MISSION
Improving lives and strengthening Wyoming communities through volunteerism.

CONTACT
• WE CAN HELP your organization.
• YOU CAN SERVE in AmeriCorps.
• SEARCH AND POST volunteer opportunities.
• GET HANDS-ON with any of our projects.

COMMISSION MEMBERS

Melissa Bartley, Ex-Officio, Cheyenne
Amy Busch, Ex-Officio, Cheyenne
Jennifer Crowe, Banner
Ron Cunningham, Lander
Cody Friedlan, Secretary, Gillette
Kenya Haynes, Cheyenne
Travis Jordan, Washington D.C.
Brandon Kosine, Chair, Casper
Gerry Maas, Laramie
Nancy McKenzie, Sheridan
Maurice Morton, Treasurer, Casper
Spencer Pollock, Cheyenne
Michael Griffin, Ex-Officio, Cheyenne
Linda Roosa, Green River
Dylan Rosalez, Casper
Mary Rosenberg, Riverton
Molly Spangler, Cheyenne
Gus Stonum, Vice Chair, Laramie
Dean Welch, Casper
Zoe White, Pinedale

STAFF MEMBERS:

Shelly McAlpin
Executive Director

Nuriéh Glasgow
Program and Training Officer

Jessica Stanbury
Program Coordinator
PROJETS

ServeWyoming promotes collaborative efforts among private, non-profit and governmental organizations that advance community service, volunteer programs and activities in each Wyoming community. We also collaborate with other Corporation for National & Community Service programs such as AmeriCorps*VISTA, Senior Corps and NCCC. ServeWyoming gives every citizen an opportunity to help solve our biggest challenges in education, the environment, public safety, human needs, and homeland security.

In addition to coordinating funding for organizations throughout the state, our Commission has the role of developing, communicating and promoting a statewide vision and ethic of service in Wyoming. To attain this, we are working on a variety of projects which include:

AMERICORPS*STATE
Providing funding to recruit AmeriCorps members and training to manage and operate AmeriCorps programs across Wyoming. Projects may vary to meet community needs and application process begins in the Fall of each year.

DISABILITY INCLUSION & AWARENESS
Serve as a resource to promote inclusion in volunteerism.

EMERGENCY PREPAREDNESS
Serve as a neutral convener to mobilize and train volunteers in the time of an emergency or disaster.

PARTNERSHIP BUILDING
Develop investments and partnerships to sustain ServeWyoming and the programs we support.

PRO BONO VOLUNTEER NETWORK
Increase nonprofit capacity through the engagement of highly skilled volunteers.

PROFESSIONAL DEVELOPMENT & TRAINING
Increase grantee capacity and statewide awareness of national service through professional development, training and technical assistance, member development, and outreach.

VOLUNTEER WYOMING
Serve as a resource to our communities and increase the number and effectiveness of volunteers in Wyoming.

INDEX

<table>
<thead>
<tr>
<th>Opp. Type</th>
<th>Page #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administration/Organizational Support</td>
<td>8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19</td>
</tr>
<tr>
<td>Advocacy</td>
<td>8, 9, 10, 11, 12, 14, 17, 18, 19</td>
</tr>
<tr>
<td>Animal Science</td>
<td>9, 10, 13, 14, 17</td>
</tr>
<tr>
<td>Art/Culture</td>
<td>8, 9, 10, 11, 14, 17, 19</td>
</tr>
<tr>
<td>Board/Committee Members</td>
<td>8, 15, 17, 18, 19</td>
</tr>
<tr>
<td>Childcare</td>
<td>15, 17</td>
</tr>
<tr>
<td>Civic Participation</td>
<td>8, 11, 14, 17, 18</td>
</tr>
<tr>
<td>Communications/Marketing</td>
<td>8, 11, 14, 17, 18</td>
</tr>
<tr>
<td>Construction/Home and Lawn Maintenance</td>
<td>9, 10, 11, 13, 17, 18</td>
</tr>
<tr>
<td>Counseling Information Support</td>
<td>8, 17, 18</td>
</tr>
<tr>
<td>Customer Service</td>
<td>8, 9, 10, 11, 12, 13, 14, 15, 17, 19</td>
</tr>
<tr>
<td>Disaster/Emergency Services</td>
<td>8, 9, 11, 15, 17</td>
</tr>
<tr>
<td>Donations Management</td>
<td>12, 14, 15, 16, 17</td>
</tr>
<tr>
<td>Education</td>
<td>8, 9, 11, 12, 13, 14, 17, 18, 19</td>
</tr>
<tr>
<td>Environmental</td>
<td>17, 19</td>
</tr>
<tr>
<td>Faith Based</td>
<td>17, 18</td>
</tr>
<tr>
<td>Family Services</td>
<td>8, 12, 14, 16, 17</td>
</tr>
<tr>
<td>Food Prep/Delivery</td>
<td>8, 12, 15, 17</td>
</tr>
<tr>
<td>General</td>
<td>8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 19</td>
</tr>
<tr>
<td>Health/Personal Care</td>
<td>8, 11, 15, 17</td>
</tr>
<tr>
<td>Internship</td>
<td>8, 12, 15, 17</td>
</tr>
<tr>
<td>Mentoring</td>
<td>8, 12, 14, 15, 17</td>
</tr>
<tr>
<td>Recreational Activities</td>
<td>8, 9, 10, 12, 14, 17, 18</td>
</tr>
<tr>
<td>Special Event Support</td>
<td>8, 9, 10, 11, 12, 13, 14, 15, 17, 18, 19</td>
</tr>
<tr>
<td>Transportation/Automotive/Mechanical</td>
<td>8, 15, 17, 18</td>
</tr>
<tr>
<td>Youth</td>
<td>8, 9, 10, 12, 14, 15, 17, 18, 19</td>
</tr>
</tbody>
</table>

2014-15 AMERICORPS PROGRAMS!

<table>
<thead>
<tr>
<th>PROGRAMS</th>
<th>MEMBERS</th>
<th>PROGRAM IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Wyoming - Wyoming Conservation Corps</td>
<td>24</td>
<td>Promote leadership and provide natural resource and environmental management experiences to young adults.</td>
</tr>
<tr>
<td>Greater Wyoming Big Brothers Big Sisters</td>
<td>48</td>
<td>Provide outreach and support to new mentors and recruit mentors/AmeriCorps members to improve the lives of youth in Wyoming.</td>
</tr>
<tr>
<td>Teton Science Schools</td>
<td>48</td>
<td>Provide education and science training for educators, youth &amp; young adults and promote environmental education.</td>
</tr>
<tr>
<td>Wyoming Coalition Against Domestic Violence &amp; Sexual Assault</td>
<td>15</td>
<td>Provide leadership, education &amp; systems advocacy to advance social change and end violence, including crisis intervention.</td>
</tr>
<tr>
<td>Big Brothers Big Sisters of Northwest Wyoming</td>
<td>16</td>
<td>Provide after school education and enrichment activities, mentoring &amp; homework assistance to local youth.</td>
</tr>
<tr>
<td>Feeding Laramie Valley Planning Grant</td>
<td>____</td>
<td>Working for food security and sustainable local food system.</td>
</tr>
</tbody>
</table>

For More information about AmeriCorps, visit www.AmeriCorps.gov
Dear Friends of ServeWyoming,

I believe in the power of people to bring about change where it is most needed. Sometimes the change is a simple connection an AmeriCorps member makes when they connect to others through their service. Other times, a connection through service can bring about life long change, such as when an AmeriCorps Member mentors a child, or tutors a struggling student. The results can open doors for that child or student long into their adulthood.

Everyone who has served in a volunteer capacity knows the satisfaction it provides. Selfless acts help both the individual being served and the person serving. It also leads to employment opportunities, as was the case with Patrick Harrington. He previously served as an AmeriCorps member with the Wyoming Conservation Corp (WCC) in 2010 and 2011. This opportunity connected him to natural resource and environmental experiences while promoting leadership. WCC AmeriCorps members perform a variety of conservation and natural resource management work for our state, and ServeWyoming is honored to fund this AmeriCorps program going on its 9th year. Patrick’s experiences led him to become WCC’s Assistant Director. Patrick shares, “Through National Service I learned what it meant to be a part of a community, and how together we all become much greater than our individual selves.”

AmeriCorps provides other rewards that go beyond positive service experiences. Members earn a scholarship to reduce college costs or repay student loans. This increases economic opportunity for AmeriCorps members by encouraging post-secondary education and reducing student debt. AmeriCorps increases civic responsibility and awareness while transforming their lives for the better.

ServeWyoming believes in the power AmeriCorps service can bring not just the individual members, but also the organizations they serve with and the communities they support. As our state’s Commission on National and Community Service we see first hand how transformative AmeriCorps can be. An integral component of our mission is to effectively leverage federal funds to help address critical needs across the state. It’s a unique responsibility. We are the one entity that, by Executive Order, exists for Wyoming to access AmeriCorps funds.

