

**SPECIAL  
POINTS OF  
INTEREST:**

- **Alternative Breaks** spans the country
- **Volunteer Resource Center's** events this year
- **Scholarship recipients**
- **VRC teams up** with new organization in Boulder



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# Volunteer Resource Center

SPRING NEWSLETTER

SPRING SEMESTER 2011

## Alternative Breakers receive generous scholarships

In a euphoric world, volunteers eager to venture beyond their bubbles and engage in the world around them would be able to do so at a cost they could afford. But for every Alternative Breaker, money is one of the factors in their planning, and for some, money can be the difference between them being able to join the trip or staying at home.

To help with this, Alternative Breaks was granted tremendous support from the Casey Feldman Foundation which provides generous scholarships to many Breakers which, in turn, gives them the opportunity of a lifetime.

The Casey Feldman Foundation was set up in memory of a bright, thriving 21-year-old college student (right) who died after being hit by a distracted driver as a pedestrian in 2009. Her family

decided to carry on her memory through this foundation and their mission is, "to provide financial support to individuals, groups, and institutions whose interests and goals align with those of Casey."

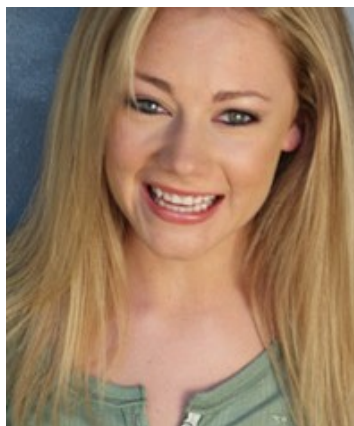
Casey was an accomplished writer and reporter at Fordham University and had a promising future in journalism. She also had

a deep compassion for people which showed in her volunteer work; she spent time working at a soup kitchen, homeless shelter and animal shelter. She was an actress, a photographer, an animal lover and couldn't wait to see what life had in store for her. Her family believes the scholarship fund reflects the values and spirit of Casey.

Meet Ricky, Amy and Danielle on page 4.

*Photo courtesy of Casey Feldman Foundation.*

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To learn more or donate to the Casey Feldman Alternative Breaks Scholarship Fund, visit:

[www.colorado.edu/VRC](http://www.colorado.edu/VRC)

## Oh the places they'll go!

It is inevitable that at the end of each semester, the VRC will lose an invaluable member of their staff. In December, two members, Sarah Mandos and Erika Larson graduated

with their bachelors'. In their statements, you'll see how much of an impact working at the VRC had on them and how working at the VRC is not your typical college job.

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**Volunteer Resource Center**  
Connecting CU students to service since 1965

# Oh the places they'll go! cont.

**Sarah Mandos, 21**

**Degree:** Political Science

**Hometown:** Loveland, CO

**How long did you work at the VRC?** I have been an event coordinator for the past 2 ½ years.

**What was your most memorable time at the VRC?** I have really enjoyed working with students that come to the office looking for volunteer opportunities. It is so exciting when you work

with someone and are able to help them find the perfect volunteer opportunity. I've also loved working with the interns each year. It is wonderful to see the transformation that they go through each year.

**Erika Larson, 22**

**Degree:** Political Science and the Study & Practice of Leadership

**Hometown:** Golden

**What was your position?** 2

years, as Alt Break Coordinator, and Student Outreach coordinator

**What was your favorite event with the VRC?** The Alternative Break process. It is so exciting to select site leaders and then watch as they grow with their groups and then they get to go on the trip, which is amazing, and they come back with tons of great shared experiences and motivation to make change in the local Boulder area.

*Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well. ~Voltaire*

## VRC events throughout the year

As if the staff at the Volunteer Resource Center wasn't outgoing and passionate about involvement enough, they organize events throughout the school year that excite the students and community about bigger issues.

Here's a recap and a preview of what the VRC staff has been and will be up to this year.

### Volunteer Fair, Sept. 9

Under a bright, warm sun, students shuffled around 66 different volunteer organizations to learn about how they could better themselves while bettering their community. "We had good traffic flow," Event Coordinator Sarah Mandos said. "We had a great response."

Since the annual Fall Volunteer Fair was outside this year, more students walked through

the area and contributed to a better turnout. The organizations ranged from the Butterfly Pavilion located in Westminster to regulars like the Boulder Homeless Shelter and the Family Learning Center, both in Boulder.

As this was an election year, there were also campaign organizations who were actively recruiting supporters.

