

Dear St. Bernard Project Volunteer:

Thank you for volunteering with the St. Bernard Project (SBP)! Inside this volunteer arrival packet, you will find helpful information about what to expect, what to pack, where to stay, how to register, and more.

The goal of the St. Bernard Project is to help families move out of their FEMA trailers and back into their homes as efficiently and affordably as possible. To read about SBP's clients and see the rebuilding work that SBP volunteers have done on their homes, visit our website at www.stbernardproject.org.

Some of the activities you can expect to do during your stay are: mold remediation, installing insulation and drywall, mudding (spackling), texturing, painting, installing floors, baseboard and trim, yard work, exterior painting and much, much more!

To register to volunteer, please visit our website and complete the registration form indicating the dates you are available. If you are a group leader, or planning to bring other people with you, please register once for your entire group under the Group Registration. If you will be traveling by yourself, please complete the Individual Registration.

You will receive confirmation from our Volunteer Department when your dates are approved and we will ask you to provide information about your team members, including skill sets, at that point. We recommend not making any travel reservations until you hear back from us, as sometimes we do reach maximum capacity.

SBP relies on volunteers, like you, to rebuild families' homes. Without you, we couldn't do it. Thank you for your commitment. We look forward to working with you.

Best wishes,

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I. SBP Fact Sheet

Mission: St. Bernard Project is a community-based nonprofit organization headquartered in St. Bernard Parish, Louisiana, a uniquely tight-knit, working-class community that suffered catastrophic damage in hurricanes Katrina and Rita. Founded in 2006, the mission of SBP is to remove barriers for families who wish to return to their homes in St. Bernard.

Recovery Overview: Three and a half years after Hurricanes Katrina and Rita rendered uninhabitable all of the 27,000 homes in St. Bernard, approximately 50% of the population has returned. Even for those who have returned, many are not yet living in their homes. Nearly 1,500 families still reside in FEMA trailers, and thousands of others live in FEMA/DHS supported housing (ending in March 2009) or in over-crowded family houses. In St. Bernard nearly 75% of the 25,000 homeowners did not have adequate insurance. These homeowners, following the recommendations outlined by FEMA's flood maps, did not purchase flood insurance because they were told that their communities were not at risk of flooding.

Nearly two years after the federal government initiated its Road Home program to help families return and rebuild, an unacceptable number of homeowners are still waiting for assistance. According to a report published by the Brookings Institution in August 2008, only 70% of all qualified applicants for federal Road Home assistance have received funding through the program. To further compound the problems with the Road Home program, an independent study determined that the majority of Road Home recipients did not receive sufficient funds to rebuild. The small size and slow pace of the grants being awarded has resulted in an unnecessarily slow recovery for residents in St. Bernard.

Before Katrina in St. Bernard Parish

- Population of 67,000
- 27,000 homes
- 4% Unemployment rate
- Home ownership rate was greater than 70%
- Median family income was merely \$36,000
- Senior citizens comprised 50% of the population
- Residents worked as fishermen, in the trades, and at oil refineries

After Katrina

- 100% of the homes in St. Bernard Parish were rendered uninhabitable
- St. Bernard had standing water of 4 to 20 feet for up to four weeks
- Homes, clothes, furniture, pictures, keepsakes, cars and tools were destroyed
- Only one-third of residents have returned home, with the vast majority still living in FEMA trailers or attics that were above the waterline

Community Overview – St. Bernard Parish: St. Bernard is an industrious working class community adjacent to New Orleans' Lower Ninth Ward. It is a community of veterans, an area where local fishermen and shrimpers give part of their daily catch to the less fortunate, a place where family and friends take care of each other. Generations of families live within blocks of one another, and neighboring families can trace their friendships back to their grandparents and beyond.

For most, all savings were tied up in their homes prior to the storm. In the years before Katrina, St. Bernard was rezoned out of the flood plain, so most residents dropped their flood insurance believing that they were not at risk. Then Katrina hit and the people of St. Bernard lost everything. Each and every one of the 27,000 homes were flooded and rendered uninhabitable. All 67,000 people were suddenly homeless, jobless, and separated from their community.

After two to four weeks, the water was gone, as were neighbors, friends, and family, but people still wanted to come back. There are no beautiful mountains here. No lakes or beaches. No stunning vistas. Yet the residents have endured heartbreak and tribulation in their efforts to return. It may seem odd until one meets them and spends a few days in their midst. The community, camaraderie, and courage in St. Bernard are things that many Americans dream of, but cannot find. Having known it, the people of this parish will not let it go. And having known them, we must help them rebuild.

