



Stony Brook Serves

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Herman Kalsi: Inspiring the Community

by Corinne McGuirk



Photo courtesy of Herman Kalsi.

Herman S. Kalsi knows that “the smiles that you will see on people’s faces while you are volunteering will only drive you to volunteer more,” and is one of Stony Brook University’s many students committed to serving the public by giving his time to community service organizations. As a junior majoring in biology with minors in South Asian studies and chemistry, he aspires to be a medical doctor working with underprivileged minorities. Kalsi would also like to organize a medical brigade that would annually participate in humanitarian healthcare missions in developing countries. Until then, his time is spent volunteering with the AmeriCorps Education Award Program, and several other organizations. Kalsi dedicates approximately 12 hours per week to volunteering at the Stony Brook Hospital, Yorktown Volunteer Ambulance Corps, the Community

Service Club and running the Alternative Spring Break Outreach program at Stony Brook University.

“Volunteering makes me feel great. I find that it is a very flexible and creative way to give back to the community,” Kalsi said. “AmeriCorps gives me the opportunity to work in a team setting to organize outreach events. This is a very important life skill, because it will help in the future to organize my medical brigades.”

Kalsi’s work at the Stony Brook Hospital includes preparing rooms for patients, transporting patients and helping doctors and technologists care for patients. With the Yorktown Volunteer Ambulance Corps, he is an emergency medical technician and provides care for acute medical injuries. With the Community Service Club, he tries to actively involve the Stony Brook campus in giving back to the people by holding charity events, shows, fundraisers and doing volunteer work in the community. As part of Alternative Spring Break Outreach, where he is currently secretary of the executive board, Kalsi goes to different parts of the country that have been impacted by natural disasters. In recent years, ASBO has visited New Orleans, Louisiana and Galveston, Texas. This year, he will be going to Atlanta, Georgia to offer flood relief aid and focus on community rebuilding and cleaning. “Every time I volunteer, I get to see the smiles on people’s faces, and that is what gives me the feeling that I accomplished *(Article Continued on Page Four)*”

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SEAWOLVES WOMEN'S BASKETBALL UPCOMING EVENTS

PINK ZONE DAY

Saturday, February 27th @ 2 p.m.

Stony Brook vs. UMBC

Wear **Pink** for a discounted \$3 ticket



vs.



Women's Basketball Coaches Association (WBCA) is a nation of coaches to assist in raising breast cancer awareness across the nation.



Supported by the Stony Brook University Cancer Center and Seawolves Athletics



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FREE with I.D.

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WWW.GOSEAWOLVES.ORG

Nonprofit Spotlight: The Family Service League

by Steven Giugliano

There is no more fitting motto for Long Island's Family Service League than "Restoring Hope. Rebuilding Lives." Founded in 1926, FSL consisted of women from Huntington who gathered together to help teens and unemployed members of the community. Soon after its inception, FSL broadened its services to also focus on people with family problems.

Today, FSL is restoring more hope and rebuilding more lives since its beginning years. Each year on Long Island, the agency assists more than 47,000 people through 46 programs spread across 15 different locations. Counselors and volunteers are trained to educate and support people of all ages with problems including mental illness, alcohol and substance abuse, child abuse and neglect, and to help the homelessness and needy, educate parents, set up programs for teens and the elderly, and more.



Nearly 700 children had gifts to open during the holidays thanks to generous community members and Stony Brook contributors. Photo courtesy of the Family Service League.

Experts from Stony Brook University Medical Center work regularly with FSL on a program called "Nutrition Program for Women, Infants, and Children," which educates low-income mothers and counsels them on proper nutrition and breastfeeding. Stony Brook students and staff have also helped FSL with Project T.O.Y. (Treasure Our Youth) each year by helping to collect more than 300 toys and gifts for needy families during the Christmas season. More than 300 families came to the League's Brookhaven Family Center where they chose from almost 1,400 toys and gifts.



Photo courtesy of the Family Service League.

Family Service League is able to run such successful projects like these thanks to the dedication of their approximately 500 employees and 500 volunteers. If you are interested in volunteering with the Family Service League, or if you or someone you know needs help in any way, call 631-427-3700 or visit www.fsl-li.org and see which FSL program can best support you.

Family Service League is credentialed by the Council on Accreditation for Children and Family Services for meeting the highest standards of best practices and quality services for individuals and families.



For more information, please contact Urszula Zalewski at uzalewski@notes.cc.sunysb.edu.

