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From the Coordinator of Volunteer and Community Services



Greetings from the office of Volunteer and Community Services! During this Spring semester students continue to put forth great effort in performing a variety of volunteer and community service activities throughout the local area and beyond. Due to the devastation of Hurricane Maria, Fredonia student volunteers are assisting with the Hurricane Relief efforts to help families that have been displaced by this horrific disaster.

Many of our students, which included individual volunteers and student groups as well as athletes accomplished an array of tasks. Student volunteers will again participate in the twelfth annual Relay for Life event, a walk to benefit the American Cancer Society. It offers everyone in the community as well as students an opportunity to participate in the fight against cancer. Last year over four hundred and fifty students participated in this important endeavor. Students will partake in the Adopt-A-Beach Clean-up to enhance the beaches of the

Great Lakes during Earth Month.

Fredonia student volunteers have been involved in cooking and serving meals to impoverished families at the local friendly kitchen; collected and helped to distribute winter clothing to area families in need. Phi Mu Alpha Sinfonia has been taking the time to perform songs at various nursing homes improving the quality of life for seniors and continues to do so. Student volunteers have been assisting local youth through mentoring along with many other service activities.

Our students have shown care and compassion to those who were in the greatest need by helping families through Habitat for Humanity by rehabbing and helping to build affordable housing. Student groups will join a variety of volunteers in the streets of Fredonia for the annual Buffalo News Kids Day which helps to raise funds for Women and Children's Hospital of Buffalo.

For further information in reference to volunteer and community service opportunities please contact the coordinator, Joyce Harvard Smith at Joyce.Smith@fredonia.edu or call (716) 673-3690.

Intern in the Office

Hello! My name is Alexis Sorbello and I am fortunate enough to be the intern in the Volunteer and Community Services Office this semester. I am a senior Public Relations major with a minor in Business Administration from Binghamton, New York. I chose this internship because I believe volunteering is important in building a strong, long lasting community.

Throughout my college career I have been involved with many groups dedicated to service. I am a member of the Applied Communication Association, Spectrum, and I am the president of PRSSA Fredonia. With these groups I have done service that includes serving at the Friendly Kitchen, Fall Sweep, volunteering at the Lakeshore Humane Society, working with children at the Harvest Fest and much more.

Volunteerism has been a large part of my life for a very long time. When I was younger I was a Girl Scout. Our troop regularly volunteered at the local zoo, afterschool programs and traveled to Florida to do a service project at a camp there. I continued volunteering through high school by going to the YMCA for service. Volunteering has helped me to grow as a person. I have gained valuable life skills such as stronger interpersonal communication, leadership along with teamwork and also project management.

I believe that volunteering is important to your personal growth and the growth of the community and I plan to continue participating in community service upon graduation. For more information, visit the Volunteer and Community Services Office located in the Williams Center S-227 or email me at sorb4047@fredonia.edu.



Students

Making a

Difference

In the Spotlight

Students



Making a



Difference



Women's Basketball

The Women's Basketball team is dedicated to serving community. The team has participated in events such as the Veteran's Run, National Girls and Women in Sports Day, a fundraiser for pediatric cancer, the "Go for the Goal" event and the Play4Kay game which was dedicated to the Kay Yow Cancer Fund.

The Women's Basketball team is passionate about being involved in events in which they can make a difference in the lives of others. From their service, the team members have gained a sense of personal fulfillment from participating in events that are meaningful to them. The team volunteered in the Veteran's Run in honor of a team member who serves in the Navy Reserves. They also participated in National Girls and Women in Sports Day where the team served as role models and mentors for the girls that came to campus. They choose this events because they felt connected to the mission of girls in sports, since they themselves are athletes. They also participated in a national campaign to bring awareness and fundraiser for pediatric cancer. They joined this campaign to help children locally in the fight against cancer.

Coach Linda MacDonald says "the community has been able to gain an appreciation for these athletes who have given freely their time and energy." The team plans to continue volunteering as much as their schedule allows.

S.T.E.P.S.

Students Teaching Equals Positive Sexuality, or S.T.E.P.S., is a peer education group that is comprised of students who are committed to raising awareness about important topics within our campus and community. S.T.E.P.S. has participated in community services events such as Relay for Life, Buffalo News Kids Day, Fall Sweep and Safe Halloween.

The group began volunteering because they believe in forming trusting connections with people. With these connections, they are able to discuss the topics that they teach on a more comfortable level. S.T.E.P.S. has worked to build a sense of unity and safety within the community through their service. The group thrives off of connecting with others. They want their organization to impact as many people as possible whether that be on campus or in the community.

S.T.E.P.S. goal is to educate as many people as possible in the community on topics such as safe sex, STIs/STDs, HIV/AIDS, sexual assault, healthy and unhealthy relationships, homophobia and transphobia and safe partying/alcohol awareness. They plan to continue on helping out with events such as Fall Sweep, Relay for Life and more. By participating in such events they will continue to interact with the community to build long lasting relationships and a sense of unity within the community which will allow them to continue their mission and educate on these topics.

Council for Exceptional Children

The Council for Exceptional Children is passionate about working with children who have disabilities. For the past few years, they have been volunteering at the Boys and Girls Club working with children with disabilities.

The students of this group plan activities and games to bond with the children. This is a great opportunity for education majors, but is open to anyone. The President, Kaitlyn Smith, says the club is involved in community service because "it is important to help others and to get to know people outside of the school."

The Council for Exceptional Children has gained skills on different ways of working alongside children with disabilities through their volunteering. They also discover what their own strengths and weaknesses are which helps them to improve these skills. By going to the Boys and Girls Club they want to spread awareness of the organization. They say that the smiles on the children's faces are very rewarding.

From their work at the Boys and Girls Club, the community has gained awareness. It also has given the children at the club a sense of belonging because they are able to be themselves without feeling left out.

They plan to continue to volunteer at the Boys and Girls club. Along with the Boys and Girls club, the Council for Exceptional Children have started volunteering for a swim program at Dunkirk High school that allows them to swim with children with autism.

Viewpoints on Volunteering: Scott Boehnke

I began volunteering because I realized that simply going to class and getting good grades was not going to set myself apart. I believe to distinguish yourself as a leader and to pursue high aspirations you need to get involved. I started volunteering to connect with other students but figured out it means a whole lot more than that to me. Combining the efforts of yourself and a few peers to accomplish a goal that makes a difference for people in the community is a great accomplishment.

I have participated in numerous volunteer activities since starting at Fredonia in 2015. While I was serving as the Vice President of Sigma Phi Epsilon, members of the fraternity would volunteer at the Friendly Kitchen each week. There we would help facilitate the dinner service by serving plates, cleaning dishes and other miscellaneous tasks. I have spent many hours at St. Columban's with the residents. Whether it was making Valentine's Day cards or just stopping by to play board games, the residents always enjoy a student presence.

I have learned so much about myself, the people around me and the areas of the community that need help. I believe you need to take the abilities you have been blessed with into the community to help those that are not as fortunate.



Scott Boehnke

Year: Junior

Major: Accounting & Finance

Hometown: Youngstown, NY

Activities

VITA, Accounting Society, Sigma Phi Epsilon

Viewpoints on Volunteering: Nai-Raysia Williams

I got involved with community service because I enjoy interacting with other people. I noticed how much you can learn about people from having hands on experience while volunteering. You can develop interpersonal communication skills and see things from another perspective. I decided to get involved with these things because I have a desire to give back to the community due to me being a Social Work major.

I have been a mentor for the Upward Bound program and the Chautauqua Striders Boys and Girls Club program. Both of these programs allow me to have hands on experience and make a difference in children's lives. I am also a member of Sister Circle who annually plans Halloween parties at Dunkirk School 7 and an ice cream social with the Dunkirk Boys and Girls Club.

Through volunteering, I have become a better mentor, gained a better sense of leadership and I am more comfortable in large groups of people. From my volunteering, the community now has someone who is dedicated to their work with the ability to be a positive influence. They have someone who encourages others to get involved in the community.