Programs

St. Bernard Project's **Rebuilding Program** is succeeding where the government has failed. Our program serves financially challenged clients in three categories: elderly, disabled, and families with small children. By utilizing volunteer labor, skilled supervisors and affordable building supplies, we are able to return clients to their homes in 12 weeks. The cost to the Project is approximately \$12,000 per home. As of February 2009, the Rebuilding Program has helped 185 families return home. We are currently rebuilding more than 30 clients' homes.

In order to further contribute to the health and stability of the area, SBP has recently initiated two new programs: a Community Mental Health and Wellness Center and a Senior/Disabled Housing Program.

The **Center for Wellness and Mental Health (CWMH)** offers mental health services to address the staggering rates of post-traumatic stress disorder, depression and other mental health problems that have plagued residents of St. Bernard in the wake of the hurricanes. In partnership with the Psychiatry Department of LSU's Health Sciences Center, the CWMH will offer group counseling, one-on-one therapy sessions and other culturally appropriate therapeutic modalities to address the mental health needs of residents of St. Bernard.

Current market rates for rental housing have doubled since the storm, making it cost prohibitive for seniors and disabled residents to return. To address the lack of affordable rental units, SBP is creating affordable rental housing so that seniors can live their golden years in the area they know and love without the fear of being homeless. Through the **Senior/Disabled Housing Program**, SBP will rebuild single family homes, which have been donated to SBP by the local Parish Government, using our current rebuilding model, and rent these properties to seniors and disabled residents at pre-storm rates. This program will allow some of the community's most vulnerable residents to return to the community that they helped build.

Achievements

From August 2006-February 2009 the St. Bernard Project has achieved the following successes:

- Helped over 200 families with the rebuilding of their homes—185 of these families are back in their homes while another 30+ families' houses are under construction
- Recruited more than 10,000 volunteers to rebuild families' homes
- Developed a rebuilding program (and easily replicable model) that transforms a gutted house to a livable home in 12 weeks for approximately \$12,000
- Raised more than \$4 million to support the rebuilding of St. Bernard with over 95% of those funds allocated to direct program costs

Our Needs

- Funds to purchase building materials.
- Tools to build homes.
- Volunteers to do the work. No experience required, we'll teach you everything you need to know.

Partnerships

The St. Bernard Project has developed strategic partnerships with a variety of organizations and corporations. These supply, volunteer, and client-referral based partnerships allow us to work effectively toward our mission of rebuilding St. Bernard Parish. In addition, the St. Bernard Project has three St. Bernard residents on staff and dozens of local volunteers who support our efforts in the community. Our major strategic partnerships include:

- **Corporate funding:** Entergy, Shell, Motiva, Tide, Winn Dixie, DeWalt, Winn Dixie and KPMG
- **Foundation support:** GE Foundation, Annenberg Foundation, United Way for the Greater New Orleans area, Brown Foundation, Braveheart Foundation, Starfish Group, Newman's Own.
- **Higher Education:** LSU's Psychiatry Department is partnering with SBP to open a Center for Wellness and Mental Health.

- **St. Bernard Parish Government:** refers clients to us, loans us two parish trucks to haul supplies and will donate properties for our Senior/Disabled Housing Program.
- **Volunteer labor:** Church of the Brethren, Christian Aid Ministries, Habitat for Humanity, One Brick and the dozens of faith-based groups, colleges, and universities that send volunteers regularly.
- **AmeriCorps*/Louisiana State:** awarded SBP a two-year grant to fund 55 full-time corps members.
- **AmeriCorps*NCCC:** provides us with 20-48 NCCC members who fill crucial functions in our program.
- **AmeriCorps*VISTA:** provides us with six VISTA volunteers who focus on capacity-building projects.
- **Local small business support:** a local licensed electrician and a local licensed plumber inspect all job sites and file the required permits with the local government.

What Donated Funds Will Do

- \$2,500 buys the necessary insulation, drywall and paint for an average house
- \$2,000 buys a sink, cabinets and countertop for a kitchen
- \$1,800 buys the flooring for an average house
- \$1,300 buys windows for an average house
- \$1,100 buys the necessary electrical supplies, including wires and the panel
- \$1,000 buys a refrigerator and stove
- \$700 buys doors and trim for the average house
- \$500 buys toilets, sinks, tubs and tile for a bathroom
- \$300 buys a water heater
- \$12,000 will fund total supplies necessary to rebuild the average house
- SBP maintains a low overhead cost averaging around 6%.

