

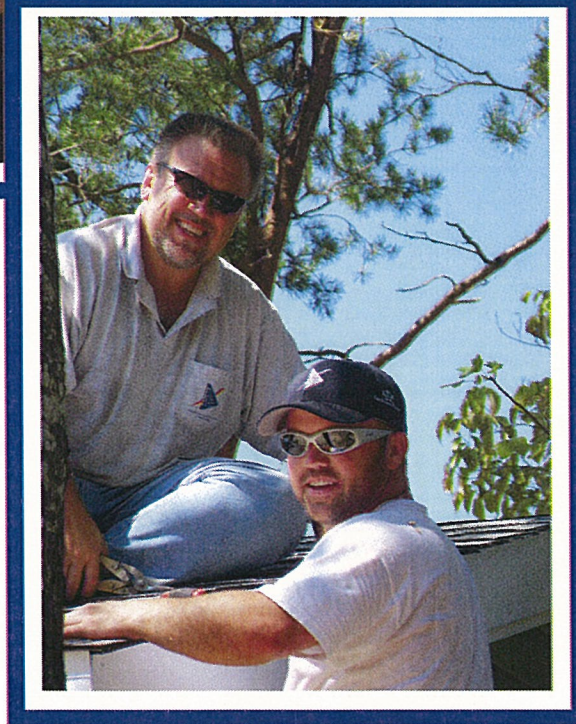
Give. Advocate. Volunteer.

LIVE UNITED

Caroline County Fall Day of Caring

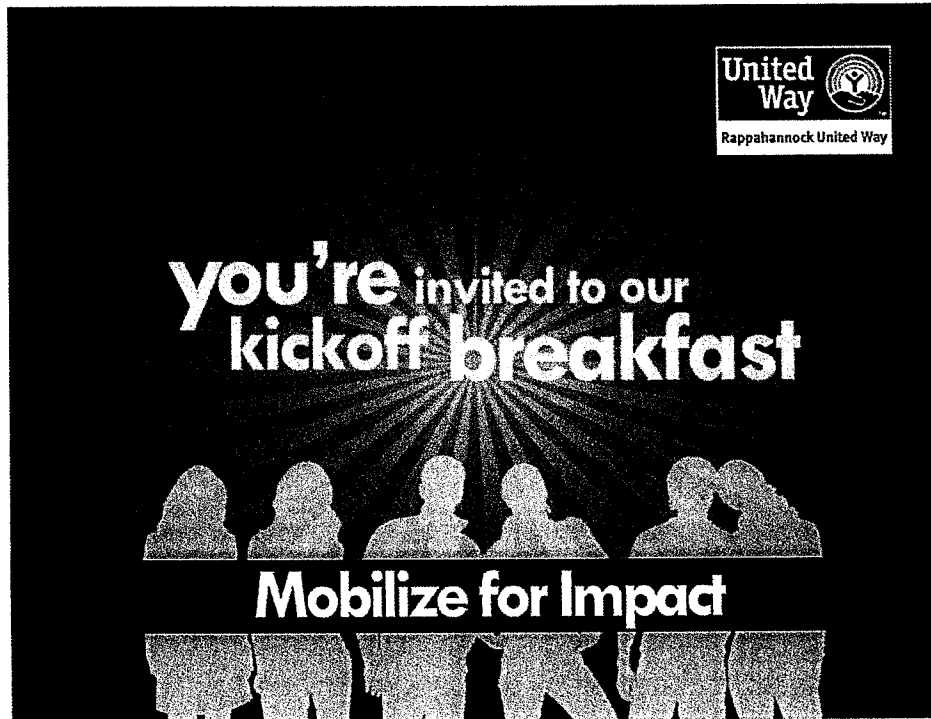
Thursday October 14, 2010

Save the Date!



- This is a one day mobilization of volunteers, from the Caroline County business community, who will be matched with non-profit organizations, social services and schools to complete vital projects in Caroline County.
- The benefits for company volunteer involvement includes a bolstering of team spirit among participating employees, increased company morale, exposure in the community and a greater understanding of how commitment of time and money makes a difference.

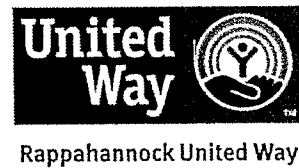
For more information or to find out how you can participate please go to www.rappahannockunitedway.org
Or you can email us at sbeck@rappahannockunitedway.org or call at 540-373-0041



You're invited to Rappahannock United Way's
2010 Campaign Kickoff Breakfast
August 31, 2010
7:30AM- 9:00AM

Fredericksburg Expo & Conference Center
2371 Carl D Silver Parkway, Fredericksburg VA
\$15 per person
\$120 per table (RESERVED SEATING FOR 8)

Please RSVP by
Monday, August 23, 2010
540.373.0041 ext. 308
mgalik@rappahannockunitedway.org



Featuring
Nationally Renowned
Motivational Speaker
Donna Tyson



Days of Caring

17th Annual Day of Caring: September 16, 2010

Caroline County Day of Caring: October 14, 2010

King George Day of Caring: October 21, 2010

What is Day of Caring?

