THE BRIDGE
News from the Rochester Center for Community Leadership
October 2009

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Featured Programs

BE THE CHANGE DAY 2009
Friday, October 2, 2:00-7:00 p.m.
Mahatma Gandhi said, “You must be the change you want to see in the world,” and this quote provides the inspiration for this international day of service. The UR’s initiative is organized by ADITI and Sigma Beta Rho fraternity, with sponsorship from the Community Service network and the Rochester Center for Community Leadership. Students may gather in the Hirst Lounge of Wilson Commons at 2:00 p.m. for a celebration of Gandhi’s birthday, sponsored by Nonviolent on Campus and the Gandhi Institute. Shuttle buses will depart from ITS starting at 3 p.m. to take students to South Avenue Recreation Center, where 250 students will engage in service and cross-cultural dialogue with 100 urban youth. Dinner will be provided, courtesy of the City of Rochester Department of Parks and Recreation. To sign up, email urchange@gmail.com.

COMMUNITY SERVICE NETWORK
The Community Service Network (CSN) is the Student Association’s mechanism for funding student-coordinated service projects. Established in 1993, the Network includes all SA-recognized groups whose missions focus on community service, including Alpha Phi Omega, Circle K, Habitat for Humanity, Partners in Reading, Rotaract, Students for Interfaith Action, and Tiernan Project. CSN also welcomes proposals from other student groups or individual students who wish to undertake community service projects. Did you know that CSN also has a van? To find out more, or apply for funding or to use the van, visit the CSN on the Campus Club Connection, or email uofrcsn@gmail.com. If you or your group would like to request funding for a Halloween community service project, come to the “spooky” CSN meeting next Wednesday, October 7, at 8 p.m. in Wilson Commons 503.

Community Leadership Opportunities

VOLUNTEERS IN LIVING COLOR RECRUITMENT FAIR
Saturday, October 3, 11 a.m. – 3 p.m., Village Gate Square, 274 N. Goodman St.
This event provides an opportunity for organizations to come together in a central location and present information about their volunteer opportunities. This is also an opportunity for persons of
color to conveniently gain access to information about volunteering. Agency set up available at 10:00 a.m. For more information, contact Clayton Waller at (585) 546-8280.

**UNIVERSITY-COMMUNITY CANDELIGHT DINNERS**
October 17
Building on a longstanding tradition, residents of the 19th Ward and PLEX neighborhoods will open their homes to welcome UR students for dinner. This is a great opportunity to get to know your neighbors, and enjoy a home-cooked meal at the same time. Space is limited—to sign up, contact John Borek, community liaison in the office of Residential Life.

**HARVEST WITH JUSTICE: A FARMWORKER JUSTICE SYMPOSIUM**
Friday, October 23, 6:30-9:30 p.m., First Unitarian Church, 220 Winton Rd. (City bus #18)
This symposium will feature Alejandra Molina, Professor of Latin American Studies at Hobart and William Smith Colleges; Wally Ruehle, Immigration Lawyer, Legal Aid Society of Rochester; and Elizabeth Henderson, organic farmer and author. A reception following symposium will be held in the Williams Gallery with the current photographic exhibit, “Coming Up on the Seasons: Migrant Farmworkers in the Northeast,” a collection of provocative photographic panels developed in collaboration with the Cornell Migrant Program, with additional images by Spencer Tulis, photographer, Finger Lakes Times.

**AL SIGL COMMUNITY WALKABOUT**
Sunday, October 25; Marketplace Mall
The Al Sigl Community of Agencies will sponsor their annual “Walkabout” fundraiser, and is seeking participants and volunteers. Groups may sign up to walk, to volunteer to help run the event, and to raise funds. If your group raises $500 or more, you can build a scarecrow representing your group to be displayed at the mall through the month of October. To find out more, visit the website or contact Dayna Caroll at 442-4102, ext. 8972.

