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Inside This Issue

- Student Spotlight 2
- National Mentoring Month 4
- "The Irish Landscape" Art Exhibit 4



In Memory of Mike Holland

Mike Holland, a father-figure to the SUNY Cortland Emergency Medical Squad (EMS) featured in the November *Newsletter*, passed-away on October 29.

He was returning to Cortland after volunteering with EMS in Binghamton disaster relief efforts (photo at right), which he and EMS leaders helped coordinate.



EMS Captain Glickman credits Mike with helping to strengthen EMS so effectively that the Squad named him an honorary EMS member in 2008. In 2010, the Student Government Association named EMS "the most outstanding club of the year."

Mike was the Executive Assistant to the Vice President for Student Affairs; he will be deeply missed.

SUNY Cortland EMS helps in Binghamton Disaster Relief

Seventy-year-old "Sam" loves Pepsi. He also loves, and tends to, his ailing wife of more than fifty years. They live mainly on food stamps.

On the rainy evening of September 7, 2011, Sam returned home after having spent scraped-together change to buy an 18-pack of Pepsi. He put the soda in the fridge and went to bed.

"A few hours later," reports SUNY Emergency Medical Squad Captain Austin Glickman, "he was standing in waist-deep water trying to help his wife out of the house and onto a Sheriff's rescue boat." The flood was now ravaging areas in and around Binghamton.

"After his wife was safe," Glickman continues, "he tried going back into his house for his belongings, including the Pepsi. By this point, flood waters that were rushing through his

front door knocked him off his feet.

"He was able to gain his balance, and the Sheriff Deputy made him leave his home and enter the boat," Glickman said.

Glickman and Sam met while Glickman was volunteering on October 2 at Binghamton University's Event Center, which served as a shelter for flood victims.

On that day, another SUNY Cortland volunteer, Sociology major Sheryl Holbrook, helped rebuild the walls of the Tioga Center Methodist Church.

The day before, Glickman helped clean-up the Lounsberry United Methodist Church in Nichols, NY. At the same time, SUNY Cortland students Melcolm Crutchfield (Physics major) and Nicholas J. Prechel

(Continued on page 3.)

Student Spotlight: Lauren Herman

“Expand Your Horizons” could be Lauren Herman’s motto. Herman, a senior majoring in Physical Education, remembers her first day volunteering at a nursing home through The Glamour Gals, a Dix Hills High School club.

“I was really nervous,” she said, “I wasn’t used to being around senior citizens.” However, as she and her classmates applied make-up to the ladies at the nursing home, the two groups grew close, and Herman enjoyed her new activity.

The teens listened to the retirees praise their grandchildren; they also realized differences between their childhoods and the childhoods of their new friends. As children, the senior citizens “didn’t have computers, not even color television,” so they spent a lot of time playing outside.

When the women played outside, they – unlike the men – did not have organized sports, so they had to form their own activities.

Experiences such as these convinced Herman to continue trying new experiences involving physical activity, civic engagement leadership, and civic engagement entrepreneurship. For example, she plays in Club Rugby, and she is Vice President of both Outdoor Adventure Club and the Alliance of Physical Education Majors (APEM).

As a member of Project LEAPE (Leadership in Education and Adapted Physical Education), she re-started *Sled Hockey* in the 2010-2011 year. In Sled Hockey, wheelchair-bound athletes compete against each other and against able-bodied participants. Each week, about ten people participate.

Herman has served as Residence Hall Assistant at Hayes and Hendricks Halls, and last year, her drive to try new experiences led her to accept the position of House Manager of SUNY Cortland’s Leadership House

(across the street from the new Education Building).

Also last year, she exercised her entrepreneurial spirit by forming a new SGA-recognized club, Actively Involved in the Community, for which she serves as President. She expects that the club’s activities will help its members expand their own horizons while helping to solve a growing problem: obesity.

Herman said that “I decided to start this club two years ago because I saw a problem [the obesity epidemic] in the Cortland Community and I wanted to change it. Many people of all ages are not getting enough activity in their lives, which can cause future health problems. As a physical education major and future teacher, I wanted to enhance this change.”



Lauren Herman

Some of her role models include Physical Education Professor Eric Malmberg (who also serves as AIC’s advisor) and Associate Professor Michael Kniffen.

The club’s mission is to promote activity to people of all ages and abilities. Reflecting Herman’s high school experiences, AIC will use activities and games to help students develop inter-generational interaction and friendships.

The club is planning events with the YMCA, Cortland Care Center, the YWCA’s Bridges for Kids Program, Loaves and Fishes, and many other organizations in the Cortland community.

“When the club was finally approved [by SGA], I was ecstatic,” Herman said. “Keep an eye on us and join if you are interested to be the change in Cortland!”

The club meets every Sunday at 7pm in Fireplace Lounge. For more information, please contact Herman at lauren.herman@cortland.edu.

- Marilyn Scribner, Contributing Writer, SGA representative for AIC, and Intern for the Office of Service Learning

(Continued from page 1.)

(Recreation, Parks, and Leisure Studies major) helped clean-up at the Tioga Center Methodist Church.

EMS staff began volunteering in Binghamton on September 10 and 11, when six members responded to a request by Harpur's Ferry Student Volunteer EMS Service (Binghamton University).

SUNY Cortland EMS Captain Austin Glickman, Chief Matt Green, Assistant Chief Rebecca Schwartzman, Public Relations Director Sean Jolliff, Administration Director Katie Warszycki, and Lt. Alex Watkins provided emergency medical services in the shelters on and around the BU campus.

Glickman recalls that, as he and his fellow EMS staff approached Binghamton at about 5:30 a.m. on that first morning, "we couldn't see anything except darkness and a few flashing emergency lights off in the distance in all directions."



