



# BEMIDJI STATE UNIVERSITY

## Civic Engagement

### Volunteer Opportunities for the Bemidji State University Community



#### Adult Day Services

Kathy Spies- Program Coordinator  
620 Carr Lake Road SE  
Bemidji, MN 56601  
218-751-1324  
[adultday@gmail.com](mailto:adultday@gmail.com)



#### Boys & Girls Club of the Bemidji Area

Andrea Ohnstad- Resource Development Director  
1600 Minnesota Ave Bemidji, MN 56619  
218-444-4171  
[aohnstad@paulbunyan.net](mailto:aohnstad@paulbunyan.net)  
<http://www.bgcbemidji.com>



#### American Red Cross

#### American Red Cross North Star Chapter

Jim Anderson- Interim Director  
610 Railroad Street  
Bemidji, MN 56601  
218-444-9490  
[www.northstar-redcross.org](http://www.northstar-redcross.org)



#### Evergreen House Inc. Youth Crisis Center

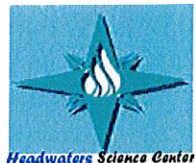
Jeff Korbel- Volunteer Coordinator  
1418 Bemidji Ave N  
Bemidji, MN 56619  
218-751-4332  
[www.evergreenhouse.org](http://www.evergreenhouse.org)



BELTRAMI  
COUNTY  
HISTORICAL  
SOCIETY

#### Beltrami County Historical Society

Wanda Hoyum- Executive Director  
130 Minnesota Ave SW  
Bemidji, MN 56619  
218-444-3376  
[wanda@beltramihistory.org](mailto:wanda@beltramihistory.org)  
[www.beltramihistory.org](http://www.beltramihistory.org)



#### Headwaters Science Center

Laddie Elwell - Director  
413 Beltrami Ave  
Bemidji, MN 56601  
218-444-4472  
[director@hscbemidji.org](mailto:director@hscbemidji.org)  
[www.hscbemidji.org](http://www.hscbemidji.org)



#### Beltrami County Humane Society

Kit Belcher- Executive Director  
1612 Carr Lake Rd SE  
Bemidji, MN 56601  
218-751-7910  
[bhsoc@paulbunyan.net](mailto:bhsoc@paulbunyan.net)  
[www.beltramihumane.com](http://www.beltramihumane.com)



#### Hope House

Robin Wold- Director  
2014 7th St SE  
Bemidji, MN 56619  
218-444-6748  
[rwold@paulbunyan.net](mailto:rwold@paulbunyan.net)



#### Bemidji Community Food Shelf

Myrtle Smetak- Day Manager  
310 Fourth Street  
Bemidji, MN 56601  
218-444-6580  
[bcfs@paulbunyan.net](mailto:bcfs@paulbunyan.net)  
[www.paulbunyan.net/bemidjicommunityfoodshelf](http://www.paulbunyan.net/bemidjicommunityfoodshelf)



#### North Country Health Services

Kari Knudson - Director of Volunteer Services  
1300 Anne St  
Bemidji, MN 56601  
218-333-5654  
[kknudson@nchs.com](mailto:kknudson@nchs.com)  
[www.nchs.com](http://www.nchs.com)



#### Bemidji Public Library

Paul Ericsson- Branch Manager  
509 America Ave NW  
Bemidji, MN 56601  
218-751-3963  
[ericssonp@krls.org](mailto:ericssonp@krls.org)  
[www.krls.org/branches/branch\\_bj.html](http://www.krls.org/branches/branch_bj.html)



#### Bemidji Soup Kitchen

Gloria Joy- President  
Monday /Tuesday- Mount Zion Church  
414 Lincoln Ave  
Thursday- United Methodist Church  
9th & Beltrami Ave  
Bemidji, MN 56601  
218-751-2810  
[gjoy@paulbunyan.net](mailto:gjoy@paulbunyan.net)

#### For More Volunteer Opportunities Check Out These Sites!

- \*[www.unitedwaybemidji.org/agencyresources.htm](http://www.unitedwaybemidji.org/agencyresources.htm)
- \*[www.americanontowns.com/mn/bemidji-make-a-difference](http://www.americanontowns.com/mn/bemidji-make-a-difference)
- \*[www.iwanttovolunteer.org](http://www.iwanttovolunteer.org)



Monday-Friday  
7:00am-8:00pm

[www.paulbunyantransit.com](http://www.paulbunyantransit.com)

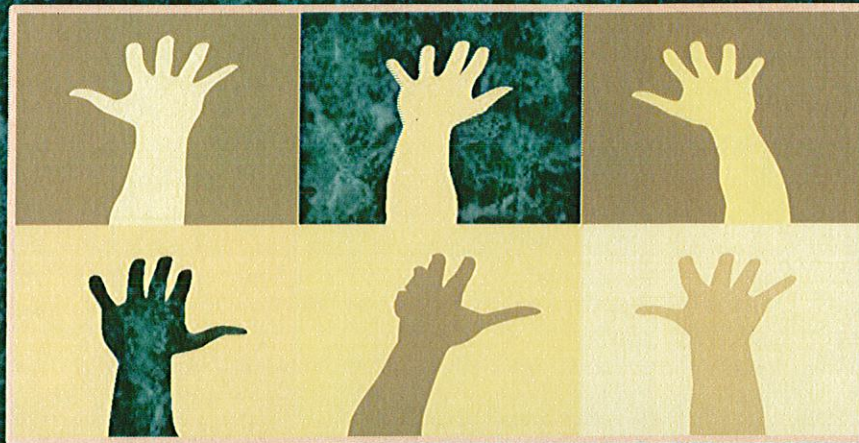
Call for a Ride Now!  
**751-8765**





# Civic Engagement:

*Volunteer Opportunities for the  
Bemidji State University  
Community*





## **Introduction:**

Hi, my name is Krista Stowe and I am the author of this booklet. The information presented was collected as part of my BSU Honor's Program Thesis. Volunteering has always been something that I value personally; it's something I want to share and encourage others to participate in. I started this project with 3 goals: to increase awareness of volunteer opportunities in the Bemidji State University area, present a focus on the benefits of volunteerism as a form of civic engagement, and create a readily available resource for BSU students and faculty.

I began my project by reviewing literature pertaining to volunteering and civic engagement, focusing on studies based on college students and/or settings. In a very quick summary, I learned that; volunteering provides an excellent foundation for civic engagement and responsibility, college students want and value volunteer experiences, 44.1 percent of all students who volunteer do so regularly, and volunteer rates are highest among students who work 1-10 hours. There are lots of personal and professional benefits to volunteering; Kristen Deaton a student volunteer sums it up well, "No matter how much time and effort I have to put in, there is no possible way to give more than I have received." Students who volunteer tend to earn better grades in school and employers look favorably upon with volunteer experience. Volunteering also allows students to gain valuable experiences and skills while networking which may lead to future employment.

I researched each organization and then interviewed one of their representatives. During the interview I asked what the organization's mission is in the Bemidji community, what qualifications volunteers would need to have, and what opportunities for service are available. At each site I spent 3-5 hours volunteering in order to write a review which includes the tasks I performed, how I felt while at the site, the general attitude of the people I worked with, and discussion about the extent to which I feel the organization is dedicated to meeting its mission.

Please keep in mind that this booklet provides a limited scope of the volunteer opportunities available to you. There are countless other opportunities in the community, be sure to find one that is right for you!

## **Table of Contents:**

• <b>Adult Day Services</b>	pgs 1-2
• <b>American Red Cross</b>	pgs 3-4
• <b>Beltrami County Historical Society</b>	pgs 5-6
• <b>Beltrami County Humane Society</b>	pgs 7-8
• <b>Bemidji Community Food Shelf</b>	pgs 9-10
• <b>Bemidji Community Soup Kitchen</b>	pgs 11-12
• <b>Bemidji Public Library</b>	pgs 13-14
• <b>Boys &amp; Girls Club</b>	pgs 15-16
• <b>Evergreen House</b>	pgs 17-18
• <b>Headwaters Science Center</b>	pgs 19-20
• <b>Hope House</b>	pgs 21-22
• <b>North Country Regional Hospital</b>	pgs 23-24
• <b>Works Cited</b>	pgs 25-27





## **Adult Day Services of Bemidji**

Kathy Spies- Program Coordinator  
620 Carr Lake Rd SE  
Bemidji, MN 56601  
218-444-5324  
[adultday@gmail.com](mailto:adultday@gmail.com)

**Mission:** *"To assist potentially increasingly dependent older adults to maintain and/or increase an independent lifestyle. The program focuses on the psychosocial, physical, and emotional interest of each individual."*

Adult Day Services (ADS) cares about participants' quality of life, physical, mental, and spiritual wellness, and their right to be treated with respect and dignity.

**Volunteer Qualifications:** All volunteers must fill out an application and undergo about 45 minutes of training. Any volunteer who will be at ADS 10+ hours per week will need to consent to a criminal background check. Those volunteering less than 10 hrs/week will not need to have a background check completed before starting. All volunteers must treat the participants with kindness and respect.

**Short Term Opportunities:** Students volunteering for only a few hours are welcome to come and help out at Adult Day Services. Activities typically start around 1:00 in the afternoon and are done by 3:30. Some of the activities volunteers might help with include crafts, games, Bingo, volleyball, bowling, and many more. You can choose to work one-on-one with an individual or work with a small group of adults. Musicians are encouraged to bring their instrument in and perform!

