

# NCPTA SSIG COMMUNITY SERVICE PC

## JUNE, JULY, AUGUST 2019: SERVICE EVENTS & RACES FOR GOOD CAUSES BY LOCATION

### Eastern Region

- June 15: Run for Families 5K & Fun Run, **Location**: Greenville. Proceeds benefit the Family Support Network Eastern NC, Inc.
  - **Website**: <https://runsignup.com/Race/NC/Greenville/RunforFamilies5KFunRun>
- June 22: The Color Run, **Location**: Fayetteville. Run or volunteer! Benefits The YMCA of the Sandhills
  - **Volunteer Website**: <https://www.eventbrite.com/e/the-color-run-volunteer-fayetteville-2019-registration-57672988461?aff=ebdssbcitybrowse>
  - **Volunteer Email**: [volunteer@TheColorRun.com](mailto:volunteer@TheColorRun.com)
  - **Race website**: <https://thecolorrun.com/locations/fayetteville/>

### Central Region

- Now-October: Alliance Community Garden, Every 2nd Saturday (9:30a-12pm) and 4th Wednesday (5:30-7pm), **Location**: Raleigh. Work on planting, weeding, mulching, and creative projects in the Alliance Community Garden. Vegetables grown in our community go directly to feed the patients that visit the Alliance Clinic.
  - **Website**: <http://www.alliancemedicalministry.org/new-page-2>
- July 9: ICSA Swim Meet, 5-8 PM, **Location**: Raleigh. Volunteer duties will vary depending on what is needed. They could include timing, ribbon writing, running cards from timers to the scorers and taking children to their designated swimming lanes.
  - **Website**: <https://www.volunteermatch.org/search/opp3122124.jsp>
  - **Contact**: [mary.owens@raleighnc.gov](mailto:mary.owens@raleighnc.gov) (must email for the application link)

### Triad/Piedmont Region

- June 8: Greensboro Trails Day, 8:30-10:30 AM, **Location**: Greensboro. Volunteers needed to assist with various aspects of Greensboro Trails Day.
  - **Contact**: Email Alex Zaleski ([alexandra.zaleski@greensboro-nc.gov](mailto:alexandra.zaleski@greensboro-nc.gov)) or call 336-373-7507.
- June 12-Aug 9: EMPOWERED! Girls Summer Camp, **Location**: Greensboro Area. Volunteer for daily as a teacher or once weekly workshop, or one time workshop.
  - **Website**: <https://www.empoweredgirlsn.org/summercamp>
  - **Email**: [info@empoweredgirlsn.org](mailto:info@empoweredgirlsn.org)
  - **Volunteer Application**: <https://www.empoweredgirlsn.org/volunteerapp>

### Western Region

- July 4: Firecracker 5K & Fun Run, 8 AM, **Location**: Brevard. Raises money for local charities in Brevard
  - **Website**: <https://www.racesonline.com/events/firecracker5kfunrun>
- August 16-17: Camp Cliffview, **Location**: Hendersonville. This is a one day therapeutic camp, for 10-16 children with special needs. Volunteers are needed to help with various tasks throughout the day and counselors are needed to stay one-on-one with a child all day.
  - **Contact**: Andy Bullwinkle, **Email**: [abullwin@gmail.com](mailto:abullwin@gmail.com)
  - **Application**: <https://kimhaynes.wufoo.com/forms/k1w6pcxo0c0kaew/>

## ONGOING EVENTS BY LOCATION

### Eastern Region

- Food Bank of Central & Eastern NC: Visit their website to schedule a time to volunteer
  - **Website:** [http://www.foodbankcenc.org/site/PageServer?pagename=getinvolved\\_volunteer](http://www.foodbankcenc.org/site/PageServer?pagename=getinvolved_volunteer)
- Cape Fear Valley Health: Volunteers needed to assist in various areas. Visit their website or call to get involved.
  - **Website:** <http://www.capefearvalley.com/volunteers/volunteer.html>
  - **Phone:** (910) 615-6783

### Central Region

- Triangle Aphasia Project: Cary. TAP is in need of volunteers for various tasks.
  - **Website:** <https://www.aphasiaproject.org/get-involved/become-a-volunteer/?v=7516fd43adaa>
  - **Phone:** 919-650-3854
  - **Email:** [info@aphasiaproject.org](mailto:info@aphasiaproject.org)
- Miracle League of the Triangle: Raleigh/Cary. Volunteer as a buddy or coach, or to help on game day or special events.
  - **Website:** <https://www.miracleleagueofthetriangle.com>
  - **Volunteer Application:** <https://www.miracleleagueofthetriangle.com/volunteer/sign-up/>

### Triad/Piedmont Region

- Reclaimed Bread Packing: Greensboro. Help repackage donated bread and sweets from local Panera Bread stores! Items are distributed to local children and families through Out of the Garden Project's different programs. Monday, Wednesday, Fridays from 1-3pm
  - **Sign up here:** <https://www.signupgenius.com/go/20f084faba82dabf94-food1>
  - **Contact:** Volunteer Coordinator, [volunteer@outofthegardenproject.org](mailto:volunteer@outofthegardenproject.org)
- Arts Council of Winston-Salem and Forsyth County: Opportunities available to the power of the arts to enhance our children's education financially or through volunteering your time.
  - **Contact:** Catherine Heitz New, (336) 747-1412; [cnew@intothearts.org](mailto:cnew@intothearts.org)
  - **Website:** <https://www.intothearts.org/>

### Western Region

- Brother Wolf Animal Rescue: Buncombe County. Volunteers needed to help care for animals staying in the adoption center and/or foster animals at home and to assist with fundraisers, adoption events and clerical tasks
  - **Contact:** [www.bwar.org](http://www.bwar.org) or 828-230-2156
- WNCAP-Western North Carolina AIDS Project: Buncombe County. Needs: 2nd & 4th Saturday Morning Food box Delivery: 10am-noon. Ride with another team member & deliver pre-packed boxes of food to homebound, food insecure families living in the Buncombe area. Requires ability to lift 50 pounds, good driving record & confidentiality.
  - **Contact:** [wncap.org](http://wncap.org) or 252-7489.

HAVE AN EVENT? CONTACT GINA MEDEFINDT ([GMMDEFINDT1@CATAMOUNT.WCU.EDU](mailto:GMMDEFINDT1@CATAMOUNT.WCU.EDU)) TO

HAVE IT INCLUDED IN THIS NEWSLETTER!