



HANDS ON

The Newsletter of Sacramento State's Community Engagement Center (CEC)



A MESSAGE FROM DR. KIVEL, CEC DIRECTOR

Wow! 2017-2018 has been an amazing year for the Community Engagement Center. We welcomed a Volunteers in Service to America (VISTA) staff member, Monica Ngo, to our office where she took the lead on planning and implementing our first ever away Alternative Break trip to Sonoma and Napa counties to provide fire-relief related volunteer work. Twelve highly dedicated and motivated students from the Sacramento State Honors Program spent a week volunteering at a State and Regional Park and at several local non-profit organizations. Of the experience, one student said: "It was very humbling to think I made a difference in people's lives and knowing I helped support the local community," and another noted: "I definitely feel like I have a better appreciation for the world around me. . . to know that I made an impact in a place that is not local to where I live was enlightening." The national Today Show on NBC aired a photo of our students in a feature story about college students and Alternative Break Programs. In the fall, dozens of students attended our Community and Civic Engagement Resource Fair on campus to celebrate Constitution Day. And in the spring, the CEC and Center for Teaching & Learning's Faculty Learning Community on Equity and Student Success hosted a talk by Paul Kivel, Oakland activist and author of the book, "Uprooting racism: How white people can work for racial justice". More than 200 people attended his talk and workshop. The other big news for the CEC is that we will have a satellite office in the new Sacramento State Downtown Center at 304 S Street. We look forward to welcoming you to our downtown office and we hope to see you at one of our events next year. Thank you for your ongoing assistance and support of the Community Engagement Center. Stingers up!

"I was able to experience a unique, urban population that I would never have come across in my small social circle. It was eye-opening to see how big of an impact culture and socioeconomic status can affect one's health and one's knowledge of healthy living."

- Student from NURS 139 course, reflecting on Service Learning experience



Alternative Break

@ SAC STATE | A PROGRAM OF THE COMMUNITY ENGAGEMENT CENTER

March 19th—23rd, 2018

Sonoma

The Community Engagement Center hosted its first two-part Alternative Break program, broadening the reach of our volunteer efforts beyond Sacramento. Despite the ongoing need for community service in the Sacramento region, we decided we wanted to participate in fire-relief related volunteer work in Sonoma and Napa counties in response to the devastating fires in October of 2017. We also wanted to support Sac State students, faculty and staff members who were either directly or indirectly affected by these fires.

With financial support provided by University Enterprises, Inc. and Associated Students, Inc., we were able to underwrite the costs associated with transportation, food and housing for 12 students to participate in this “away” Alternative Break. Because we could only take a small number of students, we recruited them from the Sacramento State Honors Program. We partnered with organizations such as the Sonoma Ecology Center, California State Parks, Restorative Resources, Sonoma Avenue Church of Christ, Faith Lutheran Church, and Sonoma Rebound. Monica Ngo, a volunteer specialist with VISTA (Volunteers in Service to America) coordinated the service projects. We also had support from the Department of Recreation, Parks & Tourism Administration and the College of Natural Sciences and Mathematics.



Sacramento

Meanwhile, an additional 44 student volunteers stayed closer to home, cleaning up trash along the American River and weeding the campus storm-water project sites and the BAC Yard (formerly known as the Bio-conversion and Agricultural Collaborative Yard).

Approximately 400 pounds of trash was collected and cleaned up from the two-mile span of the river, with about half of the haul consisting of batteries and sharp, unsafe objects such as hypodermic needles.

Those who participated in the river clean up and sustainability projects said they appreciated the opportunity to volunteer. One volunteer said: “It was amazing to realize that by doing something so small as taking out some weeds, there is a positive impact on the environment. It was interesting to learn that Sac State cares so much about the environment and is an example to other universities. The experience made me proud to be a part of Sacramento State.”



The Writing Partners (WP) Program @ Sac State is designed to foster mentor-like relationships between college and elementary school students through literacy. Sac State faculty has integrated WP within their nursing, teacher education, EOP, first-year seminars, and English courses.

WP pairs university student writers with elementary student writers in a collaborative letter exchange. The program culminates with the elementary students visiting Sac State to experience college life. WP incorporates academic and social learning goals, and students learn that writing has the power to help them make connections between their own communities. WP enhances creative and critical thinking skills and fosters a sense of authority in students as writers and as members of the campus community.

Last Fall 2017, approximately 20 faculty with 22 course sections were paired with 24 elementary school teachers. About 562 Sac State students exchanged three to four letters with 682 5th and 6th grade students from schools in four school districts and charter schools around Sacramento. The districts and schools included: Elk Grove USD, Folsom Cordova USD, Sacramento City USD, Twin Rivers USD and Delta Charter Schools. More than 5,000 university and elementary-school students have participated in WP since 2014.