**Long Term Opportunities:** There are a lot of opportunities for students who wish to volunteer for a semester or more. You have the opportunity to really get to know the adults at ADS. There may also be projects and activities that you can design and implement.

**Annual Events:** Summer help is needed with the garden project and with watering the plants at the Adult Day Services facility.



**Special Interests:** Social Work students are encouraged to volunteer and learn about assessments and the specific paperwork and skills relating to them. Internships are also available—feel free to inquire!

**Review:** Adult Day Services of Bemidji provides senior adults with a much needed environment. ADS provides these adults with a safe and supportive place to socialize with peers, and individualizes care to assist the participants in dealing with the challenges associated with aging. It was really nice to see how various activities were scheduled to help increase strength and endurance and also provide mental stimulation. The workers are very committed to, and care very deeply about, the adults at ADS and welcomed me with open arms. The program coordinator was excellent in working with my hectic schedule. But by far the best part about ADS is the participants. They were all really, really sweet. Some of them want to talk about their grandkids; others have great jokes to share. The participants truly enjoy their time at Adult Day Services and I had a great time with them. I assisted a few of the adults with vision problems as the group had a blast playing Bingo. On another day the group started the planting seeds for the garden project. As we worked with the dirt the participants exchanged stories about the gardens they used to plant and dreams about this one will look like. I really enjoyed visiting with the participants, but I almost cried when one lady told me I really, really made her day just because I had given her a hug. This is an amazing place to volunteer for anyone with a caring attitude.





**American  
Red Cross**

**American Red Cross  
North Star Chapter**

Jim Anderson- Interim Director  
610 Railroad Street  
Bemidji, MN 56601  
218-444-9490

[www.northstar-redcross.org](http://www.northstar-redcross.org)

**Mission:** *"The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies."*

**Volunteer Qualifications:** Volunteers must consent to a criminal background check and are asked to undergo training. For volunteers with limited hours a condensed training will be provided. Other volunteers are asked to attend a formal orientation (about 1.5 hours + time for questions) and are given a volunteer handbook for reference. There is also an online orientation available (1 hr and 10 minutes, but you don't get to ask questions). Accommodations are made for any functional restrictions.

**Short Term Opportunities:** Short term volunteers are welcomed and encouraged. Persons volunteering for a few hours, or those looking to volunteer for 1-2 hours per week will be utilized to answer phones, clerical work, help with special projects, clean, and assist with building and custodial maintenance.

**Long Term Opportunities:** Persons looking for longer commitments are greatly appreciated. You can also commit to any of the short term opportunities on a long term basis. Disaster volunteers are needed and must have a willingness to serve as called upon. Long term volunteers may also assist with fundraising and administrative duties. Students interesting in meeting long term academic requirements are strongly encouraged to examine future opportunities and are given training for first aid, and



additional training such as "Intro to Disaster Services and Mass Care" as applicable.

**Annual Events:** Lake Bemidji Dragon Boat Festival (August), Beltrami County Fair (August/July), Jaycee Water Carnival (June/July), Ride for the Red in Bemidji & Brainerd (March), Blood Drives, and many other community events throughout the year.

**Special Interests:** The Red Cross is very happy to work with talented students with special interests or projects business administration, marketing, videography, design technology, exhibit design, graphic design, construction management, and landscaping. Internships are also available—feel free to inquire!

**Review:** Volunteering with the American Red Cross was a really neat experience, and I feel like I learned a lot during my time there. The other volunteers and staff were very welcoming and helped provide a light and comfortable atmosphere. The Red Cross is providing a lot of services to the community and it was very interesting to see how the organization and the community respond during times of disaster and emergencies. Most of my experience was with clerical tasks, answering phones, general cleaning, and helping with special projects such as fundraising. This would be a really good opportunity for students who are interested in business administration and particularly for those interested in running or working with non-profit organizations. Volunteering with the Red Cross is also an excellent opportunity for students interested in Health and Human Service fields. I know that the time I spent volunteering was well used and made a difference in our community.



BELTRAMI  
COUNTY  
HISTORICAL  
SOCIETY

### **Beltrami County Historical Society Museum and Research**

Wanda Hoyum- Executive Director  
130 Minnesota Ave SW  
Bemidji, MN 56619  
218-444-3376

[wanda@beltramihistory.org](mailto:wanda@beltramihistory.org)  
[www.beltramihistory.org](http://www.beltramihistory.org)

**Mission:** *"To collect, preserve, and disseminate the history of Beltrami County."*

The Beltrami County Historical Society is dedicated to preserving the heritage of Beltrami County and also serves as a "gateway" agency to the State of Minnesota Historical Society.

**Volunteer Qualifications:** Anyone is welcome to volunteer.

**Short Term Opportunities:** It is preferred that students commit to at least a semester's worth of volunteering. Special arrangements may be made depending upon director availability and project specifics. Some short term opportunities may include: answering phones, cataloging of artifacts, working with photos, and research.

**Long Term Opportunities:** There are quite a few opportunities for volunteers who wish to commit to at least a semester of volunteering. Students may assist with the gift shop, data processing, ongoing cataloging of artifacts such as photos, manuscripts, diaries and journals, research, exhibit set-up and take-down, answering phones, maintenance work, and special projects.

**Annual Events:** Fundraising (Every month), Depo Day Fest (August), High Tea (June), White Elephant & Bake Sale (February), Lefse Festival (December), Christmas High Tea (December), History Conferences (November/October), Downtown History Tour (Looking for actors and musicians- September), plus many Special Events throughout the year.

**Special Interests:** The Historical Society is also looking for students talented in art, history, writing, advertising and marketing,



and exhibit design. Internships are also available—feel free to inquire!

**Review:** I had a really nice time volunteering at the Historical Society. The director, staff, and other volunteers were very pleasant to work with and I felt very comfortable and welcomed. I volunteered in the afternoon, which is a fairly quiet time at the museum. This helped make my experience a nice, quiet, and relaxing break from the hustle and bustle of my typically busy days. I started out on a special project for the Antique, Art & Craft Fair which was coming up soon. I designed the layout, and put together a sandwich board advertising the event. This was a very short project, so I spent the rest of my time tearing down wall-papered photos from the previous exhibit: *Paddle, Ride or Fly*. It took quite a while to clear on column of the photos, but it was really neat to look at the old photos. While volunteering I also had the chance to see a few artifacts that members brought in to donate, including a really nice military bugle. I also got a bit of a sneak peak at the newest exhibit in progress. Overall, I was quite pleased with my experience at the Historical Society. I definitely feel they are doing a great job of bridging the past and the present.



## **Beltrami County Humane Society**

Kit Belcher- Executive Director

1612 Carr Lake Rd SE

Bemidji, MN 56601

218-751-7910

[bhsoc@paulbunyan.net](mailto:bhsoc@paulbunyan.net)

[www.beltramihumane.com](http://www.beltramihumane.com)

**Mission:** *"Beltrami Humane Society is committed to serving the best interest of the animals we strive to protect."*

The Humane Society is a "no-kill" shelter serving about 800 animals per year and is "dedicated to operating an animal shelter for the purpose of finding a quality forever home for each animal they serve." They hope to encourage "a community of responsible companion animal guardians, eliminating the community's need to euthanize dogs and cats as a means of population control, while promoting the societal value of animals."

**Volunteer Qualifications:** All volunteers must fill out a very short application and participate in a 1 hour training session (+ handbook for reference). The training sessions are held twice a month usually from 1-2 pm; you may have to wait a few weeks to attend a session. You will also be asked to sign a liability waiver.

**Short Term Opportunities:** Students looking to volunteer for only a few hours are welcomed, but should keep in mind that they will need to participate in a training session before starting. Advanced notice of when you would like to volunteer is appreciated. You can socialize some of the cats and kittens, walk the dogs, play with the dogs in the Happy Acres pens, help bathe the animals, and assist with cleaning and laundry.

**Long Term Opportunities:** You can also commit to any of the short term opportunities on a long term basis. Volunteers are welcomed for any amount of time they have available to commit.

**Annual Events:** Ice Cream Social (August), Pet Expo at the Beltrami County Fair (August/June), Pet Chipping Clinic (June), 4<sup>th</sup> of July Parade (July), Rodeo (July), Walk for Animals (May), Breakfast Fundraiser (May), Easter Baskets (March), Spay Day

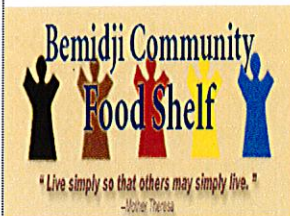


(February), Valentine Sweethearts (February/January), Tea Party (January), Pet Chipping Clinic (December), Santa Paws and Tree of Hope (December), National Shelter Appreciation Week (November), Basket of Thanks (November), Chili Feed (October), Open House (October).

**Special Interests:** The Humane Society is looking for volunteers to create and distribute advertisements, help with fundraising, and assist in animal transport.

