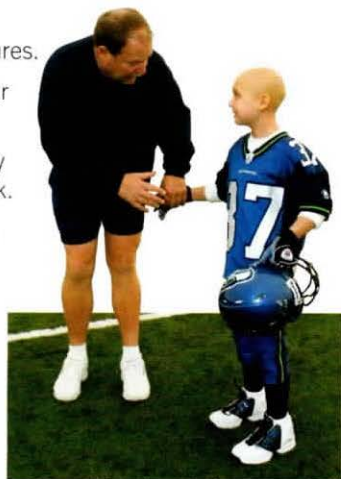
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GET INVOLVED... Volunteer!

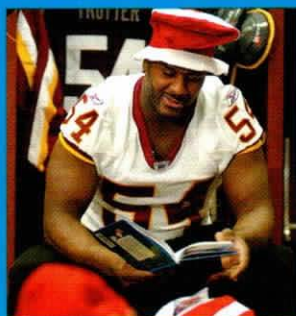
Volunteers make a real difference in their communities. The work they do is invaluable to others. Being a volunteer can change your life, too. Below are some of the reasons volunteering is so rewarding:

- Volunteers make their communities better places to live.
- Volunteering is an opportunity to work for an organization in whose mission you believe.
- It feels great to know that you are having a positive impact on others.
- If you enjoy meeting new people, volunteering is for you.
- Volunteering can help you develop leadership skills.
- Volunteers love to share their time, talents, and treasures.
- Family volunteering allows you to spend time with your loved ones while doing things to help others.
- Volunteers can commit to work as many hours as they choose—from 1 hour per month to 40 hours per week.
- You can learn a lot about a trade or business through volunteering.
- When friends volunteer together their relationships grow stronger.
- Volunteering is fun.



Getting Started

Finding the right volunteer opportunity is as easy as matching your interests to a community need



My Interests

Possible Places to Volunteer

Animals

Animal shelters, Audubon Society, zoos, animal rights organizations, animal protection groups

The Arts

Museums, historic homes or sites, schools, orchestras, theater companies

Business

Chamber of Commerce, civic associations, downtown development groups, planning commissions, fraternal organizations

Environment

Parks (local, state, and federal), environmental groups, beach or river clean ups, bird count groups

Health Care

Community health department, hospitals, nursing homes, community health service organizations

Civic

Volunteer fire departments, volunteer sheriff programs, civil air patrol, homeland security programs, health departments

Senior Citizens

Senior citizen centers, nursing homes, assisted living centers

Sports

Youth sports organizations (football, baseball, tennis, skateboarding, etc.), city or municipal sports teams for adults or kids, school sports programs

Working with Children

After school programs, mentoring organizations, Girl Scouts, 4-H, Camp Fire, YWCA, Boy Scouts, libraries, youth orchestras or art centers

Social Services

Homeless shelters, food banks, government agencies that provide services to the poor, job training programs, shelters for battered women

Volunteering Your Way

Deciding how you would like to volunteer is just as important as picking where you would like to give your time and energy

There are volunteer opportunities for people who enjoy the flexibility of working alone and for those who like to work in groups. Here are a few options to consider.

INDIVIDUAL VOLUNTEERING

Individual

One person giving service to an organization or agency

BENEFITS

- Flexible
- Meet new people
- Can set volunteer hours according to your schedule
- Work on project of interest to you

HOW TO GET INVOLVED

- Make a list of community groups who do the kind of work that interests you
- Contact organizations to let them know that you would like to volunteer your services

Clubs

Members of youth groups, clubs, and professional associations can volunteer together for a specific project

BENEFITS

- Work with colleagues and friends
- Groups offer agencies larger number of volunteers for projects
- Increases visibility for group by partnering with other community groups

HOW TO GET INVOLVED

- Volunteer to lead the project
- Research groups in the community that mirror the mission of your club or association
- Identify several volunteer projects to offer to the group
- Start small—a successful first project will inspire your club to volunteer again





GROUP VOLUNTEERING

Family

Families and friends can volunteer together in many programs

BENEFITS

- Allows family to work for good of others
- Provides quality and fun time as family
- Teaches the joy and fun of service to children

HOW TO GET INVOLVED

- Hold a family meeting—find out the top three areas of interest for everyone
- Check out organizations that regularly have family groups as volunteers
- Consider all family members' availability, age, and skill level before picking a family volunteer project

Work Place

Co-workers often enjoy volunteering together

BENEFITS

- Opportunity to spend time with co-workers you don't know well
- Good image for employer
- Service and fun with colleagues
- Employers sometimes offer paid volunteer hours for staff

HOW TO GET INVOLVED

- Speak to your company's Community Relations or Human Resources Department
- Find out what type of community projects the company supports
- Form a committee to select projects
- Get permission to post notices—both paper & electronic—regarding available projects

Choosing the Right Volunteer Opportunity

Volunteer activities usually fall into three categories:

Continuous Service Volunteering

Volunteering on a regular basis (i.e. weekly, semi-monthly, or monthly)

Example: Mentor a child in reading, math, or English language skills one or two hours each week throughout the year.

