



# The Thousand Oaks Youth Commission Presents:

## The Thousand Oaks Teen Guide to Volunteering

**Volume 2  
Issue 2  
Winter 2009**

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### City of Thousand Oaks Youth Commission

The Youth Commission has been very busy lately and could use your help for the following events:



• Therapeutic Dance set building & decorating: March 7th and 21st, 9am - 4pm. The theme is Mediterranean Moonlight.

- School report presentations at televised meetings
  - Development of this newsletter
  - Planning and facilitating the Youth Summit
  - Apply to be a Commissioner
- For more information:  
[Youthcommission@toaks.org](mailto:Youthcommission@toaks.org)  
Or (805) 449-2743

### The Fabulous Thousand Oaks Teen Center

The Alex Fiore Teen Center utilizes an army of volunteers to make its programs so successful. Our Teen Leadership Club (aka T.L.C.) is an all teen volunteer program that meets once a month to take sign-ups for upcoming Teen Center & community Events. The meetings are held the first Tuesday of each month at 7:00 p.m. at the Teen Center. For more information or to get an application to join this program call 494-5156 or go to our website:

[thousandoaksteencenter.com](http://thousandoaksteencenter.com)



### Conejo Recreation and Park District

Conejo Recreation and Park District has volunteer opportunities at many of their centers including: Homework Clubs at elementary schools and staff assistance with recreation programs for individuals with special needs. Info: 381-2739 or [therapeutics@crpd.org](mailto:therapeutics@crpd.org)



Volunteers are also needed for **Eggstravaganza**, Saturday, April 4th, Conejo Creek South, 12:00 - 3:00pm to help with egg hunts, moon bounce, crafts, and games. For more information: 805-381-2791 or email [boc@crpd.org](mailto:boc@crpd.org) or [www.crpd.org](http://www.crpd.org)

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### Big Brothers and Big Sisters Of Ventura County

Big Sister and Big Brother volunteer opportunities provide high-school teens mentoring experience. Volunteers work with elementary kids and help with homework, play games, work on enrichment activities or just hang out. A one-year commitment is preferred as it makes for a good match! Big Brothers and Sisters provide mentoring services in the community from ages 5 to 18. Mentors work with kids on improving life skills and being a friend. For more information: (805) 484-2282 X32 [tmiller@bbsvc.org](mailto:tmiller@bbsvc.org) or [sbell@bbsvc.org](mailto:sbell@bbsvc.org)



BOYS & GIRLS CLUB

### Discovery Center

Discovery Center for Science and Technology is having a Super Science Sunday on Sunday, March 22nd from 3:00-8:00pm at the Senior and Teen Centers. Volunteers for this event will assist with set up, clean up and the hands-on science activities for kids. The theme is Astronomy celebrating the International Year of Astronomy marking the 400th anniversary of use of an astronomical telescope by Galileo.

For event or volunteer information contact Mary Jane Seebach 818-879-2021 or visit [www.discoverycntr.org](http://www.discoverycntr.org).

The Boys and Girls Clubs of Conejo and Las Virgenes is looking for qualified, responsible, honors/AP students with an interest in tutoring in basic math, pre-algebra, algebra and/or reading comprehension and writing. Build your resume and shine on your college applications by volunteering as a tutor! For information (805) 493-2917 [kanthony@bgcconejo.org](mailto:kanthony@bgcconejo.org).



## Girl Scouts

The Girl Scout Leadership experience engages girls in discovering self, connecting with others, and taking action to make the world a better place. Start your experience today!

Call (800) 822-2427 or [www.girlscoutsgcc.org](http://www.girlscoutsgcc.org)

71.4% of women in the U.S. Senate and 67.1% of the women in the House of Representatives today are Girl Scout alumnae (Congressional Research Service, August 2005)

82% of high-achieving Girl Scout alumnae believe that membership in Girl Scouting and other youth organizations influenced their success (Louis Harris, 1999)

66% of Women of Professional Achievement were Girl Scouts at some point in their youth (Defining Success: American Women, Achievement, The Girl Scouts – GSRI/ Louis Harris, 1999)

Alumnae credit Girl Scouting with helping them build leadership skills, moral values, and self-confidence (Louis Harris, 1999 pending confirmation)



The Boy Scouts of America is a non-profit organization established for boys and run by boys. It inspires young men to become strong leaders, friends, and eventually, men. The Boy Scout program is designed for boys from 11 to 18. The only requirement to join is that you either are 11, completed the fifth grade, or have received your Arrow of Light. Scout units are called troops, and are made of 50 or so boys that work together, have fun together, and lead each other. Boy Scouts is based around service, and will open up many opportunities for earning service hours. Eagle Scout is the highest honour in Boy Scouts. An Eagle Scout represents a symbol of perseverance, patience, and honour.

