



BE GOOD DO GOOD

VOLUNTEER

Volunteer BREC

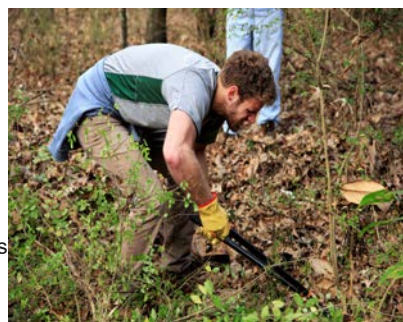
Volume 5, Issue 6
July 7, 2017

BURN WITH BREC

The benefits received from giving your time and talents are endless. Did you know that volunteering in your community can help you to achieve your fitness goals? A big part of BREC's mission is to contribute to a healthier East Baton Rouge Parish. Through our partnership with Pennington Biomedical Research Center, we created a new Burn with BREC initiative. The Burn with BREC feature on brec.org consists of a workout calculator to determine how many kcals you can burn while doing different activities in BREC parks and facilities. A kcal stands for kilocalorie. It is a term used to represent the amount of energy required to raise the temperature of a liter of water by one centigrade at sea level. Using this feature, you can enter your weight, view a list of activities and the number of kcals that you can burn while performing 30 minutes of the activities listed. For example, if you weigh 150, the chart shows that you will burn about 202 kcals from 30 minutes of painting outdoors! Volunteer activities listed include painting, gardening, trash collection and trail clean up.



Getting fit is just one of the many benefits from volunteering. By giving back to your community you can make a difference, gain confidence, meet new people, gain new skills, improve mental health and most importantly have fun. As an added bonus to volunteering with BREC, volunteers who serve 30 or more hours in a calendar year may qualify for a \$500 state income tax deduction. Head over to brec.org/BurnWithBREC to learn more about this awesome initiative. For general information on volunteering with BREC visit www.brec.org/volunteer or contact Monica Dugas at volunteer@brec.org.



PARK BEAUTIFICATION PROJECTS

BREC relies on volunteers to maintain our parks and keep them safe for all residents to enjoy. BREC's park beautification projects provide the perfect opportunity to get outside. Come enjoy the outdoors while volunteering with your school, church, corporate, or community service group. We hope to have your students, staff, faculty and community members join us at one of our parks or facilities. Contact BREC's Volunteer Manager at (225) 272-9200 x 446 or volunteer@brec.org to schedule your group volunteer project

VOLUNTEERS IN ACTION

(click to enlarge)



HORSE LOVER'S CAMP

Farr Park Equestrian Center
6402 River Road, Baton Rouge 70820
Flexible Schedule Monday - Friday (June 5 - July 28)

Horse lover's camp is for ages 6 to 12. Campers learn basic riding and horsemanship skills, participate in crafts and games and other horse-related activities. Volunteers are needed to help with camp activities and horse experience is NOT required. Volunteers must be at least 16 years of age.

GOLF MARSHALS AND STARTERS

Dumas Memorial Golf Course
13350 Hwy. 19, Baker
Flexible Scheduling Daily

Located in Greenwood Community Park, this course is approximately 15 minutes from downtown Baton Rouge. One of the best places to golf in Baton Rouge, this course is an 18-hole layout measuring 6,596 yards. BREC is seeking volunteer golf marshals and starters to help with this incredible course. Marshals are known as the course rangers and help manage the flow around the golf course. Starters are needed to help control the pace of play on the golf course by directing players to the first tee at appropriate times. Golf volunteers may qualify for reduced playing fees. For more information about volunteering at Dumas Golf Course contact Boyd Kernan at bkernan@brec.org or 225-775-9166.

MOVIE IN THE PARK

Flanacher Road Park
864 E Flanacher Rd, Zachary 70791
Thursday, July 20 (7:30 - 10:30 p.m.)
Movie: Moana

Womack Park
6201 Florida Blvd, Baton Rouge 70806
Friday, August 11 (7:30 p.m. - 10:30 p.m.)
Movie: The Wildlife

Join BREC for a family movie night under the stars. Volunteers are needed to help serve popcorn and other concessions. Email volunteer@brec.org to sign up

CENTRAL'S BIRTHDAY BASH

Central High Football Field
10200 East Brookside Drive, Baton Rouge 70818
Saturday, July 15 (4 - 8 p.m.)

Join BREC and the City of Central in celebrating the city's birthday. Volunteers are needed to help with BREC's children village at this event.