Benefit: Continuous service volunteering allows you to see the impact that your gift of time can make in someone else's life. You can also build strong friendships with others.

Temporary or Occasional Volunteering

Volunteering a few hours every few months.

Example: Serve meals at a local soup kitchen several times a year.

Benefit: Occasional volunteering creates an opportunity for almost everyone to fit volunteering into their schedule. Your services are always appreciated.

Project Volunteering

Volunteer to work on a specific project. Projects may be annual, giving you an opportunity to repeat your volunteer service.

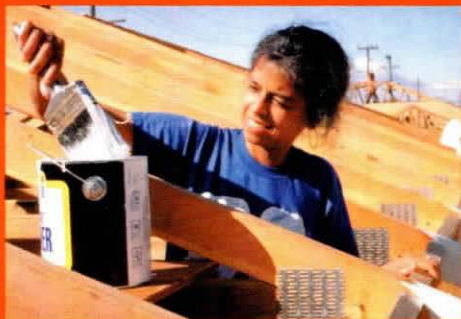
Example: Join co-workers to build a house or create a flower garden at a senior citizen center.

Benefit: Being a project volunteer is very fulfilling. Volunteers often arrive at a barren work site and help transform a building or garden into something special.



FROM CYBERSPACE TO THE
JUNGLES OF BRAZIL...

Volunteering in the 21st Century



Are you looking for a unique volunteer experience? Try one of these...

Virtual Volunteering

You may not be able to get away from your office during the work week, but that doesn't mean you can't volunteer. You can volunteer "electronically" by offering your computer skills to local community groups. Most nonprofit agencies need help researching grants, producing newsletters, or creating organizational databases. For more information on Virtual Volunteering, visit:

Service Leader <http://www.serviceleader.org>

"Volunteer" Vacations

If mixing travel and community service interests you, consider a Volunteer Vacation. National and international organizations recruit volunteers to work on projects such as assisting with wildlife conservation in national parks, building bridges in wilderness areas, and constructing schools in impoverished villages. For more information, visit:

Volunteer Vacation <http://www.volunteeramerica.net>

Amizade <http://www.amizade.org>

International Executive Service Corps <http://www.iesc.org>

Paid (Stipend) Volunteering

Some volunteer jobs offer small financial stipends. Both national and international groups are looking for volunteers to tutor, manage historic home sites, or join construction crews to rebuild homes. Stipend programs often offer educational credit.

AmeriCorps <http://www.americorps.org> or 800-942-2677

Senior Corps <http://www.seniorcorps.org> or 202-606-5000

Peace Corps <http://peacecorps.gov/indexnf.cfm> or 800-424-8580

Business Advising and Mentoring

Those with experience and/or educational training in business, business administration, or communications can use their skills to help small and start-up businesses in underserved communities.

SCORE http://www.score.org/explore_score.html or 800-6334-0245

Tips on How to Be a Good Volunteer

Following these simple guidelines can help make your volunteer experience enjoyable



RESPECT EVERYONE'S TIME. Remember to turn in paper work, be on time for meetings, and honor the training and assignment schedules to which you agree.

CONFIDENTIALITY IS CRITICAL. Being inside an organization gives you access to confidential information. Be careful not to break the confidentiality of clients, members, employees, or patrons of the organization you serve.

ASK QUESTIONS. Volunteers are often asked to do things that seem out of the ordinary. Make sure that you understand the rules and procedures of the organization. If you don't understand something, ask for clarification.

BE CLEAR ABOUT YOUR PURPOSE. Some people select a volunteer assignment based on what they do best. Other volunteers look for assignments where

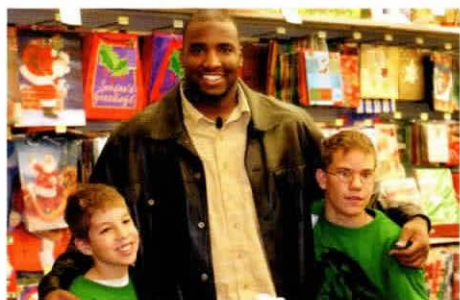
they can learn new things. Let the organization know what you hope to achieve. It will help them find the best placement for you.

BE PROFESSIONAL. Volunteers represent the organization and should be role models to visitors, clients, and other volunteers. Professionalism, courtesy, and a smile are all valuable tools for volunteers.

SPEAK UP. Sometimes volunteers can encounter problems with a client, another volunteer, or staff member of an organization. If you find yourself in a difficult situation, go to your immediate supervisor or the manager of the volunteer program to address your concerns.

BACKGROUND CHECKS. You may be asked to undergo a background check. These precautions are common for volunteers working with children, battered women, or clients with mental or physical challenges.

ADVOCACY. Become an advocate for the organization. Share your volunteer story with friends, co-workers, and community contacts. Your associates may have time or resources that can advance your agency's mission.



