



**Community Service
Opportunities
2009.2010**

Ka Ulukoa – Community Service Verification



Team _____ Service Date _____ Total Hours _____

Description of Community Service Performed: _____

Supervisor's Name: _____ Supervisor's Title: _____

Contact Number: _____

Name of Community Service Organization: _____

Address: _____

Phone: _____

I certify that _____ has performed the community service described above.
Student-Athlete Name

Supervisor's Signature

Date



United Cerebral Palsy Association's Dessert Fantasy

When: Sunday, November 1st.

Where: Grand Ballroom at the Pacific Beach Hotel (The one w/ the huge aquarium)
2490 Kalakaua Ave, Waikiki

What: People pay \$25 to get in to eat all the dessert samplings they want and vote for their favorite. There is also a huge silent auction area. If there are enough left over they usually give an option for people to pay \$5-\$10 for a box so you can take home whatever will fit in the box. The event itself is two hours from 1pm to 3pm.

We need to help deliver desserts from the restaurant/bakery to the hotel. We need 9-10 teams. Each team will consist of two people, one car, and two pickup locations (usually in the same area). One person can wait in the car while the other picks up the desert in case there is no parking. The car should be air conditioned to keep the desserts cool. The pickups are usually between 9am to 11am.

Winston will give the locations as soon as the United Cerebral Palsy Association gives them to us which is usually the week before. Volunteers must coordinate the pickups with the restaurant/bakeries to make sure that the deserts are ready on time. The best part is that all the volunteers can go into the Dessert Fantasy event after the general public goes in, usually 10minutes after.

Please e-mail **Winston Chow** if you are interested in volunteering for this great event. If you already have your team of two that'd be even better. First-timers, new RPJ members and associate members get first priority.

Winston Chow
wchow@hawaii.edu
223-2469

For more information on the event itself:
<http://ucpahi.org/event.aspx?event=dessert+fantasy>

Rising Phoenix Jaycees
rpjhawaii.wordpress.com



Kalihi Waena Streambank Restoration

Updated on November 4, 2009

Dates: Nov. 14, Dec. 12, Jan. 9, Feb. 13, Mar. 13, Apr. 10, May 8, June 12, July 10, Aug. 14, Sept. 11

Time: 08:30 AM – 11:30 AM

Volunteers Requested: 20

Get ready to share your aloha for the *`aina* in KAUPA's monthly 2nd Saturday for Sustainability STREAM CLEAN-UP!

KAUPA (Kalihi Ahupua'a Ulu Pono Ahahui) is dedicated to restoring the natural and cultural resources within the Kalihi ahupua'a through education, outreach and action. We are currently working on a Kalihi stream restoration project behind Kalihi Waena Elementary School. This includes cleaning up the stream, educating the youth, and starting and an edible/medicinal Polynesian garden where community members can come to plant, grow, and harvest native plants like Ulu, Kalo, Mai'a, Uala...whatevahs!

Directions: KAUPA restoration site is located behind Kalihi Waena Elementary School (1240 Guilick Ave.) From H1, take the Likelike exit. Turn LEFT on School Street, and LEFT on Gulick Avenue. Kalihi Waena Elementary School is on the right hand side.

Timeframe:

8:30 a.m. Check in & Brief orientation of KAUPA

8:45 a.m. Stream Clean-up

11:30 a.m. Pau/Finish

Note: Students under eight years of age are welcome but must be accompanied by an adult.

Additional notes:

- attached release form should be completed and submitted day of event ([next page](#))
- volunteers should wear clothes they don't mind getting dirty, and closed-toe shoes (such as tennis shoes or boots)
- light refreshments and water, as well as tools, gloves, and bags will be provided
- general activities that happen at the site are rubbish pickup from the stream and streambanks, planting, weeding, mulching, path repair, and graffiti removal.

This opportunity is sponsored by: KAUPA - Kalihi Ahupua'a Ulu Pono Ahahui

Contact Person: Barbara Natale, Director, Community Outreach, (808) 381-3643

Web Site: <http://www.kaupa4kalihi.org>



Help Keep Our Homeless Keiki Stay Clean & Healthy for the Holidays

Updated on October 20, 2009

Date	Time	# volunteers requested
Nov 14, 2009	11:00 AM - 02:00 PM	100

Have you ever been camping? Have you ever forgot your toothbrush, or wish you had a clean towel while camping? At least you know you are going home in a day or two...that isn't the reality for hundreds of homeless keiki living in poverty along the watersedge. Going to bed refreshed and clean is a luxury to them, one they cannot count on.

