



Teens Take  
Action!

the  bureau  
of jewish education

**The Bureau of Jewish Education's  
TEEN VOLUNTEER RESOURCE GUIDE**

1 Federation Way, Suite 205, Irvine, California 92603

949-435-3450

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

[http://bjeoc.org/mitzvah\\_mania/guide.htm](http://bjeoc.org/mitzvah_mania/guide.htm)

# The Bureau of Jewish Education's Teen Volunteer Resource Guide

Being Kind to Animals.....	1
<i>Tza-ar Ba-alei Hayim</i> צער בעלי חיים	
Education/Work with Children.....	4
<i>Hinukh Ha-banim</i> חנוך הבנים	
Caring for the Earth.....	7
<i>Bal Tash-hit</i> בעל תשחית	
Respect for Elders.....	10
<i>Hiddur P'nai Zakken</i> הדור פני זקן	
Health/Helping People Who Are Ill.....	12
<i>Bikkur Holim</i> בקור חולים	
Caring for those with Special Needs.....	18
<i>Ahavat Ha-beriot</i> אהבת הבריות	
Caring for the Poor.....	20
<i>Tzedakah</i> צדקה	
Loving Your Neighbor.....	24
<i>V'ahavta L'rayakha K'amokha</i> ואהבת לרעך כמוך	
B'nai Mitzvah Tzedakah Ideas.....	29
Update/Idea Page.....	30

**Bureau of Jewish Education**  
1 Federation Way, Suite 205 Irvine, CA 92603  
949-435-3450, [www.bjeoc.org](http://www.bjeoc.org)

YOU CAN ACCESS THIS RESOURCE GUIDE ONLINE BY GOING TO:  
[http://www.bjeoc.org/mitzvah\\_mania/guide.htm](http://www.bjeoc.org/mitzvah_mania/guide.htm)

*“A person should feed his or her animal before eating.” (Talmud, Berakhot 40a)*

## **Being Kind to Animals**

*Tza-ar Ba-alei Hayim* צַעַר בְּעַלֵּי חַיִּים

Our tradition regards the life of all of God’s creatures – animals included - as precious. This mitzvah, literally “compassion for the pain of living creatures,” teaches us that people must treat their animals humanely and prevent or minimize their suffering.

### **Cabrillo Marine Aquarium**

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

3720 Stephen White Drive

San Pedro, CA 90731

(310) 548-8398

Volunteer Opportunities: Be trained to become a "Sea Ranger" where you can help protect the tide pools, shoreline, and salt marsh, and assist in our community classes.

Age: 6<sup>th</sup> grade or older

### **Capistrano Animal Rescue Effort-C.A.R.E.**

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

P.O. Box 1089

San Juan Capistrano, CA 92693

(949) 240-1735

Our mission is to protect the welfare of the animals we come in contact with, and to promote the humane treatment and well being of these animals.

Age: Younger than 18 years old need to be accompanied by a parent

Volunteer opportunities: Can assist with animal care; have many special events throughout the year that need volunteer help; can assist in office; applications can be downloaded off our website; can collect beach towels, litter bags, pillowcases

### **Community Action Network (C.A.N.)**

<http://www.animalnetwork.org/AN-main.html>

(949) 697-6632, DiAnna Pfaff-Martin

(949) 759-3646, phone number to volunteer for weekend adoption program

Volunteer opportunities: Responsible student volunteers are needed to help at Fashion Island in front of Russo's Pet Store on weekends; we also need people to temporarily house and care for local cats and kittens until good homes are found (all food and medical bills are covered by C.A.N.)

## **Dedication and Everlasting Love to Animals (D.E.L.T.A. Rescue)**

P.O. Box 9  
Glendale, CA 91209  
(818) 241-6282

Established in 1982, Dedication and Everlasting Love to Animals operates the only wilderness rescue, no-kill care for life program in the country. We are the largest no-kill animal shelter of its kind in the world, rescuing and caring for over 1,500 abandoned animals. We reach over 3 million people a year to educate them with regard to the plight of animals, and to encourage them not to abandon their pets.

Volunteer opportunities: groups can collect blankets, animal toys, and treats for dogs and cats

## **Greyhound Pets of America (GPA)**

<http://www.fastfriends.org/>  
**1210 N. Cypress Street**  
**La Habra Heights, CA 90631**  
(562) 694-3519

Greyhound Pets of America is dedicated to finding kind, loving homes for every greyhound retiring from the Caliente Race Track in Tijuana.

Volunteer opportunities: To work with the dogs you need to have your parent with you, but we do have many ways to help, so please call for more information

## **Hemopet Pet Life Line**

[www.hemopet.com](http://www.hemopet.com)  
11330 Markon Dr.  
Garden Grove, CA 92841  
(714) 891-2022

This is a canine blood bank source where greyhounds are rescued at end of racing career; brought in as blood donors for 1 year, and then put up for adoption

Age: Less than 15 years old can assist if accompanied by a parent

Volunteer opportunities: help in kennels with bathing, brushing, walking

## **Orange County Animal Care Services**

[www.ocpetinfo.com](http://www.ocpetinfo.com)  
561 The City Drive South  
Orange, CA 92868  
(714) 935-6848

Cares for injured and lost animals

Volunteer opportunities: Can collect for wish list items such as old bedding, towels, etc. Call to see what we currently need.

## **FOR FUTURE OPPORTUNITIES:**

### **Irvine Animal Care Center**

[www.cityofirvine.org/depts/cs/animalcare/volunteering.asp](http://www.cityofirvine.org/depts/cs/animalcare/volunteering.asp)  
[info@irvineshelter.org](mailto:info@irvineshelter.org)  
6443 Oak Canyon Road  
Irvine, CA 92620  
(949) 724-7747

Age: 14 and older

Volunteer opportunities: Feeding, walking, grooming, and cuddling cats, dogs, & bunnies

## **Orange County Animal Rescue Coalition (OCARC)**

[www.oc-arc.com](http://www.oc-arc.com)

P.O. Box 19393

Irvine, CA 92623

(949) 451-3272, hotline—leave a message and a volunteer coordinator will contact you

OCARC specializes in the rescue, fostering and adoption of kittens and nursing mothers with kittens.

Age: Younger than 18 years old need to be accompanied by a parent

Volunteer opportunities: Looking for volunteers with ongoing commitment (once a week for 6 months) to clean cages, fill water and food, and socialize with cats

## **Pacific Marine Mammal Center**

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

20612 Laguna Canyon Road

Laguna Beach, CA 92651

(949) 494-3050

This organization helps sick or injured seals and sea lions.

Volunteer opportunities: Can collect items for their wish list, but must be 18 years old to help at their facility. Please call for current list.

## **Pacific Wildlife Project**

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

C/O Irvine Animal Care Center

P.O. Box 7673

Laguna Niguel, CA 92607

(949) 831-1178

Volunteer opportunities: animal care and feeding; office assistance

**Animal Fundraising idea: make and sell dog biscuits** (can do this with a group of friends), and give the profits to an animal agency of your choice. See what a Girl Scout troop did for **German Shepard Rescue** <http://www.gsrescue.org/news/AthenaArticle.htm>

### **Athena's Gourmet Doggie Biscuits**

¾ cup hot water

1/3 cup margarine

½ cup powdered milk

3 cups whole wheat flour

½ tsp salt

2 tsp sugar

1 egg, beaten

In large bowl, pour hot water over margarine. Stir in powdered milk, salt, sugar, and egg. Add flour, ½ cup at a time, mixing well after each addition. Knead 4-5 minutes, adding more flour, if necessary, to make a very stiff dough. Pat or roll to ¼ inch thickness, and cut out with cookie cutter. Place on greased baking sheet (or line cookie sheet with parchment paper) and bake 45 minutes at 325 degrees. Allow to cool completely.