Characteristics of Good Volunteer Programs



It is worthwhile to explore a few different organizations before committing your time.

After your first meeting with an organization, ask yourself the questions listed below. If you can answer “yes” to most of the questions, it’s likely that you’ve found a good organization with which to volunteer.

- Was there a timely follow-up to your initial inquiry—by phone, fax, or email?
- Did the volunteer coordinator show interest in you joining the organization?
- Were your volunteer duties and responsibilities explained to your satisfaction?
- Was your reception welcoming and pressure free?
- Was the time requirement for your volunteer assignment clearly stated?
- Were all of your questions answered, or was someone assigned to get back to you with an answer?
- Were you clearly told how your efforts would impact the organization?
- Were special screening requirements (e.g. background checks) clearly explained?
- Was the agency contact person helpful and courteous?
- Did the agency show respect for your decision to volunteer or look for another opportunity?



Kids Can Volunteer, Too

Almost all children like to be helpful and do good work. Finding age-appropriate volunteer projects can expand a child's social, personal, and developmental skills while increasing self-esteem. Volunteering can create a life-long connection between young people and their community.

Sample Age-Appropriate Projects

AGES 5-8

- Set the table at a soup kitchen
- Pick up litter in a community park
- Plant flowers at a senior center
- Pass out programs at community meetings or arts events

AGES 9-14

- Serve meals at a soup kitchen
- Paint a mural at a community center
- Rake the yard of an older neighbor
- Read to a brother or sister
- Visit someone in a nursing home. Sing, play cards, or simply talk to seniors.

Tips for Mom and Dad

Not every volunteer work site is appropriate for children. Parents might want to consider these tips before taking children along on volunteer outings:

- Check with the agency's volunteer coordinator for permission
- Make sure that there are age-appropriate tasks to engage your children
- No matter how responsible your child is, all children under the age of 12 should be carefully supervised on any volunteer site.
- Ask yourself if bringing your child will distract you from your volunteer responsibilities

For Teens Only!

Young people between the ages of 14 and 21 volunteer an average of 3.5 hours every week

Volunteerism is often an opportunity for teens to take leadership roles in their communities. Take a look below to see how teens can create volunteer opportunities for themselves and their friends.

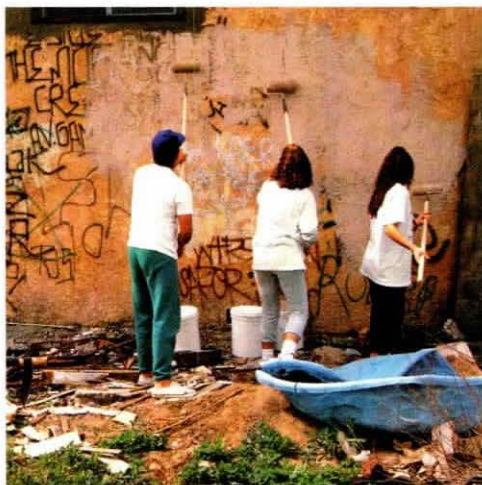
Start at school

Work with a school club (sports, chess, drama, art, physics, Spanish, French, debate) to start a community service project.

Example: Volunteer with your school's chess club to play against seniors at different centers each month

Example: Arrange for your Spanish club to tutor English as a second language class for new Americans

If you are good at math or reading (or other subjects), consider tutoring elementary or middle school children at a nearby school. Your school counselor can help you make the arrangements.



Check out your Neighborhood

Teens make great assistant coaches on football, baseball, and basketball teams. Call a local community center or your parks and recreation department for a list of teams in your area.

Get your friends together to start a neighborhood volunteer service group. Offer to help seniors and single parents rake leaves, trim hedges, or paint a fence. Do something once per month that helps make life easier for a neighbor.

Volunteering Around the Calendar

January

MARTIN LUTHER KING, JR. DAY
January 19, 2004

Activity: Keep Dr. King's legacy of service to others alive. Organize a volunteer group to assist seniors in underserved neighborhoods or donate books to an early learning center in your area.

For more information contact:

Corporation for National and Community Service
www.nationalservice.org or 202-606-5000

February

VALENTINE'S DAY
February 14, 2004

Activity: Honor someone you love by volunteering at his/her favorite charity for Valentine's Day. Or make a donation.

March

SPRING CLEAN UP

Activity: The winds howl in spring, blowing down limbs, leaves, and refuse. Volunteer for a clean-up effort in your neighborhood or city.

THE GREAT AMERICAN BAKE SALE

Activity: Help fight to end childhood hunger by organizing a bake sale and donating the proceeds to Share Our Strength.

For more information contact:

www.greatamericanbakesale.org

April

NATIONAL YOUTH SERVICE DAY
April 16-18, 2004

Activity: Create a volunteer experience that will allow teens to expand their leadership skills. Whether you paint a community center, build a library for an after-school center, or register voters for the November election, let the teens in your group lead your effort.

