



Community Engagement Office, 177 CSU, 507-389-5789, Community.Engagement@mnsu.edu
<http://www.mnsu.edu/engagement/> <https://orgsync.com/62632/chapter>
<https://www.facebook.com/MnsuCommunityEngagement/>

October 14, 2016

Welcome to the latest newsletter! We hope you are enjoying your week. The Community Engagement Office has been busy with Cram A Van, the annual Homecoming Food Drive, over the past few weeks. We are pleased to share that we brought in *612 pounds* of food for our partners: The [BackPack Food Program](#), The [REACH](#), [Campus Cupboard](#) and [Campus Kitchen](#). We are grateful to our partners [Enterprise CarShare](#) and [Stadium Mart \(formerly known as Stadium Dollar\)](#), for their support. Watch for the next food drive during National Hunger and Homelessness Awareness Week in mid-November.

While we are on the subject of numbers, The CEO coordinated folding parties and contributed approximately *832 peace cranes* for the 1000 Peace Crane Project. Many people on campus and in the community enjoyed this community engaged art project, and we hope to do more in the future.



October 16 – Biscuits, Bagels and PBJs at Campus Kitchen

Volunteers are sought to help package bread for the week on Sunday, October 16 from 5-6:30 pm. For more details or to sign up, visit the [CEO OrgSync event website](#).

October 17 – Prep Shift at the Campus Kitchen

Volunteers are sought to help cut and portion the food for weekly distribution on Monday, October 17, from 3:30-5 pm. For more information or to sign up, visit [the CEO OrgSync event website](#).

October 17 – Packaging Shift at Campus Kitchen

Volunteers are sought to help package individual meals for distribution to agencies, to share with people facing food insecurity. The shift is from 5-6:30 pm. For more information or to sign up, visit [the CEO OrgSync website](#).

October 21 – Apple Processing at Campus Kitchen

Volunteers are sought to help cut, core, and peel apples for meals and for storage. This shift is from 10 am – 1 pm. For more information or to sign up, [visit the CEO OrgSync website](#).

October 21 - Reading Buddies

Volunteers are sought to read books to children from 1:30-3:15 pm. For more information or to sign up, visit [the CEO OrgSync website](#).

October 23 – Biscuits, Bagels and PBJs at Campus Kitchen

Volunteers are sought to help package bread for the week on Sunday, October 23 from 5-6:30 pm. For more details or to sign up, visit the [CEO OrgSync event website](#).

October 24 – Prep Shift at the Campus Kitchen

Volunteers are sought to help cut and portion the food for weekly distribution on Monday, October 24e, from 3:30-5 pm. For more information or to sign up, visit the [CEO OrgSync event website](#).

October 24 – Packaging Shift at Campus Kitchen

Volunteers are sought to help package individual meals for distribution to agencies, to share with people facing food insecurity. The shift is from 5-6:30 pm. For more information or to sign up, visit [the CEO OrgSync website](#).

October 28 - Reading Buddies

Volunteers are sought to read books to children from 1:30-3:15 pm. For more information or to sign up, visit [the CEO OrgSync website](#).

November 1 - Chili Cook-Off Food Drive: Set out Food Collection Boxes.

In conjunction with Sodexo's annual Chili Cook-Off to benefit Campus Kitchen, they also host a food drive. Volunteers are needed on November 1 from 8:30-11 am to delivery boxes to participating offices. To learn more or to sign up, visit the [CEO OrgSync event website](#)



Mankato Curling Club Construction Assistants: October 16

The Mankato Curling Club is looking for volunteers. The Club has had some ice maker system issues over the past several years and has partnered with the City of Mankato to resolve the issues. Over the next 2 weeks, volunteers are needed to help with the construction project that is being supervised by licensed construction contractor. The help we are looking for is general labor, and no experience is necessary. Any group that volunteers will be offered curling lessons free of charge once the ice is ready, hopefully early January 2017. Please visit their website, www.mankatocurling.org, or their Facebook page, www.facebook.com/MankatoCurlingClub/ for more information about our club and project. Your group does not need to do all of the projects, just one project or part of a full day. If your group needs help with transportation to and from the work site, that may be negotiated. For more information or to sign your group up to help, contact Erik Siefkes, [507-351-6507](tel:507-351-6507), siefkes.erik@gmail.com

