While the summer marks a transition for many to sit back and relax, CitySquashers stayed busy and worked hard during their time away from school.

This past summer, CitySquash doubled the intensity of its five-week summer camp. Team members received up to six hours of enrichment daily, split between mornings and afternoons, with squash and academics. The additional time allowed the organization to focus on new areas of enrichment and team members were exposed to art, the environment, film, music, and life-essential skills. They also received instruction from the volunteer organizations such as Planned Parenthood, Vantage Testing, Engineers Without Borders, Common Pantry, and a private yoga studio.

When not in the Bronx or Brooklyn, CitySquashers were making new friends and exploring new places. In total, 87 team members traveled to 12 different states for academic, squash, and outdoor camps. For some, the Camarillo Family hosted a weekend-long squash camp for CitySquash team members in Martha's Vineyard, and for an eighth year, the Ingrassia Family hosted our students in New Preston, Connecticut for a week filled with horseback riding, ziplining, swimming, and squash. A few students were even lucky enough to travel abroad. Seventh grader Maury Escalona traveled with friend Toby Goldston to England to take part in Bryan Patterson's Universal Squash Camp, and high school juniors Nicole Lara and Genesis Lara spent four weeks in Hamburg, Germany attending the Green Summer School Program that focuses on issues of environmental sustainability.

Our college students were busy gaining professional experience through 16 internships that were secured as a result of CitySquash's career services and the help of our Junior Board. For a second year, Fresh Direct welcomed team members to their corporate headquarters as Andrew Cadzirehead, Griselys Polanco, and Santiago Moran rotated through various divisions of the business.

St. Lawrence junior Kingsley Amoako became the fifth CitySquash to intern at US Squash, and Frank Garcia and Doris Amoako worked at All Med, a healthcare service provider that has employed CitySquash team members for four years. New experiences were enjoyed by Barnard senior Manuela Perez.

Rhyme: Manuela was selected to be an HR Summer Analyst through the Morgan Stanley Richard B. Fisher Scholars Program, and will return to the firm full-time after college graduation. Manuela pursued her passion to become a lawyer by working in the New York State Attorney General's Office. Arguably the busiest summer belonged to Franklin & Marshall senior Cris Margaret Frias. In June, she interned for US Senator Kirsten Gillibrand in Washington, DC; in July, she served as a counselor to help lead a group of students on the 10th Annual Urban Squash Citizenship Tour; and in August, she was selected to be an inaugural member of the National Urban Squash + Education Association's Ambassadors Program and traveled to Cartagena, Colombia to teach English and squash to local youth.

Thank you to all who played a part in making the summer so rich, rewarding, and memorable for all of our CitySquash team members!
Thank you for signing up to volunteer with CitySquash.
Your service changes lives!

WHO WE ARE – Founded in 2002, CitySquash serves 190 elementary, middle, high school and college students. For our participants, CitySquash is an intensive, year-round commitment that includes squash, tutoring, mentoring, community service, travel, culture, high school placement, employment training and college prep. CitySquash begins working with students in third grade and serves them through college graduation. Our valuable volunteer base helps us enable youth in the Bronx to fulfill their academic, athletic, and personal potential.

VOLUNTEER OPPORTUNITIES – CitySquash’s elementary, middle and high school students attend mandatory homework help sessions on weekday afternoons at Fordham or in the CitySquash office located on 187th and Arthur Avenue. During these sessions, volunteers work with students individually and in small groups. Volunteers may also tutor elementary, middle, and high school students in our Learning Center at the CitySquash office.

VOLUNTEER SCHEDULE:
- Individual Tutoring Time Slots: Monday-Friday, 3-7pm
- Homework Help Time Slots: Monday-Wednesday, 3-6:30pm; Thursday-Friday, 3-5pm

WHEN DO WE BEGIN? – Weekly homework help sessions begin October 5th, but your first step is to attend a mandatory volunteer orientation at the CitySquash office:

CitySquash Volunteer Orientation:
Wednesday, September 28th at 1pm
OR
Friday, September 30th at 11am
602 E 187th St, Bronx, NY 10458

Questions? Contact Volunteer Coordinator Lanique Rhyme at lanique.rhyme@citysquash.org or 718-220-7400 ext. 806.

AT A GLANCE

CitySquash is a not-for-profit youth program based in the Bronx at Fordham University and in Brooklyn at Poly Prep Country Day School. We help motivated young people from economically-disadvantaged households fulfill their academic, athletic and personal potential.