The power of our organization comes through how we manage those resources be it charitable, federal or state dollars and deliver outcome-focused programming. Inside this Guide, you will find the latest on our various programs: Volunteer Wyoming, AmeriCorps, Disability Inclusion and Emergency Preparedness, including data showing our commitment to improving lives and strengthen Wyoming communities through volunteerism.

As a cornerstone of our voluntary advocacy efforts, the following 2015 Volunteer Guide serves to encourage members of our community to get out and support a local organization, project, or cause. We strive to make finding your next volunteer opportunity, or even your next employee (see p. 22) as easy as possible by connecting you to the local agencies making a difference every day in our community.

That’s the beauty of service, whether it’s through AmeriCorps or general civic participation – the ability to improve lives while transforming communities through the power of our people. We appreciate your support and interest in our work and know that you, our partners, rely on us to deliver results. That responsibility is our constant driver, and we will continue our strong focus on proven approaches and program enhancements to ensure Wyoming is stronger because of service.

Shelly McAlpin
Executive Director,
ServeWyoming

Making Connections Through National Service
Cheers to our Wyoming Volunteers!

By Jessica Stanbury, Volunteer Wyoming Program Coordinator

While ServeWyoming believes volunteers should be celebrated every day, many of us forget to actually take the time to formally thank the many individuals that give their time and effort to organizations and causes throughout our wonderful state.

Volunteers are an integral part of the Wyoming community, providing a valuable service to our neighborhoods, schools, health facilities, and community organizations. By generously donating their time and talents to people in need, volunteers positively impact the quality of life of others and strengthen our community. Without volunteers’ selfless assistance, many organizations would not be able to continue providing the valuable services that keep our communities, our state, the country and even our world turning.

Wyoming volunteers make a positive difference in communities all around the State. According to the latest data from the Corporation for National and Community Service, more than 127,020 Wyoming residents reported serving 13.6 million hours of service for a nonprofit or community organization in 2013. This translates to more than $306.3 million in value to communities and organizations throughout Wyoming.

As our state’s governor-appointed commission for service and volunteerism, ServeWyoming strives to build a culture of citizenship, service and responsibility in Wyoming. It is our mission to improve lives and strengthen Wyoming communities through volunteerism. ServeWyoming promotes volunteering and service as a means to strengthen communities through days of service, special initiatives, and community partnerships. We also address community needs by administering AmeriCorps*State funding that allows AmeriCorps members to serve in nonprofit, community-based and educational organizations throughout Wyoming. Read more about the 2014-2015 AmeriCorps Programs ServeWyoming funded on page 3.

In 2007, ServeWyoming launched a program designed to connect potential volunteers with organizations across our state, and to measurably increase the number and effectiveness of volunteers. We call this program Volunteer Wyoming. In 2014, more than 18,000 Wyoming citizens utilized Volunteer Wyoming, resulting in more than 2,993 reported hours of service. These volunteer opportunities are generated through the Professional Volunteer Network, service events such as MLK Day and the 9/11 Day of Remembrance, and through our online matching database, www.volunteerwyoming.org. This database allows individuals to look for and respond to volunteer needs across the state while also allowing organizations to setup agency profiles, post volunteer needs, promote community events, and even advocate for donations. In December 2014, 1,270 nonprofit agencies were active on the site, 2,657 volunteers were registered, and 408 volunteer active opportunities were posted.

Sign up as a volunteer or organization today! Go to www.servewyoming.org, click on “Volunteer Now!” and select “Login/Join” to access the system as a volunteer or as a new or an existing organization. Fill in the information fields and you will be on your way to a great volunteer connection! Volunteers, don’t forget to “Become a Fan” of your favorite nonprofit agencies. By clicking this button on an agency’s page, volunteers will be the first to know when that agency adds a new volunteer need or posts an upcoming event, donation request, etc. See our Volunteer Wyoming ad on page 23 for more information and login instructions!

To all of the volunteers out there, give each other a pat on the back, a sincere ‘thank you,’ and know that you are appreciated EVERY SINGLE DAY!

Check out our 2014 Annual Report at www.servewyoming.org
At WyHy, we look at managing finances differently. As a not-for-profit financial cooperative, our members own us and in turn, we are always looking for ways to go above and beyond to help our member owners achieve their dreams, no matter how big or small. But the one major thing that sets us apart is our core value of advocacy.

Our “We’re with you.” tagline is more than just three simple words – it encompasses the principles we live by to serve our members, and the community. Every day we show our members how we’re with them by helping them budget better so they can save more, get out of debt quicker and afford their goals. But we are also there for the people in Cheyenne, Casper and surrounding areas by giving back.

Throughout 2015, we’re going to show how we serve Wyoming on a daily basis by the products we offer and services we provide. We’ll also show how you can play a role in helping us serve Wyoming through volunteerism, charitable donations and acts of kindness. So to celebrate the New Year and as a formal kick-off to our year of advocacy efforts, from January 15 through February 28, 2015, we launched our Paying it Forward initiative where ran a membership drive with the goal of gaining 45 new members within 45 days that met certain joining criteria with one randomly drawn qualifying member winning $2,015. We in turn had a goal of donating $2,015 to ServeWyoming if we gained the 45 new members.

Not only did WyHy meet our goals, we exceeded them with gaining 100 new members in those 45 days that qualified for our Paying it Forward initiative. So our newest member Tammy and ServeWyoming each received $2,015!

We currently have three We’re with you efforts running: Our SmartReturns promotion, our Community Advocate initiative, and our We’re With You Day event in partnership with ServeWyoming.

As you can see, we believe in the “paying it forward” philosophy and work every day to be financial advocates for our members and community advocates for the state at large. And we are proud to support the ServeWyoming foundation as another wonderful example of community advocacy.

So if you’re looking for a banking relationship that can provide you with all the products and services you need, but is also a place you can actually have a strong relationship with and in turn your business mean something to others, then visit us online, give us a call or stop by one of our branches. And make sure to visit www.WyHy.org/servewyoming to see the latest WyHy serve Wyoming initiatives and how you can participate. We’d love to get to know you and show you how we can be there for you, just like we’ve been there for so many others for over 60 years.
Volunteer Tips

SPEND TIME RESEARCHING VOLUNTEER OPPORTUNITIES! Try to find a good match between your interests, the amount of time you are willing to volunteer and the organizations that address issues you care about.

CHOOSE YOUR LEVEL OF INVOLVEMENT! You can choose to be involved at a variety of levels, from short-term episodic projects to longer-term skills-based opportunities such as serving on a board of directors.

START WITH WHAT YOU KNOW! Are you passionate about the work of a specific organization and want to help them achieve their mission? Do you like leading, coaching or mentoring others? Have you been volunteering a long time and seek more responsibility? Answering these questions can help you determine where and how you want to volunteer.

CHALLENGE YOURSELF TO CONTINUALLY TRY NEW THINGS! Not only does it make life more interesting, but it allows you to add more skills to your repertoire. Ever wondered what it would be like to search for fossils and go on digs? Get in touch with your museum. Always wanted to see what it’s like to be in the limelight? Talk to your local community theater. Are you a huge soccer fan? Be a coach. The possibilities are endless!

VOLUNTEER FROM HOME (OR WORK): You don’t have to go to a specific place to volunteer. You can collect food, clothing or pennies and donate them to an organization. Organizing a project for your neighborhood, workplace or family is a flexible way to benefit a nonprofit of your choice.

LOOKING TO MAKE SOME NEW FRIENDS AND NEW CONNECTIONS? Volunteering is a great way for you to meet new people, find like minded individuals, and get more connected with your community.

VOLUNTEER AS A GROUP. Do you want to build a greater sense of teamwork and strengthen relationships? Talk with the volunteer coordinator at an organization about volunteering with your friends and coworkers. Volunteering together is a great way to build team unity!

Want your Community Business to be featured here next year?

Reach over 20,000 households, inform readers about all the great things you are doing to pay it forward, and be part of a community project designed to increase social connectedness, career skills, sense of satisfaction and quality of life among all Cheyenne area residents.

Contact ServeWyoming at (307) 234-3428 or shelly@servewyoming.org for more information about sponsorship opportunities.
The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

**Relay For Life Volunteer**
There are several ways to volunteer with the Relay For Life, on the committee, as a team captain, or as a participant.

**Occurrence:** Monthly
**Minimum Age:** 18
**Minimum Age w/Adult:** 14
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

**Cancer Resource Center Volunteer**
As a CRC volunteer you will help cancer patients by fitting wigs, getting information about their cancer, being supportive and helping make their cancer journey easier. This position is located at the Cancer Resource Center located inside the Cancer Center at Cheyenne Regional Medical Center.

