

OPPORTUNITY EXCHANGE

GIVE.

Haiti Recovery Efforts

Make a donation to the Haitian Relief Fund at United Way of San Luis Obispo County, Barnett Cox & Associates, any Mission Community Bank location or text **HAITI** to **UNITED** (864833) to make a \$5 donation to United Way Worldwide's Disaster Recovery Fund.

Community Action Partnership Health Services Division

Copier

Office supplies or gift cards

Gift cards for snacks for teen program participants

Items for our June 6th fundraiser (Afternoon of Epicurean Delights):

Auction items

Flowers for the day of the event

Sturdy plastic forks & spoons

8 tall plastic road cones

3 sturdy, long electrical cords

Bottled water, small & large

Contact: Raye Fleming at (805) 544-2498 ext. 11 or rfleming@capslo.org



Lifestyles Recovery Center

Children Toys and Activities (2-13 years old)

Office Printer

Couch

Chairs

Contact: Karolyn London at (805) 238-2290

Morro Coast Audubon Society

Garden tools in good condition

Garden hose

Contact: Holly Sletteland at (805) 239-3928

The Land Conservancy of San Luis Obispo County

Equipment shed/small carport to house 4-wheel vehicle & trailer

Contact: Kaila Dettman, (805) 544-9096

Digital camera (6 megapixel +, relatively new, Canon preferred)

Contact: Wende David, (805) 544-9096

Conduit and installation (for site improvements at the Octagon Barn)

Contact: BK Richard at (805) 782-0899

Prado Day Center

Cereal, milk, cream cheese, margarine, juice, coffee, creamer, sleeping bags, adult socks, fruit, deodorant, razors, hotel sized shampoo/soap/conditioner.

Contact: Any staff at (805) 786-0617

San Luis Obispo Child Development Center

Diapers (size 5)

Baby wipes

Grocery Gift Cards

Gas Gift Cards

Non-Perishable Food

School Glue

Colored Construction Paper

Colored Sidewalk Chalk

Stickers

Finger Paint

Bubbles

Stickers

Bike Helmets (ages 2-5)

Clothes Pins

Watering Cans

Playground Balls

Sand Toy Buckets & Shovels

Contact: Angela Barakat at (805) 544-0801 ext 14



Sexual Assault Recovery & Prevention (SARP) Center

USB flash drives, colored & white copier paper, 60" desk

Contact: Megan Mastache at 545-8888

The Feline Network of the Central Coast

Paper towels, bleach, high quality cat and kitten foods, cat litter, cat toys, towels, and gift cards to local pet feed stores and grocery stores.

Contact: Any Staff at (805) 549-9228

San Luis Obispo ALPHA, Inc.

New or gently used cribs, port-a-cribs, highchairs, strollers and clothing for children 0-2T

Special request: boys clothing sizes 6-12months and size 3 diapers.

Contact: Jen Miller at 805-541-3367

San Luis Obispo Botanical Garden

For the Children's Garden: children's gardening gloves, hats, trowels, spades, rakes, buckets, watering cans and aprons for canning classes. We also need a solar oven, drip irrigation for the pizza garden, materials for worm boxes, a trellis to shade the outdoor sink and books on children's gardens to build our library.

For the Oak Glen Pavilion: wireless mics, small cd music player, 12 30" round cocktail tables, white boards, large flip charts, 12 ceramic luminarias, kitchen stools

Contact: Dave at (805) 541-1400 or dsetterlund@slobg.org

San Luis Obispo Children's Museum

A round table with chairs

Contact: Christina Bearce at 545-5874 x 13

ADVOCATE.

Calling for 2-1-1 Act in Congress (S.211/H.R.211). Securing federal funding for the 2-1-1 system is United Way Worldwide's top public policy priority. With intensive efforts from United Ways across the U.S., we are closer than ever to creating a federal matching grant program by enacting our legislation. On February 11th, the national 2-1-1 US Steering Committee celebrated National 211 Day. Continue to encourage your legislation to move forward on this crucial service.

VOLUNTEER.

