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华府青年 cyoc.club



## “帮助别人，自己也会快乐”

### —— 2024年，CYOC 志愿者们在 So What Else 做社区服务的感想

前言：

2024年，华府青年俱乐部-CYOC 与同为非赢利组织的 So What Else 合作，为社区提供了非常有意义的社会服务。CYOC 志愿者们一方面通过组织物资捐赠活动，为大华府地区贫困人群以及无家可归者捐赠大量衣物、玩具和日用品，帮助那些有需要的家庭和个人。另一方面，CYOC 志愿者们还通过每周六协助 So What Else 发放食物给需要的人，为减少大华府地区受饥饿威胁的家庭和个人，为他们提供食物保障，以及力所能及的帮助做出了贡献。2024年期间，很多 CYOC 的义工参与了活动，在迎来 2025 年新年之际，义工们总结一年的义工体验，为明年继续开展工作做好准备。同时我们的志愿者也感谢 CYOC 以及 So What Else 提供的平台和机会，感谢给予支持的家长和 CYOC 的领导们！

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在爱的传递中成长  
----- 我在 So What  
Else Food Bank 当志愿者

作者：郭奕涵

加入 CYOC 不久，我就像发现了新大陆一样，听说我们的城市藏着好多“食物银行”，其中最特别的是疫情期间成立的“So What Else”食物银行。我一听，心里就痒痒的，特别想去看看个究竟，这个给需要的人送温暖的地方到底长啥样。

在一个周六清晨，我来到了位于 Rockville 的“So What Else”食物银行总部。哇，这里面就像个大仓库，有一个超大的储藏室，还有好多食物整齐地摆放在架子上，就像个超市呢！那些老志愿者叔叔阿姨们特别热情，像迎接新朋友一样，给我介绍了他们的工作日常。一开始，我对这里的一切都感到新奇又有点陌生，特别是那些五花八门的食物，有的我甚至叫不上名字来。慢慢地我就熟悉起来了。我和其它 CYOC 的志愿者一起分配到“无车辆行人食物分发处”工作。这个分发处服务于那些连汽车也没有或者根本不会开车的人们。他们只能走路或者乘坐公交车来到 So What Else 食物分发点，来领取所需要的食物。

做志愿者的日子里，我遇到了好多不同的人。有的人因为工作丢了，暂时需要帮忙；有的人因为身体不方便，不能出去工作；还有的人家里孩子多，没办法上班，只能依靠社会的帮助。每次看到他们静静地排队等着拿食物，我心里都会有种说不出的感觉。我总是笑眯眯地跟他们说话，生怕一不小心就让他们觉得不好意思了。

记得有好多次，我还遇到了小插曲。我发现，来领食物的人有时会为了多得到一些食物，会反复排队。遇到这种情况，我们只能耐心地对他们解释，每个人每次只能按量领取，这是为了照顾到更多有需要的人。但还是有人不理解我们，以为我们故意为难他们。这时我心里有些难过，一方面理解他们可能的确需要更多的食物，另一方面也觉得我们的社会看起来很富裕，其实在城市的深处还有很多缺乏足够食物的人们需要我们的社会关怀到。

在“So What Else”食物银行，我还看到了更多让人心里暖洋洋的事情。比如，有些人来领食物的时候，还会捐一点点钱或者支票给食物银行。他们说，以前自己困难的时候也接受过帮助，现在就想把这份爱心传递下去来帮助可能更需要帮助的人。在刚刚过去的这个周六，有华裔老人来领食物时，给我们义工带来了一盒巧克力。让我们在这个寒冷的冬天感受到更多的温暖，我觉得我们的工作得到了大家的赞许。

在 SoWhatElse Food Bank 当志愿者的这段经历让我明白了“帮助

别人，自己也会快乐”的真谛。在这里，我不仅学会了怎样去帮助别人，还学会了要感激和珍惜现在拥有的每一样东西。我发现，其实每个人都有不容易的时候，能帮到别人，真的是一件特别高兴的事情！

现在，我已经是“So What Else”食物银行的“常驻”志愿者啦！每次来这里，我都觉得特别开心和满足。我想，我的一点点小努力，就像冬日里的一缕阳光，也许能给那些需要帮助的人带去一点点温暖和希望。我会一直做下去的，因为帮助他人，让我自己也变得更强大！

**Hands, Hearts, and Leadership: Volunteering with CYOC to Support Those in Need**

By Ruichen R. Feng, Dec 2024  
Photography: Parents of CYOC members

I joined the Capital Youth Outreach Club (CYOC) in 6th grade, and since then, I've been actively involved in a range of volunteer activities. These include supporting community events, cultural festivals, and fundraising initiatives, as well as helping seniors at the local senior center, collecting donations for drives, and assisting with food distribution at the food bank. Over the years, I've found great fulfillment in contributing to these meaningful projects and in supporting those who need it most. Through these experiences, I have gained valuable skills in project planning and organization, learned how to act responsibly and respectfully, and developed a positive attitude when facing challenges. More importantly, I've come to understand the importance of teamwork and the ability to take on a leadership role when necessary.

This past summer, I had the opportunity to step into a leadership role within CYOC, partnering with the organization So What Else, which helps support families in need. As a member of the CYOC/So What Else outreach team, I helped coordinate efforts to collect and distribute essential items like clothes, toys, and food. This year, we organized two successful donation drives, and I had the privilege of leading our second one—a Thanksgiving donation drive. It was truly a collaborative effort from start to finish.

About a month before the event, CYOC member Charlotte Sauder designed a flyer, and my mom and few other adult advisors helped

spread the word by posting it on Nextdoor and other social media platforms. I created a Google Form to recruit volunteers from CYOC, who assisted in collecting donations from their families and friends and signed up to help on the day of the event, which was held at Wootton High School. We also coordinated with So What Else to use their truck to transport donations to their distribution warehouse. On the day of the drive, over 30 CYOC members showed up, and we successfully collected more than 5,000 items. These donations, ranging from warm clothing for winter to toys for children, will significantly impact local families in need.



Beyond organizing donation drives, I've also had the privilege of assisting So What Else with food distribution to the community. Every Saturday, I volunteer at their Wyaconda Road warehouse, where many other CYOC members and I help with various tasks. When I first started volunteering, I was intimidated by the scale of the operation. There were so many moving parts—directing traffic, setting up food distribution stations, loading cars, and bagging food in the warehouse. I started by learning how to pack food items and stack them onto pallets for transport. As I became more comfortable with the process, I took on more responsibilities, such as bagging corn, opening boxes of produce, and organizing food for distribution.



Eventually, I transitioned to the walk-up distribution section. This part of the operation was

different, but just as rewarding. Here, I unloaded trucks, determined how much food to distribute to each family, and often translated for non-English speakers to make sure they received the right items. It's incredibly fulfilling to see the joy on the faces of the people we help. Sometimes, they even bring small tokens of appreciation, like donuts or chips, which makes the experience feel even more personal. The friendship among volunteers makes the work enjoyable, and it's one of the reasons I keep coming back each week. Overall, the dedication required to make these food distributions successful is truly inspiring. Through this experience, I've not only expanded my network and made lasting friendships, but I've also gained a deeper sense of humility and purpose. Volunteering with CYOC and So What Else has reinforced my commitment to community service, and I look forward to continuing this work for years to come.



I would also like to take this opportunity to thank my parents for their unwavering support, which has allowed me to participate in CYOC's volunteer activities. I am also deeply grateful to the CYOC adult advisors for their constant encouragement and guidance. A special thank you goes to So What Else for providing such meaningful volunteer opportunities and for their partnership, which has made my volunteering journey both impactful and fulfilling.

**My Volunteering Journey with So What Else**

Written by: Arius Liang  
Photography: Parents of CYOC members

#### 1. Helping Those in Need

At So What Else, my main job is to distribute food to people who need it. The organization sets up walking stations where people line up, and we hand out veggies, meat, and other food essentials. It's a simple but important task, and every Saturday morning when I contribute, I'm reminded of how much of an impact something as basic as food can have on someone's life.

A great bonus is that you can earn SSL hours for your time, which is a great way to give back while fulfilling your school requirements.

Volunteering is a win-win—you're helping others, and you're also doing something that counts toward your academic goals.



#### 2. Early Starts and Serving More

On Saturday mornings when I choose to go, I wake up around 5:45 to volunteer at So What Else. Why that early? Well, the earlier we get there, the quicker we can set-up and we can serve the first customers. It's a small thing, but starting earlier means that everyone who needs food gets served before the lines get too long. Helping early also gives a sense of accomplishment as you see the good you're doing for your community.



#### 3. Holiday Fun and Creative Involvement

Aside from the regular food distribution, there have been some fun moments as well. Around Thanksgiving, I participated in an art project organized by So What Else, making donation flyers and taping them to huge boxes. These boxes were then used to collect donations from others, like toys, by putting them outside my house with Ruichen, and even driving to other houses to collect their donations! It was a creative and exciting way to contribute, and it felt good to step out of the usual routine and try something different for a change.

Then on the last distribution day for the year (Near Christmas), my friends Daniel, Michael, and I decided to bring some holiday cheer to the people waiting in line by playing holiday songs. I play the violin, and while it was cold and challenging to perform, (接下页)