10-16 - Sunday - Install Insulation and Vapor Barrier - ***5 workers needed from 8:00am - 6:00pm (estimated)***

10-17 - Monday - Install Pipe Chairs - ***5 workers needed from 8:00am - 6:00pm (estimated)***

10-18 & 19 - Tuesday & Wednesday - Install Rebar - ***6 workers needed from 8:00am - 6:00pm (estimated)***

10-20, 21, 22, 23 - Thursday to Sunday - Pull Rink Tubing - ***5 workers needed 8:00am - 6:00pm (estimated)***

10-25 & 26 - Tuesday & Wednesday - Install Mesh - ***6 workers needed 8:00am - 6:00pm (estimated)***

BENCHS Sponsorship at Mankato Half Marathon: October 16

Becky Otis is running in the Mankato Half Marathon to raise funds for the Blue Earth Nicollet County Humane Society. To sponsor BENCHS in the Mankato Marathon, [visit their pledge site](#).

Cultivating Change: What Teens, Parents, and Everyone Should Know About Sexual Exploitation in our Community: October 17

Greater Mankato Area United Way's *Cultivating Change* forum is aimed at educating our community about sexual exploitation such as sex trafficking and how we can work together to prevent it. There will be a panel from local public and nonprofit organizations, including The Reach, CADA, and Blue Earth and Nicollet Counties. Presenter Juli Fast, Regional Navigator from Southwest Crisis Center, will provide factual information about sexual exploitation in Minnesota. The event takes place on Monday, October 17, at 6:30 pm at the Lincoln Community Center Auditorium, 110 Fulton Street, in Mankato. This event is free and open to the public. Attendance is recommended for ages 12 and older. If you have questions, contact the Greater Mankato Area United Way at 507-345-4551 or mankatouw@mankatounitedway.org

Daisy Troop Co-Leader Needed: October 23

A local Daisy troop is looking for a co-leader. You don't need to have experience with Girl Scouts to help, but you should enjoy mentoring kindergarten-aged girls and helping with projects. The troop meets on the fourth Sunday of the month from 3:30-5 pm. For more information, call [Jackie Murray](tel:507-382-5342) at 507-382-5342.

Food For Thought Challenge: October 31

The Thought for Food Challenge calls on the world's best and brightest university students to form teams and develop breakthrough solutions that address the global challenge of feeding 9+ billion people by the year 2050. You will work with world-class mentors to help turn your idea into a reality. You will have the chance to receive up to \$25,000 in cash prizes, and you may be selected to participate in the TFF Bootcamp, an intense, 10 week startup training which culminates at the TFF Global Summit. You will also join a growing global movement, comprised of friends and supporters who share your passion to make the world a better place.

To participate, begin by creating a team of 3-5 university students and create a profile. At least one member of your team must be signed up on their page by October 31, 2016 to participate in the 2016/17 TFF Challenge. Utilize the TFF Design Lab to take your Team's idea and turn it into a reality. This includes talking to customers, ideation sessions, and building prototypes. Expert mentors will be available to help coach teams through this process. Teams must submit their pitch by January 8, 2017. The pitch should include 2 videos and several short text answers. To learn more about this opportunity, or to sign up, visit <http://www.tffchallenge.com/challenge/>

Knight Cities Challenge: November 3

Knight Cities Challenge is looking for young innovators to help direct the future of our cities. They are looking for people to submit ideas on how to keep the 26 cities Knight invests in the best places to live and work. They will award grants to projects focusing on the ideas of keeping the cities talent, opportunity and engagement alive. From October 10th to November 3rd at noon, you can submit ideas you have. Past project winners have ranged from placing porch swings around communities to help people connect to funding housing projects for incoming city members. Your idea could be the next to receive funding! For more information, [visit their website](#).

