

Volume 4, Issue 5

# MOTIVATED

THE MAGAZINE THAT MOVES YOU!

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Volunteerism

Volunteerism, the act or practice of doing volunteer work, is more needed than ever before. The number of people who need help is growing all over the world, and so is the call for those who will reach out and provide assistance.

When we look at the vast needs around us, we may sometimes feel that our efforts are but a “drop in the bucket”. We may be tempted to react like the man in this Mid-Eastern legend:

*A spindly little sparrow is lying on his back in the middle of the road. A man comes by and asks the sparrow what he is doing lying upside down like that. “I heard the heavens are going to fall today,” said the sparrow. “Oh,” said the man, “and I suppose your spindly little legs can hold up the heavens.” “One does what one can,” said the sparrow. “One does what one can!”*

Even when we can give only a little of our time or resources to help a needy situation, we can make a difference.

In this issue of *Motivated*, you will find numerous tips for effective volunteering and a variety of accounts of those who saw a need, took action in whatever way they could, and through their efforts made a difference. I hope these articles will motivate you to take action also, so that at the end of the day you can say along with that little sparrow in the legend, “One does what one can!”

Christina Lane  
For *Motivated*

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# Remembering Why It Is Worth Helping

From [www.helpothers.org](http://www.helpothers.org), adapted



Just recently, I had been wondering if there was much point in doing little acts of kindness. So often they get ignored, and occasionally they come back to bite you!

Then, just last week, after a long day of travelling, dragging suitcases behind me, I found myself delayed at a bus station. The bus was running four hours late, and I wasn't in the best of moods.

That's when a woman asked me if I had any spare change to help her get a bus ticket.

"Oh, sure," I said, more than a little sarcastically. "How much would you like?"

As I spoke, I mentally kicked myself for my attitude and reached into my bag for some money. As I handed her five dollars I heard her stomach rumble. This was no gentle, lady-like murmur. This had the growl of real hunger!

I reached back into my bag and brought out a Danish pastry I had bought earlier. I handed it to her with a smile I hoped would make up for my earlier tone of voice. Getting a good look at her now, I realized she was exhausted, like she had had several months of hard days!

As she took the Danish, a look of relief washed over her and I thought she was going to cry. In her appreciation, she

tried to give me all she had to spare—an unused bus ticket for another town! I don't live in that town and the ticket will probably never be used, but I took it in the spirit it was given.

She went to get her ticket and I went back to reading my book.

A few minutes later she came back over, apologized, and told me she was still five dollars short. I grabbed some singles from my bag—and slipped a twenty in there as well. Of course, the voice in my head told me I was being a fool.

She thanked me and went back to the counter. I went back to my book again.

Five minutes later, she came back again and tried to return my twenty. When I said that it was for her so she could get something else to eat besides the Danish, that I was completely serious and wasn't taking it back, she started crying and hugged me.

From now on, when I wonder if it is worth trying to help someone I will remember that woman. Maybe I really am making a difference for someone.

Sure, sometimes my efforts might not be noticed, and sometimes they might still come back to bite me, but it's worth all of that for the times we actually do help another human being! ♦

# Something from Nothing

By Anne Spring, adapted

Luis Cordero Rodríguez was enjoying a final few minutes of solitude as he finished his lunch at a high-class restaurant in an affluent suburb of Lima, Peru. While reflecting on his afternoon commitments, he was interrupted by a ragged boy who had been watching from the entrance, and who had finally mustered up the courage to approach him. The dark-skinned boy was not selling sweets or cigarettes, as many poor boys his age do in Peru and other developing countries. Instead he asked, “Sir, if you are not going to eat the rest of that lettuce on your plate, do you mind if I do?”

His heartstrings touched by the boy’s obvious need, Cordero immediately took the boy through the buffet line, inviting him to take whatever he liked. Ignoring the looks of disapproval from the waiters in attendance, he then led the boy to his own table. But instead of sitting down and diving into the feast before him, the boy bolted out of the restaurant.

Puzzled by the urchin’s erratic behavior, the kindly Cordero waited to

see how things would develop.

The boy reappeared a few minutes later—this time with two other bedraggled boys trailing sheepishly behind him. He had wanted his friends to share in his good fortune.

As they ate, the boys explained what Cordero had already surmised: They came from impoverished families that lived in the dusty shantytowns on the outskirts of Lima, where tens of thousands like their parents had migrated from mountain villages and the Amazon region in search of employment. The boys helped their families survive by washing cars in the restaurant parking lot, hoping for tips from the cars’ owners when they returned.