- Rappahannock United way serves as the local Volunteer Center for the City of Fredericksburg and the Counties of Caroline, King George, Spotsylvania and Stafford. We match people of all ages and abilities year round in ongoing and one time volunteer service with local community agencies.
- As part of a year round volunteer engagement plan RUW coordinates special one day volunteer mobilization events, targeting volunteers from the local business community. Volunteers are matched with non-profit organizations, social services and schools to complete vital projects in the community. This is called **Day of Caring**.
- Employees from local businesses are encouraged to take a day away from their busy work schedules to complete volunteer projects at various agencies within the community. This provides a hands-on experience to see first hand how agency programs serve and help meet the needs of our community.
- Day of Caring volunteers work together in teams making a positive impact on the community and its residents.

Why Should I Support Day of Caring?

- The benefits for company volunteer involvement includes a bolstering of team spirit among participating employees, increased company morale, exposure in the community and a greater understanding of how commitment of time and money makes a difference.
 - **Day of Caring will strengthen community relationships and corporate visibility.**
 - **Participating in a service day will enhance team spirit and employee morale.**
 - **Company participation in volunteer activities helps to recruit and retain employees.**
 - **Participation in the Day of Caring facilitates a greater understanding of how commitment of time and money makes a difference in our community.**
- Brings the volunteer experience to as many people as possible in the hopes that the Day of Caring participants will continue volunteering throughout the year.
- Complete a project that would not otherwise have been completed due to lack of resources (money, staff).

How Can I Get Involved in Day of Caring?

- Register as a Business Volunteer Team
- Become a Sponsor – get your Businesses name on the t-shirts
- Donate project materials for the agencies, or incentives/refreshments for the volunteers

What Can I Expect during Day of Caring?

- **Kick-off breakfast**
 - Volunteer Teams attend to pick up their free t-shirts, eat breakfast, meet other volunteers and agency project leaders and have lots of fun, food and prizes all broadcast live on the radio
- **Projects**
 - Teams head to projects by following directions given by leader, or following leader
 - Enjoy a well deserved lunch provided by your projects host agency mid day
 - Projects wrap up by 3pm
 - Go home feeling GREAT for a hard days work making our community a better place for everyone!!

Who Should I Contact to Find Out More?

Call: Shelby Beck (540) 373 0041 x314

Email: sbeck@rappahannockunitedway.org Log On: www.rappahannockunitedway.org

Caroline County Fall Day of Caring 2010 – Volunteer Release Form

All Day of Caring Volunteers MUST complete a Volunteer Release Form. Please return completed forms to your Team Leader promptly!

Company/Group: _____

Volunteer Name: _____ Day Phone: _____

Email: _____

T-Shirt Size: S M L XL XXL

Type of Agency Preferred:

- No Preference, Children / Youth, Seniors, Animals, Environmental, Schools / Education

Type of Project Preferred:

- No Preference, Indoor, Outdoor, Painting / Fix up, Small Building Project, Yard Work / Gardening, Play Activities, Arts / Crafts, Interact with Clients, Cleaning / Sorting, Cooking / Food Prep, Admin / Computers, Advocacy, Collection/Drive, Fundraising

RUW will attempt to provide a wide variety of Volunteer Projects for a wide variety of volunteer skills and interests. RUW reserves the right to place teams where needed in order to maximize available resources and meet as many agency requests as possible.

Liability Release - I hereby release and hold harmless Rappahannock United Way, the organizers, the agency at which I volunteer and sponsors and supervisors of all activities, from any and all liability for any injury I may suffer (including any injury caused by negligence) in conjunction with Day of Caring. I also certify that I am in good health and able to participate in the program activities of Day of Caring 2010. I certify that I am 18 years of age or older and am competent to contract my name insofar as the above is concerned. I have read the foregoing release, authorization and agreement, before affixing my signature below and warrant that I fully understand the contents thereof.

Signature:

Date:

Communications Release - I hereby waive any claim to the rights the photographic recordings made of me on Day of Caring by Rappahannock United Way (RUW) or its agency's, to RUW. I hereby authorize the editing, duplication, reproduction, copyright, exhibition, broadcast and/or non-profit use and distribution of said recording for purposes deemed suitable by RUW. I hereby waive any right to approve the finished products. I hereby certify that I am 18 years of age or older and am competent to contract my own name insofar as the above is concerned. I have read the foregoing release, authorization and agreement, before affixing my signature below and warrant that I fully understand the contents thereof.

Signature:

Date: