

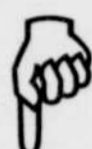
NATURAL RESOURCES

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"Early on it was really difficult to deal with so many people dying so quickly," Bean admits. When he started volunteering five years ago, residents rarely lived more than a month. "That was tough," he says. But he kept showing up to do "what needed to be done in that moment."

"It is a sobering thought how really fragile life is," Bean says, adding that volunteering helps to keep his life in perspective.

"Everybody needs to, in some way or fashion, find some way to give back somewhere," he says. "Even if it is just being nice to the people next door."



PRIDE NORTHWEST

Organizes community forums and Portland's annual pride events. Needs "anyone who can help, we'll find you a job." Contact: (503) 295-9788, www.gaypdx.com/pride

GAY MEN'S HEALTH NETWORK

HIV prevention and education programs and events. Needs helpers for Safe Sex Carnival in May. Contact: (503) 203-8453

CITIZENS FOOT PATROL

Police-trained and supported volunteers patrolling targeted areas in downtown Portland to report crimes and promote safe streets. Needs volunteers to join groups of six on the beat once a month. Contact: (503) 295-9785

Norm Costa

After Norm Costa retired, he decided it was time to give back and get involved. And he did. Today his résumé of volunteer work fills two pages.

"Our queer community is divided," Costa says, referring to the fragmentation of the community into special interest groups. He wants to help change that.

Costa is an organizer of the Gay Men's Health Network, recruits volunteers for the Citizens Foot Patrol and is the outreach coordinator for Pride Northwest. He is co-chair of the Portland Police Bureau's Sexual Minorities Roundtable and serves as an advisor for the police



Norm Costa

bureau's diversity training on sexual minority issues. And once a week Costa travels to rural Yamhill County to deliver frozen meals to people living with HIV and AIDS.

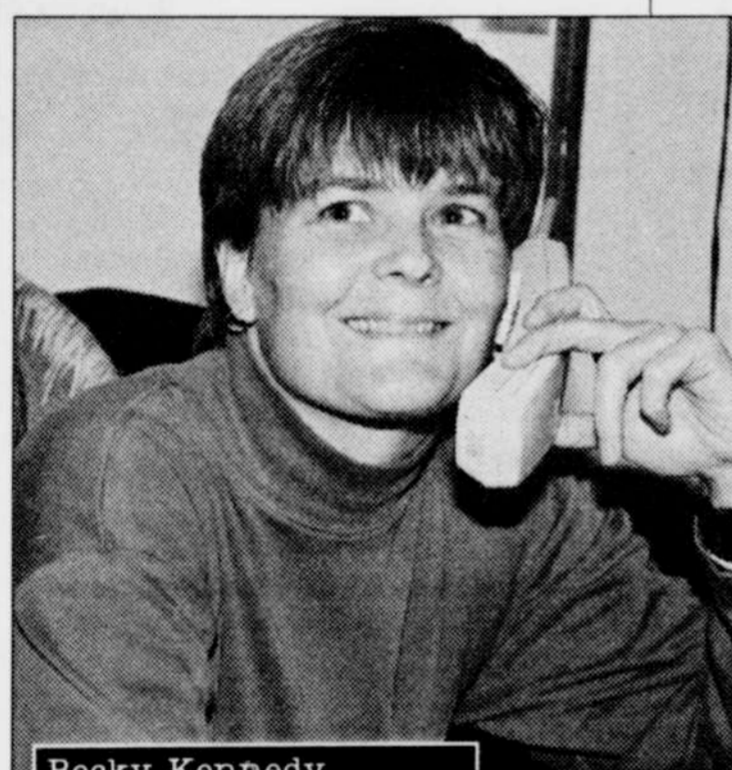
Costa thinks one way to build a more unified community is to have people in different groups talk with each other. Working with so many organizations over the years, Costa does see the community changing.

"It's exhilarating," Costa says. "I actually see change and see people actually collaborating and getting along. It makes you feel good!"



HAMBLETON PROJECT

Offers networking and direct services to lesbians with cancer. Needs direct service providers (lawn mowing, housecleaning and more). Contact: (503) 642-1007



Becky Kennedy

Becky Kennedy

Here's the perfect example of someone who had something to give and wanted to volunteer but didn't know what to do.

"It was my time to give back and to do something," Kennedy says about a period when she didn't do volunteer work.

But she couldn't find a project that interested her or one for which she was qualified. Eventually an invitation came to join the Hambleton Project, and Kennedy realized being qualified wasn't an issue.

"People are willing to help you out and kind of guide you and show you the way once you step in and say, 'Here I am and what do you need?'" Kennedy says.

Now the Hambleton Project's direct services committee chair, she coordinates practical assistance for lesbians who have cancer and are at home in need of help.