Ultimate Balleyball Fundraiser Support: November 5

MSU, Mankato Parks and Rec department students are hosting a tournament to benefit United Way! "Balleyball" is like volleyball--but with exercise balls. Volunteers are needed to serve as referees, ball retrievers, and other tasks. Support is needed beginning at 2:30 pm and ends around 7 pm. To sign up or to learn more, visit the [United Way event sign-up page](#).

Vote: November 8

It's the most basic of civic engagement activities. Vote. Do your part to become educated about the candidates and issues, and vote in the general election this year. To learn more about registration deadlines, requirements, etc., visit the [Google page devoted to this](#) or visit your home state's Secretary of State website.

Rake the Town: November 12

This year VINE would like to coordinate raking over 300 yards in Mankato, North Mankato, and St. Peter and in rural Blue Earth and Nicollet Counties. This will take place on Saturday, November 12, from 9 am – 4 pm. Volunteers are asked

to provide their own rakes, but they have rakes if you don't. Lunch will be provided after your group completes their raking work. If you are not part of a group planning to help with Rake the Town, watch for a post to sign up with a team of other individuals through the Community Engagement Office. If you have a team of friends, classmates, etc. sign up your Rake The Town team by [visiting the VINE Website](#).

Impact America Stories from the Line Filmmaking Challenge: April 14

Impact America is launching the inaugural *Stories from the Line* national filmmaking challenge and invites undergraduates, graduate students, and recent graduates to submit four-minute documentary portraits that chronicle the experiences of families struggling to rise and remain above the poverty line in America. The winning films will be posted to the *Stories from the Line* website and shared with thousands of university faculty members, nonprofits, advocacy organizations, and media outlets. The filmmakers will earn scholarships for undergraduate or graduate study, including a \$10,000 scholarship grand prize. The deadline for submissions is April 14, 2017. [To learn more, visit their website.](#)



National Volunteer Week 2017: April 25

Yes, April is a full winter season from now, but we don't want any snow storms to keep you from participating in our plans. The Community Engagement Office is planning to host a celebration for National Volunteer Week 2017, but we need your involvement to make that happen. We need two things:

- 1) If [every Maverick](#) (over 15,000 strong!) reported *just* 2 service hours to OrgSync this year, we would see at least 30,000 hours reported. That's why the CEO is launching our #OnOurWayTo30K campaign. Encourage your fellow Mavericks to report their service through OrgSync. If you have never reported your service hours on OrgSync, [visit the CEO webpage devoted to this](#). Watch for more details about the hashtag campaign in the near future!
- 2) Take photos of your group involved in service. Share the photo and a photo release for use of the photos with us, and we'll include it in the National Volunteer Week 2017 Celebration. To learn more about that, [visit the CEO website](#)

We hope you will support and join us in this venture!



Food For Thought on College Student Food Insecurity/Muhammad Khalid

Being a college student is challenging. Students can get downright creative when it comes to making ends meet, from working several jobs to moving off campus and dropping their meal plan. If they drop their meal plan, they may find themselves in a cohort of up to [60 percent of students facing food insecurity](#).

A couple of Universities are doing something about it by starting scholarships for students facing food insecurity. The University of Georgia hosts the [Let All the Big Dawgs Eat](#) scholarship and Oregon State University hosts the [Mealbox](#) program.