**Occurrence:** Weekly
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

**Road to Recovery Driver**
Help provide transportation for cancer patients to and from treatment locally.

**Occurrence:** Weekly, as needed
**Minimum Age:** 25
**Good For:** Good For: Adults 18+, Older Adults 55+, RSVP

**Contact:** Lindsay Kowalski
P.O. Box 3063
Cheyenne, WY 82003
333 S. Beech
Casper, WY 82601
lindsay.kowalski@cancer.org
(307) 235-0044

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

**Disaster Action Team Member**
Respond to and help families after disasters like home fires.

**Occurrence:** Semi-annually (based on disaster occurrence)
**Minimum Age:** 18, 16 w/Adult
**Good For:** Youth, Group, Adults 18+, Older Adults 55+, Family

**Disaster Preparedness Team Member**
Help advocate and teach community members about disaster preparedness.

**Occurrence:** Semi-annually (based on preparedness events)
**Minimum Age:** 16
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family, RSVP

**Contact:** Chris Allen
P.O. Box 586
5500 Bishop Blvd.
Cheyenne, WY 82003
chris.allen2@redcross.org
(307) 214-1658

**Big Brothers Big Sisters**
The oldest, largest and most effective youth mentoring organization in the United States. We have been the leader in one-to-one youth services for more than a century, developing positive relationships that have a direct and lasting impact on the lives of young people.

**Big Brother or Big Sister**
Mentor a child between the ages of 5-16.

**Occurrence:** Weekly
**Minimum Age:** 17
**Good For:** Adults 18+, Older Adults 55+

**General Volunteer**
Participate with groups of kids between 5-16.

**Occurrence:** Monthly
**Minimum Age:** 17
**Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, Family

**Contact:** Maren Felde
1603 Capitol Ave., Ste. 510
Cheyenne, WY 82001
info@wyobbbs.org
(307) 514-3383

**Arts Cheyenne**
Arts Cheyenne will promote and facilitate arts through education, awareness and experience.

**Festival Artist Liaison**
Assist visual artists in setup and teardown at the Cheyenne Arts Festival.

**Occurrence:** Annually (Aug. 14-15 2015)
**Minimum Age:** 16
**Good For:** Adults 18+, Older Adults 55+

**Festival Greeter**
Assist Festival patrons with directions and suggestions for activities to participate in.

**Occurrence:** Annually (Aug. 14-15 2015)
**Minimum Age:** 16
**Good For:** Adults 18+, Older Adults 55+

**Black Dog Animal Rescue, Inc.**
To provide homeless animals across Wyoming with guaranteed safe and secure placement, promote the use of proven life-saving programs in our communities, and advocate for animal welfare.

**Front Desk Volunteer**
Will be responsible for staffing the reception area during weekday business hours.

**Occurrence:** Weekly
**Minimum Age:** 16
**Minimum Age w/Adult:** 14
**Good For:** Disabled, Adults 18+, Older Adults 55+
Big Brothers Big Sisters is the oldest, largest and most effective youth mentoring organization in the United States. We have been the leader in one-to-one youth services for more than a century, developing positive relationships that have a direct and lasting impact on the lives of young people.

**Big Brother or Big Sister**
Mentor a child between the ages of 5-16.

**Occurrence:** Weekly  
**Minimum Age:** 17  
**Good For:** Adults 18+, Older Adults 55+

**General Volunteer**
Participate with groups of kids between 5-16.

**Occurrence:** Monthly  
**Minimum Age:** 17  
**Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, Family

**Contact:** Maren Felde  
P.O. Box 510  
1603 Capitol Ave., Cheyenne, WY 82001  
info@wyobbbs.org  
(307) 514-3383

---

**To provide homeless animals across Wyoming with guaranteed safe and secure placement, promote the use of proven life-saving programs in our communities, and advocate for animal welfare.**

**Front Desk Volunteer**
Will be responsible for staffing the reception area during weekday business hours.

**Occurrence:** Weekly  
**Minimum Age:** 16  
**Minimum Age w/Adult:** 14  
**Good For:** Disabled, Adults 18+, Older Adults 55+

**Contact:** Deb Horton  
P.O. Box 220  
2329 County Rd. 220  
Cheyenne, WY 82001  
GHorton1@aol.com  
(307) 256-4533

---

**Boys & Girls Club Cheyenne**

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

**Boys and Girls Club of Cheyenne Volunteer**
Assist with programs and activities for kids 6-18. Some clerical and/or event planning assistance may also be needed.

**Occurrence:** Weekly  
**Minimum Age:** 16  
**Good For:** Adults 18+

**Contact:** Margie McLaughlin  
P.O. Box 1915  
515 W. Jefferson Rd.  
Cheyenne, WY 82007  
mclaughlin@bgcchey.org  
(307) 778-6674

---

**CASA of Laramie County**

**CASA of Laramie County provides a court appointed voice for abused/neglected children-protecting their fundamental right to be safe, treated with dignity and the opportunity to grow in a safe environment.**

**CASA (Court Ordered Special Advocate) Volunteer**
Become the voice for a child (or children) who finds themselves in the court system as a result of abuse/ neglect.

**Occurrence:** Monthly  
**Minimum Age:** 21  
**Good For:** Adults 18+, Older Adults 55+

**Board of Member**
Board of Directors Members attend meetings and support the mission of CASA of Laramie County.

**Occurrence:** Monthly  
**Minimum Age:** 21  
**Good For:** Adults 18+, Older Adults 55+

**CASA General Volunteer**
Support the mission of CASA of Laramie County by assisting the board/staff raise awareness of our program in our community.

**Occurrence:** Monthly  
**Minimum Age:** 21  
**Good For:** Adults 18+, Older Adults 55+

**Contact:** Carol Tullio  
P.O. Box 1915  
3001 Henderson Dr., Ste. E  
Cheyenne, WY 82003  
cuttlio@casalc.org  
(307) 222-1902

---

**Capital City Canine Search and Rescue**

**CCCSAR is dedicated to training and providing well-trained canine search teams to law enforcement and rescue groups. We also offer educational programs for the public to further their knowledge and interest in the use of dogs in search and rescue.**

**Dog Trainer/Handler**
Learn to train your dog for search and rescue.

**Occurrence:** Weekly (Practice Mon., Tues., and Sat. & you can work with individual handlers on other days)  
**Minimum Age:** 18  
**Minimum Age w/Adult:** 12  
**Good For:** Group, Adults 18+, Older Adults 55+, Family, RSVP

**Trail Layer**
Volunteers lay trails for trailing dogs or hide in an area for air scent dogs.

**Occurrence:** Weekly  
(Practice Mon., Tues., Wed., as a group)  
**Minimum Age:** 16  
**Minimum Age w/Adult:** 12  
**Good For:** Adults 18+, Older Adults 55+, Family, RSVP

**Contact:** Deb Horton  
P.O. Box 220  
2329 County Rd. 220  
Cheyenne, WY 82001  
GHorton1@aol.com  
(307) 256-4533

---

**Foster Homes**
Provide care for shelter dogs while they await adoption. BDAR provides everything necessary!

**Occurrence:** Weekly  
**Minimum Age:** 18  
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

**Adoption Drive Assistant**
Assistants will greet customers, discuss available dogs, sell merchandise, and demonstrate safe dog handling techniques.

**Occurrence:** Monthly  
**Minimum Age:** 18  
**Minimum Age w/Adult:** 8  
**Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, Family

**Contact:** Bailey Anthony  
P.O. Box 2435  
3619 Evans  
Cheyenne, WY 82003  
Bailey@bdar.org  
(307) 286-9062

---

**Salvation Army**

**Adoption Drive Assistant**
Assistants will greet customers, discuss available dogs, sell merchandise, and demonstrate safe dog handling techniques.

**Occurrence:** Monthly  
**Minimum Age:** 18  
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

**Contact:** Bailey Anthony  
P.O. Box 2435  
3619 Evans  
Cheyenne, WY 82003  
Bailey@bdar.org  
(307) 286-9062

---

**Foster Homes**
Provide care for shelter dogs while they await adoption. BDAR provides everything necessary!

**Occurrence:** Weekly  
**Minimum Age:** 18  
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

**Adoption Drive Assistant**
Assistants will greet customers, discuss available dogs, sell merchandise, and demonstrate safe dog handling techniques.

**Occurrence:** Monthly  
**Minimum Age:** 18  
**Minimum Age w/Adult:** 8  
**Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, Family

**Contact:** Bailey Anthony  
P.O. Box 2435  
3619 Evans  
Cheyenne, WY 82003  
Bailey@bdar.org  
(307) 286-9062

---

**Boys & Girls Club Cheyenne**

**Boys and Girls Club of Cheyenne Volunteer**
Assist with programs and activities for kids 6-18. Some clerical and/or event planning assistance may also be needed.

