

Spring break can be springboard for service

Students in Eugene over spring break can train for community volunteer work with local organizations

Helen Schumacher
Pulse Reporter

Looking for something more meaningful to do over spring break than conniving a way to be seen on MTV's "Spring Break"? Many local organizations begin training new volunteers in the spring, and a week off gives aspiring do-gooders plenty of time to contact these organizations about their opportunities.

Eugene's White Bird Clinic is one organization to which students can donate their time, said Bob Dritz, who works for the clinic.

"We offer community service training every quarter," Dritz said. "It lasts 10 weeks for five to six hours per week. The training involves class work and on-the-job training."

Volunteers who complete the training are able to choose from a variety of areas.

"After training, you can volunteer with the crisis line and intervention, counseling, drug treatment, the information line, or at the medical and dental clinic," Dritz said.

Dritz said the next training session begins in April, and interested

students should call 687-4000.

Sexual Assault Support Services, or SASS, offers training for people who want to assist sexual assault victims.

SASS spokeswoman Michelle Edwards said volunteers train to facilitate support groups, answer crisis lines, meet people one on one and participate in educational programming the organization coordinates with schools.

"We offer trainings three times a year for people who are interested," Edwards said.

For people looking to help out right away, Edwards said projects that don't require any training occasionally arise.

"Our yard could use some work," Edwards said. "It needs some raking. We have some tools. If people are willing to come, it would probably be two to three hours worth of work."

SASS volunteer coordinator Cris Lira can be reached at 484-9791.

Womenspace offers two different types of training. According to spokeswoman Nancy Hafner, one session begins April 5. It includes programs that span four days and involves working with the organization's clients.

"The other (program) would be working in our administration office helping out with special projects, such as fundraising, or with other ad-

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Michelle Edwards
SASS spokeswoman

ministrative projects," Hafner said.

To register for training, call Hafner at 485-7262.

Humans aren't the only ones in need of assistance. The Greenhill Humane Society also relies on volunteer help to take care of the animals in the shelter.

Volunteer orientation is the first Saturday of every month at 10 a.m. at the Humane Society, located at 88530 Green Hill Road. Volunteers help with all aspects of animal care, including walking, feeding and grooming.

The Humane Society can be reached at 689-1503.

FOOD for Lane County and the United Way of Lane County also use volunteers. The phone number for FOOD for Lane County is 343-2822. The United Way can be reached at 741-6000.

Contact the Pulse reporter at helenschumacher@dailyemerald.com.

Pulse brief

H.U.E.S. event to benefit local residents

The "Blues for H.U.E.S." concert will heat up Lane County on March 28 — in more ways than one. The show, which will take place at the Eugene Hilton Conference Center,

located at 66 E. Sixth Ave., is a H.U.E.S. benefit (Heat Up Eugene/Springfield). The event is supported by a coalition of local utility companies and is designed to provide assistance to local residents unable to afford basic services such as heat, light, water and sewer.

The evening will include a silent auction and jazz performance from

5 p.m. to 7 p.m., along with additional blues musicians and guest speakers running from 8 p.m. to after 11 p.m. Tickets are \$15, available at all Safeway Fastixx Centers and other locations, which can be found at www.fastixx.com. Tickets are \$18 at the door, and the show is expected to sell out.

— Jacquelyn Lewis

Zen

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weekday services at 5:30 a.m. and larger services at 7:30 p.m. every Tuesday. McMullen said these evening sessions have the largest turnout — as many as 20 participants at any given time.

Michael H. Wilson, who describes himself as a humble practitioner at the Nyen-Gyud Samten Choe-Ling Tibetan Meditation Center, works to spread the word about the power of meditation and Buddhism.

"I've really become dedicated to the practice over the past two years," Wilson said. "By that, I mean, really establishing a daily routine of meditation and prayer, then working to establish this center — making it the focus of my life, essentially."

The center, which operates out of Wilson's home, focuses on what he calls calm-abiding meditation, offering practical techniques for integrating spirituality in everyday life.

Wilson said he believes atmosphere is vital in successful meditation and Buddhist practice.

"Environment sets the tone for inspiration," Wilson said. "It's our belief that the deities that surround us here, with all their symbolism and meaning, are endowed with energy and the ability to bestow blessings, grant wishes and prayers."

Sessions at the center are led by Tibetan Buddhist teacher Tenzin Gurmey La, offering a thorough introduction to meditation and practice of compassion.

Finally, the local chapter of the Oregon Ki Society offers guidance in coordinating the mind and body to improve the quality of daily life. Using Ki, or living power, principles, this nonprofit organization

"Meditation is the core of Aikido training. The exercises work better for it, and once we coordinate mind and body, we find we're capable of greater abilities."

Zorba Frankel
Instructor

provides traditional Japanese dojo training. Instructor Zorba Frankel said meditation is the key to bridging the gap between mental and physical power.

"We use the analogy of an iceberg," Frankel said. "The part of the iceberg that is above the surface is what's tangible, our usual ability. What's below is much bigger, all the resources we fail to utilize. What we work at doing here is erasing the line between."

The meditation practices of the Oregon Ki Society are put into further application in the center's Aikido lessons. However, Frankel stresses that Aikido is not about attacking or fighting opponents. Rather, Aikido is the culmination of total mind and body coordination. The object of the martial art is not to collide with opponents but lead them. In fact, Aikido means the way to harmony with Ki.

"Meditation is the core of Aikido training," Frankel said. "The exercises work better for it, and once we coordinate mind and body, we find we're capable of greater abilities."

Contact the senior Pulse reporter at ryanbornheimer@dailyemerald.com.



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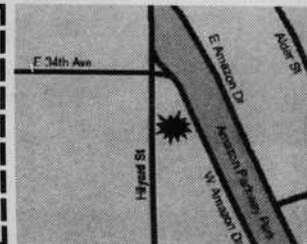
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WASHINGTON EDUCATOR CAREER FAIR 2003

Tacoma Dome-April 15 Spokane Center-April 22

April 15 at the Tacoma Dome, approximately 90 school districts/ESD's and 11 colleges/universities from Washington state will be in attendance. In addition, there will be approximately 40 representatives from Alaska, Arizona, California, Montana, New Mexico, Nevada, Oregon, Texas and the U.S. Peace Corps.

April 22 at the Spokane Center, about 80 school districts/ESD's and 5 colleges/universities from Washington will be represented. There will also be over 40 school districts attending from Alaska, California, Idaho, Montana, Nevada, Oregon, Texas, and the U.S. Peace Corps.

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