*“Educate a child according to his or her way.” (Proverbs 22:6)*

## Education/Work With Children

### Hinukh Ha-banim חינוך הבנים

The **Boys and Girls Clubs** have a variety of locations throughout Orange County. They offer after school activities from Monday through Friday for school age children. The volunteer opportunities for most of these locations are for 11 and older to assist with coaching, art, and homework anytime from 3:00-7:00pm.

#### **Boys and Girls Club of Anaheim**

311 E. Broadway  
Anaheim, CA 92805  
(714) 491-3617

#### **Boys and Girls Club of Huntington Beach**

9191 Pioneer Drive  
Huntington Beach, CA 92646  
(714) 964-4526

#### **Boys and Girls Club of Brea**

502 S. Sievers  
Brea, CA 92821  
(714) 990-0215

#### **Boys and Girls Club of Irvine**

295 E. Yale Loop  
Irvine, CA 92604  
(949) 551-8214

#### **Boys and Girls Club of Buena Park**

7758 Knott Ave.  
Buena Park, CA 90620  
(714) 522-7259

#### **Boys and Girls Club of Laguna Beach**

1085 Laguna Canyon Road  
Laguna Beach, CA 92651  
(949) 494-2535

#### **Boys and Girls Club of Cypress**

10161 Moody St.  
Cypress, CA 90630  
(714) 527-2697

#### **Boys and Girls Club of Newport Beach**

2555 Vista del Oro  
Newport Beach, CA 92660  
(949) 640-6650

#### **Boys and Girls Club of Fountain Valley** **Boys and Girls Club of Placentia**

16582 Brookhurst St.  
Fountain Valley, CA 92708  
(714) 531-2582

132 E. Crowther Ave.  
Placentia, CA 92870  
(714) 528-8140

#### **Boys and Girls Club of Fullerton**

348 W. Commonwealth Ave.  
Fullerton, CA 92832  
(714) 525-8241

#### **Boys and Girls Club of South Coast**

1304 Calle Valle  
San Clemente, CA 92674  
(949) 492-0376

#### **Boys and Girls Club of Harbor Area**

661 Hamilton St.  
Costa Mesa, CA 92627  
(949) 631-7724

#### **Boys and Girls Club of Tustin**

580 W. 6<sup>th</sup> St.  
Tustin, CA 92781  
(714) 838-5223

## **Bowers Kidseum**

<http://www.bowers.org/kidseum/kidseum.asp>

2002 North Main Street

Santa Ana, CA 92706

(714) 567-3600

The Bowers Museum of Cultural Art promotes education and understanding by bringing the world's great cultural art to people of all ages. Kidseum is a hands-on cultural arts and education center for the local students and community.

Volunteer opportunities: assist in our art lab, art prep work, face painting, tutoring for our after school program

## **Critterton Services – Community for Kids**

<http://www.kidsmatter.org/>

P.O. Box 9

Fullerton, CA 92836-0009

(714) 680-8218

Provide housing for abused and troubled boys and girls (and their families)

Volunteer opportunities: Conduct a drive for books, clothing, diapers, funds, games, sport equipment, etc.

16 or older & with parent: can be a part of our “cookie connection club”-sign-up, go thru orientation, then can help with special events at their campus

Age: 16+ Volunteer opportunities: Rock babies in the nursery during the summer. Plan a fun project or party, share a meal, play a game, and/or do a craft project with the kids.

## **Heritage Park Library** (This library is one example of how teens can help in a library setting.

Contact your local library [www.ocpl.org](http://www.ocpl.org) to learn more about volunteer programs.)

14361 Yale Ave

Irvine, CA 92604

(949) 551-7151

Age: 11 and older

Volunteer opportunities: assist with summer reading program; tutoring

## **T.H.I.N.K. TOGETHER: Orange County Learning Centers**

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

Corporate Office

2001 E. Fourth St., Suite 200

Santa Ana, CA 92705

(714) 543-3807

T.H.I.N.K. TOGETHER's mission is to establish after-school learning centers in low-income neighborhoods where volunteers tutor students to help change the future one child at a time. We have 20 centers throughout Orange County, but you need to contact our corporate office to sign-up as a volunteer.

Volunteer opportunities: We could use help tutoring children at our elementary school sites. There is no minimum work requirement, but we prefer at least once a week for 2 hours. On Fridays, we have volunteers come in and share special talents—music, different cultures, languages, etc. We are interested in starting clubs in reading, math, writing, etc. and need volunteers to help with this program. We are open to almost anything, and want to open the world for their students.

## **FOR FUTURE OPPORTUNITIES:**

### **Friendly Center (Homework House)**

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

147 W. Rose St.

Orange, CA 92868

(714) 771-5300

Dedicated to supporting children, families and senior citizens reach their greatest potential

Age: 8<sup>th</sup> grade and older for tutoring

Volunteer opportunities: Any age can collect food and educational toys, or have a book drive for elementary age children.

### **Orange County on Track**

P.O. Box 4141

Tustin, CA 92781

(714) 531-7144

Age: 9<sup>th</sup> grade and older

Volunteer opportunities: Youth to youth mentoring; tutor kids at risk in grades 3<sup>rd</sup> - 5<sup>th</sup>; participate in "On Track Teen Council"; assist with publishing "Contract Magazine"

"The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor.

But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have a potential to turn a life around. It's overwhelming to consider the continuous opportunities there are to make our love felt."

--Leo Buscaglia



*"When you wage war against a city, ...do not destroy its trees."  
(Deuteronomy 20:19)*

## **CARING FOR THE EARTH**

*Bal Tash-hit תשחית בעל*

Our tradition tells us that when God created the world, God gave Adam and Eve the responsibility to care for it. This mitzvah, which literally means, "Do not destroy," gives human beings the responsibility to maintain and preserve the Earth throughout the generations.

### **Adopt-A-Park Program**

[www.ocparks.com/adoptapark/default.asp](http://www.ocparks.com/adoptapark/default.asp)

1 Irvine Park Rd.

Orange, CA 92862

(714) 973-6871

County of Orange, Harbors, Beaches and Parks

Volunteer Opportunities (need to be with parent if under the age of 15): removal of non-native plants, creek clean-up

### **City of Newport Beach: Beach Clean-Up**

(949) 718-3462

Volunteer opportunities: We keep track of the beach areas that need maintenance. Call for available dates to sign-up a group of people to clean-up a specific portion of the beach.

### **Community ReLeaf ... for gardens, trees and kids!**

<http://dir.gardenweb.com/directory/releaf/>

1426 East Vermont Street

Anaheim, CA 92805

(714) 765-6916 (Gardens are in Long Beach)

Community ReLeaf is an educational, non-profit organization dedicated to improving the quality of life in our cities by planting, protecting, and promoting our most vital natural resources; our tree heritage and urban garden.