By the evening of September 11, he and his team had stayed awake for over 40 hours, providing emergency medical care to over 2,000 people.

The following weekend, Green was joined by Lt. Amanda Linehan, Director of Finances Katie Aylward, and General Member Meaghan Halliday as they delivered donations to relief centers in Candor and Owego.

While there, they noticed that the two representatives from the American Red Cross in Candor only had a small hatchback car with which to deliver clean-up kits and MRE's ("meals ready to eat," commonly used on military deployments).

Green and his team volunteered to use their ambulance to deliver the American Red Cross emergency clean up supplies and water to flood victims.

Green recalls that, "when we first went to help in the shelters, we were still sheltered from the images of the disaster. Yes, there were thousands of displaced people that we were helping medically and emotionally, but we were still removed from the destruction."

But once they were delivering supplies "out on the roads of the small towns and housing developments, we encountered nothing short of mass destruction. We handed out at least 15 clean-up kits and gallons of bleach along with the food and cases of water that disappeared almost instantly.

"The streets were filled with debris and signs that warned of toxic dust; we saw neighbors with protective masks on their faces helping each other to salvage homes and possessions.

"At one home, we were greeted by a man and woman covered in soot and grime, pointing us away in the direction of homes in their community that might have needed us more than they did.

"This was an experience that I will not soon forget. We had the opportunity to do a lot of good for a community plagued by devastation, and we had the opportunity to see the very best of what a community is capable of."

For EMS staff and other volunteers (including two volunteers from the Kappa Sigma fraternity on October 29), these experiences have added-up to over one hundred and eighty hours of help.

Some of the EMS-delivered donations arrived at the EMS office door anonymously; others came from SGA clubs, area churches, and the Do-It-Best Hardware store on Luker Road.

Donations to date include seven jugs of water, at least 450 cans of food, ten mop buckets, three boxes full of non-perishable food items, ten boxes of assorted clothing, one high chair, two boxes of approximately 2,000 crayons, 500 EMS-themed coloring books, and two boxes and two bags of toys.

None, however, included Pepsi, so Captain Glickman recruited a Harpur's Ferry EMT to get two cans of Pepsi. "Minutes later," Glickman recounts, "the EMT came back with two cups full of Pepsi.

"When we gave it to the elderly gentleman, he broke down in tears. He wouldn't stop thanking us for what we did – not just for him, but for the 2,000 other victims inside BU's Event Center." *(Continued on page 4.)*

(Continued from page 3.) The EMS Staff who volunteered in Binghamton would like to thank their SUNY Cortland EMS colleagues for covering the campus, including many sports events, while they were gone. Those EMS members are Lt. Devon Kier, Scott Stampfl, Michael Beierle, Anthony Aitable, Katie Avery, and Tim Bangert.

EMS would also like to thank Christie Zwahlen, Binghamton University's Interim Community Engagement Coordinator (and former Institute for Civic Engagement Program Coordinator at SUNY Cortland) and Dr. Allison Alden, Binghamton University's Director of its Center for Civic Engagement, for their help in coordinating relief efforts, which will continue into the foreseeable future.

Volunteer in Binghamton disaster relief efforts at campusrescuedisasterrelief@hotmail.com. Thank you.



The Cortland Emergency Medical Squad, October 29, 2011, at Binghamton University. Mike Holland is in the back, at center.

November is National Mentoring Month

Although many SUNY Cortland students and other people mentor children through community agency programs, the need for mentors continues to grow, due in part to the worsening economy, which stresses parents and children alike.

One sign of that poor economy is the number of Cortland County households that rely on the Supplemental Nutrition Assistance Program (food stamps) - almost 3,700. This is an increase of sixty-two percent since 2007.

Sara Earl, the YWCA's Coordinator of the *Bridges for Kids* Program notes that she has matched ninety children with mentors, but, she says, "I have more than thirty more children who have requested mentors."

Leslie Wilkins (Family Counseling Services) and Aaron Baier (Access to Independence) also have thirty children each who have requested mentors. Agency supervisors believe, however, that the need for mentors is actually greater: these numbers do not count children in families that have stopped asking for mentors because the families have given-up waiting.

Having a friend and role-model for two hours a week can be a stress-reducing and life-changing experience for a child. To learn more about mentorship opportunities, please contact Sara Earl at bridges@cortlandywca.org, Aaron Baier at abaier@aticortland.org, or Leslie Wilkins at lwilkins@fcscortland.org.

Coming Event:

"The Irish Landscape" Student Art Exhibit

On Saturday, November 5, at 7 p.m. in Main Street SUNY Cortland's Beard Gallery (9 Main Street), the Art Exhibition Association will host a reception to open an exhibition of oil paintings, drawings, photographs, and prints that depict Ireland's rugged beauty.

The exhibit features the work of twenty-three students in SUNY Cortland's most recent Dingle Summer Art Program.

Students are from SUNY Cortland and from other colleges as well.

Most of the students will be on hand to discuss their work. The gallery is open to visitors between 10 a.m. and 4 p.m., Monday through Friday. This exhibit will run until January 30, 2012; it is free and open to the public.



The activities of the Institute for Civic Engagement and Main Street SUNY Cortland are made possible through the support of the Office of the President, the Office of the Provost, the Office of Sponsored Programs, the Faculty Development Committee, the MacDonald Foundation, the Corporation for National and Community Service, the Cortland Fund, the Cortland College Foundation, the Division of Institutional Advancement, the Auxiliary Services Corporation, Bringing Theory to Practice, and the Office of former Congressman Michael Arcuri.