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From the Coordinator of Volunteer and Community Services



Greetings from the Office of Volunteer and Community Services! During this Fall semester students continue to put forth great effort in performing a variety of volunteer and community service activities throughout the local area and beyond.

Many of our students, which included individual volunteers and student groups as well athletes accomplished an array of tasks. Student volunteers will again participate in the eleventh 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. Over four hundred and fifty students participated in this important endeavor this past year. Over seventy volunteers did the Adopt-A-Beach Clean-up to enhance the beaches of the Great Lakes during Earth Month.

Fredonia student volunteers were involved in cooking and serving meals to impoverished families at the local friendly kitchen; providing social and recreational activities to seniors helping to improve their quality of life, such as Phi Mu Alpha Sinfonia taking the time to perform songs at various nursing homes. Student volunteers were making improvements to the local environment; assisting local youth through mentoring along with many other service activities.

Our students also showed care and compassion to those who were in the greatest need by assisting families through Habitat for Humanity 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.

I would also like to congratulate our students for making such a positive impact in the community and the world.

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.

You can also visit us on the web at students.fredonia.edu/volunteer

Intern in the Office

Hello! My name is Zoe Tzetzis. I am enthusiastic about interning in the Office of Volunteer and Community Services. I am a senior majoring in Communication Studies with a minor in Leadership Studies. I am from Syracuse, New York. I chose this internship because I am passionate about volunteering. I believe it will make a lasting impact on myself as well as others. Volunteering can transform individuals into productive citizens.

As a current member and former Vice President of the Applied Communication Association, I have been involved in a combination of community service activities. I strongly believe that students should make connections and enhance positive relationships within their communities.

Along with ACA, I helped to co-sponsor Fall Sweep, which is an annual leaf-raking event. In addition, ACA helped to improve and restore the environment through the local creek clean-up. Through the Fredonia Peer Mentor Program I helped to guide a group of freshmen through their transition from high school to college. I have learned the importance of mentoring first-year students by giving them the necessary tools to become positive role models.

Through volunteering, students can develop the necessary skills to become strong leaders and learn what it means to make a difference in someone's life. After graduation, I want to continue to be involved in service and help make the community in which I live in a better place. For more information, students can stop by the Office of Volunteer and Community Services. If you would like to contact me regarding volunteering, you can reach me at ztzetzis@fredonia.edu.



Students

Making a

Difference

In the Spotlight

Students



Making a



Difference



Sister Circle

Sister Circle's main mission is to empower its members by providing an open environment for all individuals and to establish new positive relationships. In addition, Sister Circle educates individuals on relevant issues that affect women of different ethnic backgrounds.

Sister Circle is very active in the community through volunteer services and open community events. For example, Sister Circle has a long-standing commitment with the Dunkirk Boys and Girls Club. Their annual Ice Cream Social event is one of many ways that they strengthen kid's self-image through support and encouragement.

President Jayla Williams states, "we have gained an enlightened sense of self through giving back to the fortunate and the young." During their service at Dunkirk School 7 Halloween Party, Sister Circle had the opportunity to interact through face painting and dancing with the children. Their involvement with children has allowed them to become positive role models.

Their unyielding motivation comes from their advisor, Joyce H. Smith, the Coordinator of Volunteer and Community Services. Williams states, "through our work with other service agencies, we feel as though we have gained an excellent source of hardworking ladies to be utilized as future interns or contacts for other successful projects." Sister Circle wishes to co-sponsor future events with other campus groups.

Blackhorse Women's Rugby

Blackhorse Women's Rugby is a club sport on the State University of New York at Fredonia's campus whose mission is to teach its participants the sport of rugby. This sport, however, goes beyond the field and all the while instills qualities of leadership, confidence, and community service. Their motivation for service comes from the variety of women that they have on their team.

Blackhorse Women's Rugby has participated in Fall Sweep and Kisses for Pups. Kisses for Pups is an annual fundraiser that Blackhorse Women's Rugby created in 2011 to raise money for the Chautauqua County Humane Society. Their involvement in Fall Sweep has helped their teammates build connections within the community. In addition, the team hosted Get In The Game, a convention for youth to learn how to play sports, specifically, Rugby. The purpose of this event is to inspire youth to stay active and to get involved.