**VOLUNTEER OPPORTUNITIES: GILDA'S CLUB ROCHESTER**
Gilda’s Club is a non-profit Cancer Support Center located at 255 Alexander Street in Rochester, on the Red line. It is for men, women and children with Cancer, their friends and family members. Gilda’s Club offers support groups, social events, art classes, cooking classes and many other lectures and workshops—all free of charge! Volunteer opportunities include greeting members, answering phones, inputting data, working with children, processing mailings and serving on fundraising committees. For more information, contact Kayleigh Nutting (UR ’08) at (585) 423-9700. You can also find Gilda’s Club Rochester on Facebook.

**TUTORS NEEDED FOR UPWARD BOUND**
Upward Bound works with high school students (9th-12th grade) who are low income, under-represented and potential first generation college students. The program’s mission is to motivate them to successfully graduate with a high school degree and continue on to higher education. The program needs tutors for a few hours a week to work with the Upward Bound students. Tutors play an integral role in assisting in the preparation of scholars in their respective areas of study. They are especially looking for tutors with strengths in the areas of science and math but are open to all hard-working, motivated and dedicated individuals who are truly invested in making a difference in lives of Rochester’s youth. To get involved, contact Cindy Flores.

**HOUSE SITTER POSITIONS AVAILABLE**
Located near Strong Memorial Hospital, Harbor House of Rochester is a not-for-profit organization
provides housing for transplant patients and their caregivers who travel to Rochester and need a place to stay. Their goal is to create a “home away from home” for people who are faced with a serious medical condition. They are in need of volunteer house sitters who can perform the following tasks:

- Answering phone and taking messages for guests
- Light housekeeping as needed – e.g. laundry, sweeping, emptying dishwasher
- Occasionally stuffing envelopes or other light office duties
- Being a welcoming presence in the house to answer questions or be company for the guests.

To find out more, visit the website or contact Joan Malley at (585) 473-1779.

**FRIENDLY VISITORS PROGRAM**
Jewish Family Service is looking for volunteers to serve as “Friendly Visitors” to seniors in the community. Volunteers are matched with an elderly person in the area whom they visit on a weekly or bi-weekly basis. Many of the seniors have families that live out of town, and they are looking for someone with whom they can talk, play cards, or have a cup of coffee and share memories. To find out more, visit the website of Jewish Family Service or contact their volunteer coordinator, Randi Nunn.

**SCOTTVILLE VETERINARY ADOPTIONS**
This non-profit, pet adoption program at Scottsville Veterinary Hospital is in need of volunteers to spend time with their animals at the shelter, located at 3750 Scottsville Road, and at their regularly scheduled adoption days at PetSmart in Henrietta. If you’re unable to travel to the shelter, they have other ways to help, as well. To find out more, contact Julia at 889-8340 or visit the website.

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**Leadership Tip of the Month**

**SETTING GOALS**
Goal-setting is an important objective for every leader of a group or organization. Here are some tips on how to set effective and attainable goals:

- Visualize what you want the desired outcome to be.
- Write goals down. It is important to put your goals on paper so you can see them, remember them, and refer to them.
- Identify the investments and sacrifices you will need to make in order to achieve your goals.
- Write down goals in the first person and present tense.
- Set smaller goals within the larger one. These will act as checkpoints along the way to success.
- Set target dates to help keep you committed to your time line and focused on your goals.
- Identify your support team (other students, faculty, family, friends, etc.).
• Make sure that your goal is high enough to challenge you. Different people will have different goals depending on their own personalities and interests.

• Take action. Make sure your actions support your goal.

• Review and continually update your goals. It’s OK to change your goals.

• Celebrate and reward your success!

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**About the Rochester Center for Community Leadership**

The [Rochester Center for Community Leadership](https://www.rochester.edu) is part of the office of the Dean of Students at the University of Rochester. Its mission is to educate students to become engaged citizens and leaders capable of effecting positive social change in their communities.