The Make-A-Wish Committee: Students on a Mission to Help Others

by Parisa Bagheri



Make-A-Wish Committee (L-R): PuiShanKosina Wong, Fundraising Coordinator; Nargiza Mahmudova, Public Relations; Victoria Latella, Special Events Coordinator; Joseph Caputo, Committee Liaison; and Peter Tumminelli, Committee Director.

Stony Brook students Joseph Caputo, Victoria Latella, PuiShanKosina Wong, and Nargiza Mahmudova, along with their committee director, Peter Tumminelli, have devoted their time and effort to be a part of the Make-A-Wish Committee. The committee, which is a subdivision of Alpha Epsilon Delta: The National Health Pre-Professional Honor Society, plans to “provide educational and experiential programming to AED members and to the Stony Brook community... members of the Committee raise awareness about the medical, psychological, and emotional aspects of the healthcare profession through donation campaigns, educational experiences, and community involvement.” By collaborating with student organizations, academic departments, and interested community members, the Make-A-

Wish Committee strives to uphold the policies and procedures of both AED and Make-A-Wish while enhancing the professional development of students in healthcare and helping professions. These students have been successful in keeping up a 3.3 GPA or higher, and are dedicating their attention to the worthy cause of helping others even before graduating. As PuiShanKosina Wong, fundraising coordinator for the committee, states, “I always think that I am too insignificant to make any change to the world. However, after working with the MAW committee, I believe that I can bring contributions to create hopes and joys to the kids. I want to introduce this ‘Power of Wish’ to everyone around me.”

In order to give back to the community and reach out to those that need help, the committee is currently helping three-year-old Dylan, diagnosed with a brain tumor, to fulfill his wish of travelling to Turks and Caicos. They wish to soon reach out to other organizations on campus and educate others about the needs of children with long-term or life-threatening illnesses. The Make-A-Wish Committee is currently discussing having a Valentine’s Day event and an environment-related event later on in the semester. If you are interested in contributing ideas, please email the committee at aedcommittee@gmail.com.

Herman Kalsi Article, Continued from Cover Page

(Continued from Cover Page) something and that my volunteer time was appreciated,” Kalsi said.

Kalsi also helps his closer community by being a second-year resident assistant in Roosevelt Quad. His other accomplishments include being an Eagle Scout, and being a member of the Golden Key National Honor Society and Alpha Epsilon Delta Pre-Professional Health Honor Society. While not volunteering and receiving honors, Kalsi enjoys whitewater rafting, mountain biking, playing basketball, listening to music, watching movies and relaxing with friends. He knows that there will always be people in need. “However,” he said, “the key is how many less people will be in need once you are done with your volunteer work.” He has helped many and will continue to do so while inspiring more to become the pride of Stony Brook University.

Want to hear about community service from those who serve? Check out our testimonials on page five!!

Island Harvest Committee: Hunger Awareness at Stony Brook

by Cody Campbell

The Island Harvest Committee is a brand new part of the Pre-Med Society on campus that was in the Fall 2009 semester. It is a committee dedicated to hunger awareness and food collection. "We have implemented this program on campus to raise awareness of the hunger, nutrition, and food waste that occurs in our own community," says Brianna Burge, the newly elected committee director of Island Harvest on campus. "So far this semester we are working through the logistics of implementing various events on campus such as food drives, a Coins for Change fund raiser, information sessions on various topics such as dorm room cooking and nutrition, and our big events Hot Chocolate for the Heart as well as a food waste awareness banquet."



Island Harvest Committee (L-R): Brianna Burge, Committee Director; Zuby Habibi, Fundraising Co-Coordinator; Marzia Monty, Public Relations; Ashley Helms, Committee Liaison; Rajaa Mourabet, Special Events Co-Coordinator; Umer Khan, Fundraising Co-Coordinator; and Oktay Shuminov, Special Events Co-Coordinator.

Though many of the advertisements on campus seem to be geared toward the Pre-Med Society, The Island Harvest Committee is open to all students, and the organization is excited to see its membership grow to include a variety of students. The current members come from a diverse range of academic and personal backgrounds. Zuby Habibi is a junior double majoring in Biology and Philosophy, and minoring in Political Science and China Studies; Ashley Helms is a junior applying for the respiratory therapy program and a part of the Global Medical Brigades, which is heading to Honduras this summer; the co-fundraising coordinator of the Island Harvest committee, Umer Khan, is a pre-med junior who also volunteers at the Stony Brook University Hospital and the Long Island State Veteran's Home.

The best way for students on campus to find out more information is to attend the Pre-Medical Society meetings that occur every Thursday night from 7-8 in SAC room 302, or by emailing the committee at SBPSCCommittee@gmail.com.