For more information contact:

Youth Service America: www.servenet.org or 202-296-2992

PARADE Magazine: www.parade.com

NATIONAL VOLUNTEER WEEK
April 18-24, 2004

Activity: Recognize and celebrate the efforts of volunteers at the local, state, and national level.

For more information contact:

Your local Volunteer Center

1-800-Volunteer

Points of Light Foundation www.pointsoflight.org

May

JOIN HANDS DAY
May 1, 2004

Activity: Organize a volunteer project that will allow people of all ages to work together. Contact city hall to see if there is graffiti on public buildings that your group can clean up with a fresh coat of paint.

For more information contact:

Local Fraternal Benefit Societies (Elks, Masons, Knight of Columbus, International Order of Foresters, etc.)

Volunteers are needed throughout the year. The calendar below is designed to inspire you, your family, and co-workers to volunteer throughout the seasons of the year

June

FATHER'S DAY
June 20, 2004

Activity: If your dad lives in another city, volunteer to clean flower beds, repair a porch, or wash windows for an elderly dad in your neighborhood. Call a senior center to give service.

July

INDEPENDENCE DAY
July 4, 2004

Activity: Celebrate your citizenship—sign up to teach English as a second language with a local literacy program, offer to register voters during summer fairs, or sign up to serve on a volunteer citizen advisory group (library, parks, transportation, planning, etc.)

August

CELEBRATE SUMMER

Activity: Take a volunteer vacation in Belize. Build a school, tutor children, construct a bridge. It promises to be a vacation that you will never forget.

September

CELEBRATE DIVERSITY

Activity: Volunteer your time in memory of the tragic events of September 11, 2001. Donate blood, offer to work a blood drive with the American Red Cross, or organize a multi-cultural volunteer project. Identify an international service organization in need of assistance.

October

HALLOWEEN
October 31, 2004

Activity: Host a Halloween party for a community after-school program or set-up a haunted house for neighborhood children.

November

ELECTION DAY
November 2, 2004

Activity: Volunteer as a family to work the polls on election day. Kids can serve cookies to voters; Mom and Dad can staff a registration table.

For more information contact:
Your local Registrar Office

December

CHANUKAH, CHRISTMAS, KWANZA

Activity: The holidays are a great time to organize winter coat drives and toy collections for families who are less privileged.

For more information contact:
Call your local department of social services or a church in an underserved neighborhood.

People often think to volunteer during the holiday season. But soup kitchens and other service organizations need help throughout the year, so volunteer year-round, if you can.



SO YOU'RE READY TO
GET INVOLVED...

Websites For Volunteers

Becoming a volunteer can be one of the most rewarding choices that you make in life. Most cities, towns, and communities in America have service agencies to address the needs of our sick, homeless, and hungry neighbors. There are also hundreds of national organizations looking for volunteers. Below is a partial list.

General

1. AMERICORPS—www.americorps.gov

AmeriCorps is a network of national service programs that tutor and mentor youth, build affordable housing, teach computer skills, clean parks and streams, run after-school programs, and help communities respond to disasters.

2. POINTS OF LIGHT FOUNDATION—

www.pointsoflight.org

Through a variety of programs and services, the Foundation encourages people from all walks of life to volunteer.

3. UNITED WAY—

www.volunteersolutions.org

United Way provides an online service to help you find the perfect volunteer position. Log in and enter the type of position you seek and your zip code to find volunteer opportunities in your area.

4. CITYCARES—www.citycares.org

CityCares supports an innovative alliance of volunteer organizations that are building communities through service.

CityCares affiliates are in more than 30 cities nationwide, specialize in transforming a passing interest in volunteering into vital social capital.

5. USA FREEDOM CORPS—

www.freedomcorps.gov

USA Freedom Corps has built a comprehensive network that allows individuals to find service opportunities that match their interests and talents, whether they want to volunteer in their hometowns, across the country, or around the world.