According Kathleen Osborne, Graduate Assistant in the Office of the Dean of Student Affairs, the [Let All The Big Dawgs Eat Scholarship Program](#) began in 2013 when Jan Barham, Director of Student Center and another alumni decided to create the program. Funds were donated to the University specifically to help students pay for their meal plan. The program began with five recipients, and has since grown to 15 each term. The number of recipients is dependent upon

donations. The scholarship is for their all-inclusive 7 day week meal plan, and can be used in any of the 5 dining halls. Student who participated said that because of the scholarship they are less fatigue, they can finally get to normal weight and have few doctor visits.

Oregon State University also addressed food insecurity in their campus by giving people few meals a week. The program is managed by the [OSU Human Services Resource Center](#), and they address food insecurity, rental assistance, health insurance, financial aid support, and other basic human needs. The Mealbux program offers eligible students a way to pay for a few meals per week. Students are awarded \$40-\$60, and the funds are accessed through the students ID and it can be only spent on the food vendor locations around campus. Students need to fill out an application for it, including details about student records, pay stubs, etc.

So, fellow Mavericks... Are you facing food insecurity? What are your tips for balancing paying for tuition, books, lab fees, rent, phone, cable, electricity, AND food? The Community Engagement Office suggests that you might check out the [Campus Cupboard](#). It's a food pantry specifically for area college students and it's located across from Trafton/behind the Performing Arts Center (331 Dillon Ave). Don't have a place to cook? You can find a [map of places in the Mankato area](#) that offer free meals, food pantries and other resources you might need. If you have other suggestions that work, visit the [CEO Facebook page](#) and share with us.

2016 Association for Experiential Education Conference/Muhammad Khalid

If you are interested in leadership, adventure, outdoor, or social justice programming or the field of education, then today is your lucky day because MNSU undergrad and graduate students can sign up for the 2016 Association For Experiential Education International Conference completely FREE. The conference includes multiple educational sessions, a keynote address, an attempt to break a Guinness World Record, a career fair and an evening reception. This year's keynote is by Richard Louv, renowned author of National Bestseller, "Last Child in the Woods" and "The Nature Principle". The keynote speaker is sponsored by Minnesota State University, Mankato & the Experiential Education Master Degree Program. You must be pre-registered to take advantage of this opportunity so click the link below and sign up now for this once in a life time

opportunity. https://docs.google.com/forms/d/e/1FAIpQLSdDDkNeSapSW6tKjoilmBFT_4k5kByxJKV0tfu_yXV4pNCzqQ/vi ewform?c=0&w=1

The conference will take place October 27 – 30. 2016 in Minneapolis, MN. For more information about the 2016 Association for Experiential Education International Conference, visit their website, <http://www.aee.org/43rd-intl-conference>

Institute on Philanthropy and Voluntary Service: June 3 – July 28, 2017

Immerse yourself in community leadership and engagement this summer in Washington, DC! The 8-week program allows students to intern with nongovernmental organizations while earning academic credit in economics and humanitarian aid. Your summer will put you on the front lines, working to solve local, national and global issues. You will live just blocks from the national monuments, State Department and White House on the campus of George Washington University. Fully furnished housing and roommate matching is provided as part of our comprehensive program. You could earn 3 to 9 academic credits this summer through their unique curriculum is designed to complement your DC experience with upper level government, ethics and economics courses. Academic course credit is provided through George Mason University and taught by top rated faculty from GMU and other top local universities. Based on your interests and skills, you will be placed in an internship in the Washington, DC area. They have been creating academic internship experiences for over 45 years and work with over 300 top organizations in DC. Visit www.DCinternships.org/IPVS to begin an online application. Apply by the early deadline of December 6 to receive priority admissions and scholarship consideration as well as a 5% tuition discount.

The program is designed for undergraduate students from all fields of study who are interested in leadership and community engagement. They strive to make the programs accessible and affordable to the best and brightest students regardless of financial status. Scholarship awards are granted based on need and merit with over 70% of students receiving full or partial funding. Questions may be directed to admissions@tfas.org or 202-986-0384. Visit www.DCinternships.org/IPVS for more information.