Captain of Blackhorse Women's Rugby Marie Scime states that, "We take part in these service projects not only to enjoy time with our teammates, but more importantly to help the community." Scime remarks, "through service the team has gained a stronger sense of self and work ethic. The team hopes to seek new volunteer opportunities in the future.

Phi Mu Alpha Sinfonia

Phi Mu Alpha Sinfonia is a National Music Fraternity. Their mission is to create a bond between musical students and to work together in order to advance music in America. Phi Mu Alpha Sinfonia performs in many local assisted living homes. Their performances take place at Fredonia Place, an assisted living facility, as well as St. Columban's on the Lake Retirement Home. Aside from their talent, they also host the annual Safe Halloween which is an event that provides a safe environment for children to trick-or-treat. The President Matthew Garcia states, "it gives kids the opportunity to enjoy Halloween while seeing Fredonia by interacting with the student body."

The founder of Phi Mu Alpha Sinfonia, Ossian Everett Mills, inspired them to become involved in community service. He originated the practice of performing and distributing flowers for patients in hospitals. This eventually turned into what they now call "Mills Music Missions." Garcia states, "this act of kindness is embedded in the foundation of what it means to be a member of Phi Mu Alpha Sinfonia."

Their performances in the local assisted living homes have opened their eyes to what it means to go above and beyond for someone. Phi Mu Alpha Sinfonia plans on continuing traditions such as Safe Halloween, Ice Cream Social, and Mill's Music Missions. They also wish to plan an event along with the Fredonia Feminist Club as part of the "It's on Us" campaign, which raises awareness for sexual assault and rape on college campuses.

Viewpoints on Volunteering: Noah McMullin

I have been heavily involved in community service since high school. I'm a big believer in paying forward acts of kindness, meaning doing kind acts for others so they will do kind acts for even more people. The main groups that I have contributed to are Chautauqua's Hall Council and Phi Mu Alpha Sinfonia.

As a part of Phi Mu Alpha Sinfonia, I'm given so many chances to help the community. This semester, I'm the Philanthropic Chair for PMA, meaning I'm able to coordinate a large portion of the community service that we do. Every other week, we visit retirement homes and assist living facilities to sing and perform for the residents. Our performances put the biggest smiles on their faces. We went to St. Columban's on the Lake Retirement Home to sing and play for the residents. To truly get in the Valentine's Day spirit, we sang several love songs and gave out roses to the residents. We are able to bring music to those who need it most and make their days so much better.

For the community, we helped rake leaves for the Fall Sweep event. In addition, we will also be participating in the Buffalo News Kids Day, where we will sell newspapers to raise money for several charities, including a Women and Children's hospital. I hope I'm able to help others for as long as I live. I always want to make a positive impact where it's needed.

Viewpoints on Volunteering: Monica Manney

I have a strong understanding that at any point everything I have can be taken away from me, meaning that I am no different than the people that I volunteer to help. I am not above them and do not treat them as such. I solely wish to assist them.

I am a member of Sister Circle. Sister Circle is an empowerment group for students of color on campus which helps individuals establish and build new relationships, while strengthening each individual's self-image through support and encouragement. This group is near to my heart because it provides a safe space and an outlook for women of color who are often disadvantaged and excluded.

In addition, I am involved in Colleges Against Cancer because I feel a need to fight for a future for survivors and those who are unable to fight for themselves. Currently, I serve on the committee as the Marketing chair for this spring semester's Relay for Life event. As a part of the Make-A-Wish Foundation, I served as an intern as well as a volunteer for the annual Radio-A-Thon. This 24-hour event helps raise money to allow more children to have their wishes granted. Helping people is about more than the gratification that comes with knowing you made a change.

I have gained a stronger ability for public speaking, a growth in confidence in speaking to authority, standing up for what is right, and an ability to communicate across different planes.

