"Use Your Feet for Freedom 5K," Saturday, Aug. 10, 8:00 a.m.

The beautiful Palo Alto Baylands will be the scenic backdrop for the "Use Your Feet for Freedom" 5K run/walk, hosted by Vineyard Christian Fellowship of the Peninsula. Proceeds from this event will benefit Freedom House, which will be celebrating the three-year anniversary of opening The Monarch on that same day. Participants will enjoy panoramic Bay views and many opportunities to observe migratory birds along the easy, flat-terrain path, as the Palo Alto Baylands preserve features some of the last remaining salt-marsh habitats on the West Coast.

Early-bird registration is currently underway, with a low $35 entry fee until July 26th. RSVP soon! [http://vcfp.org/event/457669-2013-08-10-use-your-feet-for-freedom-5K-runwalk](http://vcfp.org/event/457669-2013-08-10-use-your-feet-for-freedom-5K-runwalk)

On event day, Freedom House supporters will meet at the Baylands Athletic Center, located at 1900 Geng Road in Palo Alto, to check in and pick up their souvenir T-shirts. VCFP organizers are looking for event sponsors. By making a donation of $250 or more, your company’s name will appear on the race day T-shirt. If you would like to be a sponsor of any amount, please contact Niki Liming for details at niki3668@gmail.com by July 15th.

Please join us on August 10, as we celebrate the third anniversary of The Monarch in San Mateo.
Semi-Annual Volunteer Training Begins on Saturday, September 7

Freedom House now is accepting applications for its upcoming volunteer training sessions for those who would like to become a Shelter Volunteer at the Nest or serve the organization as an Advocate. Training sessions will be held in Santa Clara County, commencing on September 7.

Shelter Volunteers at The Nest will work directly with girls (ages 12 to 17) at the residential shelter, helping them to achieve their goals. Candidates must complete all six training classes: Sept. 7 (9 a.m. to 5 p.m.), Sept. 10 (6 p.m. to 9 p.m.), Sept. 12 (6 p.m. to 9 p.m.), Sept. 14 (9 a.m. to 5 p.m.), Sept. 17 (6 p.m. to 9 p.m.) and the final day of training on Sept. 21 (9 a.m. to 5 p.m.). To be considered for one of the limited Shelter Volunteer positions at The Nest, you must submit your completed volunteer application packet no later than July 15th. Upon review by the Selection Committee, finalists will be invited for in-person interviews and to present a LiveScan background check. To request an application form, please send an email to Operations Director Tina Beauchamp at Tina@FreedomHouseSF.org.

Advocate Volunteers represent both The Nest and The Monarch as they spread awareness to different communities about Freedom House and educate the public about human-trafficking issues. If you enjoy public speaking and meeting new people, we welcome your involvement to reach out to civic organizations, faith-based groups, college campuses and to local businesses. In addition, advocates often plan and attend our many fundraising activities, working alongside other dedicated, modern-day abolitionists. Candidates who want become a Freedom House Advocate only will attend the first day of training on Saturday, September 7. Advocate application materials are due no later than August 15th. To begin your rewarding journey as a Freedom House advocate, please contact Tina Beauchamp at Tina@FreedomHouseSF.org to learn more about the application process.

Advocate & Shelter Volunteer:
Gail Bauer

Spend a few minutes with Gail Bauer and you'll quickly discover that she is a remarkable woman. In 1976, Gail became the first woman to build and fly an experimental airplane across the United States. She also is a teacher, motivational speaker, business leader, motorcycle rider, horsewoman and servant of Christ. When Gail's husband, Jay, died in 2012 after a seven-year battle with progressive supranuclear palsy, she felt lost and useless. Gail asked God to guide her, give her spiritual wisdom and use her in his service to make a difference. In December, a Freedom House advocate was taking donations for gifts for the survivors at The Monarch. Gail asked, "What is Freedom House? And what is human trafficking?" That was the beginning of a new adventure and a new business, which she calls "Servant Leadership".

Gail and her Boston terrier named Miss Marley enjoy cooking, going on field trips, acting as a taxi service when needed, and being the adopted grandma at the shelter. "I really feel these beautiful young women are my granddaughters that I never had. They are a gift from God. As I go forward with them on their new adventure of building the life they deserve, I am grateful that at age 71, I can be a part of Freedom House."
Shelter Volunteer & Donor:
Kim Chelf
Kim first heard about Freedom House while working with survivors of human trafficking in South Asia, thanks to her mom and her boyfriend (now husband), Ben. When she moved home, she longed to connect with survivors in a personal and consistent way again. The strength and resilience of the residents at The Monarch are an inspiration and constant encouragement to Kim. Her time with the residents is definitely the highlight of her week: "It's a privilege to be a part of the Freedom House family."

Computer Drive Update
Since the campaign began to garner new and used computers, laptops and printers for The Monarch and The Nest, Freedom House has received funds to purchase four new computers as well as an assortment of used equipment. WE NEED YOUR DONATIONS. Ten computers and four printers are sought for the upcoming homeschooling program at The Nest and administrative needs. Your financial contributions are greatly appreciated. Please send a check to Freedom House at P.O. Box 2065, Burlingame, CA 94011, or you may donate online at http://www.freedomhousesf.org/donate

Volunteers David Melton and Christian Cablay are leading this grassroots effort. They are spotlighted below in their own words.

Shelter Volunteer & Fundraiser:
David Melton
"I grew up in Houston, Texas, and went to both undergraduate and graduate school at The University of Texas at Austin. I'm a proud Longhorn: Hook 'Em! I moved out to California 6 ½ years ago for work. God has been doing amazing things in my life. I was a selfish, prideful person whose heart was calloused. God has worked a great change in me, and given me a heart to love. He sent me on a tough journey, a long dark night of the soul, and on that journey saved me from the person I was. He gave me a mission and purpose, and sent me to Freedom House so I could share the new heart of love He'd given me with others, to bring light into their own dark nights. I have found that no matter how much I give at Freedom House, I get back far more. Jesus said you know a tree by the fruit it produces, so I know Freedom House is a very good tree."

Shelter Volunteer & Fundraiser:
Christian Cablay
"Making the decision to become a volunteer with this wonderful and Godsent organization has truly been and continues to be a blessing. I thank God every day for allowing me this opportunity to spread His love and share the gifts that He has provided me. I'm so excited about the upcoming opening of The Nest, and I'm looking forward in continuing to support it wholeheartedly."
Freedom House Blog
This spring, a group of students in Southern California went through our semi-annual volunteer training through a video conference. They then set out to raise awareness about human trafficking on their Cal State Long Beach campus and planned a subsequent fundraiser event for Freedom House. Esther Hong was one of the participants of the campus awareness campaign. Here she shares her reflections on the experience:
http://freedomhousesf.blogspot.com/2013/06/starting-where-youre-at.html

About Freedom House
Located in the San Francisco Bay Area, Freedom House is an independent 501(c)(3) non-profit organization with a mission to bring hope, restoration, and a new life to survivors of human trafficking by providing housing and long-term aftercare services. In August 2010, Freedom House launched The Monarch, the first safe home and aftercare program in Northern California for adult female survivors of human trafficking. The Nest, its innovative residential shelter for minors, is scheduled to open later this year. Through its pioneering aftercare model, Freedom House is breaking the cycle of human exploitation and creating new futures for survivors of all ages. To support our cause, please visit www.FreedomHouseSF.org.