Peoples' Self-Help Housing

Event help for our 40th Anniversary celebration in the fall

Contact: Annette Montoya at (805) 781-3088 x457

Lifestyles Recovery Center

Office Clerk

Newsletter Editor

Brochure and Flyer Maker

Contact: Karolyn London at (805) 238-2290

Jack's Helping Hand, Inc.

Help families pick out toys at Adaptive Toy Lending Library

Help repair toys

Contact: Mary Illingworth at (805) 547-1914

Morro Coast Audubon Society

Do you like to garden? Try "gardening with a wild heart" at the Sweet Springs Nature Preserve in Los Osos every 2nd Saturday from 9-12 noon.

Contact: Holly Sletteland at (805) 239-3928

Prado Day Center

Breakfast Serving Volunteer: 8:15am-9:30am Set up and serve breakfast

Provide a breakfast: 8:15am-9:30: Call to schedule to provide a warm breakfast to approximately 100 people.

Front Desk Volunteer: Volunteer: 8:30am-12:00pm, 12:00p-4:30pm, 8:30am-4:30pm

On Call Warming Station Night Volunteer: Schedule in advance shifts for possible storm nights. Shifts 4:30pm-12:00am, 12:00am-8:30am, 4:30p-8:30am (for warming station interest please contact Shawn Ison ison@capslo.org or 786-0617)

Contact: Any Staff at (805) 786-0617

Avila Beach Sea Life Center

Volunteer Opportunities: Aquarists and Exhibit Hall Docents

Contact: Jess Ferrentino, Program Director at Avila Sea Life Center, at (805) 595-7280, or email-
jess@sealifecenter.org





The Land Conservancy of San Luis Obispo County

If you like to plan parties, work with a team, and utilize your creative skills, please consider joining our Special Events & Fun Committee. Committee meetings are held monthly to plan & coordinate 6-10 events throughout the year.

Contact: Wende David at (805) 544-9096

SLO Hotline

SLO Hotline, now a program of Transitions-Mental Health Association, is seeking volunteers who have an interest in helping to staff the only 24-hour emotional and mental health support hotline in the county. Volunteers learn the skills to provide support to individuals in emotional distress, effectively listen, offer encouragement, suggest appropriate mental health resources and diffuse crisis situations. Requirements: 18 years or older, open-minded, with a willingness to assist individuals of different belief systems and backgrounds than your own. Line volunteers make a minimum commitment of 16 hours per month for one year.

Volunteers are also needed for non-telephone work:

SLO Hotline is looking for volunteers to assist with general administrative duties, which include scheduling and helping with clerical duties. Shifts are available weekdays and available on a volunteer basis only. This is a great chance to give back to your community.

Contact: Mike Bossenberry at (805) 541-5144, ext. 157 or mbossenberry@t-mha.org

San Luis Obispo ALPHA, Inc.

Reception/Office support volunteer: Greet and assist Alpha clients in person or by phone. You may answer phones, presort donations (usually on Wednesdays), match donated baby equipment with clients' requests, take inventory of donations, organize donation room and resource library, and much, much more! Alpha is open MTWF 10am-3pm.

Contact: Julie Nanninga at (805) 541-3367

NORTH COUNTY WOMEN'S SHELTER & RESOURCE CENTER

After Hours Advocates (40 hr Certification Course Begins March 2010)

General Office Support (Filing, answering phones, document delivery)

On-site Child Care (Watch client children while they attend court, Counseling, or classes)

Court Support (Accompany client to court appearances)

Fundraising/Event Assistance (Assist Friends of the North County Women's Shelter with Fundraising event planning and coordination)

Donation Management (Help with accepting, organizing and distributing in-kind donations received at our Resource Center.)

Contact: Donna Migliore, Volunteer Coordinator at dmigliore@ncwomensshelter.org or (805) 461-1338



San Luis Obispo Botanical Garden

We have drought tolerant plants, seed packets, a local Farmers' Market corner, and other great items, but we need volunteers to help staff Eve's Garden during the week and at our special events.

We also have several great events coming up this spring such as Eco-Art in the Garden, Acoustic Guitar Festival, and At Home in the Garden and we would like volunteers to help plan and volunteer at the events.