Children

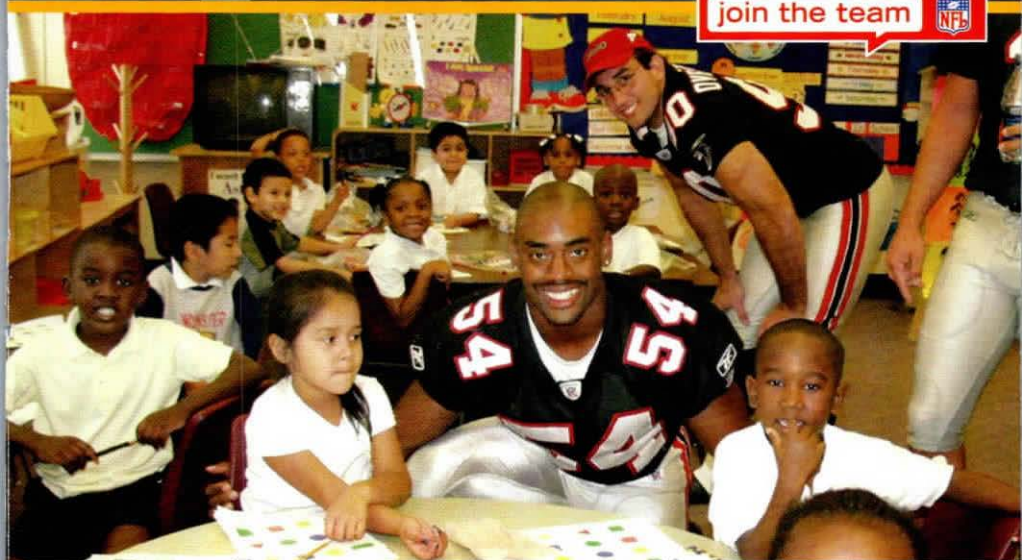
6. AMERICA'S PROMISE—

www.americaspromise.org

America's Promise is dedicated to mobilizing people to build the character and competence of our nation's youth.

7. DO SOMETHING—www.dosomething.org

Do Something promotes national community action and youth environmental awareness.



Family

8. FAMILYCARE—www.familycare.org

Family Care Foundation (FCF) operates projects and provides support and training for grassroots organizations in developing countries.

9. SENIOR CORPS—www.seniorcorps.org

Senior Corps is a network of programs that tap the experience, skills, and talents of older citizens to meet community challenges.

Community Building

10. CITY YEAR—www.cityyear.org

City Year seeks to demonstrate, improve, and promote the concept of national service as a means for building a stronger democracy.

11. PEACE CORPS—www.peacecorps.gov

Peace Corps volunteers are serving in 70 countries, working on projects such as bringing clean water to communities, teaching children, helping to start new small businesses, and preventing the spread of HIV.

12. VOLUNTEER AMERICA—

www.volunteeramerica.net

Volunteer America provides volunteer opportunities and volunteer vacations for individuals, groups, or families on public lands across America.

Volunteer Search Engines

13. IDEALIST.ORG— www.idealist.org

Search more than 35,000 organizations in 165 countries that can help you volunteer abroad or in your community.

14. SERVENET— www.servenet.org

Get Involved! Through SERVENet, users can enter their zip code, city, skills, interests, and availability and be matched with volunteer organizations within their community.

15. VOLUNTEER MATCH—

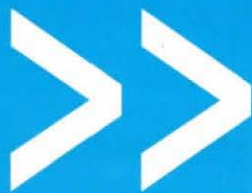
www.volunteermatch.org

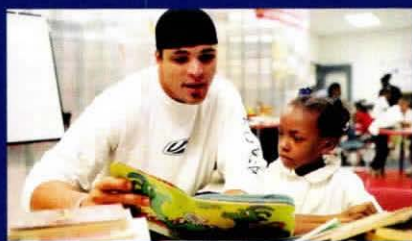
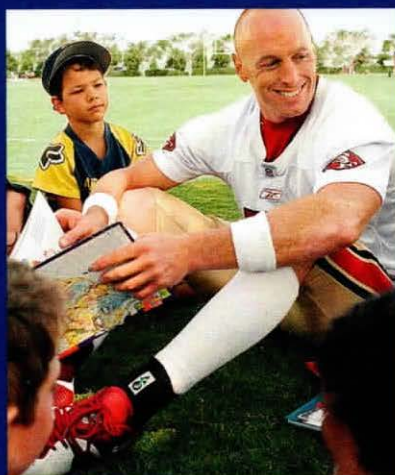
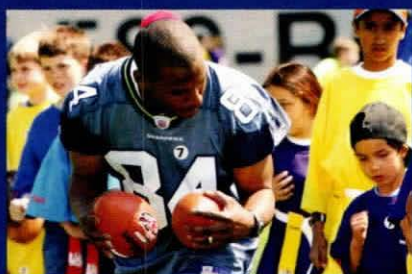
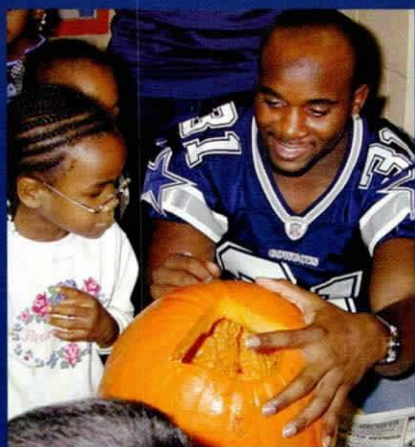
By entering your zip code, VolunteerMatch helps find local volunteer opportunities in the United States that match your interest and schedule.