Volunteer opportunities: WE NEED YOU! Come join us and let's all dig in the dirt together. We have 4 wonderful gardens to serve you and we also are looking for folks that not only want to learn but want to help us lead the way for a greener future. We plan on having fun harvest festivals, fun plant sales, and fun whatever ideas we all come up with.

### **Earth Resource Foundation**

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

230 E. 17<sup>th</sup> Street, #208

Costa Mesa, CA 92627

(949) 645-5163

Volunteer opportunities: Participate in monthly "Keep Costa Mesa Beautiful" program, nature restoration, tree planting, and survey watershed with naturalist

## **Heal the Bay**

<http://www.healthebay.org/>

3220 Nebraska Avenue  
Santa Monica, CA 90404  
(310) 453-0395, ext. 145

Heal the Bay was founded in 1985 to fight for a "swimmable and fishable Bay." We are an environmental group working to make Santa Monica Bay and Southern California coastal waters safe and healthy again for people and marine life.

Volunteer opportunities: (go to website for applications) Beach clean-ups—if you get a group of 15 or more then we send out a speaker with supplies: bags, gloves, data cards

For high school students: can also help with stream restorations, community outreach at festivals and events, and our speaker's bureau for teens

## **Oak Canyon Nature Center**

6700 East Walnut Canyon Road  
Anaheim, CA 92807  
(714) 998-8380

Contact: Volunteer Coordinator for City of Anaheim at (714) 765-4427

Age: 12 and older

Volunteer opportunities: Canyon Keepers Program 2<sup>nd</sup> Saturday of each month—trail maintenance; help staff and work booths for various community nature events

For a more complete listing call the volunteer coordinator, and she will forward all the paperwork, schedule and necessary information to you.

## **Rancho Mission Viejo Land Conservancy**

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

P.O. Box 1209  
San Juan Capistrano, CA 92693  
(949) 240-3363

Volunteer opportunities: Trail maintenance, removing non-native vegetation; assisting with mailings; fundraising; Earth Day projects

## **Shadetree Partnership**

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

P.O. Box 57000  
Irvine, CA 92619  
(949) 453-5670

Provides trees and volunteers to plant trees at schools and parks around the county

Volunteer opportunities: Plant trees

## **Surfrider Foundation**

P.O. Box 6010  
San Clemente, CA 92674

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

Over 50 chapters dedicated to protection and enjoyment of coastal environment

Volunteer opportunities: Blue Water Task Force; Beachscape Program

## **Trails 4 All**

[www.trails4all.org](http://www.trails4all.org)

(714) 834-3136

Volunteer opportunities: trail building and maintenance (check website for schedule)

## **FOR FUTURE OPPORTUNITIES:**

### **Ocean Institute**

[www.ocean-institute.org](http://www.ocean-institute.org)

Orange County Marine Institute

24200 Dana Point Harbor Drive

Dana Point, CA 92629

(949) 496-2274

A community-based marine education facility

Contact: Linda Blanchard, Youth Volunteer Group Coordinator

Age: 14 and older to volunteer; 16 and older to work on boats

Volunteer opportunities: (request a one year commitment)

Assist in the lab at the Touch Tank educating visitors on the weekends;

Assist the biologists on the research vessels when they go out on cruises for the community; Work in the gift shop;

Community Watch—monitors the tide pools educating visitors about the habitat;

Pilgrim—Help crew the Institute's Tall Ship during one of its yearly cruises to San Diego, The Channel Islands, or Catalina

*Do not follow where the path may lead;  
go instead where there is no path and leave a trail.  
– Ralph Waldo Emerson*

*“Rise up before the aged and show deference to the old.” (Leviticus 19:32)*

# Respect for Elders

*Hiddur P'nai Zakken* **הדור פני זקן**

Jewish tradition regards living a long life and dying in old age to be a blessing. It is our responsibility to respect our elders and help them to maintain the quality of life as they age.

## **The Breakers of Long Beach** (Assisted Living facility)

210 E. Ocean Blvd.  
Long Beach, CA 90802  
(562) 432-6700

Volunteer opportunities: help read to a "low vision" group; help serve and entertain at parties

## **Bubbe & Zayde's Place**

2220 N. Concord  
Santa Ana, CA 92705  
(714) 315-6003, ask for Andrea

Volunteer opportunities: Tues, Wed, Sat. 1-7:30pm – Entertain, art projects, discuss current events, gardening. Help collect items on our “wish list” (nail files, hair dryers, cosmetics, etc.)

## **Carehouse Convalescent Center**

1800 Old Tustin Road  
Santa Ana, CA 92705  
(714) 835-4900

Volunteer opportunities: Make bookmarks or beaded jewelry for bingo prizes; bake cookies; arrange to do a program

## **The EZRA Center**

1770 West Cerritos Ave.  
Anaheim, CA 92804  
(714) 776-1103, Margolit Moskowitz, Activities Director

We provide a wide variety of activities and services to meet the needs of the mature Jewish population of Orange County.

Volunteer opportunities: Serve lunch, play cards, visit

## **Heritage Pointe** [www.heritagepointe.com](http://www.heritagepointe.com)

27456 Bellogente  
Mission Viejo, CA 92691  
(949) 364-9685

Retirement living in the Jewish tradition

Volunteer opportunities: Participate in our “Adopt a Grandfriend,” program; assist with household tasks; play chess/scrabble; group activity (perform); help with annual walk-a-thon

## **Jewish Family and Children's Service of Long Beach**

3801 E. Willow Street  
Long Beach, CA 90815  
(562) 427-7916

Volunteer opportunities: For assisting with our "Athletes Fete" walk-a-thon (usually in spring) contact Wendy Puzarne, ext. 234

## **Jewish Family Service: Project Caring Visitor**

1 Federation Way, Suite 220  
Irvine, CA 92603  
(949) 435-3460, ext. 352 or 714-445-4950

Our purpose is to enhance the quality of family and community life through programs for people at every stage of the life cycle. Some existing teen volunteer programs we offer are: JFS Project Manna (collecting non-perishables), and JFS B'nai Mitzvah "Adopt a Retirement Home" Project.

Contact: Marcia Marcinko

Age: 11 and up

Volunteer opportunities: Attend group training, and visit a retirement home by participating in the following suggested activities: present a program; read to someone who is sight impaired; write letters for residents unable to do so; take a resident for a walk on the grounds; and help with activities at the facility.

## **Tustin Hacienda**

240 East 3<sup>rd</sup> Street  
Tustin, CA 92780  
(714) 838-3847

25 resident Nursing Home facility

Volunteer Opportunities: plant flowers, bake, perform, and interact with residents

## **Tustin Royale Retirement House**

1261 Bryan Ave.  
Tustin, CA 92780  
(714) 730-5009

Volunteer opportunities: Friendly visits; help serve donuts and coffee

## **FOR FUTURE OPPORTUNITIES:**

### **Lakeview Senior Center**

20 Lake Road  
Irvine, CA 92604  
(949) 724-6904

Contact: Ann Edwards

Age: 14 or older

Volunteer Opportunities: Once you go through our group orientation, you can assist seniors in the computer room, help serve in dining room, assist with office work, help with special events, and in summer or school breaks, use special talent to entertain; make holiday cards

*“To minister to the sick is to minister to God.” (Abraham Joshua Heschel)*

## *Health/Helping People Who Are Ill*

*Bikkur Holim* בקור חולים

Visiting the sick is a mitzvah for people of all ages. When we visit those who are ill, we demonstrate that we care, helping to lift the sick person beyond the burden of illness through our love and concern.