**Occurrence:** Weekly  
**Minimum Age:** 16  
**Good for:** Adults 18+

**Contact:** Margie McLaughlin  
P.O. Box 1915  
515 W. Jefferson Rd.  
Cheyenne, WY 82007  
mclaughlin@bgcchey.org  
(307) 778-6674
The mission of the Cheyenne Animal Shelter is to enhance the quality of life for animals and people through compassion, respect and education.

**Play Group Assistant**
Assist staff with getting dogs out for group play times.

- **Occurrence:** Weekly
- **Minimum Age:** 16
- **Minimum Age w/Adult:** 10
- **Good For:** Youth, Adults 18+

**Cat Socializer**
Give cats attention, with petting and grooming.

- **Occurrence:** Weekly
- **Minimum Age:** 16
- **Minimum Age w/Adult:** 10
- **Good For:** Youth, Group, Adults 18+, Older Adults 55+, Family

**Offsite Assistant**
Help the staff take dogs to alternate locations to get adopted.

- **Occurrence:** Weekly
- **Minimum Age:** 16
- **Minimum Age w/Adult:** 10
- **Good For:** Youth, Older Adults 55+, Family

**Contact:** Danni Fasen
800 Southwest Dr.
Cheyenne, WY 82007
dfasen@caswy.org
(307) 632-6655

---

Cheyenne Depot Museum

*To celebrate the spirit, teamwork, optimism and sacrifices of the men and women who built and are the life of the Union Pacific Railroad, the Cheyenne Depot and the City of Cheyenne.*

**Model Railroad Operator**
Assist with operating and showing off the model railroad layout.

- **Occurrence:** Weekly
- **Minimum Age:** 18
- **Good For:** Adults 18+, Older Adults 55+

**Event Volunteer**
Provide support for Depot Plaza events including wrist banding guests, decoration, setup and take down.

- **Occurrence:** Semi-annually
- **Minimum Age:** 21
- **Good For:** Group, Adults 18+, Older Adults 55+, Family

**Contact:** Kaylan Ferrari
P.O. Box 2160
121 W. 15th St. #300
Cheyenne, WY 82003
kaylan@cheyennedeptomuseum.org
(307) 632-3905

---

Cheyenne Capital Chorale

The Chorale is a musical organization specifically incorporated to create opportunities for participation and enrichment through choral music. This experience enables those with talent and musical interest to develop their musical potential, while at the same time striving for excellence in musical performance.

**Choral Member**
Volunteer to sing with the Cheyenne Capital Chorale and perform at concerts for the community.

- **Occurrence:** Weekly
- **Minimum Age:** 18
- **Good For:** Adults 18+

**Contact:** Sheila Green
911 E. 18th St.
Cheyenne, WY 82001
capitalchorale@hotmail.com
(307) 286-5577

---

Cheyenne Family YMCA

*For Youth Development. For Social Responsibility. For Healthy Living.*

**Youth Sports**
Looking for referees, coaches and concessions for flag football, soccer, basketball, t-ball, cheerleading, tumbling and volleyball.

- **Occurrence:** Weekly
- **Minimum Age:** 18
- **Minimum Age w/Adult:** 16
- **Good For:** Youth, Adults 18+

**Facility Maintenance**
Looking for help with fitness equipment maintenance, outside property projects and vehicle upkeep.

- **Occurrence:** Weekly
- **Minimum Age:** 18
- **Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, Family

**Special Events/Projects**
Looking for help at special events with set up, tear down, during events and special projects throughout year.

- **Occurrence:** Monthly
- **Minimum Age:** 18
- **Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, Family

**Contact:** Chris Shay
1426 E. Lincolnway
Cheyenne, WY 82001
cshay@cheyennemyymca.org
(307) 634-9622

---

Cheyenne Frontier Days Old West Museum

The Cheyenne Frontier Days Old West Museum is dedicated to educating the community about the history and culture of Cheyenne Frontier Days from the event’s earliest inspiration to its present celebration.
Cheyenne Regional Medical Center Volunteers

*To nurture and improve the health of individuals and the quality of life for our community.*

**Information Desk Greeters**
Greet all visitors to the facility and offer assistance.

*Occurrence:* Weekly  
*Minimum Age:* 14  
*Good For:* Youth, Adults 18+, Older Adults 55+, RSVP

**Home Away From Home Staff**
Greet and check in guests, instructing them as to the guidelines.

*Occurrence:* Weekly  
*Minimum Age:* 18  
*Good For:* Youth, Adults 18+, Older Adults 55+, RSVP

**Gift Shop Staff**
Complete purchase transactions and replenish stock.

*Occurrence:* Weekly  
*Minimum Age:* 14  
*Good For:* Youth, Adults 18+, Older Adults 55+, RSVP

Cheyenne - Laramie County Health Department Bio Terrorism Division

*To offer Medical Countermeasures to the citizens of Laramie County, in the event of a Bio-Terrorism event.*

**Point of Dispensing Citizen Volunteer**
Volunteers would assist the Cheyenne – Laramie County Health Department Staff, by acting as support staff in a Point of Dispensing (POD).

*Occurrence:* Annually  
*Minimum Age:* 21  
*Good For:* Group, Older Adults 55+

Contact: John Kelley  
100 Central Ave.  
Cheyenne, WY 82007  
jkelley@laramiecounty.com  
(307) 633-4063

Cheyenne Symphony Orchestra

*To organize, fund and responsibly manage a quality, professional symphony orchestra in order to provide musical enjoyment, growth and cultural outreach.*

**Symphony Friends**
Provide hospitality and transportation for musicians as well as office help and special event support.

*Occurrence:* Monthly

Symphony Friends-Special Events
Assist the symphony in producing fundraising events.

*Occurrence:* Monthly  
*Minimum Age:* 21  
*Good For:* Adults 18+, Older Adults 55+

Symphony Friends-Hospitality
Prepare and provide cookies, snacks and drinks for symphony musicians during rehearsals and concerts.

*Occurrence:* Semi-annually (Weeks leading up to concerts: 9/13/14, 10/11/14, 12/13/14, 1/31/15, 2/28/15, 4/25/15)  
*Minimum Age:* 18  
*Good For:* Group, Adults 18+, Older Adults 55+, Family

Contact: Elizabeth McGuire  
P.O. Box 851  
1904 Thomas Ave.  
Cheyenne, WY 82003  
executivedirector@cheyennesymphony.org  
(307) 778-8561

Cheyenne VA Medical Center & Clinics (VAMC), Voluntary Service 135

*Our mission is to make a positive difference in the lives of the Veterans we serve by providing compassionate, comprehensive, & quality healthcare. Also to promote a community of integrity, respect, stewardship, & excellence by understanding and respecting the diversity of those whom we serve.*

**Chief Volunteer Service**
The Cheyenne VAMC has over 30 positions available. Please call and ask for the list.

*Occurrence:* Weekly  
*Minimum Age:* 16  
*Minimum Age w/Adult:* 14  
*Good For:* Group, Adults 18+, Older Adults 55+, Family, RSVP

Contact: Linda Brown  
2360 E. Pershing Blvd.  
Cheyenne, WY 82001  
linda.brown1@va.gov  
(307) 778-7317

---

Volunteer Guide 11

Cheyenne Regional Medical Center Volunteers

Cheyenne - Laramie County Health Department Bio Terrorism Division

Cheyenne Symphony Orchestra

Cheyenne VA Medical Center & Clinics (VAMC), Voluntary Service 135
**Circles Wyoming/Connections Corner**

Move families out of poverty, one family at a time.

Allies are matched with a person working toward self-sufficiency to form an intentional friendship.  
**Occurrence:** Weekly  
**Minimum Age:** 18  
**Good For:** Adults 18+, Older Adults 55+  
**Contact:** Laurie Hessel  
1400 E. College Dr., CCI 125  
Cheyenne, WY 82007  
hessel@circleswyoming.org  
(307) 214-1332

**COME, Inc.**

It is the mission of COMEA to provide a safe, secure and temporary shelter to men, women and children who are homeless. COMEA collaborates with community programs and resources to create opportunities for independent living.  