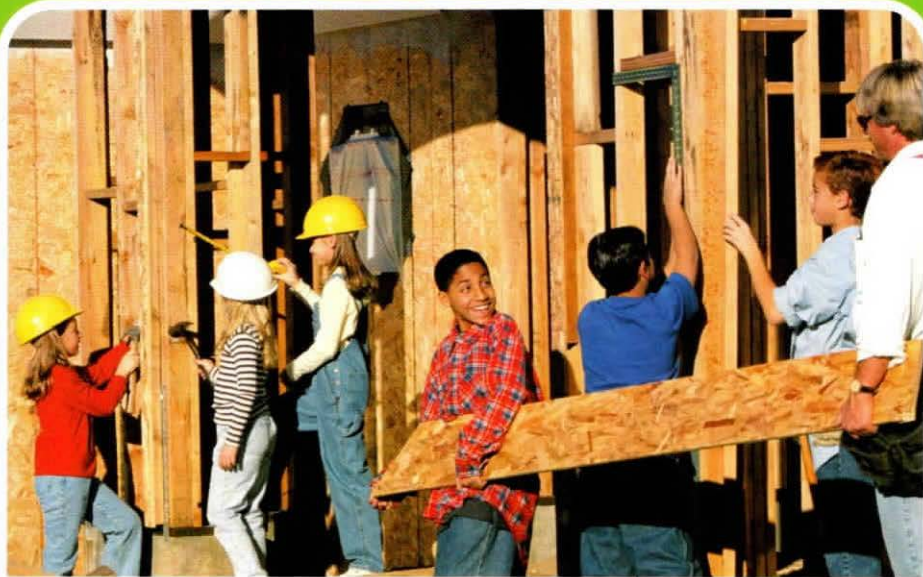
TAKE ACTION

The  action cards

on the following pages are designed to help you get involved in the areas that interest you the most.







Working With Children

Things to do:

- Encourage friends to clean out their children's libraries. Donate books to an after-school center.
- Invite neighborhood teens to help you paint over graffiti on public buildings.
- Visit a center for mentally challenged children to share the thrill of kite flying with the kids.
- Volunteer to grill burgers for the kids at a local run-a-way shelter.

Tips for working with children:

- DO:** attend training sessions provided by schools—learn about children's behavior
- DO:** pay attention to how experienced volunteers and staff interact with the kids
- DON'T:** do or say anything that can be misinterpreted by children or other adults

Organizations to Contact:

Big Brothers Big Sisters of America:
www.bbbsa.org

National Mentoring Partnership:
www.mentoring.org

Teach for America:
www.teachforamerica.org



Sports Volunteering

Things to do:

- Contact the athletic department at your local high school to see which teams need volunteer assistant coaches.
- Volunteer to build a skateboard ramp at a local Boys & Girls Club.
- Organize a fishing trip with a group of children from a foster home.
- Cut grass, trim bushes and remove debris around a public playing field. You'll be amazed how many kids will come out to play once an area is clean and safe.

Tips for coaching kids:

- DO:** read rule books on the sport you would like to coach
- DO:** remember that these are games. Stress good sportsmanship over winning
- DON'T:** be late for practice or games, coaches are role models for young players

Organizations to Contact:

Special Olympics:

www.specialolympics.org/Special+Olympics+Public+Website/English/Volunteer

Charity Sports Volunteering:

www.charitysports.org



Senior Care

Things to do:

- Gather all of your 'handy' friends and sponsor a Fix It Day for neighborhood seniors
- Volunteer to pick up groceries or medications for a shut-in each week
- Work with friends to put together planter gardens for residents of an assisted living center
- Share family pictures with elderly hospital patients. Ask to see pictures of their families

Tips for working with Seniors:

- DO:** understand the health and safety rules involved with patient care
- DO:** be attentive to your surroundings. Hospitals and senior centers contain many pieces of delicate equipment
- DON'T:** be afraid to ask for help if someone is having physical or medical difficulties

Organizations to Contact:

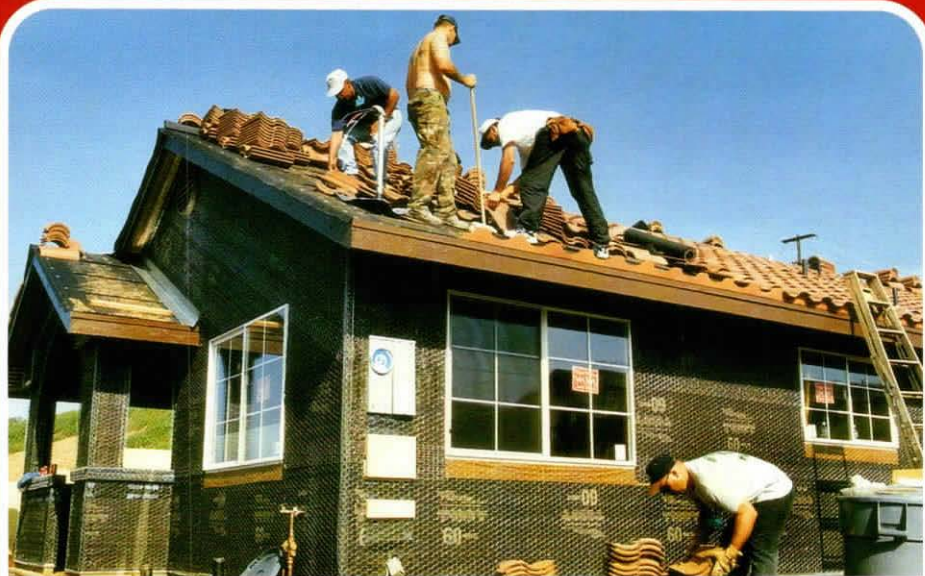
American Red Cross:

www.redcross.org/donate/volunteer

The National Council on the Aging:

www.ncoa.org

For additional volunteer opportunities, look in your local Yellow Pages or online for listings of hospitals, nursing homes, and senior centers.



