



2011 CFC Norcal 1st Saturdays Volunteer Days

CFC Norcal invites all federal employees, spouses and family to participate in CFC Norcal 1st Saturdays Volunteer Days! You can help at a CFC charity on the First Saturday of each month during the 2011 campaign all over Northern California.

See for yourself how CFC charities are helping in the community! Learn about charities you haven't helped before.

Help serve a hot meal and listen to another person's story. Plant a tree. Sort, pack and distribute food to others in need. Repair and clean a playground so kids can play safely. Care for abandoned animals. These activities and many others are available for you to continue in making another 50 Years of Caring.

Visit www.cfcnorcal.com for registration information.

September 3:

Avian Rescue Corporation	Help Clean Cages, Replace Food & Water, Socialize with Birds
Curry Senior Center	Join seniors Saturday mornings by serving breakfast, socializing and playing Bingo!
Niroga Institute	Phonebank for October Benefit, Flyering in the community, create an online and print survey.

(continued)

October 1

Project Open Hand	Preparing and distributing food to people with critical illness
Sacred Heart Community Services	Volunteers will accept and sort donated goods, prepare grocery boxes and organize the clothes closet.
San Francisco Food Bank	Volunteers will provide critical support by sorting food donations, stocking pantry shelves, labeling cans, cleaning produce, or packing food boxes that feed thousands of needy individuals throughout the Bay Area.
Jumpstart	Volunteers will assist in creating activity kits that will be given to families of preschoolers. These toolkits consist of a book and materials to facilitate learning activities in the home. The goal is to link the curriculum that preschoolers learn in the classroom to their home life and support and empower families to bring literacy into their homes. Materials in each toolkit will vary depending on the story and the accompanying activities.
Salvation Army, Harbor House Childcare Center	Help the Salvation Army better serve children by making the playground area safe and fun. Volunteers will be the change by engaging in painting and facilities maintenance projects in the high-traffic playground area.
Pets Are Wonderful Support	Distributing and/or delivering pet food & supplies to low income seniors & disabled pet owners within San Francisco
Niroga Institute	Phonebank for October Benefit, Flyering in the community, create an online and print survey.
A Safe Place	Come out and walk against domestic violence at this Outreach Event
Adult Day Services Network of Alameda County	A fundraising event with many kinds of activities and assignments
Breast Cancer Emergency Fund	Labeling gift bags for our 7th Annual Gala, This Old Bag.

November 5

Avian Rescue Corporation	Help Clean Cages, Replace Food & Water, Socialize with Birds
Project Open Hand	Preparing and distributing food to people with critical illness
Pets Are Wonderful Support	Distributing and/or delivering pet food & supplies to low income seniors & disabled pet owners within San Francisco
Leukemia & Lymphoma Society, Silicon Valley & Monterey Bay Chapter	Volunteers will help with critical office necessities by preparing information for campaign participants & possibly patient communications
Conservation Corps North Bay	Mt. Tamalpais Trail Crew -- Help us build new trails and improve old ones
Niroga Institute	Flyering in the community, create an online and print survey.

December 3

Avian Rescue Corporation	Help Clean Cages, Replace Food & Water, Socialize with Birds
Berkeley Food & Housing	Volunteers will serve dinner and clean up after a meal. Berkeley Food & Housing provides meals and shelters to women and children of need in the Berkeley Area.(East Bay: Berkeley)
Pets Are Wonderful Support	Distributing and/or delivering pet food & supplies to low income seniors & disabled pet owners within San Francisco
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