**Administrative Volunteer**  
Answer phones, welcome quests and visitors, and general office work.  
**Occurrence:** Weekly  
**Minimum Age:** 18  
**Good For:** Adults 18+, Older Adults 55+, RSVP  
**Contact:** Robbin Zimmer  
1504 Stinson  
Cheyenne, WY 82001  
assistant@comeashelter.org  
(307) 632-3174

**Kitchen Volunteer**  
Help prepare and/or serve dinner.  
**Occurrence:** Weekly  
**Minimum Age:** 16  
**Minimum Age w/Adult:** 6  
**Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, Family, RSVP  
**Contact:** Lori Kempter-Mansell  
2950 Spruce Dr.  
Cheyenne, WY 82001  
lorikempter@hotmail.com  
(307) 772-8770

**Donations Volunteer**  
Sort and organize donations.  
**Occurrence:** Weekly  
**Minimum Age:** 16  
**Minimum Age w/Adult:** 6  
**Good For:** Youth, Disabled, Adults 18+, Older Adults 55+, RSVP  
**Contact:** Sara Rust  
428 S. Durbin Street Ste. 102  
Casper, WY 82601  
sarar@gsmw.org  
(800) 736-5243

**Equality State Policy Center**

Mission: The Equality State Policy Center works for state government accountability, transparent tax policy, and for policies that help Wyoming's working families  

**Graphic Designer**  
Help design graphic materials to be used both in print and online, including infographics, banners, etc.  
**Occurrence:** Monthly  
**Minimum Age:** 18  
**Good For:** Adults 18+  
**Contact:** Brianna Jones  
P.O Box 961  
Cheyenne, WY 82003  
info@equalitystate.org  
(307) 472-5939

**Family Promise of Cheyenne**

Assisting homeless families with minor children work back to self-sufficiency.  

**Host/Support Volunteer**  
Assist with families in the evening or on the weekend. Provide meals and/or spend time with families and children.  
**Occurrence:** Weekly  
**Minimum Age:** Any  
**Good For:** Youth, Group, Adults 18+, Older Adults 55+, Family  
**Contact:** Lori Kempter-Mansell  
2950 Spruce Dr.  
Cheyenne, WY 82001  
lorikempter@hotmail.com  
(307) 772-8770

**Donation Management Volunteer**  
Assist with collecting and sorting donations.  
**Occurrence:** Monthly  
**Minimum Age:** 15  
**Minimum Age w/Adult:** 7  
**Good For:** Youth, Group, Adults 18+, Older Adults 55+, Family

**Girl Scouts of Montana and Wyoming**

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place!  

**Condensed Troop Leaders**  
Help lead a group of girls at a local Boys and Girls Club, YMCA, F.E. Warren Air Force Base. Participate in exciting activities outside of a traditional troop!  
**Occurrence:** Monthly  
**Minimum Age:** 18  
**Good For:** Disabled, Adults 18+, Older Adults 55+, Family  
**Contact:** Sara Rust  
428 S. Durbin Street Ste. 102  
Casper, WY 82601  
sarar@gsmw.org  
(800) 736-5243

**Middle School Anti-Bullying Program Leaders**  
The Series Advisor for the BFF (Be a Friend First) series is responsible for delivering the Girl Scout Leadership Experience (GSLE). The BFF program teaches middle school girls about healthy relationships and conflict resolution while working to prevent bullying amongst their peers.  
**Occurrence:** Weekly  
**Minimum Age:** 18  
**Good For:** Disabled, Adults 18+, Older Adults 55+, Family

**K-5 School Program Leaders**  
Program Leaders have the enthusiasm and ability to generate girls' interests and curiosities about the ways they can discover themselves, connect with others, and take action to make the world a better place through the Girl Scout Leadership Experience (GSLE).  
**Occurrence:** Monthly  
**Minimum Age:** 18  
**Good For:** Disabled, Adults 18+, Older Adults 55+, Family

**Contact:** Sara Rust  
428 S. Durbin Street Ste. 102  
Casper, WY 82601  
sarar@gsmw.org  
(800) 736-5243
**Volunteer Guide 13**

**Habitat for Humanity Laramie County, Inc.**

*Seeking to put God’s love into action, Habitat for Humanity brings people together to build homes, communities and hope.*

- **ReStore Volunteer**
  - Assist donors unloading donations, help customers load purchases, and provide customer service.
  - **Occurrence:** Weekly
  - **Minimum Age:** 17
  - **Good For:** Disabled, Group, Adults 18+, Older Adults 55+, Family, RSVP
  - **Contact:** Maureen Moore
    - 12 W. 17th St.
    - Cheyenne, WY 82001
    - maureen.moore@goodwillwy.org
    - (307) 634-7751

- **Build Season Volunteer**
  - Volunteer will help build a Habitat home following instruction from construction supervisor.
  - **Occurrence:** Annually (May - August)
  - **Minimum Age:** 18
  - **Minimum Age w/Adult:** 17
  - **Good For:** Group, Adults 18+, Older Adults 55+, RSVP
  - **Contact:** Kate Wright
    - P.O. Box 2809
    - 1805 Ames Ave.
    - Cheyenne, WY 82003
    - info@cheyennehfh.org
    - kate@cheyennehfh.org
    - (307) 637-8067

- **K9s 4 Mobility, Inc.**

  *Dedicated to enriching the lives of others through the training, placement and support of Assistance Dog Partnerships.*

- **Puppy Raiser Trainer**
  - Raising and training a puppy from eight weeks to one year of age.
  - **Occurrence:** Weekly
  - **Minimum Age:** 15
  - **Good For:** Adults 18+, Family
  - **Contact:** Michelle Woerner
    - 3928 Dey Ave.
    - Cheyenne, WY 82001
    - info@k9s4mobility.org
    - (307) 222-9597

- **Booth Attendant**
  - Greet guests and distribute information at an annual fundraiser.
  - **Occurrence:** Annually (Sept. 4, 2015, plus two outreach events in May 2016 and June 2016)
  - **Minimum Age:** 18
  - **Good For:** Adults 18+
  - **Contact:** Karim Simisky
    - 2508 E. Fox Farm Rd. 1-1A
    - Cheyenne, WY 82007
    - ksimisky@cheyennehealth.org
    - (307) 635-3618

**Goodwill Industries of Wyoming**

*The mission of Goodwill Industries of Wyoming is to help people with disabilities and other disadvantages reach their goals and improve their quality of life through learning and the power of work.*

- **Store Assistant**
  - Assist with processing donated items, clean and organize sales floor fixtures.
  - **Occurrence:** Weekly
  - **Minimum Age:** 18
  - **Good For:** Disabled, Group, Adults 18+, Older Adults 55+, Family, RSVP
  - **Contact:** Maureen Moore
    - 12 W. 17th St.
    - Cheyenne, WY 82001
    - maureen.moore@goodwillwy.org
    - (307) 634-7751

- **Graphic Design**
  - Prepares visual presentations by designing art and copy layouts.
  - **Occurrence:** Weekly
  - **Minimum Age:** 18
  - **Minimum Age w/Adult:** 16
  - **Good For:** Adults 18+
  - **Contact:** Rhianna Brand
    - 1222 Logan Ave.
    - Cheyenne, WY 82001
    - rhianna.brand@gracefor2brothers.com
    - (307) 220-1186

**Grace For 2 Brothers Foundation**

*Grace For 2 Brothers Foundation is an educational organization dedicated to the advocacy of suicide prevention through awareness and education.*

- **Grant Researcher**
  - The qualified candidate will be able to identify new funding sources within databases provided for the volunteer.
  - **Minimum Age:** 18
  - **Minimum Age w/Adult:** 16
  - **Good For:** Adults 18+, Older Adults 55+
  - **Contact:** Kate Wright
    - P.O. Box 2809
    - 1805 Ames Ave.
    - Cheyenne, WY 82003
    - info@cheyennehfh.org
    - kate@cheyennehfh.org
    - (307) 637-8067

- **Grant Writer**
  - Responsible for writing proposals for both unrestricted operating revenue and restricted projects and for submitting timely and accurate reports for all existing grant funded projects.
  - **Occurrence:** Monthly
  - **Minimum Age:** 18
  - **Good For:** Adults 18+, Older Adults 55+
  - **Contact:** Michelle Woerner
    - 3928 Dey Ave.
    - Cheyenne, WY 82001
    - info@k9s4mobility.org
    - (307) 222-9597

**HealthWorks**

*HealthWorks delivers high quality, culturally sensitive comprehensive primary care, regardless of ability to pay.*

- **Office Assistance**
  - Assist with paperwork, data entry, filing, phone calls and mailings.
  - **Occurrence:** Weekly
  - **Minimum Age:** 18
  - **Good For:** Adults 18+
  - **Contact:** Michelle Woerner
    - 3928 Dey Ave.
    - 11805 Campstool Rd.
    - Cheyenne, WY 82001
    - info@k9s4mobility.org
    - (307) 222-9597
Laramie County 4-H

The primary goal of 4-H is to assist youth in developing life skills that help them live productive and satisfying lives. Some important life skills include making decisions, solving problems, relating to others, planning and organizing, communicating with others, leading self and others, and applying science and technology.