**Review:** There certainly wasn't a dull moment while volunteering at the Humane Society. There are a lot of tasks which need to be done every day and you can find the ones that you are best suited for. The dogs are excited pretty easily, so if you are not comfortable with loud noises you should probably avoid the kennel area. Most of the cats do still have claws and scratches during play time may occur, so be careful if you have really sensitive skin. Those points aside, the Humane Society was a nice place to volunteer. The animals really enjoy and appreciate volunteers. For part of the time I stayed inside and played with the cats in the lobby. This is generally a pretty quiet area, but I did help teach a toddler how to pet a kitten. Took one of the dogs out on the nature trails, which was really invigorating. One of my favorite activities was playing with several of the dogs out in the Happy Acres pen area. Some of the time was spent letting the dogs play with each other, some of it was spent in long games of fetch, and the rest was spent cuddling (most of the animals are very affectionate). Be sure to bring grunge clothes so you can really enjoy your time with the animals!

While it was a little sad to see the animals go back in the cages, volunteering allowed the animals to get out and socialize. I think the shelter is serving its animals well with the limited resources they have. There wasn't a lot of time to visit with the other volunteers and staff as everyone was pretty busy, but they all said they really enjoy their time at the Humane Society.



## **Bemidji Community Food Shelf**

Myrtle Smetak- Day Manager

310 Fourth Street

Bemidji, MN 56601

218-444-6580

[bcfs@paulbunyan.net](mailto:bcfs@paulbunyan.net)

[www.paulbunyan.net/bemidjicommunityfoodshelf](http://www.paulbunyan.net/bemidjicommunityfoodshelf)

**Mission:** *"The Bemidji Community Food Shelf provides emergency food to Beltrami County families and/or individuals who have short term, emergency food needs. There are no income restrictions. Identification and proof of residence are required."*

The Food Shelf assists families and individuals who may be forced to choose between eating and paying bills. Consumers can only take home a 'food box' 5 times a year. The Food Shelf served 18,525 individuals in 2009, 9,286 of those were children under 17 yrs old. The Food Shelf is open Monday, Wednesday, and Friday from 10:00am to 3:30pm.

**Volunteer Qualifications:** All volunteers must agree to follow HIPPA terms of confidentiality. Volunteer should also be able to lift around 20lbs in order to assist with moving boxes of food.

**Short Term Opportunities:** Because other organizations routinely send volunteers, students are asked to commit to weekly service for at least one semester. Students wishing to help out periodically are encouraged to volunteer with **annual and special events**. There are lots of ways you can help support the food shelf. You can organize a food drive—the items always needed include: tuna, saltine crackers, rice, hot and cold cereal, and peanut butter; you can also collect UPC's from "Our Family" brand products, and donate your good magazines. If you shop at Marketplace be sure to ask for a "We Care" sticker and send your receipts to the Food Shelf. Moving out of your dorm? Take your unwanted goods to Value Smart and donate the proceeds to the Food Shelf.

**Long Term Opportunities:** Volunteers committing to at least once a week for the semester can help at the Food Shelf. Some of



the activities include packing and unpacking food, moving boxes of food, stocking the shelves, sort donated food and gleanings, and fill orders.

Volunteers may also be interested in helping out at the Food Shelf Farm—it's like Farmville only real and for an awesome cause! ☺ Volunteers help plow, plant, weed, harvest, and package the food grown (Call Marge Danielson at 218-759-9514).

**Annual Events:** Unloading Trucks (Usually the 2<sup>nd</sup> Thursday of the month from 1-3 pm), Beltrami County Fair Booth (August), Postal Service Food Drive- unload trucks (1<sup>st</sup> Saturday in May), Herberger's Community Day Booklet Sale (February), Pancake Breakfast Fundraiser (7:30-10:30am Saturday, February), Stuff-a-Truck (unload trucks 9am-finish Tuesday before Thanksgiving)

**Special Interests:** The Food Shelf is looking for students who would like to help out with designing and building a float for the 4<sup>th</sup> of July parade. They are also looking for someone talented in graphic design to help format a new brochure.

**Review:** Volunteering at the Food Shelf is so much fun. I volunteer with my church and it is always a great time. I have also volunteered with groups that I did not know and they are very welcoming. I really like organizing, cleaning, and stocking the shelves, but filling orders is the best! For each order I was given a grocery list of what the family or individual needed. I wheeled a mini grocery cart around the shelves picking out the right items. It honestly took me back to my elementary school days when I my friends and I would play "store". I had limited interaction with the consumers, but enjoyed helping some carry their food boxes out to a vehicle. I definitely felt greatly appreciated by both the consumers and the other volunteers. It was pretty neat being able to lift heavier containers, or reach things from the top shelves for some of the older volunteers I worked with.

The Food Shelf provides the people in our community with a very valuable resource and is helping keep both families and individuals healthy through the services it provides.



### **Bemidji Community Soup Kitchen**

Gloria Joy- President

Monday/Tuesday: Mount Zion Church  
414 Lincoln Ave

Thursday: United Methodist Church  
9<sup>th</sup> & Beltrami Ave

Bemidji, MN 56601

218-751-2810

**Mission:** *"It is the primary goal of the Bemidji Community Soup Kitchen to serve any adult or child in Bemidji and the surrounding area a free meal every Monday, Tuesday, and Thursday without regard to age, creed, color, financial status, race, sex, handicap, or other restriction. We invite and welcome all people of the Bemidji community to serve and/or be served by the Bemidji Community Soup Kitchen."*

The Soup Kitchen also works to enhance the nutritional and cultural values of the +/- 450 meals it serves each week.

**Volunteer Qualifications:** Volunteers need to be respectful of all the people associated with the Soup Kitchen and they should call Gloria to schedule when they are going to volunteer. Short notice may be fine, but calling a week in advance is preferred.

Volunteers must observe proper hygiene while volunteering. It is also highly preferred that volunteers are able to lift at least 20 lbs (what most students backpacks weigh!) in order to help with moving boxes of food during meal prep.

**Short Term Opportunities:** Short term volunteers are very welcomed to serve with the Soup Kitchen on Mondays and Tuesdays at Mount Zion Church. If you have a service learning requirement of only 2 hours, that's just fine! The meals are served from 5:00-6:00, but volunteers are needed from 4:30 until roughly 6:30 to help with meal prep and clean-up. As a volunteer you will also stop 'working' to share a meal and conversation with some of the guests.

**Long Term Opportunities:** Students who are able to commit to at least a semester of service may be allowed to volunteer for the Thursday meals. Regular groups commit to the Thursday meal, so



you would be placed with these groups. Duties would be similar to the short term service opportunities and would probably still include meal prep, serving, and clean-up.

**Annual Events:** Art in the Park Concessions Booth (mid-July).

**Special Interests:** The Soup Kitchen is also looking for volunteers to assist with web design and building/construction management. Volunteers may also organize donation drives for the Soup Kitchen. The Soup Kitchen does not have any salaried staff and relies on donations in order to function.

**Review:** The Soup Kitchen is a really fun place to volunteer. The people are very welcoming and very flexible regarding when and how you volunteer. Working with the other volunteers there is an exciting family-like atmosphere--we even started the night out with a team huddle and cheer! As a volunteer I have helped with meal prep which may be as simple as putting together sandwiches or putting deserts on a tray, or may include actually making chili, it depends on your comfort and experience level. Volunteers also help set-up the dining area with decorations, placemats, silverware, etc. Once the food is ready, it goes out to the serving area where it is distributed assembly-line style. I really enjoyed chatting with the other volunteers and the guests coming through the line. Sometimes I am rushing from 8am until 4:30 (or later) and it was so nice to sit down to a meal and visit with the other guests. The experience was great for my own wellness and helped me work on my communication skills. This would be an awesome experience for anyone going into a service profession! Clean-up was a breeze with everyone working together and I left feeling energized. The Soup Kitchen is really working very hard to provide a nutritional meal in a healthy environment.

**Bemidji Public Library**

Paul Ericsson- Branch Manager

509 America Ave NW

Bemidji, MN 56619

218-751-3963

[ericssonp@krls.org](mailto:ericssonp@krls.org)

<http://www.bgcbemidji.com>

**Mission:** *"Kitchigami Regional Library System provides quality library services and resources, responding to the diverse needs of individuals and communities."*

The Library values respect for each individual and the freedom to read, to learn, and to discover. It encourages innovation and creativity and is a fundamental service in creating an informed population.

**Volunteer Qualifications:** All volunteers must fill out a 3 page application and undergo training. The training is individualized, but it does need to be scheduled ahead of time. All volunteers must also consent to a criminal background check. Volunteers must commit to a regular volunteer schedule, this can still be limited hours a week as long as it is regular. Commitment to at least a semester of service is preferred.

**Short Term Opportunities:** Because of the background check and limitations of the staff, there are limited short term opportunities. Volunteers would still need to have the background check done, but may be able to volunteer on a short term basis in assisting with children's story time. Musicians are encouraged to help with the story time program.

**Long Term Opportunities:** Regular volunteers may be involved in the following activities depending on their skills and comfort levels: reshelving books, book repair, computer data entry, bookkeeping, and light cleaning. The Library is also interested in volunteers to perform custodial work between the hours of 7-9 AM and 4-6 PM.

**Annual Events:** 1<sup>st</sup> Annual Book Festival with author visits, lectures, and programs (mid- August), Summer Reading Program-



assist children with crafts etc. (June & July), and the Summer Book Sale (July).

**Special Interests:** The Library is also looking for students talented in the following areas for special projects: architectural assessment, marketing, poster design and distribution, and press release development.