### **AIDS Services Foundation**

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

17982 Sky Park Circle, Suite J

Irvine, CA 92614

(949) 253-1500

Provides high quality care to meet the physical, emotional and spiritual needs of men, women, and children affected by HIV

Volunteer opportunities: Collect food for food pantry. Call for list. Assist with AIDS Walk O.C.—call (949) 955-1400 for more information.

### **ALS Orange County Chapter**

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

2230 W. Chapman Ave, Suite 123

Orange, CA 92868

(714) 938-1080

We are dedicated to improving the quality of lives of those affected by ALS, while increasing public awareness and contributing to much needed research directed at finding a cure and/or treatment for this disease.

Volunteer opportunities: help with fundraising events

### **Alzheimer’s Association**

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

2540 N. Santiago Blvd.

Orange, CA 92867

(800) 660-1993

Volunteer opportunities: summer interns, office help, and assistance with our “Memory Walk” October fundraiser

### **Art & Creativity for Healing Inc.**

[www.art4healing.org](http://www.art4healing.org)

26087 Getty Drive

Laguna Niguel, CA 92677

(949) 367-1904

Provide art workshops and classes to help heal emotionally and physically through art.

Volunteer opportunities: Help out during art workshops and classes.

## **Chai Lifeline**

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

9233 West Pico Blvd.

Los Angeles, CA 90035

(310) 274-6331

Dedicated to helping families who have children with cancer and other rare diseases

Volunteer opportunities: You can get involved with Chai Lifeline by helping at a party; raising money; creating greeting cards for Chanukah and filling Purim baskets; making tapes of music or stories to share with kids when they are in the hospital. We put on different events each year and need volunteers.

## **Healthy Smiles**

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

601 N. Parkcenter Dr., Suite 110

Santa Ana, CA 92705

(714) 480-0011

Dental clinic dedicated to improving the oral health of children in Orange County.

Contact: Megan Colenbrander

Volunteer opportunities: Put together hygiene kits, watch young children while their siblings are seeing the dentist, or design your own mitzvah project

## **Make-A-Wish Foundation of Orange County, Inc.**

### **Kids Giving To Kids Program**

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

14232 Redhill Ave.

Tustin, CA 92780

(714) 573-9474; (949) 476-9474

Make-A-Wish is a volunteer based organization working to make wishes come true for children with life-threatening illnesses. A student can organize their school to sponsor a specific "Wish Child," and help raise funds to see that wish come true. Make-A-Wish will let you know when the wish is scheduled, and will share the fulfilled wish with your school through photographs and a letter/speaker.

## **National Multiple Sclerosis Society, Orange County Chapter**

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

17500 Red Hill Ave, Suite 240

Irvine, CA 92614

(949) 752-1680, Janis Hoover, x20

The National Multiple Sclerosis Society is dedicated to end the devastating effects of multiple sclerosis. Founded in 1946, the Society remains the only voluntary health organization dedicated to the prevention, treatment, alleviation and cure of multiple sclerosis.

Volunteer opportunities: ongoing office assistance; help with special events and 5 fundraising walks

## **Orange Grove Rehabilitation Hospital**

12332 Garden Grove  
Garden Grove, CA 92643  
(714) 534-1041

Provide care for patients recovering from strokes, operations and accidents.

Volunteer opportunities: Donations of magazines toiletries, books, slippers, lap robes, sweaters, writing instruments and notepads. Need volunteers to visit with patients and read letters and books, do art projects, and play games.

## **Paws 4 Healing**

[www.paws4healing.org](http://www.paws4healing.org)

Orange County Chapter

The use of animals...dogs, cats, dolphins, rabbits, and horses to assist all ages in emotional and psychological well-being.

Contact: Kathy Lowmiller, O.C. Team Leader at (949) 642-7569

Age: 11 and older for humans, 1 year and older for animals

Volunteer Opportunities: Provide Animal Assisted Therapy (AAT) in hospitals, abused children's facilities, handicapped institutions, battered women shelters, nursing homes, and others. Need to own or have access to a qualified pet (dog, cat, bird, rabbit, hamster), and to complete training program.

## **Peter Pan Children's Fund**

<http://www.peterpanchildrensfund.org/adventure.htm>

The Peter Pan Children's Fund is a charitable organization that encourages philanthropy by children and teenagers in support of Children's Hospitals worldwide, and hospital-associated programs for children. This organization benefits 36 hospitals in 17 states (including southern California), and offers a Peter Pan Birthday Club for students to raise money to help others.

## **Project Chicken Soup**

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

P.O. Box 480241  
Los Angeles, CA 90048  
(323) 655-5330

Delivers fresh cooked kosher meals two Sundays per month to men, women, and children with HIV/AIDS

Age: 12-14 need an adult present to work in the kitchen

Volunteer opportunities: Cook meals and/or deliver food and personal items

## **Project Cuddle, Inc.**

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

2973 Harbor Blvd., #326  
Costa Mesa, CA 92626  
(714) 432-9681

Serves the needs of abused, abandoned and drug exposed children

Volunteer opportunities: Students collect stuffed animals (new animals only, please) for police to give out to abused children, can help in office with paperwork



## **Project Linus**

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

Contact: Patty at (949) 723-4656

This project has over 270 chapters worldwide, and has delivered more than 90,000 blankets to children in hospitals and shelters.

Volunteer opportunities: Help decorate plain fabric to be added to quilts; many different sewing jobs available, and they always need help collecting supplies for blankets.

## **Ronald McDonald House**

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

383 S. Batavia St.

Orange, CA 92867

(714) 639-3600

Home away from home while children are in the hospital.

Volunteer opportunities: Collect for wish list; can make cookies or bring a meal to serve either individually or with your family or group—call to arrange time; if under 18 years old need an adult to go with you

## **Shooting Stars: Cystic Fibrosis Foundation**

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

2150 Towne Centre Plaza, Suite 120

Anaheim, CA 92806

(714) 938-1393 Gary Green, Associate Executive Director

Teen organization to raise funds and awareness for Cystic Fibrosis

Volunteer opportunities: Assist with teen events such as “Bowl-For-Breath” and “Great Strides” walk-a-thon

## **Starlight Starbright Children's Foundation**

[www.starlightcan.org](http://www.starlightcan.org) (Chapter that serves CA)

2049 Century Park East, Suite 4320

Los Angeles, CA 90067

(310) 286-0271

Starlight Starbright Children's Foundation is dedicated to brightening the lives of seriously ill children and their families. Working with more than 1,000 hospitals, the Foundation provides both in-hospital and outpatient programs and services. A leader in delivering distractive entertainment, Starlight's programs benefit over 100,000 children each month nationwide.

Volunteer opportunities: They have ongoing toy drive (new toys only, please) that gets distributed to area hospitals (no volunteers under age 18 to work directly with children)

## **Susan G. Komen Breast Cancer Foundation**

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

3191-A Airport Loop Drive

Costa Mesa, CA 92626

(714) 957-9157

They raise money for breast cancer research, education, screening and treatment.

Volunteer opportunities: office assistance; Race for the Cure – can organize a “School Teen Challenge”; volunteer to help work on day of race

## **Wigs for Kids**

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

21330 Center Ridge Road

Rocky River, Ohio 44116

(440) 333-4433

We collect hair to make wigs for kids that have lost their own hair due to chemotherapy or other medical conditions.

Volunteer opportunities: can organize cut-a-thons or other fundraising events—see website to get ideas and promotional materials

## **FOR FUTURE OPPORTUNITIES:**

### **American Cancer Society – Teens Kick Ash!**

(949) 986-7213

(800) ACS-2345

Age: 8<sup>th</sup> grade and up

Volunteer opportunities: help create program to educate students about smoking-related health issues

### **Children’s Hospital of Orange County (CHOC)**

455 Main Street

Orange, CA 92868

(714) 532-8673

Contact: Paula Smith, Director of Volunteers (M-F; 8-4:30)

Age: 16 and older

Volunteer opportunities: Many opportunities to assist hospital staff; can also collect books for their CHOC Reading Club for ages 6 months to 18 years old. They can be donated to their outpatient clinic, where they have a reading program for low income families.

### **CHOC—Mission Viejo**

(949) 532-8676

Contact: Pat Duley, Volunteer Coordinator

Age: 15 years and older

### **Hoag Memorial Presbyterian Hospital**

1 Hoag Drive

Newport Beach, CA 92658

(949) 675-6430

“Candy strippers” help give important service to others while learning about the hospital and medical professions

Age: 14 years and older

Volunteer opportunities: transport and discharge patients; run errands; service in hospital units; assist with special events (long waiting list—apply early to put name on list)

## **Kids Konnected**

27071 Cabot Road, Suite 102  
Laguna Hills, CA 92653  
(949) 582-5443

Provide friendship education and support to kids who have a parent with cancer.

Age: 14 and older

Volunteer opportunities: helping in the office; packaging Teddy Bears for kids; helping with 5K run in April 2005

## **Muscular Dystrophy Association**

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

756 Town and Country Road  
Orange, CA 92868  
(714) 550-0161

MDA raises funds for "Jerry's Kids" who face Muscular Dystrophy.

Volunteer opportunities: Ages 14 and older can assist with office help, walk-a-thon, and special events throughout the year; ages 16 and older can help with their 1-week summer camp

## **Pediatric Cancer Research Foundation**

[www.pcrf-kids.com](http://www.pcrf-kids.com)

9272 Jeronimo, Suite 107A  
Irvine, CA 92618  
(949) 859-6312

Age: 14 years or older

Volunteer opportunities: Holiday Card Program; office assistance; special event aid

*To make a difference you can...*

*Collect picture frames of various sizes. Ask fellow students to create artwork, frame the pictures, and bring them to a children's ward at a local hospital where they can be enjoyed by many.*

Those who bring sunshine into the lives of others  
cannot keep it from themselves.  
--James Matthew Barrie

*“Even the broken tablets were placed in the ark.” (Based on Talmud...Menakhot 99a)*

## *Caring for those with Special Needs*

*Ahavat Ha-beriot* אהבת הבריות

When we help those who may be different from us, we are reminded of our responsibility to meet the needs of all those who face special challenges physically, intellectually, and emotionally.

### **AYSO (American Youth Soccer Organization) VIP Program**

(800) ALL-AYSO [www.soccer.org](http://www.soccer.org)

We provide a quality soccer experience for children whose physical or mental disabilities make it difficult to successfully participate on mainstream teams. We use “buddies” or teen volunteers to assist and cheer these players both on and off the soccer field.

Contact the local AYSO chapter in your community to obtain specific details.

### **Challenger Division/Little League**

#### **National Junior Basketball “Hot Hoops” Division**

Contact: Darrell Burnett, PhD., Orange County District Commissioner (949) 495-3444

Need teen volunteers to assist as “buddies” with baseball and basketball programs for kids with special needs. There are Divisions of these programs all over Orange County. Call for more information on the local program in your area.

### **Blind Children’s Learning Center**

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

18542-B Vanderlip Ave.

Santa Ana, CA 92705

(714) 573-8888

Provides education, counseling, and developmental services to children with visual impairments

Volunteer opportunities: assist with our summer camp; help with child care during evening classes; help with special weekend events

### **Fran Joswick Therapeutic Riding Center**

26284 Oso Road

San Juan Capistrano, CA 92675

(949) 240-8441

Program provides horseback riding for children and adults with special needs.

Age: 13 and up

Volunteer opportunities: Horse care, helping with lessons

## **Guide Dogs for the Blind**

<http://www.guidedogs.com/>

P.O. Box 151200

San Rafael, CA 94915-1200

(800) 295-4050 or MaryJo Egus at (949) 589-0668

Age: 9 years and older

Volunteer opportunities: Become a “puppy raiser” and help raise future guide dogs.

Puppy raisers housetrain the pups, teach them basic obedience, and socialize them to the world. Receive puppy when its 8 weeks old, and return to organization when its between 13 to 18 months old. Breeds used as guides are Labrador retrievers, German Shepherds, Golden Retrievers and Labrador/Golden Retriever crossbreeds. The dogs then go on to get specialized training to help guide visually impaired people in their daily lives.

## **Special Olympics Southern California**

<http://www.sosc.org/>

5875 Green Valley Circle, Suite 200

Culver City, CA 90230

(310) 215-8380

Special Olympics Southern California (SOSC) works to provide sports training and competition in a variety of Olympic-type sports for Southern California children and adults with intellectual disabilities, providing them with opportunities to develop physical fitness, demonstrate courage, experience joy and share their gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Volunteer opportunities: We have a variety of volunteer opportunities from coaching to helping with events and office work. Go to our website to find the area director nearest you, and to view the many ways you can help us.

## **FOR FUTURE OPPORTUNITIES:**

### **Braille Institute of America**

<http://www.brailleinstitute.org/>

Orange County Chapter

527 North Dale Ave.

Anaheim, CA 92801

(714) 821-5000, 2113

The Braille Institute provides an environment of hope and encouragement for people who are blind and visually impaired through integrated educational, social and recreational programs and services.

Age: 16 years or older

Volunteer opportunities: work in our youth program with school age students—especially in summer-time (field trips, help with computer skills, etc.); call by spring to put name on volunteer list

Recalling our own slavery in Egypt and caring for the strangers among us are at the heart and soul of who we must be as a people, and as a community. -- Jo-Ann Mort

*"Open your hand to the poor and your neighbors in your land who are in need." (Deuteronomy 15:11)*

# Caring for the Poor

*Tzedakah* צדקה

Jewish tradition requires us to give charity and to help those less fortunate. *Tzedakah* literally means “righteousness” because by helping the poor, we are doing the righteous thing—providing clothing, food, shelter, and other essentials for fellow humans, while helping to maintain their dignity.

## **Anaheim Interfaith Shelter**

(714) 774-8502

Volunteer opportunities: Collect non-perishable food, clothing, socks and shoes, diapers and baby clothes, toiletries, box fans, twin sheet sets, towels, pots and pans, dish sets, silverware, glassware, bicycles, gardening tools, and furniture. Please call to arrange best time for delivery.

## **Child Abuse Prevention Center, O.C.**

[www.brightfutures4kids.org](http://www.brightfutures4kids.org)

500 South Main St., Suite 1100

Orange, CA 92668

(714) 543-4333

Committed to breaking the generational cycle of child abuse, domestic violence and teen pregnancy in Orange County.

Volunteer opportunities: Donate toys, books, and games, and help in office

## **Child Abuse Services Team (C.A.S.T.)**

Orange, CA 92868

(714) 940-4747

Nationally recognized leader in its child-friendly approach to conducting child abuse investigations

Volunteer opportunities: Donate toys, educational games, clothing, food baskets, and gift cards

## **Children’s Bureau of Southern California**

(714) 517-1900

Care facility for abused children from birth to 12 years old

Volunteer opportunities: Donate toys, educational games, clothing, food baskets, and gift cards.

## **Community Action Partnership**

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

7180 Lampson Ave.

Garden Grove, CA 92841

(714) 899-0034, ext. 5308 Pam Hope

Since 1965 we bring together both private and public resources to improve communities by bringing hope and services to the poor. We provide a variety of emergency services and building programs that enable the poor to meet basic needs and develop the knowledge and skills to move out of poverty.

Volunteer opportunities: From packing up donated computers, to creating toiletry kits or school supplies—we can use your help, and enjoy working with students and groups of all ages.

## **Families Forward**

[www.families-forward.org](http://www.families-forward.org)

9221 Irvine Blvd.  
Irvine, CA 92618  
(949) 552-2727

Provides transitional housing and emergency support services for families and individuals  
Volunteer opportunities: Food drives, holiday baskets (14 or older to work in pantry)

## **Friends in Service to Humanity (FISH)**

P.O. Box 15464  
Newport Beach, CA 92659  
(949) 645-8050 or (949) 642-6060

We provide a Mobile Meals program & ongoing emergency assistance to those in need.  
Volunteer opportunities: We seek volunteer assistance in a variety of areas.

## **Great American Bake Sale**

<http://www.greatamericanbakesale.org/site/PageServer>

We are groundbreaking program to end child hunger in America. All Americans — individuals, temple groups, etc. — are encouraged to participate by hosting a bake sale in their communities. All funds raised will be donated to Share Our Strength, which will then make grants to nonprofits fighting childhood hunger in the United States.

## **Homeless Intervention/ Shelter House**

P.O. Box 1293  
Placentia, CA 92871  
(714) 993-5774

A transitional living center for the homeless

Volunteer opportunities: Baby-sit on parent class night; help with family parties

## **Meir Panim Soup Kitchens in Israel**

<http://www.meirpanim.org/>

Meir Panim which means “A Friendly Face” was established to provide food to the large number of Israeli citizen’s who live below the poverty line. They currently feed 251,000 monthly, including 140,000 children through their “Meals For Children” program. Go to their website to see how you can help.

## **National Hunger Awareness Day**

<http://www.hungerday.org/content/index.php>

We are a nonprofit grassroots movement to raise awareness about the solvable problem of hunger in America.

## **Olive Crest Homes and Services for Abused Children**

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

2130 East Fourth St., Suite 200  
Santa Ana, CA 92705  
(714) 543-5437

Volunteer opportunities: Donate clothing, shoes, backpacks, music for teens, books either new or gently used; assist at special fundraiser events such as Bowl-a-thon, etc.

## **Orange Coast Interfaith Shelter**

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

1963 Wallace Ave.

Costa Mesa, CA 92626

(949) 631-7213

A family shelter committed to helping homeless families become self-supporting.

Volunteer opportunities: Work in children's program; clothing drives; help put on parties (if under age 14 need a parent to go with you)

## **Orange County Food Bank**

<http://www.orangecountyfoodbank.com/>

<http://www.orangecountyfoodbank.com/about.html>

12640 Knott St.

Garden Grove, CA 92643

(714) 897-6670 or 714-899-0034, ext. 5308

We are a part of the Community Action Partnership of O.C., and have been designated as the county's "official anti-poverty agency." We are a central warehouse serving over 325 food distribution organizations, and provide food and personal care items to low-income residents.

Volunteer opportunities: We are very receptive to all age groups, and you can help on your own or organize a group of volunteers to help sort and pack food at our well-organized warehouse.

## **Orange County Harvest/ Second Harvest Food Bank**

<http://www.feedoc.org/>

426A West Almond

Orange, CA 92866

(714) 771-1343

We are a food bank to over 330 non-profit agencies that feed the needy, and also have Gleaning projects to provide food for Orange County's hungry.

Volunteer opportunities: Organize a food drive; join with the groups of teens and families that pick the fields for produce for the O.C. Food Bank; pack and sort food.

## **Orangewood Children's Home**

401 City Drive

Orange, CA 92868

(714) 935-7584

We provide emergency shelter care and protective custody for abused children. We are operated by the County of Orange for children from birth to 18 years old.

Volunteer Opportunities: Collect clothes, toys, new shoes, DVD's, toiletries; gift cards, make gift baskets books, and school supplies (need to be 18 or older to work with children directly)

## **Project H.O.P.E. School**

146 N. Grand St.

Orange, CA 92866

(714) 744-2478

School for children that are homeless

Volunteer Opportunities: tutoring; help with special events,; collect toiletry and school supplies to donate



## Share Our Selves

1550 Superior Ave.  
Costa Mesa, CA 92627  
(949) 642-3451

We support the needs of the community with food, a free clinic, and financial support.

Volunteer opportunities: Food drives, special projects

## Shoes That Fit

<http://www.shoesthatfit.org/>

1420 North Claremont Blvd., Suite 107B  
Claremont, CA 91711  
(909) 482-0050 Lee Kane

We provide correctly fitted shoes and clothes for needy children.

Volunteer opportunities: We will match a volunteer or a sponsoring group with the closest elementary school that has a need. You then request a list of students and their shoe sizes, so items can be purchased; can organize a shoe drive or "sock hop" by having people bring new shoes for elementary age school students (or they can make a donation to support your efforts).

## Southwest Community Center

1601 W. 2<sup>nd</sup> St.  
Santa Ana, CA 92703  
(714) 547-4073

Provides emergency services to the needy including: food, clothes, and household items

Contact: Thelma

Volunteer opportunities: Bag and pass out groceries, sort clothes

## St. Jude's Ranch for Children

<http://www.stjudesranch.org/>

100 St. Jude Street  
Boulder City, Nevada 89005  
(702) 293-3131

We are a non-profit home for abused, abandoned, and neglected children of all races and faiths.

Volunteer opportunities: Collect and mail in your Campbell's Soup Labels. Past contributions of labels have resulted in over 5 new Dodge Caravan Mini-vans for St. Jude's Ranch campuses.

## We Care

10941 Reagan Street  
Los Alamitos, CA 90720  
(562) 598-9790

Provides food for low-income individuals in the Los Alamitos and Cypress area

Volunteer Opportunities: Donations of food and supermarket gift certificates; food sorting and helping to make food baskets for various holidays

## Womenshelter of Long Beach

2429 Pacific Ave.  
Long Beach, CA 90806  
(562) 988-1187

Volunteer Opportunities: collect clothes, cell phones, household items

*"If you can't feed a hundred people, then feed just one." --Mother Teresa*

*“You should love your neighbor as yourself.” (Leviticus 19:18)*

# Loving Your Neighbor

*V'ahavta L'rayakha K'amokha* וְאַהַבְתָּ לְרֵעֶךָ כַּמוֹךָ

According to Rabbi Akiva, this is the most important principle in the Torah because it is the source of so many others. The world becomes a better place when we treat others as we would like to be treated.

## **American Jewish World Service**

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

989 Ave. of the Americas  
New York, NY 10018  
(800) 889-7146

We are an independent non-profit organization founded in 1985 to help alleviate poverty, hunger and disease among the people of the world regardless of race, religion or nationality.

Volunteer opportunities: Help raise money for this humanitarian agency.

## **American Red Cross**

<http://www.redcross.org/>

601 N. Golden Circle Drive  
P.O. Box 11364  
Santa Ana, CA 92711  
(714) 835-5381

Provides relief to victims of disasters and helps people to prevent, prepare for and respond to emergencies.

Volunteer opportunities: Help coordinate a blood drive; make school chests filled with school supplies; create friendship boxes filled with items for emergency—call for more information

## **American Red Magen David for Israel (ARMDI)**

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

ARMDI Western Region  
6345 Balboa Blvd. Suite 112  
Encino, CA 91316  
(818) 776-9002

ARMDI, organized in 1940, is the exclusive fundraising organization in the United States for Magen David Adom (MDA), Israel's equivalent to a Red Cross Society. ARMDI supports the MDA National Emergency Medical, Ambulance, Blood and Disaster Services which benefit Israel's entire population.

Volunteer opportunities: help raise money to support their life-saving work in Israel

## County of Orange

[http://www.oc.ca.gov/volunteers/volunteers\\_page2.html](http://www.oc.ca.gov/volunteers/volunteers_page2.html)

10 Civic Center Plaza

Santa Ana, CA 92701

(714) 834-7440

Volunteer opportunities: Volunteer opportunities available for youth, adults, families and groups.

## Court Appointed Special Advocates (CASA)

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

1615 E. 17<sup>th</sup> St., Suite 100

Santa Ana, CA 92705

(714) 619-5155

Court Appointed Special Advocates (CASA) of Orange County is a non-profit organization that serves children who, for their own protection, have been removed from their homes and placed in foster care. Adult volunteers help guide children through the court system and act as a role model.

Volunteer opportunities: Help with their holiday party

## Fly-A-Cake

<http://www.flyacake.com/>

Fly-A-Cake is a non profit organization that gives terror victims baskets of cookies, cakes, and sweets to bring a smile to their faces. You also get to write a personalized letter to the person you chose to give a "care basket" to. You send a donation to Fly-A-Cake, and they will put a basket together for you. By sending a care package of strictly kosher food, you can reach out and express your concern for these people through a personal note attached to each package.

## Human Options

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

P.O. Box 53745

Irvine, CA 92619

(949) 737-5242 ext. #223

Human Options is a nonprofit organization dedicated to preventing domestic violence by protecting victims in a safe, non-judgmental environment and providing intervention and education programs.

Volunteer opportunities: Collect donations for residents or for our Thrift Store (all ages); can be trained to read to kids (13 and older); tutoring opportunities available from 2:30 – 4:30pm M-Th (15 and older)

## Jewish Welfare Board and Jewish Chaplains Council

<http://www.jcca.org/JWB/index.html>

JWB Jewish Chaplains Council is the only U.S. government-accredited agency serving the religious, social and morale needs of Jewish military personnel, their families, and patients in VA hospitals. Contributions help them send holiday packages, prayer books and other vital support to our troops at home and stationed overseas.

## **Pups for Peace**

<http://www.pupsforpeace.org/>

Box 954

1122 East Pike Street

Seattle, WA 98122

(800) 669-8930

Pups for Peace is a humanitarian, non-partisan, non-profit organization dedicated to reducing death and injury through the use of explosive-detection dogs to counter terrorism. Over 1300 donors in many countries have given about \$2 million while scores of volunteers contributed thousands of hours to establish Pups for Peace. Supporters of the organization do not believe Pups for Peace will stop terrorism - only that it can and will save innocent lives and reduce injuries.

Volunteer opportunities: Help raise money for this organization

## **Random Acts of Kindness**

<http://www.actsofkindness.org/>

The Random Acts of Kindness™ Foundation inspires people to practice kindness and to “pass it on” to others. We provide free educational and community ideas, guidance, and other resources to kindness participants through our website.

## **The Blue Card**

[bluecard@erols.com](mailto:bluecard@erols.com)

1 West 34th St., #404

New York, NY 10001

(212) 724-0580

Contact: Florence Smeraldi

For the thousands of Shoah survivors who are living in poverty, The Blue Card is an irreplaceable resource. Their funds are used on a daily basis to provide simple and essential relief for this very fragile segment of our Jewish population. It is disturbing that those who lived through the horrors of the holocaust are now, in their later years, plagued by poverty and insecurity.

Volunteer opportunities: Help raise money for these survivors

## **The National Conference for Community and Justice**

<http://www.nccj.org/>

Orange County Chapter

3961 MacArthur Blvd., Suite 101

Newport Beach, CA 92660

(714) 668-9191 or (949) 252-5388

NCCJ is a human relations organization dedicated to fighting bias, bigotry, and racism in America. We promote understanding and respect among all races, religions and cultures through advocacy, conflict resolution, education, and community programs. Sponsors Religious Diversity Fair, Monthly Interfaith Youth Dialogue, and Ethnic Celebrations in Orange County; Knowledge and Social Responsibility  
Age: 12 and older

Volunteer opportunities: Assist with mailings, press releases, and newsletters; media relations; outreach projects with schools; telephone work; data input

## **Operation Clean Slate**

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

1578 Minorca

Costa Mesa, CA 92626

(714) 435-0745

A Costa Mesa based organization that focuses on graffiti prevention

Volunteer opportunities: paint out graffiti

## **Social Action.com**

<http://www.socialaction.com/index.phtml>

An online Jewish magazine dedicated to pursuing justice, building community, and repairing the world

## **Union for Reform Judaism Social Action Projects**

<http://urj.org/csa/projects/>

Our link lists special social action projects and ways you can assist us in accomplishing our goals to help those in need.

## **Volunteer Center of Orange County**

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

1901 E. Fourth St., Suite 100

Santa Ana, CA 92705

(714) 953-5757

Our mission is to connect people and resources for a better Orange County!

Volunteer opportunities: We have an extensive list of volunteer opportunities and also have a website that can "match" volunteers to organizations. Can also take part in our "Volunteer Connection Days" event.. Call or go online for current information.

## **Volunteer Match**

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

Volunteer Match is a nonprofit organization with a mission to help everyone find a great place to volunteer. Interested volunteers can enter their ZIP code on the Volunteer Match home page to quickly find local volunteer opportunities posted by nonprofit organizations throughout the United States.

## **Working Wardrobes**

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

[11614 Martens River Circle](#)

Fountain Valley, CA 92708

(714) 210-2460, Susan Marty, Mgr of administration

We offer low-income women makeovers, training for job interviews, and clothing to help them re-enter the working environment.