Awards and Honors

St. Bernard Project has been fortunate to receive national attention for the work it is doing. The Project has been awarded:

- CNN Hero of the Year: Our Co-Founder and Director Liz McCartney was chosen by a blue ribbon panel as a top ten finalist for CNN Hero of the Year and ultimately selected as the winner through online voting.
- The Manhattan Institute's Social Entrepreneurship Award for non-profit leaders who are finding private solutions for the nation's most critical social needs.
- New Orleanians of the Year, Gambit Weekly: Co-Founders Zack Rosenburg and Liz McCartney were selected as civil-servant leaders.
- Hero of the Storm Award, Friends of New Orleans: Co-Founders Zack Rosenburg and Liz McCartney were recognized for their post-Katrina work.
- Gambit Weekly 40 Under 40: Co-Founders Zack Rosenburg and Liz McCartney were selected for this New Orleans-focused award.

Events and Media Coverage

- SBP featured on MTV's Inaugural Ball, January 2009
- SBP Co-Founder selected as CNN Hero of the Year, November 2008
- SBP mentioned in the editorial section of the Wall Street Journal, October 2008.
- St. Bernard Project featured in The Washington Post, September 2008.
- Zack Rosenburg, Co-Founder and Director, interviewed on NPR, July 2008.
- SBP featured on VH1 Salt-N-Pepa Show on March 24, 2008.
- SBP celebrates the completion of its 100th home on February 21, 2008.
- SBP featured on The Oprah Winfrey Show for the Katrina 2 Year Anniversary Special, August 2007.
- St. Bernard Project featured in the New Orleans Times Picayune (8 times), the B'Nai B'Rith Magazine, Boomer Living Magazine (3 times), Boston College Alumni Magazine, Charleston Magazine and dozens of other publications.
- St. Bernard Project is featured on CNN, NPR, BBC, BET, Cox Cable News, local Channels 4, 6 and 26.

Growth Chart

Area	Q1 2007	Q2 2007	Q1 2008	Q2 2008
Income	\$234,724	\$439,223	\$625,038	\$722,248
Expenses	\$227,619	\$196,006	\$541,568	\$688,436
Volunteers	696	708	1,394	2,094

II. What to expect as a volunteer at SBP

Working with St. Bernard Project

St. Bernard Project is a rebuilding organization with opportunities for both skilled and unskilled volunteers. As a volunteer you may do mold remediation, install exterior doors and windows, install insulation, hang sheetrock/drywall, tape/mud sheetrock, put down flooring, install interior doors, trim and cabinets, painting and/or do yard work. St. Bernard Project is always looking for skilled carpenters, electricians, and plumbers. Please notify the volunteer coordinator, prior to you or your group's arrival, if you have these or other construction skills.

St. Bernard Project is open Monday-Friday and approximately two Saturdays a month. Monday-Friday hours are 8:30 am to 4:30 pm and Saturdays work days are from 9:30 am to 3:30 pm. If you are interested in volunteering on a Saturday, please confirm with the volunteer coordinator that the project will be open.

On your first work day, you (and your group!) will participate in orientation at the SBP office. You will learn about the Project, receive your volunteer assignments, get directions to your work site and have a chance to use the bathroom and purchase t-shirts. Orientation runs from 8:30 am-9 am. **Unless you are notified by the volunteer coordinator of an alternate time, please arrive at the St. Bernard Project office located at 8324 Parc Place, Chalmette, at 8:30 am (9:30 am on Saturday).**

All volunteers must sign volunteer release forms, which you will find at the end of this packet. Please fill out these forms and bring them to the office on your first day. A member of the volunteer department will collect these forms from you during the orientation. Group leaders, please make sure that all members of your group have completed these forms prior to the orientation. If you or anyone in your group is under 18, please have a parent or guardian sign the volunteer participant liability release form. St. Bernard Project must receive a waiver from each volunteer.

You will receive your volunteer work assignment during orientation. If you are coming with a group, please recognize that your group may be split up. One of the core values of the St. Bernard Project is to assign only the number of volunteers that are needed at each house. This approach will ensure that you have a meaningful experience and are safely supervised.

On the work site, you will be lead by a site supervisor, typically an AmeriCorps member. Though they may not be construction experts, they are well trained and are leaders at the site. The site supervisor reports to a construction manager, who manages 10-12 sites. The construction manager visits the different sites each day to check on progress. The construction managers receive supply orders from site supervisors, and contact our supply runners, who are in charge of purchasing and delivering supplies.

Our goal is to ensure that you have a positive and productive volunteer experience. Sometimes, however, we will need your help! We may ask you to run to Home Depot to buy supplies or move to a different site or supervise a team of volunteers if you are skilled. Please be flexible. If you have suggestions about how we can do things more efficiently or effectively, please let us know.

III. Planning Your Trip

- A. General Packing List
- B. Housing
- C. Transportation
- D. Recommended Reading & Viewing
- E. Recommended Activities
- F. Recommended Restaurants
- G. Recommended Websites

A. General Packing List

Forms

- € Signed volunteer participant liability release form (Bring to orientation)
- € Signed safety release form (Bring to orientation)

Clothes – please check the weather before you pack!