Face to face with such need, he knew his life would never be the same.

Cordero decided to set up a center for boys—a place where they could be freed from the burdens of life that no children their age should have to bear. There was only one problem: The good man had nothing to start with—no land, no buildings, no building fund, and no sponsors.

## Eight Points of Advice for Volunteers

Web reprint, adapted

He believed in prayer, however, and in answer to his prayers the mayor of a Lima suburb offered Cordero a 5,000-m<sup>2</sup> (1.25-acre) plot of municipal land on which to build. As word spread, generous sponsors donated building materials.

Not everything went according to plan, however. Residents of the affluent area where the center was located complained about the scruffy children who were now filtering into their neighborhood from the shantytowns, and they filed a petition with the municipality. As a result, Cordero was required to build a high wall, nearly 300 m (1,000 ft) long, around the property, which by that time contained a school and other buildings for the children. Cordero did not want his center to make the boys feel confined, but he soon realized that the wall would be for their benefit; it would give them more freedom to be themselves as they studied and played.

To build the wall, Cordero needed 23,000 clay blocks. A factory owner offered him 1,000. That was a start, but where would he get the rest? As he was discussing details with the factory owner, a discontented customer stormed into the office and insisted on returning a large order of blocks that didn't meet his expectations—all 23,000 of them!

Cordero's center, Instituto Roncalli del Perú, has seen its share of other miracles since it opened in 1987. But the greatest of those are the young lives that have been transformed through the love and faith of Cordero, now 80 years old, who continues to oversee day-to-day operations of the center. ◆

**1. Start with what you can manage.** A modest, but sustainable project will win people's trust. Gradually move on to more challenging projects as you grow more confident.

**2. Don't overburden yourself.** Don't try to do it all yourself. Work as a team and pace yourself.

**3. Put yourself in the other person's shoes.** In order to help someone we must first truly understand the need.

**4. Keep your promises.** Never break your promises, even the trivial ones made during casual conversation.

Establishing a trusting relationship with the other party is key to your success as a volunteer.

**5. Obtain the understanding of your family.** Don't sacrifice your family for the sake of your volunteer activities.

Obtain full understanding of the people closest to you.

**6. Be confidential.** Never casually pass on the personal details of the people you are helping. Protecting people's privacy is a basis for creating trust.

**7. Show humility.** Establish a personal relationship on equal terms. Don't divide the parties into a superior "giver" and a subordinate "receiver".

**8. Let love be your guide.** Show love, concern, and understanding. Sometimes we may not be able to do much in the practical, but we can always make a difference by showing we care.

Read more at

<http://www.serviceleader.org/volunteers/10points>.



# Volunteering with children

By Kelly Palmatier, CompassionateKids.com, adapted

**V**olunteering with children is a great way to help them learn about giving back.

Children learn valuable skills, such as communication, organization, and team working, while “on the job”. One benefit of volunteering is that children learn about the concerns of the organization they work with, and what need it fills in the community. Consequently, the children also have an opportunity to remember what to be thankful for.

It’s important to work side-by-side with your child, since leading by example has been shown to be the most effective form of teaching. Children who see their parents volunteering are much more likely to believe in the value of working to help others.

Working side-by-side with your child has many benefits. It is the most effective way to teach your child the value of helping others, ensures that the child’s presence is a help, not a hindrance to the organization’s

staff and other volunteers, and while focused on a task together, may foster deep conversations that may not have occurred otherwise.

When choosing a volunteer opportunity, it is important to consider the following:

- ➔ **1. Your child’s interests:** If your child is clearly interested in a subject, it may be possible to use that interest as a springboard into volunteering: Children who construct a lot of forts or buildings with blocks may enjoy helping out with a safe, simple renovation project. Children who love animals may enjoy helping animal organizations. Children who enjoy clothes and toys can start a clothing and toy drive for poor kids. Children who like baking can provide cookies to a poor orphanage or a home for the elderly.
- ➔ **2. Your interests:** It is also important to consider your own interests as your child will emulate your passion and enthusiasm.

➔ **3. Your child's abilities:** If your child is very young, it can be challenging to choose a volunteer opportunity that he/she can actually help with. There are opportunities available that even very young children can do with a little parental guidance, such as helping to bag or box items for those in need, or giving flowers, cookies, or hugs to the elderly.

➔ **4. Your abilities:** Your child will benefit from seeing you work well in your element. For example, if you are especially skilled at home renovations, you may find a community restoration project to work on. This would allow you to share your skills while demonstrating the relevance volunteering has in regards to different careers and interests.

➔ **5. Location, frequency, and duration:** Consider the basic logistics of any volunteer opportunity. If the opportunity is close by, a commitment to help on a weekly basis may be fine. If it's farther away, consider helping on a monthly basis. Your child is learning work ethics from this experience, so ensure you arrive on time, and only cancel or reschedule when you truly have valid reasons and can give plenty of notice.

The duration of each volunteer session can vary according to the age of the children. Older children may be fine with a few hours or more, but younger children may need sessions to be short, even forty-five minutes.

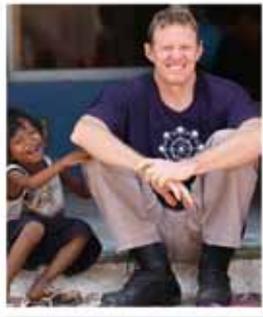
➔ **6. Staff attitude:** Most people will appreciate your instilling a volunteer ethic in children at a young age, but some will focus more on the noise level or other potential distractions. It is important to consider the effect others' attitudes have on your child. If a child feels like a hindrance, volunteering could end up like a chore rather than a joy.

The effort put into organizing volunteer opportunities for your children can provide a lifetime of benefit for both the kids involved and for society. ◆

## Resources for finding volunteer opportunities

- ➔ Check with local organizations for community clean-up days.
- ➔ Consider growing vegetables or starting a canned food drive for a local food pantry or organization.
- ➔ Check with local orphanages or homes for the elderly for visitation days.
- ➔ Take on home baking projects for fundraising bake sales or meal delivery services.
- ➔ Ask your local Chamber of Commerce for information about local organizations that may have volunteer opportunities.
- ➔ Call or check the websites of non-profit organizations and ask what you can do.
- ➔ Organize an excursion for children of an orphanage or institution.
- ➔ Prepare give-away packages for needy children and pass them out on special holidays.
- ➔ Search the Internet for more kid-friendly volunteering opportunities in your area.

# THEY ARE MAKING A DIFFERENCE



## From Hollywood to Cambodia's garbage dumps

It has been nine years since Scott Neeson first set foot in Cambodia. Originally visiting Phnom Penh on the way to Angkor Wat, he found his life changed by a visit to Steung Meanchey. At the time, Phnom Penh's notorious garbage dump, Steung Meanchey was home and workplace for several thousand of the region's most impoverished and neglected children. Unwilling to walk away, Neeson set upon a path to find better lives for these children.

After a 26-year-career in the film business, including tenure as president of 20th Century Fox International, where he oversaw the release and marketing of several of the top films of all time—*Braveheart*, *Titanic*, *Star Wars*, and *X-men*—Scott left the industry to establish and personally oversee Cambodian Children's Fund as Executive Director.

Founded in 2004, Cambodian Children's Fund provides life-changing education, nourishment and healing to vulnerable children from some of Cambodia's most destitute communities. <http://www.cambodianchildrensfund.org>. ◆



## From excess to success

**Family Kitchen is a humanitarian organization in Jordan with the mission to take the excess and turn it into success.**

Founded in March 2011, Family Kitchen bridges the gap between need and supply by delivering left-over restaurant and hotel food to impoverished families instead of the dumpster. Their food bank also prepares food packages of basic food essentials and distributes them in poverty pockets throughout the country.

Family Kitchen is made up of local volunteers who wish to serve the community mainly by distributing food to the needy throughout the year. Family Kitchen also aids in other charitable activities such as distributing clothing, school supplies, blankets, heaters, and toys, and offers assistance to the disadvantaged in targeted poverty pockets in whatever way needed.

<http://www.stepsorganization.org/site/familykitchen.html> ◆



## Relay for life

**One person can make a difference.**

Nowhere is that more evident than with the story of the American Cancer Society Relay For Life.

In the mid-1980s, Dr. Gordy Klatt, a Tacoma surgeon, wanted to enhance the income of his local American Cancer Society office. He decided to raise money personally by doing something he enjoyed—running marathons.

In May 1985, Dr. Klatt spent a grueling 24 hours circling the track at Baker Stadium at the University of Puget Sound in Tacoma for more than 83 miles. Throughout the night, friends paid \$25 to run or walk 30 minutes with him. He raised \$27,000 to fight cancer.

While he circled the track those 24 hours, he thought about how others could take part. Months later, he pulled together a small committee to plan the first team relay event known as the City of Destiny Classic 24-Hour Run Against Cancer.

Today, the American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. Because cancer never sleeps, Relays are overnight events up to 24 hours in length. <http://www.relayforlife.org> ◆



## Ghana schoolboy launches Somalia famine fundraiser

As international aid agencies scramble for donations for East Africa's famine victims, one multi-million-dollar fundraising drive has come from an unexpected source: a West African schoolboy.

Andrew Adansi-Bonnah is 11, and during his eight-week school holiday, he wants to raise 20 million Ghanaian cedis—or about \$13 million—for his cause by walking office-to-office collecting donations in Ghana's capital, Accra.

Since starting the drive August 1, he has collected about \$6,500 in pledges for the fund he started after consulting with UNICEF and the U.N.'s World Food Program. His father, schoolteacher Samuel Adansi-Bonnah, donated his entire July salary of about \$500.

Andrew said he is confident he can raise all of the money. "This is a moment that mankind can touch lives," he said. "There is no point for others to have so much to eat while others have nothing to eat. It is not right." <http://www.myhero.com> ◆



# The Power of Kindness

By Mac Anderson, adapted

**L**isa, a waitress at a restaurant, told me the following story about how we really never know what people are struggling with... and the impact our kindness can have.

“While I was serving my tables, a gentleman from another part of the restaurant wanted to randomly pick out a table and buy that table their meal. That table happened to be one of my tables and when the couple I was serving found out that someone had bought their meal, they called me over and were very appreciative. They wanted to pay it forward also and told me to give them the check from my other table where a man and his two little girls were having their breakfast.

“I thought it was a wonderful gesture and respected their wishes and waited until they were gone to surprise the gentleman and his two little girls. I let him know that he did not have a check for his meal. He looked at me as if I just gave him a million dollars. I told him a couple that was sitting at the booth by the window bought their breakfast and he questioned why. I told him it was a couple that just wanted to pay it forward.

“His eyes starting tearing up and he told me that he had lost his business and his house, and that he could barely afford to take his girls out to breakfast. I started to tear up, seeing what this gesture meant to him. After listening to the struggles he was having, I told him not to leave me a tip of any kind. I wanted him to walk out of the restaurant without pulling a dime out of his pocket, and I gave his two little girls some boxes of candies I had in my apron.

We had a long conversation and as they were leaving, the older of the two girls got up and hugged me. It completely touched my heart.” ♦

# The Watermark of Life

Leave the world a bit better

By Ron White, Sept. 1, 2010, adapted

In the famous poem, one of the measures of success is listed as “to leave the world a bit better.” That line has always stuck in my head, and made that part of my life philosophy. We have succeeded if we leave the world a bit better.

When the tide goes out, there is a mark where the water was. When the waters of life recede from the shore of my being and my heart pumps for the last time, my desire is that there will be a mark where I stood. My aim is that the mark will say, “For some decades, a man who saw others more important than himself occupied this space. He made an effort to leave the world a better place for them and those yet to come.”

Our society tells us that success is measured by bank accounts, power, beauty, and wealth. These are often the result of hard work, luck, or birth. These things are not evil, and I strive for some of them daily. However, they are not the marks by which I will measure the success of my life.

When the waters of our life will eventually withdraw from the shore, will there be a watermark? ◆

## Success

To laugh often and much;  
To win the respect of intelligent  
people and the affection of  
children;  
To earn the appreciation of  
honest critics and endure the  
betrayal of false friends;  
To appreciate beauty, to find the  
best in others;  
To leave the world a bit better,  
whether by a healthy child,  
a garden patch or a redeemed  
social condition;  
To know even one life has  
breathed easier because you  
have lived.  
This is to have succeeded.

# VOLUNTEERISM

NOTABLE  
QUOTES



Volunteering is not a choice, it's a responsibility. —Author Unknown

At the end of our life, our questions are simple: Did I live fully? Did I love well?—Jack Kornfield

Volunteers don't just do the work, they make it work.—Carol Pettit

When kids volunteer, it tells others that they don't have to be perfect, or famous, or even grown up, to make a difference. —Kalyynn Dobos, age 7

Service to others is the rent you pay for your room here on earth.  
—Muhammad Ali

I always wondered why somebody didn't do something about that. Then I realized I was somebody.—Lily Tomlin

If you don't have any charity in your heart you have the worst kind of heart trouble.—Bob Hope

When you volunteer, it means you give yourself without any regression, without condition, but with full devotion.—Author Unknown

Those who can, do. Those who can do more, volunteer.—Author Unknown

Volunteers are seldom paid; not because they are worthless, but because they are priceless!  
—Author Unknown

Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has.—Margaret Mead

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.—Albert Schweitzer

There is no "I" in Team but there is a "u" in volunteer!—Author Unknown