Paul Kivel (above) discusses his recent book, *Uprooting Racism*

Uprooting Racism author visits campus

On February 28th, 2018, Oakland author and activist, Paul Kivel led a workshop and gave a talk to the Sacramento State campus and Sacramento community as he discussed his book: "Uprooting racism: How white people can work for racial justice." Kivel's talk was sponsored by several organizations: Associated Students, Inc., One World Initiative; Cooper Woodson Fellows; Peer and Academic Resource Center, Full Circle Project; First Year Experience; Sacramento State's Honor's Program; Social Justice Co-Chairs of the Unitarian Universalist Church of Davis and the DHSI Grant. Kivel was a founding member of the Oakland Men's Project and he has been the keynote speaker at numerous national and international conferences, leading hundreds of workshops with young people and adults. He has made a significant impact on the lives of countless people who have benefited both directly and indirectly from his work.

Service Learning



During 2017-2018, 3,000 students participated in Service Learning at more than 100 community partner sites. For the past several years, Professor Rachel August, CEC Faculty Associate, and Dana Kivel have been co-leading Faculty Learning Communities (FLC) on Service Learning. In December, we finished a year-long FLC with eight faculty and in February, we began a new FLC with 12 faculty from various disciplines — music, psychology, political science, education, business, the Honors program, Communication Studies, Recreation, Parks & Tourism, Kinesiology & Health Studies and Criminal Justice. With more faculty getting trained, we hope to see more students participating in courses with a Service Learning component.

What We Do

The Community Engagement Center, formerly known as the Office of Community Collaboration, was established as the university's primary service learning office. We have since expanded our focus to encompass various forms of engagement, including civic learning and community service. The Community Engagement Center works closely with local non-profits, schools, government agencies, and campus-based programs that provide service to under-served and underrepresented populations throughout the Sacramento region.

Our mission is to engage members of the Sacramento State campus through their educational experiences to become aware of and respond to local and global community concerns through service learning, volunteerism and academic internships.

Our vision is to create a campus climate that promotes community awareness and involvement and supports students to become civic minded graduates who are actively engaged in making a difference both locally and globally.

www.csus.edu/cec

CEC @ Sac State Downtown

Sacramento State, strengthening its role as California's capital university, made a historic move into downtown Sacramento with the purchase of a three-story building at 304 S Street. It will house Sacramento State's planned School of Public Affairs and other campus units. The purchase is about more than just brick and mortar.



Expanding the University into downtown will allow more students to get the classes they need to graduate on time and to succeed in their careers. The CEC is proud to have secured a satellite office where we are more easily accessible to both students and/or Community Partners located in the downtown area. We can't wait to get situated and put our own touches on our new space.

Harvest Sacramento

The CEC organized two Harvest Sacramento events in the 2017-18 academic year. On January 25th, in honor of Martin Luther King Day, 99 volunteers from Sac State and 100 residents of the Oak Park neighborhood participated in Harvest Sacramento, a program of Soil Barn Farms. The majority of Sac State volunteers work with the Residential Life program of Student Affairs. In teams of 10-20, volunteers visited four houses and ensured no excess citrus fruits would go to waste by picking them from trees of yards in Oak Park. We picked 6,274 pounds of fresh fruit which was then donated to local area food banks.

We hosted a second Harvest Sacramento event at Sac State on Saturday, February 24th with 96 volunteers, including President Nelsen and his wife Jody. Again, volunteers were put into teams where they walked or drove to area neighborhoods to pick citrus fruit that would otherwise go to waste. A total of 8,782 pounds was picked and distributed to food assistance agencies across Sacramento. Students from the Family and Consumer Sciences (FACS) department then cooked up a hearty meal for volunteers to enjoy. Members loved the event, with one participant commenting: "I definitely plan on volunteering again when the opportunity is offered".



River City Food Bank



The CEC once again partnered with River City Food Bank (RCFB) to distribute food to individuals who needed food-related assistance during Thanksgiving week. On November 20-21, 2017, 68 Sacramento State volunteers worked between three and five hour shifts to provide more than 2,000 people with 25,317 pounds of food. Specifically, students prepared, distribut-

ed, bagged and weighed food for visitors. The mission of RCFB, the oldest food bank in the Sacramento region, is to "alleviate hunger in Sacramento County by providing healthy emergency food and assistance to struggling individuals."

