



BE GOOD DO GOOD VOLUNTEER

Volunteer BREC

JULY
2018

SUMMER, SUMMER, SUMMER TIME

June 21 marked the official first day of Summer! During the upcoming months temperatures will continue to rise. According to the Centers for Disease Control (CDC), most heat-related illnesses occur because of overexposure to heat or over-exercising. Therefore, it is important to know the difference between heat alerts.

HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Excessive heat event in next 36 hours Major

Beat the heat! Stay hydrated by eating fruits with a high water content such as watermelon, pineapples, cucumbers, and strawberries. Wear loose clothing and be sure to apply sunscreen throughout the day.

RETURNING THIS FALL: HEARTS AND HOOVES THERAPEUTIC RIDING PROGRAM

Do you have a love for horses? If so, then this is the perfect opportunity for you! Hearts and Hooves is a therapeutic horseback riding program for persons ages six and older with physical, mental, and social disabilities. Riders participate in a six-week session of riding lessons tailored to their needs and enjoy a one-hour class on horseback learning stretching exercises, basic equitation and games. Volunteers are needed to assist with setting up the arena with activities, side walking, leading the horses, and serve as an activities leader. Fall sessions are September 10 - October 10 and October 29 - December 3 every Monday at 4:30 and 6 p.m. For more information please contact volunteer@brec.org

NEW Volunteer Opportunities

Looking to volunteer in the upcoming months? Check out the events below and click the titles for more info. Contact our volunteer coordinator at volunteer@brec.org to sign up for any of the events listed below.

Movie in the Park: Paddington 2

T.D. Bickham, Jr. Park

Thursday, July 12 (7:30 - 10:30 p.m.)

VOLUNTEER SPOTLIGHT: HEALING PLACE CHURCH

Shout out to Healing Place Church for their continuous volunteer efforts at Liberty Lagoon this Summer. Members and volunteers from Healing Place have gone out for the past two weeks and distributed water and other snacks to our patrons to keep them hydrated before entering the park. On behalf of the entire BREC team we want to THANK YOU!



COMING SOON... BREC'S VOLUNTEER MANUAL

We have been hard at work preparing BREC's first official volunteer manual. The purpose of the volunteer manual is to provide overall guidance and direction to staff and volunteers. It will also establish standards of volunteer service for a formal volunteer program and include policies and procedures pertinent to all volunteers. Be on the lookout!

Movie at the Lagoon

Liberty Lagoon

Saturday, July 14 (7 - 9:30 p.m.)

Music & Heritage Festival

Anna T. Jordan Community Park

Saturday, July 21 (1 - 7 p.m.)

Christmas in July Movies in the Park: How the Grinch Stole Christmas

Alsen Park

Thursday, July 19 (5:30 - 8 p.m.)

Friends and Family Luau

Liberty Lagoon

Saturday, August 4 (7 - 9:30 p.m.)

Movie in the Park: Cars 3

Tom "Pete" Purvis @ Nairn Drive Park

Friday, August 10 (7:30 - 10:30 p.m.)

Duck Duck Goose Day

Bluebonnet Swamp Nature Center

Saturday, August 18 (9 a.m. - 4 p.m.)

Zoo Run Run

BREC's Baton Rouge Zoo

Saturday, August 25 (6 - 10 a.m.)

GROUP VOLUNTEER OPPORTUNITIES

PARK BEAUTIFICATION

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.



[Click here for more info on Group Volunteer Opportunities](#)

HOW ARE WE DOING?

Our volunteers are a vital part of everything we do! Therefore, we value your opinion and feedback about your experience with BREC! Take a minute to take the volunteer survey and let us know how we are doing.

[Click here to take the survey](#)



WANT TO HELP?

For more information about signing up for any of these volunteer opportunities, email the volunteer manager at volunteer@brec.org, or call (225) 272-9200, ext.446. Keep updated on BREC volunteer opportunities by checking out our volunteer page at brec.org/volunteer. And be sure to follow us on Facebook at Facebook.com/VolunteerBREC

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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