I plan on continuing to volunteer while here and expand my knowledge on how to effectively help and give back to the Fredonia community. After graduation I will still volunteer to the community that I am in.



Nai-Raysia Williams

Year: Junior

Major: Social Work

Hometown: Syracuse, NY

Activities

Sister Circle
Boys & Girls Club
Psi Chi

Viewpoints on Volunteering: Caitlin Sweet

I decided to get involved in volunteering because Fredonia is quite new to me. I felt that volunteering was a great way to get to know Fredonia. Everyone I meet in Fredonia is so nice and I knew I wanted to help the community but was not sure how I would go about that. My professor brought up the idea of community service, I immediately knew that was my solution.

I got involved with the Winter Clothing Drive during the Fall semester. Working with other volunteers and collecting clothes for people who need them was a very eye opening experience. Getting to make new friends and at the same time helping make a difference in the community is such a rewarding experience.

When we volunteer, we know real changes are happening as a result of our efforts. We are not only helping ourselves, we are helping the whole community. The community is made a better place when we donate our help. When we volunteer we are helping different causes achieve the goals that they are working towards.

The feeling I get when I see people's struggles being lifted off their shoulders is why I will continue to volunteer. I get no better feeling than when I help others. Knowing that I helped lift a burden off of others in the community is just one of the many reasons why I will continue to volunteer. I am making Fredonia a better place one day at a time.



Caitlin Sweet

Year: Freshman

Major: Fine Arts

Hometown: Latham, NY

Activities

Winter Clothing Drive
Relay for Life
Hurricane Relief

United Way of Northern Chautauqua County

The United Way of Northern Chautauqua County empowers the local community through education, health, and financial stability. UWNCC envisions a community that works together, striving to improve the lives of others, while promoting ideals that facilitate lasting positive change.

Student volunteers are important to UWNCC because students offer fresh ideas and different insights into operations and practices. Students can easily identify with our strategic goals and missions of the United Way of Northern Chautauqua County. The students bring passion, high energy, dedication and follow-through to various volunteer projects.

The United Way of Northern Chautauqua County is largely impacted by student volunteers. Student volunteers, especially in the Volunteer Income Tax Assistance (VITA) program, enhance UWNCC's mission by increasing their capacity. This allows them to reach more people in the local community and offer more programming as well as vital services.



United Way of Northern Chautauqua County



**Winter Clothing Drive
Student Volunteer**



**Adopt-A-Beach Clean Up
Student Volunteers**



Relay for Life Survivors



**Spring Egg Hunt
Kappa Sigma
Volunteers**

Volunteers Wanted:

WCA Home

St. Columban's Home

Boys & Girls Club

St. Vincent's Home

Habitat for Humanity

Friendly Kitchen

Garment Gallery

Chautauqua County Home

Lake Shore Humane Society

Volunteer Events:

Adoption Days

Saturday, April 21st, May 5th
12:00 p.m.— 4:00 p.m.
Lakeshore Humane Society
Dunkirk, NY

Relay for Life

Saturday, April 21st
4:00 p.m. – 4:00 a.m.
Steele Hall Field House
Fredonia, NY

Adopt-A-Beach Cleanup

12:00 p.m.—2:00 p.m.
Point Gratiot Beach
Dunkirk, NY

Buffalo News Kids Day

Tuesday, April 24th
6:00 a.m.— 9:00 a.m.
Streets of Fredonia,
Fredonia, NY

VCS Advisory Committee

- Joyce Harvard Smith – Coordinator
- Alexis Sorbello - Intern
- Tyler Fairchild - Student Representative
- Kaitlin Donohoe - Student Representative
- Marc Wilcox - Comm. Disorders and Sciences
- Katherine Pilgrim - Salvation Army
- Kim Killion - Boys and Girls Club of NCC
- Sue McCavoy - St. Columban's on the Lake
- Robert Ehrheart - Lakeshore Humane Society

Contact Information

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Please visit us at:
students.fredonia.edu/volunteer