

## GO VOLUNTEER

# Active roles abound in community

BY DAVID QUICK  
The Post and Courier

In the spirit of Dr. Martin Luther King Jr. and at a time when Americans really need to rally to help their local communities, the time seems right for you — yes, YOU! — and your family, friends and neighbors to think about giving some of your time for others.

The options are as bountiful as the needs. But if you have the Get Out bent, you may gravitate to being active, being outdoors and being green. So here are our picks for volunteering in 2009.

### Fields to Families

Created two years ago, the all-volunteer Fields to Families is an effort to glean leftover, but fresh, fruits and vegetables from local farms and farmers markets and rush the produce to nearly 20 agencies providing food to the disadvantaged in the Charleston, Berkeley and Dorchester counties area.

Director Jacki Baer says people of all ages help out but that she particularly likes to see parents bring children to help.

"It's very important for young people to learn to give back, but it's something that's caught, not taught, so we encourage families to come out," says Baer.

In 2008, Baer says 233 people volunteered 4,300 hours and distributed 82,400 pounds of produce that otherwise would have gone to waste. Now, that's good work.

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PROVIDED

Laura Butler Peirano enjoys participating in a Surfrider Association marsh sweep to clean litter from the Lowcountry's waterways.



PROVIDED

Last March, college students harvested collards at Rosebank Farms as part of the Fields to Families program that gleans fruits and vegetables from local farms to provide food for the disadvantaged in the Lowcountry.



## Get out and help



**Fields to Families**  
[www.fieldstofamilies.org](http://www.fieldstofamilies.org)  
**Center for Birds of Prey**  
[www.thecenterforbirdsofprey.org](http://www.thecenterforbirdsofprey.org)



**Habitat for Humanity (local)**  
[www.charlestonhabitat.org](http://www.charlestonhabitat.org)  
[www.sealslandhabitat.org](http://www.sealslandhabitat.org)  
[www.eastcooperhabitat.org](http://www.eastcooperhabitat.org)



**Middleton Place**  
[www.middletonplace.org](http://www.middletonplace.org)  
**National Park Service (local)**  
[www.nps.gov/fosu](http://www.nps.gov/fosu)  
**Mepkin Abbey**  
[www.mepkinabbey.org](http://www.mepkinabbey.org)



**Sewee Visitor and Environmental Education Center**  
[www.fws.gov/sewecenter](http://www.fws.gov/sewecenter)  
**South Carolina Aquarium**  
[www.scaquarium.org](http://www.scaquarium.org)  
**Surfrider, Charleston chapter**  
[www.charlestonsurfrider.com](http://www.charlestonsurfrider.com)  
**Holy City Bike Co-op**  
[holycitybikecoop.org](http://holycitybikecoop.org)