

# Institute for Strengthening Communities



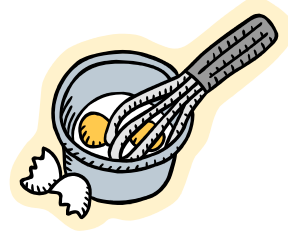
December, 03 Newsletter # 5

## VOLUNTEERING YOUR TIME

Do you want to help others in your community?

Volunteering is a great way to:

- Help others
- Learn about an activity or organization that interests you
- Beat boredom (if you find yourself sitting around the house feeling totally bored, volunteering in an activity you enjoy can be a great way to change things)
- Overcome a loss you have experienced (one of the best ways to help yourself in a time of loss is to help others)
- Gain perspective on life (there is no better way to understand your blessings than to help people in need)



Surprise Your Family This Holiday SEASON!

## WHIP UP AN EASY HOLIDAY SNACK

### Vanilla Macaroons

Serving: 20  
Prep Time: 15 minutes  
Cook Time: 15 minutes  
Total Time: 30 minutes

#### INGREDIENTS:

5 cups flaked sweetened coconut  
3 egg whites  
1/2 cup granulated sugar  
1/4 teaspoon vanilla extract

#### DIRECTIONS

1. Preheat oven to 325 degrees F.
2. Mix together all the ingredients. Make mounds about 1 inch high and 1 inch wide.
3. Place the mounds about 1 inch apart on a parchment-lined baking sheet - Bake for about 15 minutes or until the macaroons are just turning brown.

### Sherbet Punch Recipe

2 small cans frozen lemonade  
2 small cans frozen orange juice  
1 quart apple juice  
2 quarts ginger ale  
1 pint lemon or orange sherbet

In a large punch bowl combine all the juices. Add ginger ale. Spoon in sherbet. Serve immediately. Serves 40.

## PLACES TO VOLUNTEER

1) University Of Iowa Hospitals & Clinics - Junior Volunteer Services is an eight week summer program that provides an opportunity for young people between the ages of 14 and 18 to volunteer in a health care setting. An emphasis is placed on exposure to different health care fields through weekly career seminars.

Phone 356-2515 to schedule an orientation

2) Crisis Center - call 351-0140 for more volunteer information

3) Table to Table: The mission of Table to Table is "to gather donations from food providers and to channel them to area shelters, soup kitchens and local agencies that serve the hungry, homeless, and at-risk populations in the Iowa City area". If you would like to be a Table to Table volunteer, call 319-337-3400.

4) Uptown Bill's Small Mall - A local business run by persons with disabilities. Call 319-339-0401 to ask about volunteer opportunities

5) Ronald McDonald House - There are Ronald McDonald Houses around the country -Volunteers help prepare meals, talk to families, take care of the house and so on. If you have any questions, at any time, please contact Jill, 319-356-3912.

For more places to volunteer visit

<http://www.uiowa.edu/~pcorps/volunteer.htm>