

## 'Tis Better to Give

Have a heart in Santa Fe.

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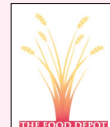




If it's better to give than to receive, then the holidays are the perfect time to suck it up and work for the common good. The best thing about volunteer work is if you can find a nonprofit that happens to do your favorite activity, volunteering can be both emotionally rewarding and totally fun. So strap on some ice skates, start cooking delicious meals and maybe even teach yoga—all for the benefit of someone in need.

For those who don't have a ton of time or energy to spare, SFR has provided the Lazy Person's Guide

to Giving in the far-right column. See, there's no excuse any more!

Finally, SFR has tried to suggest non-financial ways to help, but if you happen to have a few extra dollars this winter, by all means, send them along to a worthy cause—the city's non-profits could use your help!

Of course, this chart is just a small selection of the hundreds of organizations in Santa Fe; for a more comprehensive list, visit the Santa Fe Community Foundation at [santafecf.org](http://santafecf.org).

	What's the mission?	What's up this winter?	What can I do?	What if I'm lazy?
<b>Adaptive Ski Program</b> Katya Franzgen: 995-9858 <a href="http://adaptiveski.org">adaptiveski.org</a> 	ASP provides the opportunity for children and adults with physical and cognitive disabilities to enjoy skiing and snowboarding through lessons and reduced-price lift tickets.	At both the Santa Fe Ski area and Sandia Peak, ASP offers multi-week and single private lessons to snow bunnies with documented disabilities.	ASP is always in search of experienced skiers to teach its classes. But it's also in search of students! Spread the word and let folks know ASP has scholarships available.	Day coordinators are needed to organize teachers and students before they ski. You can also buy a wreath from the holiday wreath sale fundraiser. Call for more info.
<b>Big Brothers Big Sisters of Northern New Mexico</b> 983-8360 <a href="http://bbbsnorthernnm.org">bbbsnorthernnm.org</a> 	BBBS organizes professionally supported mentorships between adults and kids on a weekly or monthly basis.	Along with its regular mentorships with Santa Fe's children, BBBS runs a toy drive at St. Michael's High School during the first two weeks of December.	BBBS needs mentors, especially men, for its wait-list of boys needing adult companions. The application form is available on its Web site.	Donate toys at BBBS' Christmas toy drive or urge your husband-boyfriend-male best friend to become a mentor.
<b>Delancey Street</b> 505-852-4291 <a href="http://delanceystreetfoundation.org">delanceystreetfoundation.org</a> 	Delancey Street helps folks overcoming drug and alcohol addictions gain valuable job and communication skills through an artisan program, a moving truck service and a retail catalog.	Delancey Street sells Christmas trees from Nov. 28 to Dec. 24 at both the Santa Fe Place and DeVargas malls.	While it doesn't need volunteers at this time, there's no better place than Delancey to get your Christmas tree this year. Or, rather than schlep furniture in your friend's pickup, call their moving service.	Call for information on Delancey's retail catalog, which includes ceramic pots, wood sculptures and more. What better place to do some holiday shopping?
<b>Esperanza Shelter</b> Jim Leehan: 474-5536 Crisis Hotline: 473-5200 <a href="http://esperanzashelter.org">esperanzashelter.org</a> 	With a 42-bed emergency shelter, adult and child counseling, offender counseling programs, education and more—everything bilingual—Esperanza helps people live violence-free in northern New Mexico.	Summer, usually a quiet season, was extremely busy this year. Economic conditions are suspected to be the cause of an escalation in domestic violence. This winter is projected to be busy.	Esperanza has a huge education and outreach program; volunteers are always needed for those community efforts. Select volunteers, pending background checks, can work in the shelter. Its art auction, scheduled for June 11, 2009, will call for 50 to 60 volunteers, so sign up now!	The shelter provides supplies to families when they leave the shelter, so it is always restocking household supplies such as linens (SFR is collecting household supplies for Esperanza and you can drop them off here). Esperanza also has a wish list online.
<b>The Food Depot</b> Sherry Hooper: 471-1633 ext. 10 <a href="http://thefooddepot.org">thefooddepot.org</a> 	TFD collects food donations from around town, then distributes that food to 50 non-profits in Santa Fe and 100 non-profits total in northern New Mexico.	Not only is winter the toughest time for hunger, but TFD recently had to <i>buy</i> a bunch of food for lack of donations. Holiday items like yams, stuffing and turkeys are appreciated, but everyday foods are good too.	Organize a food drive at your office, kid's school or community group. Here's how it works: TFD will deliver a food barrel. Get people to donate, then TFD will pick up the barrel when the drive is over. Couldn't be easier!	Drop off food donations at TFD's offices at 1222 Siler Road and here at the Reporter. Keep an eye out for TFD's delicious "Souper Bowl" fund-raiser on Jan. 31, 2009.
<b>Heart Mountain Prison Project</b> Doug Booth: 988-3229 <a href="http://heart-mountain.org">heart-mountain.org</a> 	Volunteers teach yoga, meditation and qigong in six detention centers in New Mexico, including facilities in Santa Fe. HMPP also sends meditation manuals to inmates across the country.	Regular classes are always going on, but the holidays call for a special Christmas visit, complete with caroling, to the Western New Mexico Correctional Facility in Grants.	Those qualified to teach yoga, mediation and qigong are asked to donate their time to teach inmates the contemplative practices that will aid them in managing their emotions after institutionalization.	Clerical work is always available, including mailing meditation manuals. HMPP gets three or four requests for manuals every day, and someone needs to push that paper.
<b>Open Hands</b> Suzanne Chambers: 428-2346 <a href="http://openhands.org">openhands.org</a> 	Open Hands assists the elderly and disabled of Santa Fe, providing adult day services, a medical-equipment loan program and home-repair services.	Its handyman service, for a small fee, helps winterize homes. A fund-raising art auction is slated for Dec. 12-13 at Nussbaumer Fine Art Gallery (314 S. Guadalupe St., 982-1767).	The adult day service always needs volunteers to help elderly participants with activities. Anyone willing to donate their time is appreciated.	Shop at 851 Exchange (851 W. San Mateo Road, 986-1077), one of the best secondhand stores in town, to get some cool stuff and benefit the program.
<b>Santa Fe Skaters Association</b> Stacy Quinn: 660-7236 	SFSA teaches classes in figure skating and ice hockey, and provides in-school and after-school skating programs to kids, especially ones who are at-risk and underserved of Santa Fe.	SFSA's figure skaters take part in the Genoveva Chavez Community Center's Thanksgiving weekend ice skating show on Nov. 29-30.	Anyone who ice skates with a passion is a help to SFSA. All teachers, including those for beginners' skating classes, figure skating and ice hockey, need a teaching certification. Ask SFSA for more info.	Not ready to strap on the skates? Become a board member and take part in the fund-raising committee.
<b>St. Elizabeth's Shelter for the Homeless</b> Maria Lopez: 982-6611 <a href="http://steshelter.org">steshelter.org</a> 	St. E's helps the homeless live better lives through emergency shelter and food services, case management, transitional housing and rent assistance. It also runs a Street Homeless Companion Animal Program to help with pet supplies and veterinary care.	Winter calls for emergency overflow shelters, one for men and one for women, which operate Nov. 1-March 31. Around the winter solstice, the organization holds a memorial for the homeless who died in the last year.	Help is needed to serve food daily and at the shelter's Resource Center (10 am-1 pm Mondays and Fridays). The services of plumbers, electricians and carpenters are needed to help keep the shelters running smoothly.	Answering phones, working magic with computers and checking people in at the door are low-energy but highly necessary volunteer positions.