Boy Scouts is not just work, though; it's also fun. Different troops do different things. Some activities include hiking, rifle shooting, rock climbing, white water rafting, ocean kayaking, and so much more!

Troop 730, a local troop, meets at St. Matthew's Church off of Portrero Road in Newbury Park. To get some first-hand experience and info on scouting, call Jake Kohlhepp, Assistant Senior Patrol Leader of Troop 730 at 499-7723.

If you want more information on Boy Scouts and joining a troop, please visit: [www.vccbsa.com](http://www.vccbsa.com) OR Call: (805) 482-8938



## Special Projects-Ride On

Ride On teaches horseback riding to children and adults with disabilities and serves 200 riders each week. Volunteers are vital to the program, and without them we do not ride!

No previous experience with horses or disabilities is necessary. Anyone 14 years or older can volunteer. We need volunteers to groom and tack horses, walk beside disabled riders with poor balance or lead Horses.



Volunteers needed weekly and for special events. The YMCA also provides youth and government services to community teens. For more information: (805) 523-7613 [pyarrow@conejovalleymca.org](mailto:pyarrow@conejovalleymca.org) Or visit [www.conejovalleymca.org](http://www.conejovalleymca.org)

### HOW TO GET STARTED

If you are interested in volunteering for Ride On, please come by and watch a few lessons. The next step is to sign up for a volunteer training session. Participation in a 3+ hour basic training session is required, and you must sign up in advance. We ask each volunteer to commit to 1 to 4 hours each week for the duration of our semester. We rely on our volunteers, without them we can't ride! For information: (805) 375-9078 or [sara@rideon.org](mailto:sara@rideon.org).



Lots of ways to make a difference!  
Find your passion, lend your support,  
volunteer through United Way!  
[www.volunteerventuracounty.org](http://www.volunteerventuracounty.org)

**Support the Youth Empowerment Summit and Global Youth Service Day: April 23 - 25, 2009. Check out scholarships for seniors. Visit [www.ylsvc.org](http://www.ylsvc.org) for more information.**

For more information contact Marisa Lopez or Pedro Chavez at (805) 485-6288 or [mlopez@vcunitedway.org](mailto:mlopez@vcunitedway.org) or [pchavez@vcunitedway.org](mailto:pchavez@vcunitedway.org)

Call 2-1-1 to get connected to Health and Human Services in Ventura County.

## Senior Concerns

Have fun assisting seniors: At snack and/or lunch time • Helping in craft and painting activities • Joining in a sing-a-long • Assisting with music & dancing • Grow together through gardening activities • Join in discussion groups • Or enjoy a senior one-on-one.

For more information:  
(805) 497-0189

[Janet@seniorconcerns.org](mailto:Janet@seniorconcerns.org)

## Many Mansions

We provide homes for low-income residents of Ventura County and surrounding areas, and would love to have teen volunteers! See how you can help and earn service hours by either calling us at (805) 496-4948, emailing us at [Lindsey@manymansions.org](mailto:Lindsey@manymansions.org), or visiting us at 1459 E. Thousand Oaks Blvd. Building D.



**HOSPICE**  
of the Conejo  
*...a volunteer hospice*

We are looking for some teens who would help us with a special project: scanning records into our computer so we can eliminate storing paper files. The position would require a volunteer who is responsible and able to work independently; we would provide training. The right volunteer should be willing to commit two hours per week for a period of three months. We would be willing to sign a school form for hours served.

Please call our office at 805-495-2145 and ask for Jean Heister, Director of Volunteers, or e-mail us at [hospicevolunteers@adnetsol.com](mailto:hospicevolunteers@adnetsol.com).



**American Red Cross**

of Ventura County

Our Youth Services Program has volunteer opportunities for all ages, and we also welcome families to volunteer together.

- Become a youth volunteer by registering for a Volunteer Orientation online at [www.arcventura.org](http://www.arcventura.org) or call 805.987.1514 to enroll.
- Learn about first aid, street safety, choking prevention, fire safety, and much more! Our next Basic Aid Training session is on Wednesday, January 28<sup>th</sup> from 6:00-8:00pm at our Camarillo Office.
- Join us at our community-friendly event, Safe Kids Day, on Tuesday, February 24<sup>th</sup> from 3:30-6:00pm at the Boys & Girls Club of Camarillo. Please register in advance for this event as it may fill up quickly!
- We also offer Babysitting, First Aid, and CPR courses at various locations throughout the County. Please call our Health & Safety Department for details.

For more information or to sign-up for our events, please contact Danit Kaya, Youth Services Program Coordinator 805.987.1514 x 304 or [youthvc@usa.redcross.org](mailto:youthvc@usa.redcross.org)

## Planned Parenthood

In our work at Planned Parenthood, we combine medical services with education and public advocacy to enhance the quality of life for individuals and their families. Your support strengthens our programs and helps us keep our services affordable and accessible to those in need.