Our agency is run 100% by volunteers to provide such services to the keiki living along the Waianae Coast throughout the year to assure they are clean and healthy. You can make a difference and be part of the solution by donating just a few of your hours to help us collect the needed items and funds for this event. Groups, clubs, everyone welcome to make this a successful fundraiser/collection.

If you would like to also set up your own pre-collection to help jumpstart our efforts please contact us for most needed items.

Volunteers are needed to help hold awareness signs, collect donations and sort or fill packages. Duties will vary and we are seeking team workers who will lend a helping hand for the entire 3-hour shift. Volunteers can check in 5 min. prior to shift. Willing to come rain or shine. Our keiki count on us and we count on YOU! We provide snacks and refreshments, sunscreen and umbrellas just in case.

Directions: Cross Streets: Fairrington Hwy, Kapolei, HI 96707: Cross Streets between Kapouka Pl and Kapowai Pl. We are right on that corner.

This opportunity is sponsored by: [Christmas Wish Program, Inc](#)

We need volunteers who are free at these times: One Time, weekend

This volunteer opportunity is available to the following types of volunteers

Adolescents (13-17)	Individual
Adults (26-54)	Large Group (11+)
Adults (55+)	Small Group (2-10)

Contact Person: Magin Patrick, Executive Director, (808) 987-6018

Web Site: <http://www.ChristmasWishProgram.org>



Thanksgiving Outreach Event

Updated on November 4, 2009

Purpose: Provide a Special Thanksgiving Lunch and Fellowship to those experiencing financial difficulty, homelessness, elderly, and those transitioning from prison, drugs, and alcohol.

Goal: Reach and serve 5,000 people

Date: Saturday 21 Nov 2009

Time: 11 am – 2 pm

Point of Contact (POC): Arlene Salvador; 216-6037; asalvador@smabillingsolutions.com

Planning, preparation and location of this event will be provided POC. Please contact POC for further details.



Meals on Wheels

When: Thanksgiving Day (November 26, 2009)

Where: Staging is at Moiliili Community Center

Time: 9:00am - 10:30am

Volunteers Needed: 20

Staging: Putting meals in the delivery route boxes and help pack the cars with meals.

Deliveries: Deliver Meals to Various parts of the island.

Note: no age limit

Deadline: November 12



Volunteer to help at aid stations during Running Events

Thursday November 26th, Thanksgiving Day, Annual "Turkey Trot". 7am - 9am

Location: Setting up and manning the water station behind the Aloha Gas Station across from Kahala Mall.

Specific tasks include hooking up a hose at the gas station, prepping large trash cans with trash bags, filling with water and ice, pouring water into cups, distributing water cups to runner, gathering up used cups from runners/ground, and breaking down the station. Also - if adults want to volunteer, they may assist as course marshalls, directing traffic, etc.

Only 10 or so volunteers are needed at Kahala Mall.

Sunday, December 13th, Honolulu Marathon, 3am - 3pm

Location: Niu Valley, big aid station

Specific tasks include hooking up many hoses, run them into the trash cans, prep the water and mix the Gatorade, then thousands of cups of fluid are loaded onto the tables before the first runners come by.

The young kids have fun passing out the drinks and sponges to the runners. Also need a huge crew to help pick up the used cups and sponges.

Strong men are needed at 3am to help unload the truck - tons of tables, trash cans, rakes, sponges, etc must be unloaded and set up.

Note all volunteers will presented with certificates noting the number of hours of service for both of the above events. If the club chooses to work the marathon, I will need assistance from an adult - to provide me with names and number of hours worked for each volunteer.

Need unlimited amount of volunteers, individual and groups, all help welcome and available.

If interested, please contact Vanessa Simpkins, 382-1361, simpkinsv001@hawaii.rr.com

KAUPA - "KALIHI AHUPUA`A ULU PONO AHAHUI"

KAUPA is a 501(c) 3 Organization

POB 17673 Honolulu, HI 96817

Email: KAUPA@googlegroups.com Ph: 808 - 853-2218



PARTICIPANT RELEASE FORM

Date: _____

I, _____ have been made aware of the Safety and traffic hazards that may be encountered as a prerequisite to participate in the following project:

Check all that apply:

- Storm Drain Stenciling Project
- Adopt-A-Stream Project
- KAUPA Restoration Site Activities
- KAUPA Water Quality Monitoring
- KAUPA Stream Recon/Cleanup Survey
- Other: Describe _____

I do hereby release and discharge the KAUPA, Department of Environmental Services, Department of Facilities Management, Department of Parks and Recreation, Department of Transportation Services, Honolulu Board of Water Supply, City and County of Honolulu, State of Hawaii Department of Transportation- Highways, State of Hawaii Department of Land and Natural Resources, State of Hawaii Department of Health Clean Water Branch, U.S. Army Corps of Engineers, U.S. Environmental Protection Agency, the Kamehameha Schools, Kalihi Waena Elementary School and its officers, agents, and employees, from all claims, demands and causes of action of every kind whatsoever for any damages and/or injuries which may result from my participation in this activity and other voluntary activities along, in, or near designated area(s).