### Trick or Treat for Community, Oct. 31 and Nov. 1

Instead of collecting Snickers and Reese's at Halloween, 18 student groups collected winter items and goods for the homeless on Halloween.

Trick or Treat for Community is an annual event which benefits the Boulder Homeless Shelter. Around Halloween, students are encouraged to sign up in groups and trick-or-treat in assigned neighbor-

hoods in Boulder. But instead of getting something sweet to eat, they ask for donations for specific items of which the homeless shelter is in need.

This year, students filled an entire Buff Bus with blankets, gloves, winter coats, and toiletries to be given to the Boulder Homeless Shelter- and those busses aren't small!

### Eye Contact, Dec. 8

Eye Contact is meant to provide students and the CU community an alternative shopping option for the holiday season. Nonprofits like Pachyderm Power, Bead For Life, Women's Bean Project, Earthlinks Green Fingers, GlobeMed, Wild Bear Ecology and Africa Bags set up shop in the UMC West Ballroom and had great success.

**Read about spring events on P. 3**

# New Teen Shelter in Boulder

An amazing new volunteer opportunity has developed for CU students—serving previously underserved youth in our city.

In Colorado 1,636 teens ran away from home in 2010. Most runaway teens will be gone for no more than a few days as the harsh reality of living in the real world encloses in around them. However, the 2010 National Runaway Switchboard statistics notes that 25 percent of these teens will conquer the conditions for more than a month after having run away from home.

Attention Homes, a non-profit organization based out of Boulder, has created a new Program, Runaway and Homeless Youth, that is centered around housing these runaway teens in hopes of keeping them off the street. There are many services this program will provide teens. Housing, food, counseling, and assistance in finding employment and accessing education are just a few of the opportunities offered. Twelve can stay in the home each night. The RHY serves youth 18 and under and serves Boulder and Broomfield counties; however, they vow to not

turn away teens who lived outside of these regions prior to seeking assistance with Attention Homes.

Claire Clurman, volunteer coordinator of Attention Homes discusses the unfortunate prevalence of homeless youth in the Boulder community "There are 100 to 150 kids that are without a stable home. These kids may be "couch surfing" from friend to friend or relative. There are

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*How wonderful it is that nobody need wait a single moment before starting to improve the world. ~Anne Frank*

## Alternative Breaks cover the country

Over 130 students are preparing to experience one of the most fulfilling spring breaks of their college career—they're participating in Alternative Breaks trips.

These fun, spirited, humanitarian souls will be spearheading change in communities all over the U.S. Here's a list of where they're going and what they'll be focusing on when

they get there.

Animal rights in Woodstock, NY. They'll be working for one week in an animal sanctuary, face-to-face with the critters.

Community development in Orlando, FL. Alt. breakers will spend time with terminally ill children, volunteering at the Village where dreams are made.

Two disaster relief trips in New Orleans, LA. One group will be working with the St. Bernard project and helping to rebuild some homes that were lost due to Hurricane Katrina.

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Donate to Alternative Breaks for scholarships at [Colorado.edu/VRC](http://Colorado.edu/VRC) and look for the donation link. Thank you!

## Buff Can Challenge and Better Boulder Better World

Each April, we Boulderites get antsy. The sun comes out, the snow melts (usually) and we can't wait to get out in the community and get involved.

The Volunteer Resource Center teams up with Community Food Share to raise hunger awareness in our community. For the 4th year, student groups, faculty, staff are encouraged to sign up as a team for the Buffalo Can Challenge (BuCC). On April 13, they'll have to put their heads together to come up with a creative structure made out

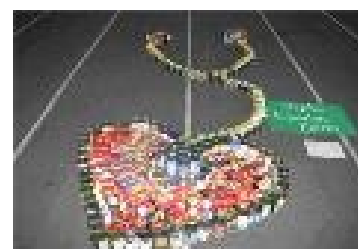
of donated nonperishable food items.

This year's BuCC will coincide with a Food Justice Fair as part of Food & Environmental Justice Week, which VRC is co-hosting with several campus departments.

As the culmination of Food & Environmental Justice Week, on April 16, everyone has an opportunity to get involved in a community project for a day—it's the 5th Annual Better Boulder Better World. Students, staff, faculty and alumni can sign up online for one of 14 diverse pro-

jects. VRC provides breakfast, transportation for all projects.

