

During the month of March 2023, the Star Tribune's Volunteer Challenge article series explored the various elements of volunteering from how to find an opportunity that fits you to how helping others can have a boomerang effect and make your life better. Charlie Caven's experience volunteering at FNVW was included in the last article of this series, excerpted below:



**Many motives but one mission.
Ultimately, volunteers look to help others.**

By Katy Read

Illustration by Abby Lossing

Charlie Caven

As a junior studying business at the University of St. Thomas, Charlie Caven took a class in which students volunteered for a nonprofit organization.

"The university gave us a list of hundreds and hundreds of nonprofits in the Twin Cities area, so I had a lot to choose from," he said.

The 21-year-old, originally from Maple Grove, chose Friends for a Nonviolent World, an organization founded by Quakers (though volunteers need not be Quakers) dedicated to six core Quaker values: peace, simplicity, integrity, equality, community and stewardship. "I liked their mission statement, what they're trying to accomplish."

Caven was a pro bono-style volunteer throughout January, using his business skills to help the nonprofit. "It was an awesome experience," he said. He worked with programs and lists, examined budgeting and financial statements, organized information in Excel format.

"I enjoyed it," he said. "I think I might try to go back over the summer. I still keep in touch with them."

The experience strengthened his professional skills, he said. "I kind of treated it as like a mini-internship. I got some good work experience out of it, too."

Source:

Read, Katy. "Many motives but one mission. Ultimately, volunteers look to help others." Star Tribune, 31 March 2023, www.startribune.com/minnesotans-share-why-they-love-to-volunteer-a-very-positive-experience/600262612/