And now, Planned Parenthood is looking for teen help! If you would like to help out in any of the following areas, we would much appreciate it: grassroots organizing, online technology, administrative work, or event assisting. Please contact us and ask about volunteering!

We even provide some programs you might find helpful, including reproductive healthcare, sexuality education, family communication, and teen clinics. If any of these opportunities or services seems like something you might want to do, then call Planned Parenthood at (805) 777-3841 extension 106, or email [monika.welch@ppsbvslo.org](mailto:monika.welch@ppsbvslo.org).

## Department of Rehabilitation

This agency provides valuable teen services:

- .. Vocational Services
- .. Independent living
- .. Personal vocational counseling
- .. Job training assistance
- .. Job placement assistance

For more information:  
325 E. Hillcrest Drive #140  
(805) 371-6279 or [www.dor.ca.gov](http://www.dor.ca.gov)

## Veterans of Foreign Wars

The VFW needs teen volunteers for special events: Buddy Poppy Drive • Veterans Day Booth • Memorial Day Booth.

The VFW also offers a high school audio essay scholarship competition: "The Voice of Democracy."

For more information: (805) 493-0901 or [post11395@yahoo.com](mailto:post11395@yahoo.com)

## Cabrillo Music Theatre

Volunteers needed daily and weekly for:

- Production
- Administrative duties including:
  - Marketing, promotion, data entry and fund raising

Great learning opportunity!

For more information  
(805) 497-8613

[info@cabrillomusictheatre.com](mailto:info@cabrillomusictheatre.com)

## New West Symphony

New West Symphony needs volunteers regularly to assist with The Music Van office tasks, including mailings and special events.

For more information

(805) 777-7886

[alazo@newwestsymphony.org](mailto:alazo@newwestsymphony.org)

## TO Philharmonic

The Thousand Oaks Philharmonic is a distinctive educational non-profit organization that encourages and features talented young musicians.

The Philharmonic fosters their progress by providing the challenge of solo performance of great music before a large audience. It provides interaction with professional musicians and subsequent concerts with a professional conductor and the orchestra. Auditioning before panels of professional musicians and residents of Ventura County, young artists are recognized and offered the opportunity to be a featured soloist with the Philharmonic.

The Philharmonic also utilizes teen volunteers at fund raisers and other events.

For information:

805.376.2485 or 805.498.7594

## Friends of the Civic Arts Plaza

**Friends of the Civic Art Plaza** invite you to Join the Youth Volunteer Ushers

- Provide Theatre patrons guidance and assistance at Kavli & Scherr Theatres
- Assist the Theatre Staff Ushers
- Be a trained, positive and gracious ambassador for the Civic Arts Plaza
- Have a good time and see the event you are ushering

### REQUIREMENTS

1. 14 and up & Grades 9-12
2. Be a member of Friends of CAP. Dues are \$15.00 per year
3. Attend 2 New Usher Trainings
4. Usher a minimum of 2 events a month to stay on the active Usher list.

For information: Mrs. Julia Beedon at (805) 449-2741

### Do YOU want to help out with this newsletter?

Well, if you like page design, writing articles, or gathering information, then this is the job for you!!!! Please contact Youth Commission at (805) 449-2743 or email [youthcommission@toaks.org](mailto:youthcommission@toaks.org). Remember, any work you do on this newsletter counts as service hours!

### Newsletter updated on the Web!

[www.toaks.org](http://www.toaks.org)

or

[thousandoaksteencenter.com](http://thousandoaksteencenter.com)

### Or on your school website

## Youth Commission

Youth Commission

application period is typically open in April each year.

Visit [www.toaks.org](http://www.toaks.org)

or email: [youthcommission@toaks.org](mailto:youthcommission@toaks.org) to be a part of the Youth Commission next year!

A section will also be reserved in each newsletter for youth groups that would like to advertise their availability for projects.

E-mail all entries to

[YouthCommission@toaks.org](mailto:YouthCommission@toaks.org)

## Newsletter Guidelines

Please include:

- ✓ Agency or business name
- ✓ Contact information for volunteers
- ✓ Scope of volunteer work including hours required
- ✓ Volunteer/work experience required
- ✓ Whether or not it is an ongoing commitment or one time only
- ✓ Catchy phrase or picture we can include if space allows.

### Deadlines for Printed Newsletters:

#### Fall

Articles due: September 10

Distributed: October

#### Winter

Articles due: January 10

Distributed: 1st week February

#### Spring/Summer

Articles due: May 10

Distributed: 1st week June

(Printed 3 times a year)

Newsletter will be updated online regularly. If you have a special event submit anytime.

# NEXT ISSUE: SPRING 2009