On April 26th, VRC's Alternative Breaks team will be hosting a volunteer reconnect event for Alt Break groups as well as local volunteers, recognizing outstanding student, staff, and faculty volunteers. This is also an opportunity for students who've volunteered together or individually over the past year to connect, tell their stories, and inspire everyone in attendance. VRC is collecting volunteer recognition nominations on our website: [www.colorado.edu/vrc](http://www.colorado.edu/vrc) right now.



**One group's awesome structure at 2010's BuCC.**

# Scholarships give more than money cont.

**Ricky Bell, Sophomore, Psychology and minor in philosophy**

Catalina, California- Spring Break 2010

The trip, I can assure you, was life changing for me. Being able to have tangible work-goals and the capability to accomplish what was set out to be overcome was a certainly rewarding task. I am forever indebted for the opportunity to be able to make an impact on the beautiful island of Catalina.

I grew as a person on this trip; before I was a bit sullen on life and determined that the world was full of all the bad people from my past. The other eleven people on the trip taught me so many things about not only the environment and leadership, but everyone's "can do" attitude and willingness to help brought out the best in me. People may look at this as just a trip, but what hap-

pens are hope, friendship, confidence, and a new way to look at the world. I know that I am a better person for having lived through this experience.

**Catalina Island, California**

**Amy Aberra, Senior , Operations and human resource management and ethnic studies**

New Orleans, Louisiana- Spring Break 2010.

Saying this trip was incredible would be an understatement. We hung out with people in the community, toured New Orleans, fixed up houses, cooked, cleaned, walked Bourbon Street, sat on the levees, and much much more. We all came together to form one of the best trips of my entire life, and I would not have changed a thing. It was absolutely amazing and would not have been possible without the Casey Feldman Scholarship! I hope everyone at CU has the chance to go on an Alternative Spring Break, because it will literally change their lives.

**Danielle Sandoval, Senior, double major in psychology and sociology.**

Cincinnati, Ohio- Spring Break 2010  
The experience that I had on spring break absolutely changed my life. I never realized how much you can learn in 10 days. I could never imagine spending my breaks in another

way after that. Being awarded the scholarship was much more than just being able to go on the trip, it was getting the chance to meet the family on a personal level, and share my experience with them, so they know that their daughter's legacy is being carried on the way they want.

*Danielle is a site leader for the summer 2011 Nicaragua trip.*

*Other recipients were Tsion Zergaw, Lauren Carter, Veronica Lamas, and Gintare Ambotaite.*

**To CONTRIBUTE to the Casey Feldman AB Scholarship, visit [www.colorado.edu/vrc](http://www.colorado.edu/vrc)**

**Special thanks to the Spring 2010 Alumni Hosts!**

**ATLANTA:**

**Larry Scheinpflug  
Timothy and Sue Ellington**

**NEW YORK:**

**Ron Gesch & Scott Snyderman**

*Thank you! It would not have been the same experience without your warm hospitality.*

To learn more about hosting CU Alt Break students for dinner or lodging or have ideas for AB projects in your community, contact [jen.ross@colorado.edu](mailto:jen.ross@colorado.edu).





## Alternative Breaks 2011

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The second trip will spend the first two days in New Orleans volunteering with Hands On New Orleans, whose mission is to make New Orleans a center of community minded individuals who take action through service to meet critical needs.

Two environmental conservation trips. One in Catalina Island, CA. These alt. breakers will be doing environmental conservation work on Catalina Island in order to help maintain the pristine and unique ecology and natural landscape of the island. The second trip will be in Cascade Head, Oregon. This trip will help to preserve a rare habitat on one of Oregon's rocky coastlines. The service project will focus on improving the environment through helping remove invasive species and participating in trail maintenance.

Human rights in San Diego, CA. This trip will explore the issue of human rights through an action-packed spring break road trip from Boulder to San Diego, California.

Nutrition and wellness in Austin, TX. The objective of this trip is to work on issues relating to nutrition, health, food justice and developing local community.

Urban poverty in Cincinnati, OH. Participants will hear from a wide arrange of speakers (homeless persons, activists, police officers, etc...) and participate in activities to learn from, as well as eye-opening service opportunities at homeless shelters, urban gardens, and innovative for-profit businesses designed to help those with financial hardship and the homeless begin careers.

Youth education in Boulder Creek, CA. Participants on this trip will be the camp counselors for a group of 5th grade students for their 4 day, 3 night stay.

In May, Alternative Breaks travels abroad to Nicaragua. They will be there for two weeks, travelling all over the country while volunteering with children, completing projects chosen by community members and learning about the local fishing industry. The alternative breakers will stay with host families.

## Attention Homes



from  
page 3

many  
faces to  
what  
homeless  
looks like.

RHY are here to serve these kids," Clurman said.

Clurman emphasized the three facets to the new Run-away and Homeless Youth program. There is outreach, where people go to the streets to share information about the services Attention Homes provide. There is the Drop-In center and Overnight Emergency center which both offer comforts of home to these kids, including a hot meal, use of internet, a safe place to sleep and other services that will hopefully be of great assistance in helping youth get onto their feet.

"We are in need of financial support and donation support for the program," she said. "We are new so we are adapting, we will need more street outreach volunteers as well as drop-in care volunteers during the day. My favorite part of working with Attention Homes is getting to meet some amazing kids. It is a very powerful thing to connect kids with possibilities of hopes and dreams coming through for them, and it is

amazing to see the incredible volunteer community we have here in Boulder."

Attention Homes relies heavily on volunteer support. Program opportunities allow volunteers to get involved with activities, street outreach, life skills, and more. You can even intern as a counselor or be a speaker that works to inspire the youth with a personalized message.

Development and Office Opportunities allows involvement in the marketing spectrum of Attention Homes. You can work as a grant writer, in the general office, or for special events. There is even a position available to work as a marketing intern, too. If you would prefer to get your hands dirty, then maintenance opportunities allow you to help with the upkeep of the Attention Homes.

You can work as a driver or even as a handyman. Attention Homes encourages those interested to visit its website at [www.attentionhomes.org](http://www.attentionhomes.org) to learn more on how to get involved.

The Volunteer Resource Center is another place to turn to if you have any other questions surrounding Attention Homes or any other volunteer opportunities.

*Story by Jordan Mathews, VRC Intern.*



## University of Colorado Volunteer Resource Center

University of Colorado at Boulder,  
UMC 358/356: UCB 207

Phone: 303-492-7632

Fax: 735-4433

E-mail: [vrccstaff@gmail.com](mailto:vrccstaff@gmail.com)

The mission of the Volunteer Resource Center is: To strengthen campus and community relations through education, outreach & community service.

Visit us in UMC 358. 10am-4pm

(Closed Wednesdays from 1-2pm for staff meetings)

*We are here to connect you to meaningful volunteer opportunities that fit your interests, skills & goals.*

Visit our website at <http://colorado.edu/vrc>

To donate to the Casey Feldman Foundation which supports the Alternative Breaks scholarships, visit <http://colorado.edu/VRC> and look for the donation link. Thank you!

## What's New at VRC?

A message from Anna Domenico, VRC Director

What an amazing 6+ years I've spent with VRC. I am continually inspired by the students I meet and the 2010-2011 academic year has been no exception.

VRC has grown from tiny (but active!) office to the bustling center of volunteerism on campus. It's been an honor to witness the vision of VRC student leaders from prior years come to fruition today. So many VRC programs, including VRC itself, began with good ideas from small groups of students transforming into major campus services and programs through energy and persistence.

VRC students continually remind me of what Margaret Mead once said,

*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."*

So where are today's students guiding VRC?

This fall, Scott Gemperline, as part of a new fall service day initiative, connected an enthusiastic group of CU volunteers to a program in his native Park Hill neighborhood, where we met with one of 2011's, "Top 100 African American History Makers of 2011", a title bestowed on Denver's



CU volunteers installing basketball court with Prodigal Son Initiative in Denver September 2010

Terrance Roberts by The Grio, a renowned African American News Organization. Students learned about Terrance's work to give Denver youths alternatives to gang-violence and installed a new basketball court on the site of a gang-related arson incident.

VRC is also developing new programming based on our student-led workshops for students moving through the CU judicial system with community service hours. We

are hosting monthly dialogues for students to meet and learn from CU custodial staff, many of whom have immigrated to Colorado. The dialogues, led by an interpreter and facilitator, allow students and CU workers who normally can't connect an opportunity to build understanding and a broader sense of community.

Through the collaborative vision of students from VRC and the E-Center and IECE, VRC will transform our annual Buffalo Can Challenge into an entire week of inspiring events focused on Food & Environmental Justice, culminating in the largest ever Better Boulder Better World day of service this April.

These are just a few examples of many that have grown from the passion and energy of VRC student employees. I'm proud to be part of an organization that allows future leaders to envision the world they want to be a part of and take immediate action towards making it a reality.