COMMUNITY MUSIC & HERITAGE FESTIVAL & HEALTH FAIR

Anna T. Jordan Community Park
1750 Stilt St., Baton Rouge 70807
Saturday, July 22 (1 - 7 p.m.)

Join BREC and the Scotlandville Hornet Alumni Association for a great day of family entertainment featuring performances by local artists, giant water inflatables, crafts, information vendors, health resources and more. Volunteers are needed to help with this annual event.

WAVES OF VALOR

Liberty Lagoon
111 Lobdell Ave, Baton Rouge 70806
Saturday, July 29 (7 - 9:30 p.m.)

Waves of Valor is an event at Liberty Lagoon to honor service members, first responders, and their families. There will be a table to write letters that will be sent to deployed soldiers, games and friendly



competitions, and a BREC info table. Volunteers are needed to help set up and assist the patrons at the event.

FAMILIES HELPING FAMILIES LUAU

Liberty Lagoon
111 Lobdell Ave., Baton Rouge 70806
Friday, June 16 & Saturday, August 5 (7 - 9:30 p.m.)

In partnership with Families Helping Families of Greater Baton Rouge, at this event individuals with disabilities and their family and friends are invited to attend this event that includes swimming, music, snacks, and fun! Volunteers are needed to help with set up and food service.

SUNSHINE SOCIAL LUAU

Milton J. Womack Park Ballroom
6201 Florida Blvd, Baton Rouge 70806
Friday, August 18 (6 p.m. - 9 p.m.)

Through a partnership with Families Helping Families of Greater Baton Rouge, BREC is able to offer themed, monthly socials for adults with cognitive and developmental disabilities and their friends and families. There will be a disc jockey, snacks, door prizes, socialization and fun. The theme for this social is Luau. Volunteers are needed to help serve food, socialize with the guests and dance, dance, dance.

DUCK DUCK GOOSE DAY

Bluebonnet Swamp Nature Center
10503 N Oak Hills Pkwy,
Baton Rouge 70810
Saturday, August 19 (9 a.m. - 4 p.m.)



This event gives visitors a first-hand look at waterfowl decoy carving, an art form firmly rooted in Louisiana's rich cultural heritage, by featuring some of the region's oldest and rarest decoys displayed by carvers and collectors from all over the deep south. After visiting with our exhibitors and vendors, children and adults can enjoy the day together with hands-on activities like carve their own mini duck decoys, a duck inflatable jump house, live baby duck petting in the duck pen, duck-themed carnival prize booths, face-painting and more! Volunteers are needed to assist with the activities.

ATHLETIC COACHES

Coaches and volunteers are needed to help participants have fun and be the best player they can be. Coaches are required to attend all listed dates. Experience with sports is NOT required to help.



T-Ball Coaches
McKinley Middle School
1550 Eddie Robinson Sr Dr., Baton Rouge 70802
Tuesday & Friday evenings beginning June 19th - August 4 (6:00 p.m. - 8:30 p.m.)

Little Tykes Basketball
Kathy Drive Park
1801 Kathy Dr., Baton Rouge 70816
Tuesday and Thursday evenings beginning June 19th - August 4th (6:00 p.m. - 8:30 p.m.)

INCLUSIVE ATHLETIC COACHES

Through a partnership with The ARC of Baton Rouge, BREC offers inclusive leagues to participants ages three and older, with and without disabilities. These noncompetitive leagues teach the sport, while

participants enjoy their peers. Volunteer coaches are needed to work with the participants.

Inclusive T-Ball/Coaches Pitch/Softball

Central Area Sports Park
10501 Lovett Road Central 70818
Thursday evenings beginning June 19th - August 4th (6:00 p.m. - 8:30 p.m.)

Inclusive Kickball Coaches

Forest Community Park
13900 S Harrell's Ferry Rd, Baton Rouge 70816
Thursday evenings beginning July 13th - August 11th (5:30 p.m. - 7:30 p.m.)



HOW TO HELP

For more information about signing up for any of these volunteer opportunities, please email Monica Dugas at volunteer@brec.org, or call (225) 272-9200, ext. 446. Keep updated on BREC volunteer opportunities by signing up to receive volunteer information at BREC.org/volunteer, visit volunteermatch.com and follow Volunteer BREC on Facebook. **Volunteers serving 30 or more hours with BREC in a calendar year may qualify for a \$500 state income tax deduction.**



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