Volunteer opportunities: Donation sorting; help with 4 special "Days of Self-Esteem" events (where we pre-train those in need with job skill workshops, and then receive makeover, clothing, and resume on day of event) for Men, women, teens; and "Cinderella's for Life" event (where girls from local shelters are invited to attend workshops on etiquette, goal-setting, etc. and then receive makeover and prom dress; we are willing to see what your special talents are and create individual projects based on your skills and interests

## **FOR FUTURE OPPORTUNITIES:**

### **The Children's Museum**

La Habra

(562) 905-9636

Age: 14 and older

Volunteer opportunities: Assist with various programs and events.

### **Habitat for Humanity**

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

2165 S. Grand Ave.

Santa Ana, CA 92705

**(714) 434-6200, x233**

Age: 14 and older for painting; 16 and older for construction

Volunteer opportunities: Assist with construction; fundraising, and landscaping. All ages can make key chains that will be given to new homeowners, and make lunches to feed the volunteers at the building site. Collect kitchen supplies to provide to new homeowners.

*What you can do with used cell phones...*

*Many organizations are asking for donations of used cell phones and chargers:*

*The phone companies re-program them to the "911" number,*

*They are donated to victims of domestic violence, a real life-saver. Check with your local domestic violence organizations, cell phone company, or police department, to find out who is organizing the program in your community. You can also go to [www.donateaphone.com](http://www.donateaphone.com) to find out how to donate a phone.*

*2 students created "Cell Phones for Soldiers" when they learned that soldiers overseas had huge cell phone bills. Go to <http://www.cellphonesforsoldiers.com/pages/1/index.htm> to learn more.*

*To make a difference...*

*never be stingy with the free things in life...*

*hugs, compliments smiles, laughter, and hope!*

# B'nai Mitzvah Tzedakah Ideas

## B'nai Mitzvah Invitation Ideas:

- Include a special note asking each guest to bring a specific item to be donated such as a children's book, food item, hotel toiletries, etc
- Instead of a traditional invitation, the **Jewish National Fund** will print invitations onto their tree certificates. If you order over 100; you will not only receive a discount, but you will have planted a "forest" of trees in Israel in honor of your B'nai Mitzvah! Call JNF at 1-800-700-1312 or locally at (714) 957-4540. Jewish National Fund,  
2900 Bristol, Suite C-104, Costa Mesa CA 92626 <http://www.jnf.org/site/PageServer>

Donate a percentage of your gift money to charity, or make a donation in honor of each guest and **MAZON** will provide stylish personalized gift cards to be placed at the tables instead of party favors. Give 3% of the cost of your B'nai Mitzvah to:

### **MAZON, A Jewish Response to Hunger**

1990 South Bundy Drive, Suite 260; Los Angeles, CA 90025; (310) 442-0020; <http://www.mazon.org/>  
Since 1985, MAZON has provided food, help and hope to hungry people of all faiths and backgrounds. It has done so through donations from the Jewish community, which is allocated to the most effective hunger relief organizations in the United States, Israel and in poor countries worldwide.

## Ritual Items:

Order beautifully crocheted Yarmulkes and help support Mayan women from the villages of Guatemala. **MayaWorks**, the organization that sells them, is devoted to reducing poverty and illiteracy by creating markets for these hand-woven products. The income they receive from these sales sometimes makes the difference between 2 or 3 meals a day. Please make sure to mention you heard about them through Ziv Tzedakah Fund/Danny Siegel (see next page). Great for bulk orders for B'nai Mitzvahs, Confirmation classes, and synagogue gift shops. Contact: Kathleen Morkert, [mayaworks-chi@attbi.com](mailto:mayaworks-chi@attbi.com), 773-506-4905, [www.mayaworks.org](http://www.mayaworks.org)

Fabulous Tallis Bags Made by Ethiopian Jews: Contact the North American Conference on Ethiopian Jewry, 212-233-5200, [NACOEJ@aol.com](mailto:NACOEJ@aol.com), [www.NACOEJ.org](http://www.NACOEJ.org)

## B'nai Mitzvah Decoration Ideas:

- Make a spectacular food basket/book basket, etc. instead of flowers to be used on bimah, and then donate.
  - Instead of traditional centerpieces, make: pails filled with toys; gym bags filled with sporting goods; tote bags filled with books; and attach note to these creative containers stating which charity will be receiving them.
- Instead of candles for a "Candle-lighting Ceremony", honor your family and friends by having gift containers, pretty wrapped boxes, etc. that will go to various charities. You can even coordinate organizations that match the personality of those you are honoring!

## Send leftover B'nai Mitzvah food to a shelter.

Many families create a Bar/Bat Mitzvah service booklet to help explain the service to their guests. One great addition to your booklet is to include a "**13 Tzedakah Organizations**" page listing your family's favorite organizations for donating time and money. This is yet another way to share that helping others is a part of being Jewish.

**Continue your Mitzvah project after your B'nai Mitzvah.  
Additional mitzvah ideas can be found on the Ziv website:  
Ziv Tzedakah Fund, Inc.**

[www.ziv.org](http://www.ziv.org) home page

[http://www.ziv.org/direct\\_israel2.html](http://www.ziv.org/direct_israel2.html) **Helping those in need in Israel**

[http://www.ziv.org/bar\\_bat\\_mitzvah.html](http://www.ziv.org/bar_bat_mitzvah.html) **Bar/Bat Mitzvah Guide**

<http://www.ziv.org/teach-6major.htm> **Seven Major Mitzvah Projects**

<http://www.ziv.org/teachers.html> **116 Practical Mitzvah Suggestions**

384 Wyoming Ave.

Millburn, NJ 07041

(973) 763-9396—Ask for Naomi Eisenberger

Danny Siegel over 20 years ago founded this non-profit organization to help fund efficient grass-roots community projects worldwide. He seeks out ‘Mitzvah Heroes,’ and then gives lectures to a variety of groups to get involved, to fix the world, and to make a difference.

Volunteer opportunities: Raise funds for this organization; call to receive a copy of their current annual report and help one of their “Mitzvah Heroes” directly.

## **Update/New Ideas**

The Bureau needs your help! We want this resource guide to benefit as many teens and organizations as possible. Help us keep this guide current by sharing your input. Send your information to:

### **Bureau of Jewish Education**

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

1 Federation Way, Suite 205

Irvine, CA 92603

949-435-3450

E-mail: [info@bjeoc.org](mailto:info@bjeoc.org)

Our mission is to ensure that everyone in our community can find a path to engaging and meaningful Jewish learning.

#### **1. Corrections/additions to current listings:**

**2. Organizations to add to our directory:** Please include name of organization, address, and phone number.

“Few will have the greatness to bend history itself,  
but each one of us can work to change a small portion of events,  
and in the total of all those acts will be written the history of this generation.”

—Robert Kennedy



# *Give of Yourself*

*Give of yourself, give as much as you can!  
And you can always give something, even if it  
is only kindness!*

*If everyone were to do this,  
then there would be much more justice and love in the world.*

*Give and you shall receive, much more than  
you would have ever thought possible.  
Give, give again and again, don't lose courage,  
keep it up and go on giving! No one has  
ever become poor from giving!*

*--Anne Frank*

*The Bureau of Jewish Education wishes to thank the following people for contributing  
to the compilation of this resource guide.*

*Sheri Gropper, Coordinator*

*Kathleen Cantor*

*Nancy Chase*

*Barbara Goodman, Graphic Designer*

*Kathie Grogan*

*Lydia Levin*

*Sheryl Levin*

*Shelly Malmon*

*Melissa Stern*

*Erica Taylor*