**Review:** As a volunteer at the Bemidji Public Library I reshelfed and arranged books. Staff and other volunteers had already organized the books on a cart which made finding their proper places a breeze. Sometimes the rows of books needed to be shifted a little, but because of the reshelfing system this wasn't difficult. I actually really enjoyed making sure the books were in their proper order and arranged neatly on the shelves. This is an excellent volunteer opportunity for anyone with a 'restorative' or organizational personality. The library also provides a very quiet and relaxing environment; it was really nice to get away from the noise and busyness of a typical day. Because the task of reshelfing books is fairly simple, I was able to do a lot of thinking and mental planning while volunteering-- it was great to be able to accomplish two things at the same time!

If you have allergies to dust you may want to take your allergy medication before volunteering, although the shelves and books are very clean, dust does still exist. Also, while it won't limit your ability to volunteer, being at least 5 ft tall was definitely convenient for reaching the top shelf.

All of the staff and volunteers I worked with were very welcoming, and I feel the Library is working hard to achieve its mission in the Bemidji community. I did discover a hazard of reshelfing books-- I found so many interesting books that my reading list could have grown indefinitely.



### **Boys & Girls Club of the Bemidji Area**

Andrea Ohnstad- Resource Development  
Director

1600 Minnesota Ave

Bemidji, MN 56619

218-444-4171

[aohnstad@paulbunyan.net](mailto:aohnstad@paulbunyan.net)

<http://www.bgcbemidji.com>

**Mission:** *"To inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible, and caring citizens."*

The Club also seeks to create a safe place for kids to play, learn, and be with friends. They seek to open young minds to new ideas and skills and provide hope and opportunities which will lead to higher confidence and brighter futures for the kids they serve.

**Volunteer Qualifications:** All volunteers must fill out a 3 page application and undergo about 1-1.5 hours of training (+ handbook for reference). The training sessions are held periodically, so you may have to wait a few weeks for a session to be scheduled. Any volunteer who will have direct contact with the club members must also consent to a background study which must be run by the Boys & Girls Club. If you commit to a minimum of 15 hours the background check is free, otherwise it will cost you \$15. You will also be asked to sign a release-of -information form.

**Short Term Opportunities:** Because of the background check, there are limited 0-15 hr opportunities; however the club can always use people who would like to volunteer their maintenance or clerical skills. You could come in daily or once a month and would not need the background check. Also, check out the special interests opportunities below.

**Long Term Opportunities:** There are a lot of opportunities for volunteers who wish to commit to at least 15 hours. You have the opportunity to work with the club members in the following areas: art, education & career development, recreation, sports & fitness, health & lifestyle, tutoring, and the teen center. You can also commit to any of the short term opportunities on a long term basis.



**Annual Events:** National Night Out (1<sup>st</sup> part of August), Golf Tournament (End of August), 5K run/walk (July), plus many Special Events throughout the year.

**Special Interests:** The Club is also looking for students talented in the following areas for special projects: marketing, web management, design technology, exhibit design, construction management, and landscaping. Internships are also available—feel free to inquire!

**Review:** While volunteering at the Boys & Girls Club of the Bemidji Area I had the opportunity to try on several different activities with the kids. My time started out pretty quiet; watching a movie while enjoying a snack with the kids. But after a while things picked-up: I had the chance to work on an art project with a handful of kids, help decorate the community room for an upcoming event, and spent time in the gym playing everything from basketball to jump-rope games. Other activities of the day included building a myriad of things with building blocks, spending time in the technology lab learning about zombie and Polly Pocket computer games, and sitting down to read a great book with one of the kids. Wow! What an amazing experience! I had so much fun with the kids and I was really sad that I wouldn't be coming back right away. The kids at the Club are amazing; anyone can become a member, but it is a privilege to stay a member—also the kids aren't forced to do any of the activities, so they were both respectful and able to have a fun time. The other volunteers and staff were also really great to work with. Overall the club has done a wonderful job in creating a great environment that encourages personal growth and fun. They are doing a great job with their mission and provide an outstanding service to Bemidji's youth. This would be a great opportunity for anyone who is interested in teaching or working with young children and/or teens in any capacity. Be sure to check-out their website—it was an awesome resource!



**Evergreen House Inc.  
Youth Crisis Center**

Jeff Korbel- Volunteer Coordinator  
1418 Bemidji Ave N  
Bemidji, MN 56619  
218-751-4332

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

**Mission:** *"Evergreen House is a community-based organization committed to strengthening youth and preserving families with an emphasis on those living in northern Minnesota."*

"Evergreen House serves approximately 1,500 children, teens and families each year, free of charge."

The Youth Crisis Shelter serves and supports youth ages 9-17 yrs who are in crisis, homeless, or runaways. It also provides individual, family, and parenting counseling. The Shelter is open 24/7 365 days a year.

**Volunteer Qualifications:** All volunteers must fill out a short application and undergo training to assess their eligibility to volunteer. All volunteers must also consent to a background study which must be run by Evergreen, and agree to terms of confidentiality. The background study can be run quickly, but advanced notice is suggested. Volunteers need to be able to talk easily with people and have an interest in learning about working with adolescents in the field of Human Services. It is desired that volunteers mature, positive individuals with good self-confidence, self-motivation, and leadership/teamwork skills. Students are encouraged to volunteer in the evenings, on weekends, and during academic breaks. Late fall and spring tend to be the times when the most volunteers are needed.

**Short Term Opportunities:** The Youth Crisis Center regularly seeks college students and others who are interested in volunteer opportunities working with youth. A minimum commitment of 10 hrs is required, but a commitment of at least 3 hours per week is preferred. Volunteers interrelate with clients by talking with them, playing games, and participating in activities both on and off site.



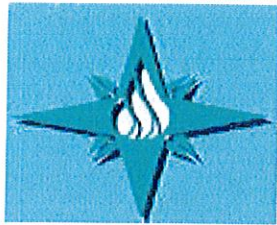
Volunteers may also assist with food prep and supervising clean-up.

**Long Term Opportunities:** There are a lot of opportunities for volunteers who wish to spend more time with the youth. You can commit to any of the short term opportunities on a long term basis, but will also have additional opportunities like planning activities. Volunteer shifts are usually 3-4 hours long, but special arrangements can be made.

**Annual Events:** Evergreen Barbeque at the lakefront (August), Evergreen Conferences (March), Homelessness Awareness Week (November).

**Special Interests:** Internships are also available for students in: Psychology, Social Work, Education, Health Education, Criminal Justice, and other Human Service related fields—feel free to inquire!

**Review:** I had a really great time volunteering at the Shelter. The youth there are really neat, and look up to colleges students are role models. I was very comfortable just hanging out with them. I spent time with a few of the youth one-on-one and also spent time with groups of youth. We played cards, watched TV, shots some hoops, and just chatted. I was also able to help prepare and share a meal with the staff and youth at Evergreen. The staff members work very hard to provide the youth with a healthy, constructive, and supportive environment. I felt very welcomed and comfortable with both the staff and the youth. It felt very much like a big family. Evergreen is definitely a great service to the youth at the shelter. I know that the time I spent with the youth was helpful for them and really appreciated. Several of the youth asked me when I was coming back, which is definitely something I will do. This is such a great opportunity for anyone going into Human Service related fields.



**Special Intrests: Headwaters Science Center**

Katura Main or Peggy Nygaard  
413 Beltrami Ave  
Bemidji, MN 56601  
218-444-4472

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

**Headwaters Science Center**

**Mission:** *"To provide intellectual stimulation and enjoyment for all children and adults in our northern Minnesota service area with scientific and technological interactive displays, exhibits, and programs currently unavailable in the region."*

The Headwaters Science Center works with a large number of educational organizations to ensure that all exhibits and activities will enhance and supplement educational programs.

**Volunteer Qualifications:** Volunteers must be mature and responsible. You are expected to present a welcoming attitude and treat all creatures with courtesy and respect. "On-the-job" training is provided. Interested persons are encouraged to call or stop in; the Center is open Monday-Saturday 9:30 am to 5:30 pm, and Sunday 1:00 pm to 5:00 pm.

**Short Term Opportunities:** Because of the limitations of the staff who train volunteers a minimum commitment of 10 hours is strongly preferred. Special arrangement may be made depending on the situation.

**Long Term Opportunities:** The Science Center relies a lot on volunteer services in order to operate and greatly appreciates its volunteers. As a volunteer you can perform a wide variety of tasks based on your skills and comfort levels. Some of the tasks include general cleaning, cleaning animal cages, building or fixing exhibit parts, performing demonstrations, and working on the exhibit floor. Volunteers may help with birthday parties, Science Club, science fair projects, and the River Watch program. Other tasks such as telephone soliciting are also available.

**Annual Events:** E3 Dining Experience (Winter), Boo-Fest (Halloween), plus many other Special Events throughout the year.



**Special Interests:** The Science Center is happy to work with any volunteers with special interests. Special needs include marketing design and management, fundraising, surveying visitors, and a volunteer coordinator.

**Review:** Wow! What a great experience! I had so much fun volunteering at the Science Center. The staff and volunteers were outstandingly nice people to work with and welcomed me with open arms. I really felt like my skills and talents were being utilized. Most of my time was spent on the exhibit floor helping with the Harmonograph (a really popular exhibit combining physics and art), playing with the kids at the Bubble Wall and Frozen Shadows exhibits, and helping visitors handle the animals while teaching them facts about the animals they were interested in. I also had the chance to help with a birthday party and perform a demonstration (this required extra training) on combustion—super cool! It was really neat to interact with the kids—and the adults too! This would be an excellent opportunity for anyone interested in science and/or teaching.