I further agree to hold harmless the KAUPA, Department of Environmental Services, Department of Facilities Management, Department of Parks and Recreation, Department of Transportation Services, Honolulu Board of Water Supply, City and County of Honolulu, State of Hawaii Department of Transportation- Highways, State of Hawaii Department of Land and Natural Resources, State of Hawaii Department of Health Clean Water Branch, U.S. Army Corps of Engineers, U.S. Environmental Protection Agency, the Kamehameha Schools, Kalihi Waena Elementary School and its officers, agents, and employees, from liability for any damages and/or injuries resulting from any acts or failure to act on my part during my participation in said voluntary activities along, in, or near designated area(s).

I, _____ do hereby approve the use of pictures of myself for this activity.

These pictures may be used in City and County of Honolulu publications, local newspapers or other publication deemed appropriate by KAUPA, The Hawaii Department of Health, or the City and County of Honolulu.

Name: _____

X _____

Signature

Phone number (optional): _____

Email (optional): _____

If Participant is a minor (under 18 years of Age):

Parent/Guardian: Print or Type Name

X _____

Signature

Please sign and bring this form with you on the day of your project. Mahalo!



Group Projects – March 2010

These are for group sign-ups. If interested, Team Parent should let Vanessa Simpkins, ph. 382-1361, know soon as possible. She will then confirm available dates and thereafter ask Team Parent to coordinate details with POC Brian F. Koren, Honolulu Botanical Gardens, ph: 808-621-5463, ph: 808-522-7063, Fax: 808-522-7050

Wahiawa Botanical Garden: Saturday, March 20

- 9:00-11:00
- Washing plants signs and picking up rubbish
- 30 participants is ideal
- Sign up ASAP: There are lots of inquires for park clean ups
- Number of Adults: Coaching Staff / 3 – 5 adults would be ideal

Liliuokalani Botanical Garden: Saturday, March 27

- 9:00-12:00
- Cleaning along the stream and picking up trash in the park. Gloves, trash bags, and water is provided
- 30 participants is ideal
- Sign up ASAP: There are lots of inquires for park clean ups
- Number of Adults: Coaching Staff / 3 – 5 adults would be ideal



Group Projects – April 2010

These are for group sign-ups. If interested, Team Parent should let Vanessa Simpkins, ph. 382-1361, know soon as possible. She will then confirm available dates and thereafter ask Team Parent to coordinate details with POC Brian F. Koren, Honolulu Botanical Gardens, ph: 808-621-5463, ph: 808-522-7063, Fax: 808-522-7050

Wahiawa Botanical Garden: Saturday, April 17

- 9:00-11:00
- Washing plants signs and picking up rubbish
- 30 participants is ideal
- Sign up ASAP: There are lots of inquires for park clean ups
- Number of Adults: Coaching Staff / 3 – 5 adults would be ideal

Liliuokalani Botanical Garden: Saturday, April 24

- 9:00-12:00
- Cleaning along the stream and picking up trash in the park. Gloves, trash bags, and water is provided
- 30 participants is ideal
- Sign up ASAP: There are lots of inquires for park clean ups
- Number of Adults: Coaching Staff / 3 – 5 adults would be ideal



Group Projects – May 2010

These are for group sign-ups. If interested, Team Parent should let Vanessa Simpkins, ph. 382-1361, know soon as possible. She will then confirm available dates and thereafter ask Team Parent to coordinate details with POC Brian F. Koren, Honolulu Botanical Gardens, ph: 808-621-5463, ph: 808-522-7063, Fax: 808-522-7050

Wahiawa Botanical Garden: Saturday, May 22

- 9:00-11:00
- Washing plants signs and picking up rubbish
- 30 participants is ideal
- Sign up ASAP: There are lots of inquires for park clean ups
- Number of Adults: Coaching Staff / 3 – 5 adults would be ideal

Liliuokalani Botanical Garden: Saturday, May 29

- 9:00-12:00
 - Cleaning along the stream and picking up trash in the park. Gloves, trash bags, and water is provided
 - 30 participants is ideal
 - Sign up ASAP: There are lots of inquires for park clean ups
- Number of Adults: Coaching Staff / 3 – 5 adults would be ideal