- € Volunteer clothes (things you don't mind getting dirty or getting paint on)
- € A long sleeve shirt and long pants on your first day to change into in case you're doing insulation (trust us, you'll want to be covered up)
- € Remember there is always a chance for rain in New Orleans!
- € Sunglasses, hat or bandana in case you are working outside or if you don't want paint in your hair
- € Sturdy tennis shoes and/or work boots

Toiletries

- € Depending on lodging: towel, pillow, sleeping bag, cot or air mattress, shower shoes, flashlight
- € Medicines/Vitamins/Antacid Tablets

For the work day

- € Open mind and flexible attitude
- € Packed lunch and/or snacks (or visit one of the many newly reopened restaurants)
- € Plenty of drinking water
- € Camera and batteries
- € Free time entertainment (journal, cards, books...see the recommended reading list)
- € Insect repellent
- € Sunscreen
- € Tools! We have tools for volunteers, but bringing your own lets others use the ones we have. Please mark your tools to prevent mix-ups (Ours are marked with neon green paint).

B. Housing

St. Bernard Project cannot provide volunteers housing, transportation, or meals. Listed below are some suggestions on places to stay. Many hotels in the area offer great volunteer rates. *(If you find other housing options to add, please e-mail volunteer@stbernardproject.org.)*

Airport & Metairie



St. Bernard Parish

Greater New Orleans Area

Housing Accommodations within St. Bernard Parish

Camp Hope- Volunteer Camp-www.habitat-nola.org/camp_hope/index.php

a: 1201 Bayou Rd., St. Bernard, LA 70085 p: 504.872.0676 f: 504.301.1672

Description/ Cost: Camp Hope is a school that has been converted into volunteer housing and includes three meals for \$150/week. Bring your own bedding and towels. **Will be accepting reservations through April 2009 ONLY.**

Live St. Bernard-www.livestbernard.org

a: Arabi, LA 70032 p: 720-290-0788 e: livestbernard@gmail.com

Description/Cost: Live St. Bernard is a three bedroom, two bath house furnished with bunk beds (enough to house 13), full kitchen (no meals provided), linens and within one mile of St. Bernard Project. **Cost:** \$10/ person/night

“Arabi Hilton”- www.tigersgo.org

a: 626 Mehle, Chalmette, LA p: Chris at 864-643-1275 e: chris@tigersgo.org **Cost:** \$5-10/night

The “Arabi Hilton” is a converted church that sleeps 81 in bunk beds, and is complete with a fridge and small kitchen area.

BlueStone Ministries- www.bluestoneministries.com

a: Chalmette, LA p: 504.473.7092 w: e: rebirth@bluestoneministries.com

Description/Cost: BlueStone Ministries is a house that holds a maximum of 30 volunteers in bunk style rooms. There are common areas with cable TV, dining space, and a court yard. There is also a kitchen space for volunteer use as well as a prayer room. Volunteers must be 16 years old or older (they are willing to accept volunteers ages 14-15 as long as each young volunteer is accompanied by parent or registered legal guardian). **Cost:** \$50/person/night

The Volunteer House-www.volunteerhouse.org

a: 2725 Riverbend, Violet, LA **p:** 714.686.1834 or 714-813-6143 **e:** shane.grimes@roadrunner.com

Description/Cost: The Volunteer House is a four bedroom, two-bath house that can hold 20 people on 9 bunk beds and 2 roll away beds. \$20/person/night. Ask about group specials.

St. Bernard State Park-<http://www.crt.state.la.us/parks/iStbernrd.aspx>

a: Braithwaite, LA **p:** 504-682-2101 or for reservations: 1-877-226-7652 **e:** stbernard@crt.state.la.us

Description: 50% discounted rate available for SBP volunteers. To apply for discounted rate: make reservation with St Bernard State Park, then forward name, reservation number, and arrival/departure dates at least 1 month prior to your arrival to Rosalie at rosalie.cohn@stbernardproject.org.

Housing Accommodations in/near the French Quarter/Vieux Carre (15-20 min to St. Bernard)

La Maison Marigny- <http://www.lamaisonmarigny.com/>

a: 1421 Bourbon St., New Orleans LA 70116 **p:** 504.948.3638

Description/Cost: Owner John Ramsey offers volunteers a rate of \$99/night (upon availability), and \$79/night during the summer months for his hotel located just outside the French Quarter and close to St. Bernard Parish.

Hotel Provincial- <http://www.hotelprovincial.com/>

a: 1024 Chartres, New Orleans, LA 70116 **p:** 504.581.4995

Description/Cost: Offers volunteer rate of \$69/night if they have availability. You will need a letter from us to prove your volunteer status.