Working with handling the animals I also cleaned the cages and cases. This wasn't hard and I didn't feel gross after doing it. It was pretty sweet getting to handle so many unique creatures and I learned a lot. This would be a very good opportunity for anyone interested in working with animals and natural resources.

Be sure to check-out their website—it is a great way to learn more about the exhibits and programs offered at the Headwaters Science Center.



### **Hope House**

Robin Wold- Director

2014 7<sup>th</sup> St SE

Bemidji, MN 56619

218-444-6748

[rwold@paulbunyan.net](mailto:rwold@paulbunyan.net)

(Website coming soon!)

**Mission:** *"To provide community support services to people with serious & persistent mental illness so they can live independently in the community."*

Hope House serves people with mental illness so that they can live in the least restrictive setting and do not have to return to the hospital. It helps its consumers learn about their illness and ways to work around the symptoms. Most of the clients have a diagnosis of major depression, bi-polar disorder, schizophrenia, borderline personality disorder or related symptoms. Hope House assists consumers in finding their niche in the community and often helps them find employment.

**Volunteer Qualifications:** All volunteers must fill out a short application which includes consenting to a background study. The consent form must be notarized (see Laureen Lawyer on campus or any bank downtown). Volunteers will also undergo training and debriefing sessions. As a volunteer you will learn the names of the participants, be a good role model, and say "good-bye" to participants by name.

**Short Term Opportunities:** Due to the nature of the programs, Hope House limits its number of volunteers to 3 per semester. This allows you to have an excellent experience with a lot of freedom to learn. Volunteers need to commit to 25-50 hours per semester. As a volunteer you may assist in the drop-in center with various activities. You will serve as a role model of politeness, kindness, good humor, happiness, responsibility, and inclusiveness. Volunteers encourage conversation and the development of social communication skills by making small talk and asking consumers open-ended questions.



**Long Term Opportunities:** Hope House offers two 480 hour internships per semester. Students interested in long term (> 50 hrs) volunteering or internships would be considered "mini-workers" and would receive extensive training and support. These volunteers/interns will be given case loads and work with the consumers individually and in group sessions. These students may work with the consumers at on and off-site locations. They will assist in outreach programs, finding resources, funding, and in developing policies and programs.

**Annual Events:** Yard work (Fall & Spring), Garden project (Summer), Special events.

**Special Interests:** Hope House is looking for volunteers to collect prizes for games, design and distribute posters, assist with special events like art shows, and write articles about the programs and experiences at Hope House.

**Review:** At first I was a little guarded about volunteering here, which I think was alright as it is good to be aware of your level of experience. However, after the training and the first half-hour of volunteering I was comfortable with what I was experiencing. I volunteered in the drop-in center with a new program called "The Coffee House" and during crafts. In the coffee shop I had the chance to socialize with several of the consumers. We had coffee with treats and talked about a lot of different topics. I also learned a new game which was a great ice-breaker. During craft time I was able to chat with the group as they worked on various craft items. I had a lot of fun listening to their ideas for their crafts and it felt really good to help engage some of the more hesitant members of the group. I can definitely see how it is beneficial for volunteers to serve at least 25 hours. The group members formed quick attachments and I was a bit sad to leave knowing I wouldn't be back for a while. The director, activity coordinator, and intern that I worked with were very supportive and helped keep the atmosphere relaxed. Overall I feel that Hope House is providing a vast array of excellent service to their consumers.



North Country Regional Hospital

## **North Country Regional Hospital**

Kari Knudson- Volunteer Coordinator

1300 Anne Street NW

Bemidji, MN 56619

218-333-5654

[kknudson@nchs.com](mailto:kknudson@nchs.com)

<http://www.nchs.com>

**Mission:** *"Our mission is to assure a lifetime continuum of quality healthcare services."* "Teamwork, compassion, and respect make our customer service exemplary; we work together with integrity to assure our environment is safe, supportive, and healing."

**Volunteer Qualifications:** Volunteers need to be caring people with a desire to make a difference in this community. All volunteers must fill out a short application which includes confidential references. Volunteers must also have record of a current negative Mantoux test. You will also need to agree to a criminal background check and agree to the HIPAA terms of confidentiality. All volunteers will go through orientation and training (+ excellent handbook for reference). As a volunteer you will be expected to follow the dress code (nice jeans are okay!)

**Short Term Opportunities:** Because of the background check and nature of the volunteer experiences there are no opportunities for less than 20 hours per semester. When you break this commitment down, however, it is only about 2 hrs a week!

**Long Term Opportunities:** There are a lot of opportunities for volunteers who wish to commit to at least 20 hours. The volunteer coordinator works with you to place you in areas which are suited towards your interests and skills. Areas you could work in may include: hospitality services, cart, gift shop, baby pictures, rocking babies, information desk, computer entry, clerical, fundraising, miscellaneous tasks and special projects, hosting, assisting with educational opportunities and clinics, menu pick up, food delivery, mail and gift delivery, patient companion, and more.

**Annual Events:** None at this time.



Halpern, Leslie. *The Benefits of Volunteer Work: Donating your skills lets you help yourself while helping others*. 2007. Web. 20 March 2010.  
[[http://careeradvice.suite101.com/article.cfm/the\\_benefits\\_of\\_volunteer\\_work](http://careeradvice.suite101.com/article.cfm/the_benefits_of_volunteer_work)]

Hays, Avery. *Bemidji Community Foodshelf*. 2009. Web. 10 January 2010.  
[<http://www.paulbunyan.net/bemidjicommunityfoodshelf>]

*Headwaters Science Center*. 2010. Web. 4 February 2010.  
[<http://www.hscbemidji.org>]

Hegland, Carolyn. Personal interview. Bemidji Community Food Shelf. March, 16<sup>th</sup> 2010.

Hoyum, Wanda. Personal interview. Beltrami County Historical Society. March, 11<sup>th</sup> 2010.

Joy, Gloria. Personal interview. Bemidji Community Soup Kitchen. March, 15<sup>th</sup> 2010.

Knudson, Kari. Personal interview. North Country Regional Hospital. March, 30<sup>th</sup> 2010.

Korbel, Jeff. Personal interview. Evergreen House Inc. March, 15<sup>th</sup> 2010.

Marano, Rocco. "Young Volunteers: Providing service and making an impact on communities." *NASSP Bulletin* 81.591 (1997): 45-49. Print.

*North Country Health Services*. 2010. Web. 4 February 2010.  
[<http://www.nchs.com/about.php>]

*North Star Chapter of the American Red Cross*. 2005, 2010. Web. 4 February 2010.  
[<http://www.northstar-redcross.org>]

Ohnstad, Andrea. Personal interview. Boys & Girls Club of the Bemidji Area. March, 22<sup>nd</sup> 2010.

*The Purdue OWL*. Purdue U Writing Lab, 2008. Web. 4 February 2010.  
[<http://owl.english.purdue.edu>]

Spies, Kathy. Personal interview. Adult Day Services. March, 30<sup>th</sup> 2010.

Stowe, George. Personal interview. North Star Chapter of the American Red Cross. December, 29<sup>th</sup> 2010.

*United Way of the Bemidji Area*. 2008. Web. 10 January 2010.[<http://www.unitedwaybemidji.org/agencyresources.htm>],  
[<http://www.unitedwaybemidji.org/volunteer.htm>]

Web Works Creative. *Beltrami County Humane Society*. 2010. Web. 4 February 2010.  
[[http:// www.beltramihumane.com](http://www.beltramihumane.com)]

Wold, Robin. Personal interview. Hope House. March, 29<sup>th</sup> 2010.

*YWCA of Lancaster*. 2010. Web. 20 March 2010.  
[<http://www.ywcalancaster.org/pdf/Why%20should%20a%20college%20volunteer%20their%20time.pdf>]



## HONORS THESIS PROPOSAL FORM

Date Submitted: \_\_\_\_\_

Honors Scholar: Krista Stowe

E-mail address: [Krista.stowe@st.bemidjistate.edu](mailto:Krista.stowe@st.bemidjistate.edu)

Thesis Title: Civic Engagement: Volunteer Opportunities for the Bemidji State  
University Community

Thesis Advisor: Dr. Mark Fulton

Thesis Proposal: (Attach additional paper as needed)

Please see Attached—Thank you.

Thesis Advisor: Please write a brief statement indicating your support of this thesis proposal or any concerns you may have about it.