The best aspect of her efforts is "seeing that you really do make a difference in someone's life," Kennedy says.

"Cancer is not a death sentence! It is something you can survive and live with and deal with and still have a great life.... It's a kind of feeling, if it ever happened to me, I wouldn't be alone."

—Becky Kennedy

"The appreciation is amazing! Every time you go over, they are just so grateful," she remarks about the clients she serves.

Kennedy's volunteer work has also made her feel more a part of the community. She says she's learned lessons from her work.

"Cancer is not a death sentence!" she says. "It is something you can survive and live with and deal with and still have a great life."

But the greater lesson is a more personal one: "It's a kind of feeling, if it ever happened to me, I wouldn't be alone," she says softly.



LESBIAN GAY BI TRANS FILM FESTIVAL

Hosts annual film festival. Needs volunteers for festival, corporate sponsors, office space. Contact: (503) 242-0818, www.sensoryperceptions.org, www.pdxgayfilm.com

Maura King

"For three months of the year it could be a full-time job," Maura King says about her volunteer efforts helping produce the LGBT Film Festival.

But she wouldn't have it any other way at this point.

"I really believe in the event," King says adamantly. "It's so satisfying to do something and have it actually culminate in something you can see."

King does it all. She screens films, orchestrates parties, recruits and works with volunteers, writes press releases and even drives around putting up flyers. She believes the film festival is vital to life in Portland.

"There are very few opportunities in the community for people to gather at an event that isn't in a bar," King explains.



Maura King

The film festival provides a way for people to come together and interact, she says, adding: "People are happy that this fun event is going on. It is a good time."

The recent college graduate believes in combining personal passions with choices in volunteering.

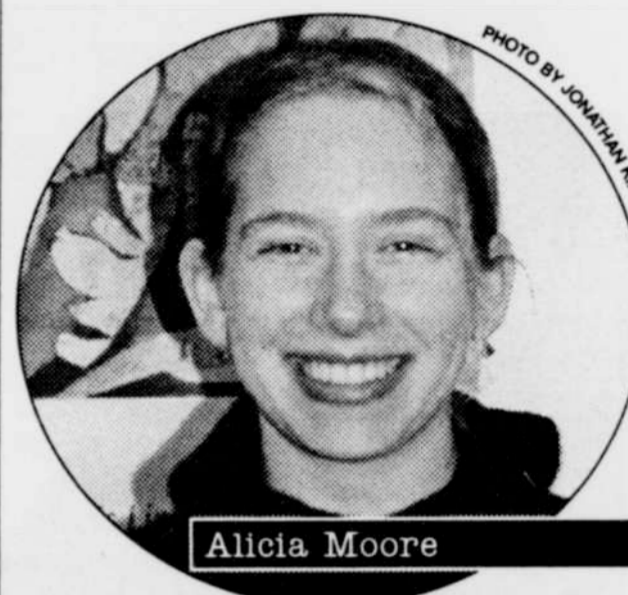
"It isn't just about going out there and giving your time away," King says.

If passion is a part of the volunteer job, "you have a higher chance of having it be rewarding," she explains. "It is important for me to believe in what I'm doing."



Portland Women's Crisis Line

24-hour hot line offering support for women, advocacy, transportation, support groups, community education, a senior citizen crisis response team and a new support group for gay and bi men abused by their partners. Needs hot line counselors, safe home providers, speakers bureau members and more. Contact: (503) 235-5333, 1-888-235-5333



Alicia Moore

"I've always been pretty sensitive to what's going on with people and if something is amiss. It's just something I've known I've wanted to do for a long time." —Alicia Moore

Alicia Moore

Portland Women's Crisis Line has a new volunteer. While just one of many who keep this vital service afloat, Alicia Moore seems destined to make a difference in people's lives both at PWCL and everywhere she goes. Her volunteer effort with the crisis line is only a portion of the service she hopes she'll bring to her community.

"We are all struggling to find our own path," Moore says. She believes her life is about helping others find their way while searching for her own.

"I've always been pretty sensitive to what's going on with people and if something is amiss," Moore says. "It's just something I've known I've wanted to do for a long time."

Moore stresses that her role is to offer support and to refrain from telling callers what to do.

"That would be taking their voice away," Moore says, "and they've already had people in their lives take that voice away."

Moore grew up in a city that she says was very close-minded to part of who she is—a bisexual woman.

"Eventually I moved and found a supportive community and came into my own," she says, and the experience spurred her to try to give that kind of support to other people.

"It's phenomenal. It is one of the most powerful things there is," she explains about having someone listen without judgment.

"It's really an important service," Moore says of the hot line, while acknowledging there are many important and supportive roles people can play.

"The important thing is that we find our community and the space that makes us feel good about ourselves," Moore concludes.

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