Hotel New Orleans- <http://www.hotelneworleansconventioncenter.com/>

a: 881 Convention Center Blvd, New Orleans, LA 70130 **p:** 888-524-1881

Description/Cost: Owner Ray A. Liuzza (a St. Bernard resident) offers volunteers a rate of \$79- \$99 (based upon availability). Located in the Arts District about a mile from the French Quarter.

B & W Courtyards- <http://www.bandwcourtyards.com/>

a: 2425 Chartres Street New Orleans, LA 70117 **p:** 800-585-5731 or 504-945-9418

Description/Cost: B& B with discounted volunteer rate between \$79 - \$99/night, depending on length of stay.

Depot House

a: 748 O'Keefe, New Orleans, LA 70113 **p:** 504.529.2952 **e:** dhilton111@aol.com

Description: Owned by the Hiltons (St. Charles Guest House), this B&B is located in the Warehouse District about seven blocks from the French Quarter.

Holiday Inn - French Quarter-Chateau Lemoyne- <http://www.hiclneworleanshotelsite.com/>

a: 301 Rue Dauphine, New Orleans, LA 70112 **p:** 504 581 1303

Description/Cost: Offers volunteers a rate of \$79/night Sunday – Thursday, and \$149 on the weekends, depending on availability. Contact Tammy Biller or Chu Tran and ask about the hurricane relief rate.

New Orleans Fine Hotels -www.neworleansfinehotels.com

p: Contact Jason directly at 504-962-5554 for volunteer rate.

Description: A discounted volunteer rate is available at: Chateau Dupre Hotel, The Pelham Hotel, Parc St. Charles, Hotel Le Cirque, The Lafayette Hotel, St. James Hotel, Holiday Inn Express Hotel, and the Historic French Market Inn. These are some of the finer French Quarter and Convention Center hotels in the city.

India House Hostel- www.indiahousehostel.com/

a: 124 South Lopez St., New Orleans, LA 70119

p: Reception: 504-821-1904 Guest Line: 504-324-4365

e: info@indiahousehostel.com

Description: This unique and funky hostel is a great place to meet fellow travelers from across the world. It offers internet access, and boasts an outside pool. Accommodations start at \$17/night.

Housing Accommodations in the Garden District (30 min drive to St. Bernard)

Parisian Courtyard Inn- <http://www.theparisiancourtyardinn.com/>

a: 1726 Prytania, New Orleans, LA 70130 **p:** (504) 581-4540

e: info@theparisiancourtyardinn.com

Description: Located Uptown New Orleans in the Lower Garden District, the Parisian is a ten room hotel, a cozy B&B, an upscale guest house, and a charming inn.

St. Charles Guest House

a: 1748 Prytania St., New Orleans, LA, 70130

p: 504 523 6556 **e:** dhilton111@aol.com

Description/Cost: Located in the Lower Garden District, simple, affordable accommodations. Rates from \$20-\$60/ night.

Housing Accommodations in Metairie (40 minute drive to St. Bernard)

Celebration Church

a: 2001 Airline Dr., Metairie, LA 70001

p: 504-324-9685 or 504-272-5228

Contact: Toni Collins

e: tonic@celebrationchurch.org

Description: The Church holds up to 100 people and provides continental breakfast, sack lunch, and dinner.

Cost: \$25/person/night

Good Shepherd UCC

a: 5122 W. Esplanade Ave., Metairie, LA 70006

p: 504.234.7608 **e:** office@gsucc.com

Description: There are bunk beds for 20-25 in two separate buildings, and a fellowship hall which consists of a gymnasium, full commercial kitchen, three showers, restrooms, and classrooms. Groups prepare their own meals.

Cost: \$10/night or \$50/week per person

C. Transportation

Please remember that St. Bernard Project cannot provide transportation for volunteers to and from sites. All volunteers will need to find a ride from the office to the work site on the first day after orientation. Past volunteers have said that renting a vehicle gives you the most flexibility and will provide the best experience!

Rental Car Information

Dollar Rent-a-car

Corporate code: BR0878

5% off the lowest price

www.dollar.com

1-800-800-4000

Enterprise

Corporate account: 14N1514

Online password: STB

5% discount

www.enterprise.com

1-800-rent-a-car

Hertz

CDP discount code: 1696501

5-20% off

www.hertz.com

1-800-654-3131

Cab Companies

Taxi Boogie

(504) 279-5555 or (504) 421-2752 or (985) 886-9477

United Cabs Inc.

(504) 522-9771 or (504) 524-9606 or <http://www.unitedcabs.com/>

Vans

Bonomolo Transportation, Inc.- www.bonolimo.com

p: 504.522.0892

This company offers a discount for volunteers.