4-H Leader
Guide 4-H youth in club and project work through the 4-H program.
Occurrence: Monthly
Minimum Age: 21
Good For: Adults 18+, Older Adults 55+

Contact: Tansey Sussex
310 W. 19th St., Ste. 100
Cheyenne, WY 82001
larcntex@uwyo.edu
(307) 633-4383

Laramie County 4-H

Foundation Community Volunteers
Experienced volunteer support needed for Foundation activities including administration, fundraising and special events.
Occurrence: Weekly
Minimum Age: 21
Good For: Adults 18+, Older Adults 55+

Contact: Bruce Thomson
2200 Pioneer Ave.
Cheyenne, WY 82001-3610
Foundation@LCLSonline.org
(307) 773-7221

Laramie County District Attorney’s Office

The Mission of the Laramie County District Attorney’s Office is to uphold the United States Constitution and the Constitution and laws of the State of Wyoming; to serve the people of Laramie County.

Victim Witness Volunteer
Provides notifications regarding cases, both written and oral and provides courtroom support to victims.
Occurrence: Weekly
Minimum Age: 18
Good For: Adults 18+

Contact: Mellissa Walls
310 W. 19th St., Ste. 200
Cheyenne, WY 82002
mellissa@da.co.laramie.wy.us
(307) 633-4361

Laramie County Head Start

Laramie County Head Start is a life changing organization of proactive teams, with a shared vision, serving as a foundation for sustainable futures for children and families.

Safety and Sanitation Specialists
Assist classroom and facilities in assisting in sanitation, health and safety.
Occurrence: Weekly
Minimum Age: 15
Minimum Age w/Adult: 12
Good For: Youth, Adults 18+, Family

Special Events Volunteer
Self-designed activities.
Occurrence: Weekly
Minimum Age: 18
Minimum Age w/Adult: 12
Good For: Adults 18+

Translation Services
Support in translating materials into other languages.
Occurrence: Weekly
Minimum Age: 18
Minimum Age w/Adult: 12
Good For: Adults 18+

Contact: Linda Torres
211 W. 19th
711 Warren Ave.
Cheyenne, WY 82001
Linda@calc.net
(307) 634-5829

Laramie County Library System

Encourage and support lifelong learning and adventure.

IT Services Volunteer
Assist the Network department in maintaining the Library’s computers. IT experience is preferred. However, applicants with computer knowledge, and the ability to work independently and follow procedure are welcome to apply.
Scheduling is flexible.
Occurrence: Weekly (3-4 hours)
Minimum Age: 18
Good For: Adults 18+, Older Adults 55+, RSVP

Special Events Volunteer
Volunteers are needed to help set-up events, organize activities, direct and monitor participants, serve refreshments and other tasks as needed.
Occurrence: Monthly
Minimum Age: 12
Good For: Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family, RSVP

Book Sale Room Volunteer
The Book Sale Room houses a wide variety of used books, magazines, DVDs, CDs and some electronics. Volunteers operate the Book Sale Room, sort donations, shelve books, work the cash register and sell items.
Occurrence: Weekly
Minimum Age: 16
Minimum Age w/Adult: 12
Good For: Disabled, Adults 18+, Older Adults 55+, RSVP

Contact: Amber McDaniel
2200 Pioneer Ave.
Cheyenne, WY 82001
amcdaniel@lclsonline.org
(307) 773-7224

Foundation Community Volunteers
Experienced volunteer support needed for Foundation activities including administration, fundraising and special events.
Occurrence: Weekly
Minimum Age: 21
Good For: Adults 18+, Older Adults 55+

Contact: Bruce Thomson
2200 Pioneer Ave.
Cheyenne, WY 82001-3610
Foundation@LCLSonline.org
(307) 773-7221

Laramie County Library Foundation

The Foundation calls upon private support to assist the Laramie County Library System in serving all people of Laramie County in their quest for lifelong learning and adventure.
Lions of Wyoming Foundation

It is the specific mission of the Lions of Wyoming Foundation to provide quality programs and services to the people of Wyoming for the detection, treatment and rehabilitation of visual impairments.

Rest Stop Host/Hostess
Serve beverages and snacks to bike riders in a 100 mile supported bike ride.
**Occurrence:** Annually (Second Sunday in August; August 9, 2015).
**Minimum Age:** 14
**Minimum Age w/Adult:** 10
**Good For:** Youth, Adults 18+, Older Adults 55+

Early Childhood Vision Screening-Helper
Assist with vision screening in Pre-schools or Day Cares, including typing and helping with small children. Screening equipment-training provided.
**Occurrence:** Monthly
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

Contact: David Orr
224 Talon Ct.
Cheyenne, WY 82009
dorr7111@gmail.com
(307) 631-5423

Make-A-Wish Wyoming

We grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy.

Wish Granter
Wish Granters work directly with the children and their families to determine the child’s wish.
**Occurrence:** Monthly
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

Contact: Sharon Benson
2015 S. Greeley Highway
Cheyenne, WY 82007
SBenson@mealsonwheelsofcheyenne.com
(307) 635-5542

Meals on Wheels of Cheyenne, Inc.

To assist disabled, ill, frail, elderly and other homebound persons in maintaining themselves in their own homes by providing meals and other services.

Driver
Deliver meals once a week between 10:30 and 1:00 using own gas and car.
**Occurrence:** Annually
**Minimum Age:** 16
**Minimum Age w/Adult:** Any
**Good For:** Group, Adults 18+, Older Adults 55+, Family, RSVP

Kitchen Helper
Assist staff by dishing up, and packaging food, serving food, and clean-up.
**Occurrence:** Annually
**Minimum Age:** 18
**Minimum Age w/Adult:** Any
**Good For:** Youth, Group, Adults 18+, Older Adults 55+, Family, RSVP

Mart Volunteer
Sort, price and display merchandise for our retail mart store.
**Occurrence:** Annually
**Minimum Age:** 8
**Minimum Age w/Adult:** Any
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family, RSVP

Contact: Tess Kersenbrock
P.O. Box 273
201 E. 2nd St., Ste. 27
Casper, WY 82602
tkersenbrock@wyoming.wish.org
(307) 234-9474

National MS Society

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

Administrative Volunteer
Daily office help, mailings, phone calls, etc.
**Minimum Age:** 18
**Minimum Age w/Adult:** 12
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

WY Walk MS Events
Volunteers provide key support to Walk MS all year, from serving on planning committees, calling past participants and overall support at the event. We welcome volunteers with a wide range of talents and skills.
**Occurrence:** Annually (Six events throughout Wyoming starting in April through September)
**Minimum Age:** 12
**Minimum Age w/Adult:** Any
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

WY Bike MS
Volunteers provide key support to Bike MS all year, from serving on planning committees, calling past participants and overall support at the event. We welcome volunteers with a wide range of talents and skills.
**Occurrence:** Annual (August 1, 2015)
**Minimum Age:** 12
**Minimum Age w/Adult:** Any
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

Contact: Molly Palmer
2112 Evans Ave.
Cheyenne, WY 82001
molly.palmer@nmss.org
(307) 433-8664

Wish Granters work directly with the children and their families to determine the child’s wish.
**Occurrence:** Monthly
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

Contact: Tess Kersenbrock
P.O. Box 273
201 E. 2nd St., Ste. 27
Casper, WY 82602
tkersenbrock@wyoming.wish.org
(307) 234-9474

National MS Society

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

Administrative Volunteer
Daily office help, mailings, phone calls, etc.
**Minimum Age:** 18
**Minimum Age w/Adult:** 12
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

WY Walk MS Events
Volunteers provide key support to Walk MS all year, from serving on planning committees, calling past participants and overall support at the event. We welcome volunteers with a wide range of talents and skills.
**Occurrence:** Annually (Six events throughout Wyoming starting in April through September)
**Minimum Age:** 12
**Minimum Age w/Adult:** Any
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

WY Bike MS
Volunteers provide key support to Bike MS all year, from serving on planning committees, calling past participants and overall support at the event. We welcome volunteers with a wide range of talents and skills.
**Occurrence:** Annual (August 1, 2015)
**Minimum Age:** 12
**Minimum Age w/Adult:** Any
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

Contact: Molly Palmer
2112 Evans Ave.
Cheyenne, WY 82001
molly.palmer@nmss.org
(307) 433-8664

Wish Granters work directly with the children and their families to determine the child’s wish.
**Occurrence:** Monthly
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

Contact: Tess Kersenbrock
P.O. Box 273
201 E. 2nd St., Ste. 27
Casper, WY 82602
tkersenbrock@wyoming.wish.org
(307) 234-9474

National MS Society

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

Administrative Volunteer
Daily office help, mailings, phone calls, etc.
**Minimum Age:** 18
**Minimum Age w/Adult:** 12
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

WY Walk MS Events
Volunteers provide key support to Walk MS all year, from serving on planning committees, calling past participants and overall support at the event. We welcome volunteers with a wide range of talents and skills.
**Occurrence:** Annually (Six events throughout Wyoming starting in April through September)
**Minimum Age:** 12
**Minimum Age w/Adult:** Any
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

WY Bike MS
Volunteers provide key support to Bike MS all year, from serving on planning committees, calling past participants and overall support at the event. We welcome volunteers with a wide range of talents and skills.
**Occurrence:** Annual (August 1, 2015)
**Minimum Age:** 12
**Minimum Age w/Adult:** Any
**Good For:** Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

Contact: Molly Palmer
2112 Evans Ave.
Cheyenne, WY 82001
molly.palmer@nmss.org
(307) 433-8664

Wish Granters work directly with the children and their families to determine the child’s wish.
**Occurrence:** Monthly
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

Contact: Tess Kersenbrock
P.O. Box 273
201 E. 2nd St., Ste. 27
Casper, WY 82602
tkersenbrock@wyoming.wish.org
(307) 234-9474

National MS Society

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.
Needs, Inc.