Thesis Advisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## HONORS THESIS PROPOSAL FORM

My project focuses on volunteer opportunities for Bemidji State University students who are interested in being active in their school's community. The goal of this thesis is to assist these students, and faculty, whom may require civic engagement as part of their curriculum, to choose opportunities which are fitting to the individual or the course. I will be working with the [Excellence and Leadership](#) center at Bemidji State University to compose several formats of the information collected through this project. The formats proposed are: [a link on the BSU website](#) that may be distributed to faculty directly or uploaded and distributed via email, a poster incorporating the signature themes and advertising certain volunteer activities, and a booklet of information which may be kept in the [Excellence and Leadership](#) Center or distributed to students and faculty. I will be collecting data on [twelve](#) organizations within Bemidji city limits or close proximity. The project will focus on non-profit, secular organizations. The information collected for each site will consist of the organization's name, contact person, phone number, website address (if applicable), [street](#) address, from Bemidji State University. The poster will also include information about Paul Bunyan Transit for students who do not have a vehicle at their disposal. At each site I will interview the volunteer director [or executive director](#) to discuss the organization's mission in the Bemidji community, the qualifications volunteers must have in order to serve with the organization, the opportunities for service—both periodic and regular, and any annual events the organization is seeking volunteers to assist with. After the interview I will spend three to five hours volunteering with the organization. I will then write a review of my experience which will include what tasks I worked on, how I felt while performing these tasks, the general attitude of the people I worked with, and discussion about the extent to which I feel the organization is dedicated to meeting its mission.

Krista 4/17/10 7:50 PM

**Deleted:** Signature Themes

Krista 4/17/10 7:51 PM

**Deleted:** an electronic database

Krista 4/17/10 7:50 PM

**Deleted:** in CD format

Krista 4/17/10 7:56 PM

**Comment:** (Poster and booklet are not likely to be used by Excellence and Leadership Center)

Krista 4/17/10 7:52 PM

**Deleted:** Signature Theme

Krista 4/17/10 7:53 PM

**Deleted:**

Krista 4/17/10 7:52 PM

**Deleted:** fifteen to twenty

Krista 4/17/10 7:54 PM

**Comment:** Too much to include, students can google / map quest directions, or link may be provided on website

Krista 4/17/10 7:52 PM

**Deleted:** and driving directions

Krista 4/17/10 7:52 PM

**Deleted:**

Krista 4/17/10 7:56 PM

**Comment:** Paul Bunyan Transit was not supportive of reprinting their info, they suggested placing their brochures next to mine and will allow BSU to link to their webpage.

Krista 4/17/10 7:53 PM

**Deleted:** booklet and

Krista 4/17/10 7:53 PM

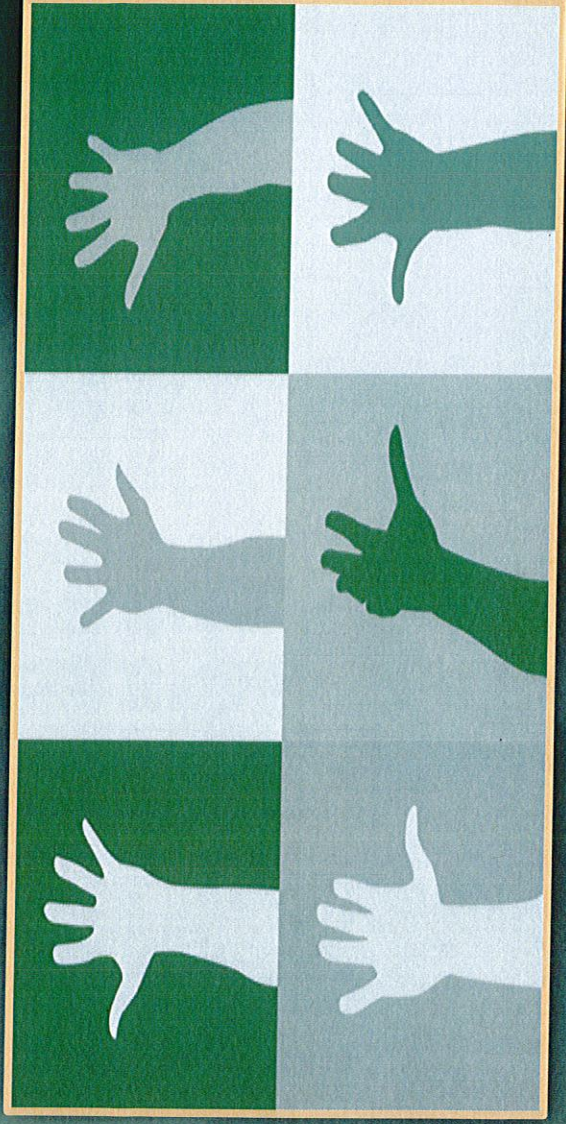
**Deleted:**



# CIVIC ENGAGEMENT:

*Volunteer Opportunities for the  
Bemidji State University  
Community*

Krista Stowe





# Goals

- ▣ Increase awareness of volunteer opportunities in the Bemidji State University area.
- ▣ Create a readily available resource for Students and Faculty.
- ▣ Present a focus on the benefits of volunteerism as a form of civic engagement.



# Why Is This Important For BSU?

- ▣ Bemidji State University Signature Themes:
  - ▣ International/multicultural understanding
  - ▣ **Civic engagement**
  - ▣ Environmental stewardship
- ▣ College students are 2x's as likely to volunteer as individuals of the same age who are not enrolled in an institution of higher education
- ▣ 44.1 percent of all students who volunteer, do so regularly
- ▣ In 2005 Minnesota ranked 8<sup>th</sup> in top states for college volunteers with about 40% volunteering
- ▣ **Strong correlation between volunteering and likelihood to demonstrate other positive civic attitudes and behaviors.**



# How This Project Fits

- ▣ Volunteering helps the BSU embrace its civic mission and building strong community connections.
- ▣ BSU is cultivating the ethic of civic responsibility by promoting volunteerism.
- ▣ connects students with BSU/Bemidji community by identifying local volunteer opportunities.
- ▣ Ways to do this:
  - Promoting service
  - Reduce barriers
  - “Strengthening and expanding our Network

*Corporation for National & Community Service. 2010.*



# Why Is This Important For You?

- ▣ Higher Education Research Institute reports 2/3 of entering college students believe it is very important to help others
- ▣ You Can:
  - Gain Valuable Life Experiences and Skills
  - Send a Signal to Grad Schools/Employers  
"Community service, which was required at my high school, was a big wow with interviewers. It's even better if you can match your service with your career interest. For example, volunteer at a hospital if you're planning on med school," says Faith, a college student.
  - Network

<http://www.collegeboard.com>



# Questions to Ask Yourself Before You Volunteer

- ▣ How much time do I have to commit?
- ▣ Do I want an ongoing regularly-scheduled assignment, a short-term assignment, or a one-time assignment?
- ▣ Am I willing to participate in a training course or do I want to start my volunteer work immediately?
- ▣ Which talents or skills do I offer?
- ▣ What would I most like to learn by volunteering?
- ▣ What don't I want to do as a volunteer?
- ▣ Do I want to work alone or with a group?
- ▣ With what kind of people do I want to work — both in terms of who is receiving my services and who my co-workers might be?

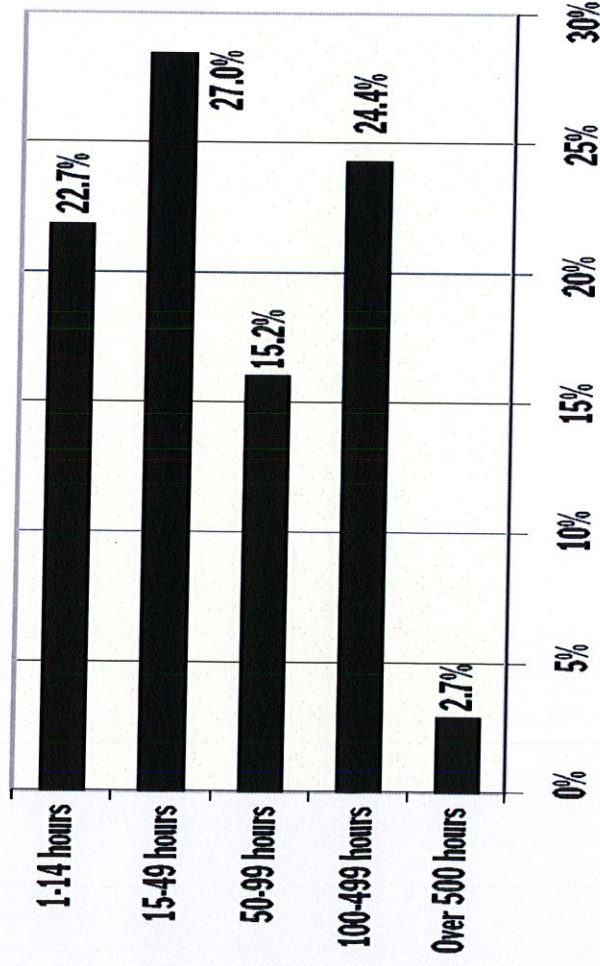


# How Much Time Does It Take?

## TYPES OF VOLUNTEERS:

- ▣ **Episodic** -serve  
fewer than 2  
weeks / yr
- ▣ **Occasional** -serve  
3 to 11 weeks/yr
- ▣ **Regular** -serve  
12+ weeks/yr

Figure 4. How Much Time Did College Students Spend Volunteering in 2005?