From Those Who Serve: Community Service Testimonials

"As the events coordinator of Circle K, I've been able to network with local community service organizations like Habitat for Humanity, Island Harvest and St. James Soup Kitchen. It feels great knowing that you are part of a greater cause to make people smile on a daily basis and to help those less fortunate than yourself. There are definitely personal benefits that come with volunteerism because even though we're just college students, we can do so much to make a difference one smile at a time."

- **Shirmela Rambally, Junior, Psychology**

"My experience with community service has certainly been a rewarding one. I volunteer at the North Shore Animal League America, the largest no-kill shelter in the country, dedicated to finding proper homes for pets. Whether I'm working one-on-one with the adopters or even just cleaning cages, I know that giving a hand in such a great organization is just one fun way to positively influence the world around me."

- **Hilary Orzick, Freshman, Political Science**

"Even though I have a busy schedule, I still find time to get involved in student life. Right now, I'm participating in the Catholic Campus Ministry, Catholic Fellowship, Toscanini Hall Council, the SBU Student Blood Drive Committee, and the Oxfam America and Habitat for Humanity campus chapters, all of which are excellent community-builders on the local and global levels. And I'm always looking for more interest groups!"

- **Michael Saccomanno, Freshman, Chemistry**

I got involved in AIDS peer education during RA training—they had openings, so I interviewed for the program. It's offered as a class on campus for which students can receive credits for their volunteer work. We're peer educators who help students on campus change their risk behaviors in order to help them reduce their risk of getting infected with the HIV virus.

- **Halimah Famuyide, Sophomore, Economics**

The Community Service Club: Tuesdays with Service

by Elaine Vuong

Stony Brook University's Community Service Club, one of the largest and most active organizations on campus with 65 members, continuously strives to serve the community and campus at large. Each week, or every other week, the Community Service Club successfully completes a project that gives back to the community. Last spring, they undertook 10 projects both off-campus and during club meetings.

This semester, New York City high school students are the precedence, says Hugh Alvarado, the club's president. The club seeks to empower the students with mentors, career advice, and college application help. "Unfortunately, the recent economic downturn has forced our lawmakers to cut spending in the wrong places, and public education was one. So now is the time for Stony Brook University students to give back to their high schools," Alvarado said. He also aims to increase the number of club members and promote events that will provoke a passion for community service in Stony Brook students. Students interested in the club have to be "dedicated members to reap the benefits of being part of the rising tide that is the Community Service Club."

Partaking in the club is worthwhile. Members learn from each other while honing their undiscovered skills in leadership. "Through my community service experiences, I have gained a better awareness of myself and built important skills such as leadership and teamwork," says Malorie Mendoza, secretary of the Community Service Club and an active member for two years.

Reactions from the people they have helped also become rewarding. Club members have helped at the Special Olympics at St. Joseph's College where they met athletes with a passion they had never seen before. Helping paint an elementary school in Brooklyn was also an experience where the club was honored with a mural by the students. Balancing classes and clubs can be tricky yet the rewards that come with noble ambitions can always be praised. "I believe that I have a responsibility to be an active member in my community and do my part in providing support and help for others," Mendoza said. And the Community Service Club is where students can find that purpose.

The Community Service Club meets in James College lounge, H Quad, every Tuesday at 5:30 p.m. All students are welcome to attend!



Photo courtesy of the Community Service Club.



Photo courtesy of the Community Service Club.

Submit Your Articles!

The AmeriCorps VISTA Program encourages students, faculty, and staff to get involved with community service activities. Our publication is the place to share your stories with the Stony Brook community! Submit articles and photos, share information about projects, and list upcoming events. Please send all submissions to **Taryn Kutujian, VISTA Coordinator, Career Center**, at stonybrookserves@gmail.com. Be sure to include your name, phone number, and email address.

CALL FOR NOMINATIONS

4th Annual Community Service Award Ceremony



sponsored by:
Career Center and Community Service & Service-Learning Committee
co-hosted by:
AED: The National Pre-Professional Health Honor Society
& Community Service Club



We are pleased to recognize members of our University for their significant contributions to the community

AWARD CATEGORIES

- ★ The Excellence in Community Service Award ★
- ★ The Outstanding Community Service Project Award ★
- ★ The United States President's Volunteer Service Award ★

Form and Submission Instructions:

<http://www.stonybrook.edu/sb/communityservice/>

Submission Deadline: March 15, 2010

Who Can Nominate:
Students - Faculty - Staff
Self Nominations are encouraged

Awards will be given on:
Wednesday, April 21, 2010
12:30PM - 2:00PM