To provide the clients of Needs, Inc. with the basic needs of life, and the tools to help them improve their lives. For more information visit www.needsinc.org.

Sorter
Sort donations and place in store area.
Occurrence: Weekly
Minimum Age: 18
Minimum Age w/Adult: 12
Good For: Youth, Adults 18+, Older Adults 55+

Pantry Assistant
Assemble food boxes for clients. Sort food and stock pantry/warehouse.
Occurrence: Weekly
Minimum Age: 18
Good For: Adults 18+, Older Adults 55+

Contact: Barbara Fecht
900 Central Ave.
Cheyenne, WY 82007
bfecht@needsinc.org
(307) 632-4132

Recover Wyoming

Recover Wyoming advocates and assists persons seeking or in recovery from addiction and assists their families and allies to increase the occurrence and quality of long-term recovery.

General Volunteer
Volunteers are needed to provide referrals, assist with general office work, keep the doors of the Recovery Center open and greet those seeking services.
Occurrence: Weekly
Minimum Age: 18
Good For: Adults 18+, Older Adults 55+

Contact: Laura Griffith
1603 Capitol Ave., Ste. 405
Cheyenne, WY 82001
laura.griffith@recoverwyoming.org
(307) 421-7261

Safe Harbor, a Children’s Justice Center

The mission of Safe Harbor, a children’s justice center is to provide a safe environment for children to: disclose abuse, benefit from a multidisciplinary approach to the investigation of child abuse and, engage in safe parental exchange and visitation.

General Volunteer
General Volunteer work needed, such as cleaning, yard work, painting, collecting snacks and toys, and event assistance.
Occurrence: Semi-annually (As needed)
Minimum Age: 10
Minimum Age w/Adult: 5
Good For: Youth, Group, Adults 18+, Family

Contact: Krystal Ottersberg
2712 Thomes Ave.
Cheyenne, WY 82001
safeharbor@qwestoffice.net
(307) 632-1708
Safehouse Services

The Safehouse mission is to promote the safety and well being of victims of domestic violence, sexual assault and/or stalking by providing support services and/or shelter.

Volunteer Victim Advocate
Work directly by providing assistance for victims seeking safety.
Occurrence: Weekly
Minimum Age: 18
Good For: Youth, Disabled, Adults 18+, Older Adults 55+, Family

Disaster Response Volunteers
Pre-register as a disaster response volunteer in your area so you’re prepared to help your community in the event of a disaster/emergency. Visit our website or call to sign up.
Occurrence: Monthly
Minimum Age: 15
Good For: Youth, Disabled, Group, Adults 18+, Older Adults 55+, Family

Pro Bono Volunteers
Highly-skilled professionals needed to consult nonprofits on specific, short-term projects throughout the County/State.
Occurrence: Monthly
Minimum Age: 18
Good For: Group, Adults 18+, Older Adults 55+

Contact: Jessica Stanbury
P.O. Box 1271
229 E. 2nd St., Ste. 203
Casper, WY 82602
Jessica@servewyoming.org
(307) 234-3428

Special Projects and Fundraising
Assist staff with special projects, networking, presentations and fundraising.
Occurrence: Weekly
Minimum Age: 18
Minimum Age w/Adult: 12
Good For: Youth, Group, Adults 18+, Older Adults 55+, Family

Donation Management and Maintenance
Sort and organize donations. Provide maintenance services.
Occurrence: Weekly
Minimum Age: 18
Minimum Age w/Adult: 12
Good For: Youth, Disabled, Adults 18+, Older Adults 55+, Family

Contact: Carla Thurin
P.O. Box 1885
714 W. Fox Farm Rd.
Cheyenne, WY 82003
help@wyomingsafehouse.org
(307) 634-8655

ServeWyoming

Improving lives and strengthening Wyoming communities through volunteerism.

Seeking Volunteers of All Abilities
100’s of volunteer opportunities featured on our free website. Find opportunities to suit your needs. Visit www.volunteerwyoming.org. or www.servewyoming.org and click on “Volunteer Now.”

Southeast Wyoming Foster Grandparent Program

FGP provides volunteer opportunities for low income seniors to serve children with special needs in schools and other community agencies. Volunteers receive a non-taxable stipend of $2.65 per hour.

Foster Grandparent Volunteer
Serve a minimum of 15 hours per week with at-risk youth tutoring literacy and math.
Occurrence: Weekly (regular school year & summer placements available.)
Minimum Age: 55
Good For: Disabled, Older Adults 55+

Advisory Council Member
Working council assists with program management, fundraising, recognition, volunteer recruitment, advertising, planning and evaluation.
Occurrence: Monthly
Minimum Age: 18
Good For: Disabled, Adults 18+, Older Adults 55+

Contact: Judi Johnston
P.O. Box 1005
510 W. 29th St.
Cheyenne, WY 82003-1005
judith.johnston@peakwellnesscenter.org
(307) 634-1265

Special Friends

Our mission is to create and support one-to-one mentoring relationships between positive adult roles models and youth facing challenges in their personal, social, and academic lives.

Special Friends Mentor
Mentor youth one-on-one, 3 hours a week for a 1 year commitment.
Occurrence: Weekly
Minimum Age: 18
Good For: Adults 18+, Older Adults 55+

Court Mentor
Mentor youth one-on-one, 2-3 hours a week for duration of Court Order.
Occurrence: Weekly
Minimum Age: 18
Good For: Adults 18+, Older Adults 55+

Team Mentoring
Mentoring a youth together, for 3 hours a week for a 1 year commitment.
Occurrence: Weekly
Minimum Age: 18
Good For: Disabled, Adults 18+, Older Adults 55+

Contact: Dave Ellgen / Nicole Perez
1328 Talbot Crt.
Cheyenne, WY 82001
dellgen@cheyennecity.org
(307) 637-6480

Volunteer Guide 17
**United Way of Laramie County**

**A better Laramie County.**

**Community Investment Team member**
Funding decisions are made by three volunteer teams based on our work in the areas of education, income and health.

**Occurrence:** Annually (Will meet throughout the year as needed)
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

**Campaign Team**
Volunteers assist the fundraising efforts by sharing our story with businesses and individuals.

**Occurrence:** Semi-annually (Time is flexible during the annual campaign (June - December))
**Minimum Age:** 18
**Good For:** Adults 18+, Older Adults 55+

**Contact:** Sara Weber
1401 Airport Parkway, Ste. 220
Cheyenne, WY 82001
liveunited@unitedwayoflaramiecounty.org
(307) 638-8904

**Wyoming Family Home Ownership Program**

**Empowering Wyoming working families to achieve successful home ownership.**

**Mentor**
Teach or share skills, hobbies or expert level advice with new & potential homeowners.

**Occurrence:** Monthly
**Minimum Age:** 18
**Good For:** Disabled, Group, Adults 18+, Older Adults 55+, Family

**Contact:** Nita Stephenson
3120 Old Faithful, #200
Cheyenne, WY 82001
scpmgr@wyoming.com
(307) 634-1010
**Wyoming State Museum Volunteers, Inc.**

The mission of the organization shall be to support the Wyoming State Museum in fulfilling its state wide role to collect, care for, exhibit, interpret its collections, and educate the public on Wyoming’s History.

**Museum Front Desk Assistant**
Greet the public when visitors enter the Museum Lobby.

- **Occurrence:** Weekly
- **Minimum Age:** 18
- **Minimum Age w/Adult:** 12
- **Good For:** Disabled, Adults 18+, Older Adults 55+, RSVP

**Collections Assistant**
Assist in tasks assigned by the collections staff. Work is primarily directed toward computer data entry.

- **Occurrence:** Weekly
- **Minimum Age:** 18
- **Good For:** Adults 18+, RSVP

**Education Programs Assistant**
Assist the Curator of Education with the preparation for and delivery of education programs offered by the Wyoming State Museum.