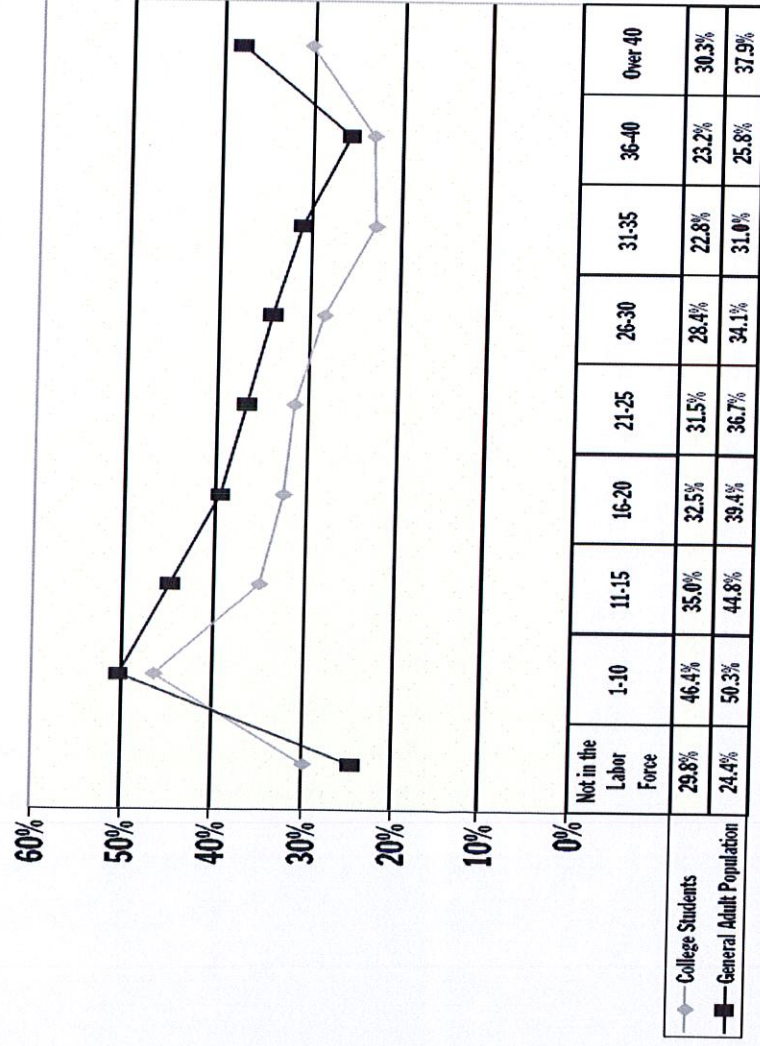


# Work Time/Volunteer Time

▣ Employed students are more likely to volunteer than unemployed students:

- 29.8% unemployed
- 46.4% work 1-10 hrs / wk
- 35% work 11-15 hrs / wk
- ~23% work 31-40 hrs / wk
- Surge in those working 40+

Figure 5. Volunteer Rate by Hours Worked per Week:  
College Students vs. General Adult Population





# Data Collection

- ▣ At each site :
- ▣ Interview-
  - ▣ Organization's mission in the Bemidji community,
  - ▣ Volunteer qualifications
  - ▣ Opportunities for service.
- ▣ 3-5 hours volunteering-
  - ▣ Tasks I performed
  - ▣ How I felt while performing these tasks
  - ▣ General attitude of the people I worked with



# Data Collection

- ▣ Data will include notes from the interview and a review of my volunteer experience- including discussion about the extent to which I feel the organization is dedicated to meeting its mission.



Date of Interview: 3/22/10

Name of Organization: Boys & Girls Club of the Bemidji Area

Interviewee: Andrea Ohnstad

Title: Resource Development Director

Contact Information to be published:

Permission to use logo? ☒ Yes ☐ No

Name: Andrea Ohnstad

Title: Resource Development Director

Phone: 618444-4171

Email: aohnstad@paulbunyan.net

Website: <http://www.bgcbeidji.com>

Mission in Bemidji Community:

"To inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible, and caring citizens."

Create a safe place to play, learn, and be with friends.

Provide life-enhancing programs to open young minds to new ideas and skills; hope and opportunity that leads to higher confidence and a brighter future.

Volunteer Opportunities:

Short Term:

Volunteers can come in as often as daily or once a month with very flexible hours. These opportunities would not involve working with the kids directly: Office and Clerical, Maintenance and Custodial.

Long Term: Work with the kids:

Teach a skill, help with special events, work with the program during the hours of 3-8 pm: Art, Edu, Rec, Teens, Sports/Fitness, Tutoring, Health/Lifestyles

Annual Events: Annual Gala in March, 5 K walk/run in July, National Night Out 1<sup>st</sup> part of August Golf Tournament end of August, Plus other Special Events.

Volunteer Qualifications: All volunteers fill out an application and have orientation—may be a wait period, those working with the kids need to have a background check done—\$15 if you don't want to commit to 15 hours

Other: Internships are available; Also looking for help with marketing, web management, exhibit design, construction, landscaping.



# Sample Booklet Entry



BOYS & GIRLS CLUB

**Boys & Girls Club of the Bemidji Area**  
 Andrea Ohnstad- Resource Development  
 Director  
 1600 Minnesota Ave  
 Bemidji, MN 56619  
 218-444-4171  
[aohnstad@paulbunyan.net](mailto:aohnstad@paulbunyan.net)  
<http://www.bgcbeimidji.com>

**Volunteer Qualifications:** All volunteers must fill out a 3 page application and undergo about 1-1.5 hours of training (+ handbook for reference). The training sessions are held periodically, so you may have to wait a few weeks for a session to be scheduled. Any volunteer who will have direct contact with the club members must also consent to a background study which must be run by the Boys & Girls Club. If you commit to a minimum of 15 hours the background check is free, otherwise it will cost you \$15. You will also be asked to sign a release-of-information form.

**Short Term Opportunities:** Because of the background check, there are limited 0-15 hr opportunities; however the club can always use people who would like to volunteer their maintenance or clerical skills. You could come in daily or once a month and would not need the background check. Also, check out the special interests opportunities below.

**Long Term Opportunities:** There are a lot of opportunities for volunteers who wish to commit to at least 15 hours. You have the opportunity to work with the club members in the following areas: art, education & career development, recreation, sports & fitness, health & lifestyle, tutoring, and the teen center. You can also commit to any of the short term opportunities on a long term basis.

**Annual Events:** National Night Out (1<sup>st</sup> part of August), Golf Tournament (End of August), 5K run/walk (July), plus many Special Events throughout the year.

**Special Interests:** The club is also looking for students talented in the following areas for special projects: Marketing, Web management, Design technology, Exhibit design, Construction management, and landscaping. Internships are also available—feel free to inquire!

**Review:** While volunteering at the Boys & Girls Club of the Bemidji Area I had the opportunity to try on several different activities with the kids. My time started out pretty quiet; watching a movie and having snack with the kids. But after a while things picked-up and I had the chance to work on an art project with a handful of kids and help decorate the community room for an upcoming event. I also spent time in the gym playing everything from basketball to jump-rope games; I spent time in the technology lab learning about zombie and Polly Pocket computer games, built a myriad of things with building blocks, and sat down to read a great book with one of the kids. Wow! What an amazing experience! I had so much fun with the kids and I was really sad that I wouldn't be coming back right away. The kids at the club are amazing; anyone can become a member, but it is a privilege to stay a member—also the kids aren't forced to do any of the activities, so they were both respectful and able to have a fun time. The other volunteers and staff were also really great to work with. Overall the club has done a wonderful job in creating a great environment that encourages personal growth and fun. They are doing a great job with their mission and provide an outstanding service to Bemidji's youth. This would be a great opportunity for anyone who is interested in teaching or working with young children and/or teens in any capacity. Be sure to check-out their website—it was an awesome resource!

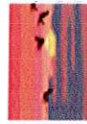


# Sample Poster



## BEMIDJI STATE UNIVERSITY Civic Engagement

Volunteer Opportunities for the Bemidji State University Community



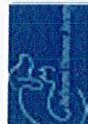
**Adult Day Services**  
Kathy Schen-Program Coordinator  
630 Carr Lake Road SE  
Bemidji, MN 56601  
218-755-1324  
[www.bemidjistate.edu/adultday](http://www.bemidjistate.edu/adultday)



**American Red Cross**  
North Star Chapter  
Jim Anderson-Interim Director  
610 Railroad Street  
Bemidji, MN 56601  
218-444-0600  
[www.redcross.org](http://www.redcross.org)



**Bemidji County Historical Society**  
Wanda Hoyer-Executive Director  
120 Minnesota Ave SW  
Bemidji, MN 56601  
218-444-3378  
[www.bemidjihistory.org](http://www.bemidjihistory.org)



**Bemidji County Humane Society**  
KJ Batcher-Executive Director  
1612 Carr Lake Rd SE  
Bemidji, MN 56601  
218-755-7910  
[www.bemidjihumane.org](http://www.bemidjihumane.org)



**Bemidji Community Food Shelf**  
Marla Smith-Day Manager  
210 Fourth Street  
Bemidji, MN 56601  
218-444-8580  
[www.bemidjifoodshelf.org](http://www.bemidjifoodshelf.org)



**Bemidji Public Library**  
Paula Gorman-Branch Manager  
500 Minnesota Ave NW  
Bemidji, MN 56601  
218-755-3083  
[www.bemidjipubliclibrary.org](http://www.bemidjipubliclibrary.org)



**Bemidji Soup Kitchen**  
Gale Jay-President  
Monday/Tuesday: Mount Zion Church  
7th & Lincoln Ave  
7th & Superior  
Bemidji, MN 56601  
218-755-2810  
[www.bemidjisoupkitchen.org](http://www.bemidjisoupkitchen.org)