AmeriCorps Non-Competitive Job Opportunities

Did you know that if you have served in AmeriCorps, there is a special jobs board just for you? If you worked for AmeriCorps VISTA or the Peace Corps, you may qualify for one year of 'non-competitive' eligibility following completion of service. This means that a federal agency can hire you outside of the formal competitive job announcement process. Every little bit helps when you are searching for your next job. [Check out their job board](#) for a sneak-peak at an opportunity you might have if you apply for Peace Corps or AmeriCorps.

Impact America: November 1, 2016

Impact America provides an opportunity for recent graduates to engage with communities of need in a meaningful way, broadening their perspectives and making a real impact in their communities.

The AmeriCorps Member position combines service with our nationally unique initiatives: [FocusFirst](#), a high-tech vision care initiative for preschoolers; [SaveFirst](#), a high-quality tax preparation initiative for low-income families; [SpeakFirst](#), a debate initiative for talented and motivated middle and high school students in Alabama; [CollegeFirst](#), a Summer Advanced Placement Institute focused on math and science for high schoolers in Alabama; and [Stories from the Line](#), an initiative that navigates the complexities of poverty through the development of a series of short films. Positions are available in [Alabama](#), [Tennessee](#), [South Carolina](#), and [Florida](#) beginning in July 2017. A limited number of positions are also available starting in December 2016 in a variety of cities across Alabama and Tennessee: Birmingham, Tuscaloosa, Huntsville, Montgomery, Memphis, Knoxville, Nashville, and Chattanooga. Applications reviewed on a rolling basis. Deadline to apply for December start date: November 1. Priority deadline to apply for July start date: December 4. To [learn more and apply, visit their website](#).



Reflection/Rina Matsuda

I spent for about two months at an ecovillage in Hurdal, Norway as a volunteer working on the organic farm from May 31st to July 27th, 2016 through [a program called WWOOF](#), World Wide Opportunities on Organic Farms. The first tasks after my arrival in the village was planting vegetables like kales, onions, potatoes, and Jerusalem artichokes. After the planting season was over, I spent so much time raking soils, weeding, building tipis for cucumbers, and creating horizontal layers of lines for growing sugar snap peas everyday regardless of weather, as farmers do. As this is a community farm, there were also numerous opportunities to interact with different residents of the village in my free time. After the end of the daily work, a lake, a waterfall, woods, a hill, and nearby mountains welcomed me to enjoy life. I still clearly remember the taste of healthy food grown on the farm and berries on the hill and the smell of soils, fresh air, and trees. I felt alive and free every single day. Everything was a precious gift.

Since I came to the United States in 2012 for study abroad, my eating habit has changed significantly; I started to consume more vegetables that are local and organic as much as possible. As a result, I have become aware of the importance of healthy food on my soul, mind, and body as well as on environment. Since then, I always wanted to support organic farmers and learned about organic farming by practicing it because I cared about what I ate and how food were grown and also because I loved positive feelings associated with mindful eating. At the same time, I was also

interested in impacts of community gardens on civic engagement for building a stronger community. This volunteering opportunity in Norway was a perfect match.

Building a sustainable, livable community has been one of my career interests for at least a few years. Volunteering at the organic farm in the ecovillage has given me opportunities to get to know people living in the community and learn about problems or challenges they have faced. Learning about the community as a whole in addition to farm work allowed me to realize my true passion for working in the field of food, environmental planning, and community development. I have not specified my exact career directions yet, but at least I now know who I really am and what I love to achieve in my life thanks to my experience of working as a farmer at the ecovillage in Norway.

Rina Matsuda is an international student from Japan majoring in Urban and Regional studies and Geography at MNSU Mankato. She likes to meditate, read, walk, study Norwegian, and have chats with her friends at cafes in her spare time.

Know someone who would like to receive the newsletter?

Have an important service project you would like shared?

Want to offer your reflection on a service experience?

Contact us at Community.Engagement@mnsu.edu