Viewpoints on Volunteering: Taylor Chwalinski

I am not only the Co-President of Colleges Against Cancer but I am also the captain of the swim team here at Fredonia. Along with these achievements, I am also a coach for Hammerheads Swim Club at Fredonia. I am a firm believer that sports help children out with whatever they do in life. When I'm coaching my swimmers, not only do I want to help them in the pool, I hope I can help them outside of the pool.

I think everyone should give back to the community because the community does so much for the people. Every year our swim team participates in a Beach Clean-Up where on a Saturday the whole team goes and cleans the Dunkirk beaches. As a team, we became aware of our surroundings and learned that any little bit counts when it comes to picking up litter. The swim team also participated in the Electronic Recycling Day here on campus. People from around the community came and dropped off old and used electronics and we as a team recycled the unwanted items. This event is vital to the community because while we were recycling we were also cultivating the environment around us.

I became involved with Colleges Against Cancer because several of my family members and friends have been affected by cancer. Cancer is a terrible disease and needs to be stopped and anything that I can do to help I'm willing to do! Colleges Against Cancer has also taught me that when you put hard work into something it actually turns out to be amazing.

I love helping others and plan to do so for as long as I can! As an education major, I hope to not only help my future students in the academic aspect but also help them grow as people.



Noah McMullin

Year: Freshman
Major: Theatre Arts
Hometown: Richford, NY

Activities

Phi Mu Alpha Sinfonia
WNYF Television
Chautauqua's Hall Council
St. Columban's Home



Monica Manney

Year: Junior
Major: Social Work
Minor: African Studies
Hometown: Buffalo, NY

Activities

Sister Circle
CAC - Relay for Life
Make-A-Wish Foundation



Taylor Chwalinski

Year: Junior
Major: Education
(Concentration: Spanish)
Hometown: West Seneca, NY

Activities

Fredonia for St. Jude
CAC - Relay for Life
Beach Clean-Up
Teacher Education Club



**Survivor's Walk at
Relay for Life**



**Sister Circle volunteers at
Boys and Girls Club**



**Volunteer sketches in prep
for Relay for Life**



**Volunteers partake in
Feeding Fredonia
Challenge**

American Cancer Society/Relay for Life

The American Cancer Society is a nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. Relay for Life is the signature fundraiser for the Society. This event gives everyone in the community a chance to celebrate the lives of people who have battled cancer, remember loved ones, and fight back against the disease.

Relay for Life, created by a partnership between the student organization Colleges Against Cancer and the Buffalo chapter of the American Cancer Society, is the world's largest fundraising effort. The American Cancer Society relies on the strength of millions which includes Fredonia State volunteers.

Colleges Against Cancer works directly with the American Cancer Society's Community Manager, Mariah Turk. Turk states, "students are the future of the American Cancer Society because they are what keep us thriving. We wouldn't be able to do it without their help." Over 450 participants including students, faculty and staff were engaged in this year's event.



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:

Relay for Life

Saturday - Sunday, March 25th-26th
4:00pm-4:00am
Steele Hall Fieldhouse

Spring Egg Hunt

Sunday, April 9th
1:00pm-2:30pm
194 Central Avenue
Lanford House (President's Lawn)

Adopt-A-Beach Cleanup

Saturday, April 22nd (Rain Date Apr. 23rd)
11:30am-2:00pm
Point Gratiot Beach Dunkirk, NY

Buffalo News Kids Day

Tuesday, April 25th
5:30am-8:30am
Streets of Fredonia

VCS Advisory Committee

Joyce Harvard Smith - Coordinator

Zoe Tzetzis - Intern

Marc Wilcox - Comm. Disorders/Sciences

Adrienne Sader - Residence Life

Barbara Jones - WCA Home

Lieutenant Samantha Lockard - Salvation
Army

Sue McAvoy - St. Columban's Home

Shane Meenaghan - Student Representative

Sean Smith - Student Representative

Naaman Azad - Student Representative

Contact Information

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Zoe Tzetzis

Intern, Volunteer and Community Services
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Please visit us at:

Students.fredonia.edu/volunteer