Contact: Dave or Julie (805) 541-1400 ext. 304 or 305, dsetterlund@slobg.org, jpowell@slobg.org

The Feline Network of the Central Coast

Foster homes, Adopt A Pet Events, Data Entry Help

Would your family like to foster a litter of kittens or an adult cat?

Contact: Feline Network at (805) 549-9228.

EVENTS.

The Friends of the North County Women's Shelter invites you to "Be Wined, Dined & Entertained" at our annual Fundraising Event: "FROM BLACK TIE TO JEANS"

Saturday, March 27 2010

Taft Barn in Atascadero, CA

5:00-7:00pm Cocktails & Casino, 7:00pm Dinner

Silent And Live auctions and Music by D.J. Chad Stevens

\$65 per person (\$40 is tax deductible)

Tables of 8: \$520/each

Drawing Tickets: \$10 each

RSVP by: March 22, 2010

Contact: Bryan Custer at (805) 461-1338 or bcuster@ncwomensshelter.org

The Friends of the North County Women's Shelter invites you to enjoy the beautiful surroundings of Vina Robles Winery, while drinking fine wine and visiting with friends. All proceeds go directly to our local North County Shelters.

Sunday, February 21, 2010

Vina Robles Winery. 3700 Mill Road, Paso Robles

3:00 to 5:00pm

\$20 per person, which includes 2 glasses of wine and appetizers.

For Information , call (805) 461-1338

The Land Conservancy of San Luis Obispo County

Equinox Wildflower Hike in the Dunes

Advanced Hike at Corral Rocks, Avenales Ranch

Art Exhibition featuring Harvey Cohon (February 5 – March 26)

Stop by The Land Conservancy office (547 Marsh St. SLO) M-F between 11am-5pm to view or purchase artwork with 30% of sales benefitting local lands.

Visit the events calendar at www.LCSLO.org for more information

The Feline Network of the Central Coast

The Feline Network for the Central Coast has joined the Humane Society of the United States (HSUS), in celebrating **Spay Day 2010** during the month of February.

To get a list of participating local veterinary clinics and information on possible spay/neuter financial assistance; contact the Feline Network at 549-9228 ext 706.

The Department of Animal Services (DAS) will offer \$40 spay/neuter certificates available beginning on Spay Day, February 23, 2010 to help with the cost of spaying or neutering your pets. For more information please call DAS in SLO 781-4400, in Oceano 473-7100 or in Templeton 434-4290.



AVAILABLE.

25-27 inch TV's.

180 count Double and King size flat sheets.

Contact Angela McKee, General Manager, Best Western Black Oak Motor Lodge-05084 at (805) 238-4740.

Couch, desk, gas barbeque, and shelving system all in fairly new condition (under 2 years old.)

Contact: Margie Murray at (805) 473-0690 or (541) 292-7818.

2 wood bookshelves

1 2-drawer metal file cabinet - brown

1 2-drawer lateral file cabinet - beige

1 goose neck table-mount light

2 metal chairs

1 Brother electric typewriter

1 8 ft banquet table w/ folding legs

1 bed table with light (lap table)

1 oxygen tank & carrier

1 Solid wood oak desk – two pedestal w/drawers

1 Electric coffee urn – large capacity

1 computer keyboard desk mount

1 saddle stapler

Contact: Kris Kington-Barker, Hospice San Luis Obispo, at (805) 544-2266

EMPLOYMENT OPPORTUNITIES.

Community Action Partnership of San Luis Obispo County

Early Head Start Area Manager

ERSEA Coordinator (SLO)

Family Child Care Specialist (Santa Maria or SLO)

Family Services Advocate (Shandon or Cambria)

Early Head Start Home Visitor (SLO County)

Infant/Toddler Lead Caregiver (SLO)

Substitute Day Center Worker

Substitute Homeless Shelter Worker

Substitute Instructional Aides (SLO County)

Substitute Nurse Practitioner, Nurse Midwife, or Physician Assistant (SLO & Arroyo Grande)

For a complete job announcement and application visit www.capslo.org. Excellent benefits package for FT positions. Applications/transcripts must be submitted to: CAPSLO 1030 Southwood Drive, San Luis Obispo, CA 93401, (805)544-4355.