Outdoor Programs

Things to do:

- Volunteer to clean or repair a wilderness trail in your area
- Host a neighborhood recycling event to collect and safely dispose of old paint cans
- Join a "River Watchers Team" and learn to test water samples in local streams
- Work with friends and family to "Adopt A Highway"—work year-round to keep your highway litter free

Tips for participating in outdoor volunteer programs

- DO:** be prepared to work in different types of weather. Wear clothes that can get dirty. Bring sun block, water, and rain gear (if necessary)
- DO:** use the appropriate safety gear on the job

DON'T: take physical risks

Organizations to Contact:

Habitat for Humanity:

www.habitat.org

National Park Service:

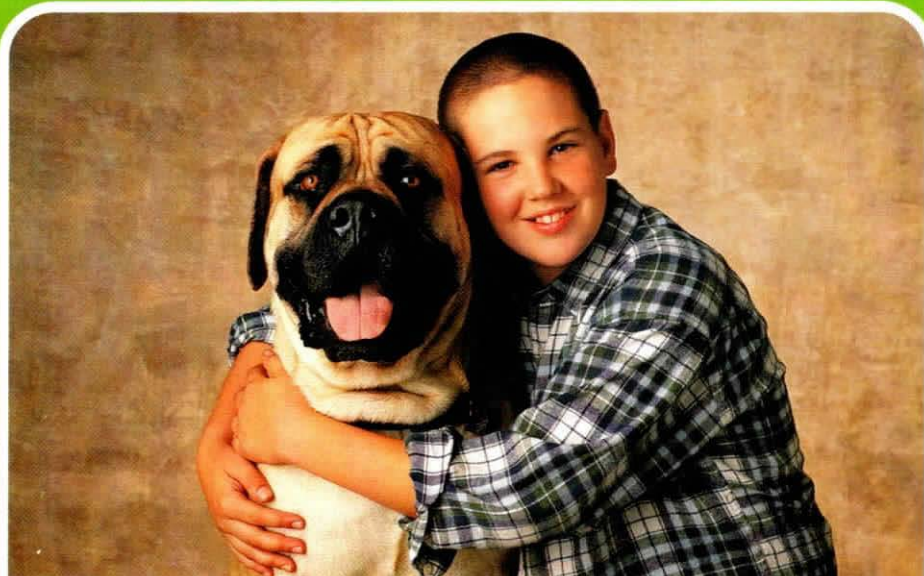
www.nps.gov/volunteer

Audubon Society:

www.audubon.org

Rebuilding Together:

www.rebuildingtogether.org



Animal Care

Things to Do:

- Volunteer to collect towels and pet toys for your local animal shelter
- Join a group that cleans up beaches and helps revive local species
- Volunteer at your local rapture center to feed and care for endangered birds
- Work with friends to assemble "First Night Kits" animals. The Red Cross will distribute the kits to families with pets who have been burned out of their homes. Dog bones, chew toys, and canned food are appreciated.

Tips for Working with Animals

- DO:** take all necessary precautions around sick or wounded animals
- DO:** learn about animal behavior from those more experienced than you
- DON'T:** get comfortable around wild animals, always use caution

Organizations to Contact:

The Humane Society:

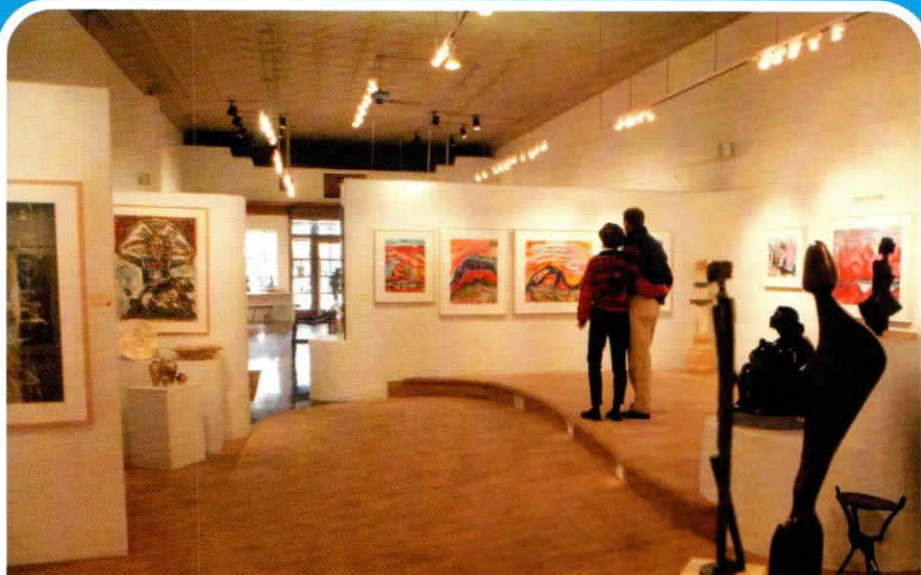
www.hsus.org

World Wildlife Foundation:

www.wwf.org

The American Society for the Prevention of Cruelty to Animals (ASPCA):

www.asPCA.org



Arts and Museums

Things to Do:

- Collect and restore band instruments for local schools
- Volunteer to paint scenery or work as a stagehand for a community theatre production
- Contact a museum and volunteer to help organize and catalog artifacts
- Volunteer to work at an area art festival or serve as an usher for a community play

Tips for Working in the Arts:

- DO:** let your volunteer coordinator know if you have artistic or musical skills
- DO:** check to see if there are any supplies you can bring or donate
- DON'T:** touch artwork or instruments without your supervisor's permission

Organizations to Contact:

National Endowment for the Arts (NEA):
www.nea.gov

Art Museum Network:
www.amn.org

Americans for the Arts:
www.artsusa.org



Volunteering with the Poor and Homeless

Things to Do:

- Join with co-workers to serve dinner at a soup kitchen
- Organize a neighborhood clothing drive and donate your collections to a homeless shelter or the Salvation Army
- Offer to help renovate or clean up a homeless shelter or food pantry
- Work with a local organization to see if you can offer your professional skills and services to assist in job training

Tips for Working with the Poor and Homeless:

- DO:** be patient with shelters, as many are understaffed and working hard to fulfill people's basic needs
- DO:** check to see what your local shelter really needs before organizing a collection drive
- DON'T:** talk down to a homeless person, treat him/her with respect, as you would treat anybody else

Organizations to Contact:

Salvation Army

www.salvationarmy.org

National Coalition for the Homeless

www.nationalhomeless.org

Second Harvest

www.secondharvest.org



Health Care Volunteering

Things to Do:

- Give blood during a local blood drive or sign up to be an organ donor
- During the fall, paint or carve pumpkins for long-term patients at the local hospital
- Donate coloring books, crayons, markers, children's books, video games, and board games to a children's hospital
- If you have a medical background, think about taking a "volunteer vacation" to help vaccinate and provide medical care for people in Third World countries

Tips for Working in Health Care:

- DO:** make sure that you have all the vaccinations that are required (if going overseas)
- DO:** attend orientation meetings to go over hospital procedures
- DON'T:** leave medicine or potentially dangerous tools in the reach of children

Organizations to Contact:

American Red Cross

www.americanredcross.org

March of Dimes

www.modimes.org

Health Volunteering Overseas

www.hvousa.org (for medical professionals)

The PARADE/NFL Community Quarterback Award



The PARADE/NFL Community Quarterback Award is a volunteer recognition program formed by the NFL and PARADE to salute outstanding citizens who make a difference in communities across the country.

As the signal caller for the San Francisco 49ers, Jeff Garcia may be the perfect example of a Community Quarterback. But so is New York Giants defensive end Michael Strahan, because both he and Garcia are dedicated volunteers who are committed to giving back. That is why they have been chosen to serve as spokesmen for the PARADE/NFL Community Quarterback Award program.



Both Garcia and Strahan are actively involved with numerous nonprofit organizations and community-based activities. Garcia (above right) participates in programs such as the Hispanic Scholarship Fund and READ California, to name just two. Strahan (left) is involved with the Ronald

McDonald House, the Muscular Dystrophy Association, and PETA. Both have served as NFL spokesmen for the NFL/United Way partnership, which is celebrating its thirtieth season in 2003.

Garcia, Strahan, and their fellow NFL colleagues have a strong commitment to public service. It is a long-standing tradition of the NFL and a commitment that takes place not only during the football season, but year-round.



Get Recognized

Are you already a volunteer who helps a nonprofit organization better serve the community? Or do you know someone who gives back to the community in a meaningful way?

Then log on to www.jointheteam.com to submit a nomination for the PARADE/NFL Community Quarterback Award. Nominees may be volunteers, fund raisers, or program developers. Anyone 13 years or older who plays an important role helping a nonprofit organization better serve the community is eligible for the award.

The PARADE/NFL Community Quarterback program runs during the NFL season, with winners being recognized around the time of the Super Bowl.

Log on to www.jointheteam.com and join the NFL and PARADE Magazine in saluting all volunteers who make a difference!

Notes:

join the team



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Photo of Michael Strahan (page 26) by Danny Rothenberg (courtesy of *PARADE*).

Photo of Jeff Garcia (page 27) by Bill Reitzel (courtesy of *PARADE*).



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