D. Recommended Restaurants:

The area has an exciting and unlimited list of wonderful places to dine; various staff members and volunteers have raved about the following restaurants:

St. Bernard Parish:

Captain Sal’s Chicken and Seafood - (504) 278-2050

A fast favorite, Captain Sal’s offers traditional Cajun food (some of the best and biggest po’ boys around), New Orleans seafood , and Chinese cuisine.

Today’s Ketch - <http://www.todaysketchseafood.com/>

Seafood straight off the boat and into the pot! They have fresh seafood and homemade sides, all made to order.

Tony’s – (504) 271-5211

A St. Bernard classic, Tony’s has all the southern favorites you can imagine!

Bonsai Sushi Express - <http://www.bonzaisushi.com/index.html>

Da only sushi restaurant in da’ parish, Bonsai offers good sushi fast, and the staff is always exceptionally friendly.

Penny’s Cafe – (504) 272-0262

Classic diner food mixed with some Cajun flair.

WOW! Wingery - <http://www.wingery.com/>

Classic wing restaurant; lots of good times to go around!

Rocky and Carlo’s – (504) 279-8323

A parish landmark with cafeteria style dining and something for everyone.

New Orleans: In no particular order:

Coop’s Place	French Quarter	http://www.coopsplace.net/
Bayona	French Quarter	http://www.bayona.com/
Louisiana Bistro	French Quarter	http://www.louisianabistro.net/
Port of Call	French Quarter	http://www.portofcallneworleans.com/
Antoine’s	French Quarter	http://www.antoines.com/
Café Du Monde	French Quarter	http://www.cafedumonde.com/
Creole Creamery	Uptown	http://www.creolecreamery.com/
Camellia Grill	Uptown	http://www.camelliagrill.net/
Dick and Jenny’s	Uptown	http://dickandjennys.com/
Mat and Naddie’s	Uptown	http://www.matandnaddies.com/web/
Jacques-Imo’s	Uptown	http://www.jacquesimoscafe.com/
Juan’s Flying Burrito	Mid City, Uptown	http://www.juansflyingburrito.com/
Mona’s Cafe	Mid City, Uptown, Marigny	(504) 949-4115
Angelo Brocato’s	Mid City	http://www.angelobrocatoicecream.com/
Mother’s	CBD	http://www.mothersrestaurant.net/
Daniel’s On The Bayou	Bayou St John	(504) 940-5939
New Orleans Cake Café and Bakery	Marigny	http://www.nolacakes.com/

E. Recommended Reading and Viewing

Below is a list of books and movies that capture the spirit and resilience of the people of St. Bernard Parish and New Orleans. This list was compiled by past volunteers, staff and residents. *(If you have additional titles to add to this list, please e-mail volunteer@stbernardproject.org.)*

Books

1. The Great Deluge, Brinkley, Douglass.
2. Breach of Faith: Hurricane Katrina and the Near Death of a Great American City, Horne, Jed.
3. Queen of the Turtle Derby, Reed, Julia.
4. The House on First Street, Reed, Julia.
5. I Dead in Attic, Rose, Chris.
6. Down in New Orleans, Southern, Billy.
7. Confederacy of Dunces, Toole, John Kennedy.
8. Letters from New Orleans, Walker, Rob.
9. The Good Pirates of the Forgotten Bayous, Wells, Ken.

Movies

1. "When the Levees Broke," Spike Lee.
2. "Jazz," Ken Burns.
3. "Trouble the Water" Carl Deal, Tia Lessin

F. Recommended Activities

New Orleans Historic Voodoo Museum- <http://www.voodooomuseum.com/>

Mid City Lanes Rock n' Bowl - <http://www.rockandbowl.com/>

Audubon Zoo- <http://www.auduboninstitute.org/zoo.html>

Audubon Aquarium- <http://www.auduboninstitute.org/aquarium.html>

Audubon Park- <http://www.auduboninstitute.org/parks.html>

City Park- <http://neworleanscitypark.com/>

Prytania Theater- <http://www.theprytania.com/>

New Orleans Museum of Art- www.noma.org (be sure to visit the sculpture garden)

The Ogden Museum of Southern Art- <http://www.ogdenmuseum.org/> (Check out Ogden After Hours for free music on Thursdays from 6-8pm)

The Cultural Arts Center- <http://www.cacno.org/>

Visit the French Quarter: Stop for beignets at Café Du Monde, visit Jackson Square and the St. Louis Cathedral

Explore Magazine Street: Enjoy great shopping and dining

Check out the local music scene by listening to WWOZ 90.7 FM or <http://www.wwoz.org/>. Here are some of the favorite shows around town:

- Rebirth Brass Band @ Maple Leaf on Tuesdays
- Soul Rebels @ Le Bon Temps Roule on Thursdays
- Kermit Ruffins @ Vaughn's on Thursdays
- More local artists to enjoy: Trombone Shorty, Glen David Andrews, Amanda Shaw, Los Po-Boy-Citos, Russell Batiste, Walter "Wolfman" Washington, Joe Krown, Irma Thomas.
- Favorite music venues: Tipitina's, The Howlin' Wolf, Preservation Hall, House of Blues, Le Bon Temps Roule, Maple Leaf, Saturn Bar, Mimi's, One-Eyed Jacks, d.b.a., The Spotted Cat, and anywhere on Frenchmen Street.