- **Occurrence:** Weekly
- **Minimum Age:** 16
- **Minimum Age w/Adult:** 12
- **Good For:** Youth, Disabled, Adults 18+

**Camp Host**
Receive free camping space with hookups in exchange for volunteer service. Two month minimum commitment is required, 20 hours/week per person.

- **Occurrence:** Annually (May 15-Sept. 15)
- **Minimum Age:** 18
- **Good For:** Older Adults 55+

**Historic Governors’ Mansion Volunteer**
Opportunities exist for those with an interest in special events, exhibits, and collections.

- **Occurrence:** Monthly
- **Minimum Age:** 16
- **Good For:** Group, Adults 18+, Older Adults 55+

**Curt Gowdy State Park Visitor Center**
Orient visitors to the park and surrounding area. Sell permits and provide excellent customer service.

- **Occurrence:** Weekly
- **Minimum Age:** 18
- **Good For:** Disabled, Group, Adults 18+, Older Adults 55+

**Contact:** Ashley Rooney
2301 Central Ave., 4th Floor
Cheyenne, WY 82002
ashley.rooney@wyo.gov
(307) 777-6560

**Zonta Club of Cheyenne**

**Member**
Become a member of the Zonta Club of Cheyenne

- **Occurrence:** Monthly
- **Minimum Age:** 18
- **Good For:** Adults 18+, Older Adults 55+

**Z Club**
Seeking high school students at Triumph High School who would like to be a member of the Z Club.

- **Occurrence:** Monthly
- **Minimum Age:** 16 (high school)
- **Good For:** Youth

**Zonta Ladies Night Out Event Help**
Assist with our annual event that raises funds to support entities that improve the status of women.

- **Occurrence:** Annually (The Friday night closest to March 8th each year)
- **Minimum Age:** 18
- **Minimum Age w/Adult:** Any
- **Good For:** Youth, Group, Adults 18+, Older Adults 55+, Family

**Contact:** Kathy Cathcart
P.O. Box 2135
Cheyenne, WY 82003-2135
kcathcart@thealignteam.org
(307) 772-9003

**Wyoming State Parks, Historic Sites & Trails**

Wyoming State Parks, Historic Sites & Trails protect and enhance the natural and cultural environment by providing enjoyable, educational and inspiring experiences for present and future generations.

**Zonta Club of Cheyenne**

**President**
Act as President of the X-JWC club, which currently has nearly 60 members.

- **Occurrence:** Monthly
- **Minimum Age:** 18
- **Good For:** Disabled, Adults 18+, Older Adults 55+

**Membership Chairman**
Plan events to provide information about the club in an effort to recruit new members.

- **Occurrence:** Monthly
- **Minimum Age:** 18
- **Good For:** Disabled, Adults 18+, Older Adults 55+

**Member**
Become involved in the volunteer activities of the club.

- **Occurrence:** Monthly
- **Minimum Age:** 18

**Zonta Ladies Night Out Event Help**
Assist with our annual event that raises funds to support entities that improve the status of women.

- **Occurrence:** Annually (The Friday night closest to March 8th each year)
- **Minimum Age:** 18
- **Minimum Age w/Adult:** Any
- **Good For:** Youth, Group, Adults 18+, Older Adults 55+, Family

**Contact:** Kathy Cathcart
P.O. Box 2135
Cheyenne, WY 82003-2135
kcathcart@thealignteam.org
(307) 772-9003
The Cheyenne - Laramie County Health Department, Bio-Terrorism Division would provide Medical Countermeasures in an Emergency event

The (C-LCHD) Cheyenne – Laramie County Health Department (BT) (CRI) Bio-Terrorism/Cities Readiness programs would provide Emergency Medical Countermeasures to Laramie County residents in the event of a Bio-Terrorism event. There are roughly 94,000 residents in Laramie County, and if an attack was ever levied against our City or County, medications would be made available within 12 hours after the event onset. The County Health Department continually prepares and drills for Terrorism events that hopefully never happen, but in the event they do, it will be ready to assist all County residents.

Medical Countermeasures would be provided in 1 or 2 Points of Dispensing (PODS), depending on the size of the incident, and the number of people needing Medical Countermeasures to agents like Anthrax, Smallpox, Tularemia or Plague.

As you can imagine, the staff members at the Cheyenne – Laramie County Health Department would be incredibly busy at such a time, and this is where community volunteers could provide vital assistance in areas such as (POD) greeters or ushers. All volunteers need to be 21 years of age or older, and need to be prepared to pass a background check. If interested, please send an e-mail in regards to the ServeWyoming article to www.laramiecountyhealth.com
GET Pro Bono

Rather than cash grants, ServeWyoming facilitates grants of professional consulting services called “Service Grants.” Awardees are granted the help of one of our pro bono volunteers who work in a variety of fields and are interested in sharing their skills with a qualified nonprofit. The pro bono volunteer will work with your nonprofit for a short-term, specific project designed to build capacity within your nonprofit.

ServeWyoming partners with many organizations doing important work in a range of issue areas. Counties where we are able to offer assistance include: Campbell, Laramie, Natrona, and Sheridan. Unfortunately, our own funding limitations keep us from awarding Service Grants to all organizations that apply and our ability to match you with the services you seek is highly dependent on the availability of professional volunteers. Organizations are strongly encouraged to apply as early as possible, so we may also search for volunteers to fulfill the expertise you seek.

Please visit www.servewyoming.org and click on “Get Pro Bono” to review the grant criteria before you apply. If you have questions regarding our grant criteria or the content of any of our Service Grants, please contact the ServeWyoming office, and we will be happy to answer your questions.

The next grant application cycle is TBD. Please check our website often for announcements.

GIVE Pro Bono

Are you looking for ways to utilize your skills to make a positive impact on your community? Apply your skills to the greater good. Join ServeWyoming’s Pro Bono Volunteer Network! This is a network of Wyoming professionals who are committed to driving social change in their communities by donating their time and expertise to help build the capacity of local nonprofits. This is a great opportunity to develop skills, teach others and learn more about the nonprofits in your community.

Rather than cash grants, ServeWyoming facilitates grants of professional consulting services called “Service Grants.” Once you have applied, you will be matched when a qualified nonprofit has been awarded a “Service Grant” that requires skills similar to your own. The pro bono volunteer works with the nonprofit on a short-term, specific project designed to build capacity within their organization.

We are able to offer assistance to nonprofits in Campbell, Laramie, Natrona, and Sheridan counties. We are continually looking for ways to expand the program to other counties and are always in need for more professional volunteers willing to donate their time and expertise to a community organization in need. Help us help the wonderful nonprofits that do so much in your counties by applying to Give Pro Bono today!

If you are interested in applying, please go to www.servewyoming.org and click on “Give Pro Bono” or call us at (307) 234-3428.
Need good Employees? Hire a National Service Member!

National service develops essential skills that make AmeriCorps and Peace Corps alumni assets for organizations and companies seeking high-quality employees. National service alumni are strong leaders who are motivated, flexible, innovative, and outcome-oriented. They learn quickly and work well on diverse teams.

AmeriCorps and Peace Corps alumni know how to mobilize others to tackle some of the most pressing challenges facing our nation and our world. On a survey at the conclusion of their service, more than three-quarters of AmeriCorps members felt they gained an understanding of the solutions to the challenges faced by communities where they served and that AmeriCorps would improve their performance at a future job.

“If you’re an employer who wants to hire talented, dedicated, patriotic, skilled, tireless, energetic workers, look to AmeriCorps, look to the Peace Corps… Citizens who perform national service are special. You want them on your team.” – President Obama

To learn more about National Service, visit http://www.nationalservice.gov.
Do you know the one place you can go to learn how you can be active in the community?

In an effort to increase the collaboration, connections, and relationships among local non-profits and community members,

ServeWyoming is excited to introduce the next generation Volunteer Wyoming platform powered by “Get Connected/Galaxy Digital.”

Volunteer Wyoming is an easy-to-use web-based platform that matches the right donors, advocates, and volunteers with the right opportunities in your neighborhood. Use Volunteer Wyoming to find ways to donate unused materials and household items to agencies in need, advocate for a cause that requires your passionate voice, and volunteer your time in ways that make a real difference.

*To learn about training opportunities, contact our office at (307)234-3428 or jessica@servewyoming.org

To get started today, go to [www.servewyoming.org](http://www.servewyoming.org) and click “Volunteer Now!”

ServeWyoming — Improving lives & strengthening Wyoming communities through volunteerism
Registration is now open for

We’re With You Day

8/15/15

Join us to give back to the communities we love and enjoy some food and fun after a day of good-deed-doing!

WyHy.org/WWYD

WyHy

ServeWyoming

Cheyenne • Casper