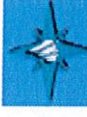
**Boys & Girls Club of the Bemidji Area**  
Andrea Christen-Resource Development Director  
800 Minnesota Ave  
Bemidji, MN 56601  
218-444-3378  
[www.bemidjibgc.org](http://www.bemidjibgc.org)



**Evergreen House Inc.**  
Youth Crisis Center  
Jeff Kotter-Volunteer Coordinator  
1418 Bemidji Ave N  
Bemidji, MN 56616  
218-751-4332  
[www.evergreenhouse.org](http://www.evergreenhouse.org)



**Habitat for Humanity**  
Habitat for Humanity  
Carl Hoyer-Executive Director  
1327 Industrial Park Drive Southeast  
Bemidji, MN 56601  
218-751-4649  
[www.habitat.org](http://www.habitat.org)



**Headwaters Science Center**  
Linda Cress-Director  
1111 1st Ave SE  
Bemidji, MN 56601  
218-444-4433  
[www.headwaterscenter.org](http://www.headwaterscenter.org)



**Hope House**  
Robin Wold-Director  
2214 7th St SE  
Bemidji, MN 56616  
218-444-8748  
[www.hopehouse.org](http://www.hopehouse.org)



**North Country Health Services**  
Karl Knudsen-Director of Volunteer Services  
1300 Arns St  
Bemidji, MN 56601  
218-533-5654  
[www.nchsa.org](http://www.nchsa.org)



**Oura to Serve House of Hospitality**  
Rebecca Hoffman-Executive Director  
416 Irvine Ave NW  
Bemidji, MN 56601  
218-751-4072  
[rebecca.hoffman@ouraserve.org](mailto:rebecca.hoffman@ouraserve.org)

For More Volunteer Opportunities  
check out these sites:


- [www.bemidjistate.edu/volunteer](http://www.bemidjistate.edu/volunteer)
- [www.bemidjifoodshelf.org](http://www.bemidjifoodshelf.org)
- [www.bemidjisoupkitchen.org](http://www.bemidjisoupkitchen.org)
- [www.bemidjibgc.org](http://www.bemidjibgc.org)



Copyright © 2010 Bemidji State University. All rights reserved. This document is for informational purposes only and does not constitute an offer of admission or financial aid. For more information, please contact the Office of Admissions at 218-755-1324.



- Both the Brochure and the Poster will be available in Portable Document Format (PDF)




**BOYS & GIRLS CLUB**

**Boys & Girls Club of the Bemidji Area**  
**Andrea Ormsand-Resource Development Director**  
 1000 Minnesota Ave  
 Bemidji, MN 56601  
 218-444-4119  
[andrea.ormsand@bga.net](mailto:andrea.ormsand@bga.net)  
<http://www.bemidjibc.org>

**Special Interests:** This club is also looking for students interested in the following areas for special projects: Marketing, Web Development, Graphic Design, Event Planning, Fundraising, Publicity, Public Speaking, Writing, Editing, Design, Construction Management, and Landscaping. Internships are also available—feel free to inquire!

**Boys:** While volunteering at the Boys & Girls Club of the Bemidji Area, you will have the opportunity to try out several different activities with the kids. Men are always needed to help with a movie and having snack with the kids. But after a while, getting a picked-up and I had the chance to work on an art project with a handful of kids and help decorate the community room for an upcoming event. I also spent time in the gym playing everything from basketball to jump-rope games. I spent time in the technology lab with the kids and helped them with their school computer games, but a myriad of things with building blocks, Legos, and other toys that I had book with one of the kids. Wow! What an amazing experience! I had so much fun with the kids and I was really sad that I wouldn't be coming back right away. The kids at the club are amazing; anyone can become a member, but it is a privilege to stay a volunteer. I also the kids aren't forced to do any of the activities, so they learn to do things on their own and have a fun time. The other volunteers and staff were also really great to work with. I think the club has done a wonderful job in creating a great environment that encourages personal growth and fun. They are doing a great job with their mission and provide a great opportunity for anyone who benefits from it. In teaching or working with young children—and teens in general—I was sure to check-out their website—it was an awesome resource!



**BOYS & GIRLS CLUB**

**Boys & Girls Club of the Bemidji Area**  
**Andrea Ormsand-Resource Development Director**  
 1000 Minnesota Ave  
 Bemidji, MN 56601  
 218-444-4119  
[andrea.ormsand@bga.net](mailto:andrea.ormsand@bga.net)  
<http://www.bemidjibc.org>

**Volunteer Qualifications:** All volunteers must fill out a 3 page application and undergo about 1-1.5 hours of training (a handbook is provided). The training sessions are held periodically, so you may have to wait a few weeks before you can be scheduled. Any volunteer who will have direct contact with the kids must also consent to a background study which must be run by the Boys & Girls Club. If you commit to a minimum of 15 hours the background check is free. Otherwise it will cost you \$15. You will also be asked to sign a release-of-information form.

**Short Term Opportunities:** Because of the background check, there are limited 0-15 hr opportunities; however the club can always use people who would like to volunteer their maintenance or clerical skills. You could come in daily or once a month and help with the maintenance of the building and grounds. Also, check out the special interests opportunities below.

**Long Term Opportunities:** There are a lot of opportunities for volunteers who wish to commit to at least 15 hours. You have the opportunity to become a member of the following areas: arts, education & career development, health & fitness, leadership, life skills, life style, tutoring, and the teen center. You can also commit to any of the short term opportunities on a long term basis.

**Annual Events:** National Night Out (1<sup>st</sup> part of August), Golf Tournament (End of August), Summer Walk (July), plus many Special Events throughout the year.



# Conclusions

- ▣ Volunteering provides an excellent foundation for civic engagement and responsibility
  - Amazing project to work on!
    - ▣ I gained/strengthened life skills during volunteering.
- ▣ Final results will be a beneficial resource for BSU Students and the University as a whole
- ▣ Many more opportunities to volunteer
  - Senior project= limited scope



# References

- ▣ *American Towns Inc.* 2010. Web. 15 March 2010.  
[<http://www.american towns.com/mn/bemidji-make-a-difference/>]
- ▣ *Boys & Girls Club of the Bemidji Area.* 2010. Web. 4 February 2010.  
[<http://www.bgc bemidji.com>]
- ▣ *The College Board.* 2010. Web. 15 March 2010. [<http://www.collegeboard.com/student/plan/high-school/7313.html>]
- ▣ *Corporation for National & Community Service.* 2010. Web. 20 March 2010.  
[[http://www.national service.gov/about/role\\_impact/performance\\_research.asp#COLLEGE](http://www.national service.gov/about/role_impact/performance_research.asp#COLLEGE)]
- ▣ *Educational Technology Center Davis School District.* 2008. Web. 2 April 2010.  
[<http://www.davis.k12.ut.us/district/etc/paul/files/7F2375D8D45643C480B45F7372D224A0.pdf>]
- ▣ *Evergreen House Inc.* 2008. Web. 4 February 2010.  
[<http://www.evergreenhouse.org>]
- ▣ Halpern, Leslie. *The Benefits of Volunteer Work: Donating your skills lets you help yourself while helping others.* 2007. Web. 20 March 2010.  
[[http://careeradvice.suite101.com/article.cfm/the\\_benefits\\_of\\_volunteer\\_work](http://careeradvice.suite101.com/article.cfm/the_benefits_of_volunteer_work)]



# References

- ▣ Hays, Avery. *Bemidji Community Foodshelf*. 2009. Web. 10 January 2010. [<http://www.paulbunyan.net/bemidjicommunityfoodshelf/>]
- ▣ Marano, Rocco. "Young Volunteers: Providing service and making an impact on communities." *NASSP Bulletin* 81.591 (1997): 45-49. Print.
- ▣ *Northwoods Habitat for Humanity*. Web. 7 February 2010. [<http://www.habitatbemidji.org/>]
- ▣ Ohnstad, Andrea. Personal interview. Boys & Girls Club of the Bemidji Area. March, 22<sup>nd</sup> 2010.
- ▣ *The Purdue OWL*. Purdue U Writing Lab, 2008. Web. 4 February 2010 [<http://owl.english.purdue.edu/>]
- ▣ *United Way of the Bemidji Area*. 2008. Web. 10 January 2010. [<http://www.unitedwaybemidji.org/agencyresources.htm>]  
[<http://www.unitedwaybemidji.org/volunteer.htm>]
- ▣ YWCA of Lancaster. 2010. Web. 20 March 2010. [<http://www.ywcalancaster.org/pdf/Why%20I%20should%20a%20college%20volunteer%20their%20time.pdf>]



Any Questions?

THANK YOU!





Date of Interview:     /     /10

Name of Organization: \_\_\_\_\_

Interviewee: \_\_\_\_\_

Title: \_\_\_\_\_

Contact Information to be published:

Permission to use logo? ☒ yes ☐ No

Name: \_\_\_\_\_

Title: \_\_\_\_\_.

Phone: ( ) -

Email: \_\_\_\_\_.

Website: \_\_\_\_\_

### Mission in Bemidji Community:

### Volunteer Opportunities:

Short Term: \_\_\_\_\_

Long Term: \_\_\_\_\_

Annual Events:

**Volunteer Qualifications:**

Other: \_\_\_\_\_