Many volunteers felt that their service was an important way to contribute to the community and hoped to work closer with RCFB to end the ongoing issue of food insecurity. If you would like to volunteer your time and help make a difference, *RCFB is open year round Monday-Friday from 11:30am-3:00pm distributing food to those in need.*

For more information: email@rivercityfoodbank.org

Paint the Town



The 28th annual "Paint the Town" event took place on September 16, 2017, with more than 75 Sacramento State volunteers working together with more than 100 other volunteers to restore a neighborhood in the Del Paso Heights community. Our partner, NeighborWorks Sacramento, has sponsored "Paint the Town" since 1990 and we are proud to say this is now our fourth year working with this organization. Their mission is to "provide opportunities for successful homeownership and strong communities through quality education, affordable lending, supportive partnership and dedicated leadership."

Each year, NeighborWorks Sacramento chooses a street to restore and volunteers spend the day painting several houses, landscaping, building gardens, and working on minor home repairs, e.g. fixing garage roofs. NeighborWorks Sacramento works closely with residents to develop plans for home improvements that meet the homeowners' needs. NeighborWorks Sacramento secures the funding and also works with local businesses to provide all equipment, supplies, and expertise needed to carry out the project. Sacramento County Board of Supervisors member Phil Serna is pictured (left) with Sacramento State students and volunteers.



Meet Monica

Last summer, the Community Engagement Center (CEC) was selected by the California Child Abuse Prevention Center to host a representative from AmeriCorps VISTA (Volunteers in Service to America), a program under the Corporation for National and Community Service. VISTA members participate in a year-long, full-time commitment to serve on a specific project at a nonprofit organization or public agency.

Monica Ngo is serving as a volunteer specialist VISTA for her term until November 2018. She has been involved in coordinating the Sac State Volunteers program as well as the Alternative Break program. Ngo is in the process of developing a plan to systematize and centralize volunteer opportunities at Sacramento State. Ngo was born and raised in San Jose.

She graduated from Macalester College in May 2017 with a bachelor's in biology and applied mathematics and statistics with a minor in computer science. Monica is passionate about college access, representation in STEM, immigrant and refugee issues, and reducing disparities in health care.

CCEP 2017

The Constitution and Civic Engagement Program (CCEP) is organized by the Sacramento State Community Engagement Center (CEC) to provide educational programming about the U.S. Constitution for the campus community.

Last Fall in 2017, the CEC collaborated with on- and off-campus partners to plan CCEP events throughout the month of September and October including the Community and Civic Engagement Resource Fair, Constitution Quiz Bowl and A Day of Service with NeighborWorks Sacramento.

We partnered with the Foundation of Democracy and Justice (FDJ) to plan and coordinate the annual Community and Civic Engagement Resource Fair on Thursday, September 14th. More than 200 students attended to speak with 16 civic and community-based organizations, from the County of Sacramento Voter Registration and Elections to McGeorge Law School.

For more information about CCEP, please visit:
<http://www.csus.edu/cec/ccep.html>



Website

The CEC has been working hard to roll out a brand new look for our website! Holly Kleinman and Monica Ngo have re-organized the layout for a cleaner, more user-friendly experience.

You will notice our Navigation Bar has changed to get back to basics, including easy to access titles, e.g., Service Learning, Academic Internships, and Community Service, with drop-down menus containing information for students, faculty and community partners.

We also streamlined the process of accessing our community partner list and requesting a community partner agreement for academic internships and/or service learning.

Now more than ever it is easy to make a difference in the world and make a world of difference!



CEC continues to use CECconnect to track all service learning, Sac State Volunteers and Alternative Break events. The database includes a list of community partners with whom Sacramento State has partnership agreements. We have begun to expand the database for Departments/Programs to place students at Academic Internship sites. In the next year, we will be piloting the Academic Internship component of the database and we will also be working to put our Time Logs online for students, faculty and staff to complete.

For more information about CECconnect, please contact Francine Redada at (916) 278-4610 or francine.redada@csus.edu.

Snapshots from the Past Year



Alternative Break 2018



Paint the Town 2017



Alternative Break 2018



Alternative Break 2018



Alternative Break 2018



Harvest Sacramento 2018



River City Food Bank 2017



Art from Amber Ward's Service Learning course 2017



Writing Partners 2017



Alternative Break 2018



Writing Partners 2017



Harvest Sacramento 2018



We're All About Hands-On Learning!



Join Us For Our Future Events!



September 15, 2018

Paint the Town, with NeighborWorks

November 19-20, 2018

River City Food Bank

January 21, 2019

MLK Day of Service

February 2019

Harvest Sacramento



March 18-21, 2019



Fall 2018

Check www.csus.edu/cec for upcoming event details!

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