G. Recommended Websites

For the best listing of local events and happenings: <http://bestofneworleans.com/>

For a complete listing of daily live music shows: <http://www.offbeat.com/>

For everything New Orleans: <http://www.nola.com/>

IV. Tips and Suggestions

Be flexible!

Where will I be working? What will I be doing? What time should I arrive?

These are all important questions, but please be patient and understanding when waiting for responses. We are a small team and it may take us a few days to respond to calls or e-mails. Situations change on a daily and sometimes hourly basis, **so come with an open mind and a flexible attitude**. There is plenty to do, but sometimes it takes us a while to determine where we will send you to do it. Some tasks are more fun than others, but every day of work puts a family that much closer to moving in. Remember that although we are not a construction company, we are working on construction projects and sometimes unforeseen issues come up at a house that we're working on. *We limit the amount of volunteers (and plan for that number) at each house so please do not move to other houses without letting us know.*

Work Carefully

You're working on someone's house, so please be as careful as possible when performing a task. Follow the guidelines that the site supervisor gives you. We can fix most mistakes but this will mean a delay in the project which translates into a family waiting even longer to be able to move into their home.

Safety

Please be careful on the job site. Power tools are awesome but can do serious damage to fingers and limbs. If you have asthma, bring your inhaler. If you have chronic joint pain, don't volunteer for work that will aggravate it. Stay hydrated. Be careful climbing ladders and benches, and lifting sheetrock – just use common sense!

Sensitivity

Please be sensitive when communicating with families. Don't make ANY promises. Don't tell them you're going to finish their house. Don't tell them you'll be back tomorrow if you're not sure you can keep that promise. Be a good listener – sometimes our clients just want to talk; however, even if you think you know how they feel, don't tell them that. Some people take offense to that comment. Again, use common sense.

We ask that volunteers provide their own lunches. While our families occasionally provide lunch, not all families are financially able to feed all individuals and groups. Come prepared and please do not ask homeowners for food. On the other hand, if homeowners do prepare food, please accept graciously, this is their way of thanking you for all your hard work!

Respect the house you're working on. This is someone's home and they come in frequently to check on progress. Please do not draw or write inappropriate things on the drywall. And please, please do not use pen to write on the sheetrock-it will show up later. A note to smokers: please do not smoke in the houses and clean up cigarette butts.

One last thing – while we encourage our volunteers to explore and enjoy New Orleans, if you commit to volunteering with us, please don't enjoy the city so much that you can't work the next morning!

V. Volunteer Release Forms

All volunteers must sign volunteer release forms. Please fill out the volunteer participant liability release form and safety release form prior to your arrival and bring the forms to the office on your first day. A member of the volunteer department will collect the forms from you during the orientation.

Group leaders, please make sure that all members of your group have completed these forms prior to the orientation.

If you or anyone in your group is under 18, please have a parent or guardian sign the volunteer participant liability release form.

Read before signing, as this constitutes the agreement as a volunteer and the understanding of your working relationship with St. Bernard Project.

Please print all information clearly.

Fill out the forms entirely.

With proper tracking we can:

1. Update you on the progress of the home(s) on which you work via e-mail.
2. Raise funds by submitting accurate grant proposals including volunteer hours.
3. Properly recognize you (and your group) for your continual investment in “da Parish.”

Thank you for your cooperation!

Volunteer Participant Liability Release Form

*(Please read before signing, as this constitutes the agreement as a volunteer and the understanding of your working relationship with St. Bernard Project. Please print all information clearly. **If you are under 18, please have a parent or guardian sign this agreement ahead of time if they will not be coming with you.**)*

I, _____, acknowledge and state the following: I have chosen to travel to the work site to perform cleanup/construction work in disaster relief.

I understand that this work entails a risk of physical injury and often involves hard physical labor, heavy lifting and other strenuous activity; and that some activities may take place on ladders and building framing other than ground level. I certify that I am in good health and physically able to perform this type of work.

I understand that I am engaging in this project at my own risk. I understand that this is a “grass roots” activity to support individuals adversely affected by the disaster. I assume all risk and responsibility for any damage or injury to my property or any personal injury which I may sustain while involved in this project and related material costs and expenses. I do hereby grant and convey unto the St. Bernard Project all right, title and interest in any and all photographic images and video or audio recordings made by St. Bernard Project during my work, including, but not limited to, any royalties, proceeds or other benefits derived from such photographs or recordings.

In the event that my supervising disaster organization arranges accommodations, I understand that they are not responsible or liable for my personal effects and property and that they will not provide lock up or security for any items. I will hold them harmless in the event of theft or for loss resulting from any source or cause. I further understand that I am to abide by whatever rules and regulations may be in effect for the accommodations at that time.

By my signature, for myself, my estate and my heirs, I release, discharge, indemnify and forever hold St. Bernard Project, together with its officers, agents, servants and employees, harmless from any and all causes of action arising from my participation in this project and travel or lodging associated therewith, including any damages which may be caused by their own negligence.

Signature: X _____ **Date:** _____

Printed Name _____ **Parent’s Signature** _____
(Required if under 18)

Occupation: _____ **Company** _____

Group Name: _____ **Dates volunteered:** _____ **to** _____

E-mail: _____ **Cell:** _____

Address: _____

Closest Major City: _____

Emergency Contact Info **Name:** _____ **Relationship:** _____

Phone: _____ **Alternate Phone:** _____

Volunteer Safety Release Form

(Please read before signing as this constitutes an agreement with St. Bernard Project. Your safety is of the utmost importance. Review the following safety precautions before you begin working.)

I, _____, acknowledge and state the following: I have chosen to travel to the worksite to perform cleanup/construction work in disaster relief and rebuilding. I hereby agree to abide by the safety precautions outlined below.

- Each house is equipped with a first aid kit. Ask your site supervisor where it is.
- If you have an accident, report it immediately to your site supervisor.
- Stay hydrated; if you find yourself with a case of the “umbles” (mumbling, fumbling, grumbling, stumbling, etc.), take a water break!
- Make sure to eat your lunch. You need your energy!
- Take water breaks, it’s hot out there! (And sometimes it’s cold, too.)
- Make sure you are properly trained on the tools you are using. If you are not sure about how to use a tool or have a question, ask your site supervisor.
- Always be aware of your surroundings. If you are swinging a tool, know your “blood circle.” That is, if you are swinging a tool, make sure there is no one within hitting distance.
- Please clean up after yourself and others. The worksite should always be clear of debris. Additionally, the last 30 minutes of each work day is dedicated clean-up time.
- When using utility knives, saws and other sharp objects, cut away from yourself and others.
- Remember ladder and bench safety: the ladder or bench should be in a locked position on stable ground. For added protection, have a spotter on the ground next to you!
- When lifting heavy objects, use your legs and keep your back straight. Back injuries are common and hard to fix!
- Know your limits! If you are not comfortable doing something, talk to your site supervisor! They are happy to assist you or give you a new task.
- **If there is a medical emergency call 911. Know the address of the house.**

Your safety is important to us! Please be careful and aware! And have a great time!

I agree to abide by the safety precautions mentioned in this document. By my signature, for myself, my estate and my heirs, I release, discharge, indemnify and forever hold St. Bernard Project, together with its officers, agents, servants and employees, harmless from any and all causes of action arising from my participation in this project and travel or lodging associated therewith, including any damages which may be caused by their negligence.

Signature: _____ **Date:** _____

Printed Name: _____ **Volunteer Dates:** _____ to _____

Order your shirts today, have them delivered to your work site!

Short Sleeve- \$15

4 NOLA-orange

Commemorates the 4th Anniversary of Hurricane Katrina



front

back

4 NOLA-green

Commemorates the 4th Anniversary of Hurricane Katrina



front

back

Be A Saint. Be 4 NOLA

Commemorates the New Orleans Saints' Superbowl victory (Black only)



front

back

Rebuild da Parish or LEAVE

Features artwork by famed New Orleans artist, Dr. Bob. (White/Grey)

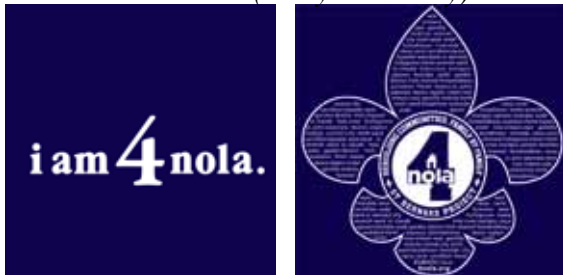


back

Long Sleeve- \$20

4 NOLA-blue

Commemorates the 4th Anniversary of Hurricane Katrina (Navy Blue only)



front

back

Questions? Call 504.444.2108
or email han.nguyen@stbernardproject.org