FIVE KEY GOALS THAT WE HAVE FOR OUR STUDENTS ARE THAT THEY:

• Develop upstanding character
• Improve their academic performance
• Become competitive squash players
• Attend high quality high schools
• Graduate from college

Founded in 2002, CitySquash serves 192 elementary, middle, high school and college students. For our participants, CitySquash is an intensive, year-round commitment that starts as early as 3rd grade and lasts through college graduation. Our programming includes squash, tutoring, mentoring, community service, travel, high school placement, college prep, career services and more.

TEAM MEMBERS

[Image of team members]

95 + 97 = TOTAL ENROLLMENT 192

WHERE THEY ARE

PRIVATE SCHOOL 10%
COLLEGE 17%
BROOKLYN 19%
BRONX 54%
Volunteer Opportunities for Women

TUTOR a middle school or high school girl.
When: Once a week on Monday, Tuesday, Wednesday or Thursday, 3:30 to 5:00 pm

LEAD POSITIVE IMPACT PROJECTS. Work with our students to develop community service projects that they will complete by the end of the semester.
When: Monday, Tuesday, Wednesday, Thursday 5:00-6:00pm and some Saturdays

TACHS TEACHERS help eighth graders prepare for the Catholic school entrance exams in Math and Verbal.
When: Once a week, Thursdays, 3:30 to 5:00 pm

*We provide transportation to and from Rosedale
1724 E. 174th St., Bronx, NY 10472

For more information:
Maria Luis at mluis@sbef.org or Gabriela Fullon at gfullon@sbef.org
Call 718.328.4090
** Volunteer Opportunities for Women **

**TUTOR** a middle school or high school girl.
*When: Once a week on Monday, Tuesday, Wednesday or Thursday, 3:30 to 5:00 pm*

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**For more information:**
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Call 718.328.4090
VOLUNTEER OPPORTUNITIES
SOUTH BRONX UNITED

ACADEMIC

Academic Coach
Academic Coaches work with students in the SBU After School Tutoring Program at least one day a week, M-F, 4-6pm on homework, test prep, and improving math, reading, and writing levels.
When: M-F, 4-6pm, Sept - June
Where: Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: At least once a week, 2 hours, one semester (Sept – Jan or Feb – June)

Sophomore Skills Tutor
Tutors teach small groups of 3-5 students using a set curriculum with either a Math or English focus in preparation for Regents exams and the PSAT.
When: Mondays–English, Wednesdays–Math, 6:00-8:00pm, Sept - June
Where: Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: Once a week, 2 hours, one semester (Sept – Jan or Feb – June)

SAT Prep & Regents Tutor
Tutors work with small groups of 3-5 students on SAT subject areas of Math, Reading Comprehension, and Writing as they prepare to take the SAT in Spring of their Junior year and Regents test in January and June.
When: Mondays–Math or Wednesdays–English, 6:00-8:00pm, Sept - June
Where: Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: Once a week, 2 hours, one semester (Sept – Jan or Feb – June)

College Prep Mentor
Mentors work one on one with high school seniors to help them through the college application process and meeting graduation requirements (Regents)
When: Mondays or Wednesdays, 6:00-8:00pm, Sept - June
Where: Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: Once a week, 2 hours, Sept - June

ELL Literacy Group Tutor
Tutors provide small group support to students who are English Language Learners with a focus on developing reading comprehension, conversational and writing skills.
When: Monday and/or Wednesday 6:00-8:00pm, Sept - June
Where: Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: Once a week, 2 hours, one semester (Sept – Jan or Feb – June)

Apply online at www.southbronxunited.org/getinvolved/volunteer

For more information on these opportunities, or to learn more about South Bronx United, contact info@southbronxunited.org | 718-404-9281 | 594 Grand Concourse, Suite 2, Bronx, NY 10451

SOUTH BRONX UNITED • BUILDING LEADERS AND SCHOLARS THROUGH SOCCER
INTERNATIONAL-opportunities
South Bronx United

INTERNSHIPS

Education Internship
Interns work closely with SBU educational staff in coordinating and supervising the SBU After School Tutoring Program, minimum 3 days a week from 3:30-6:30 pm during our after school tutoring hours.
When: Monday - Friday, 3:30-6:30 pm, Sept - June
Where: Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: 3-5 days a week, one semester (Sept - Jan or Feb - June)

Youth Development Internship
Interns work 3-5 days a week from 3:30-6:00 pm and get hands on experience supporting underserved youth via individual counseling, supporting youth group activities, managing behavior, conducting outreach, and coordinating a youth after school program.
When: Monday - Friday, 3:30-6:30 pm, Sept - June
Where: Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: 3-5 days a week, one semester (Sept - Jan or Feb - June)

Non Profit Development Internship
Interns are responsible for (1) grant research & writing, (2) press relations and social media, and (3) fundraising through special events and sponsorships. Interns would also provide input in the fundraising plan and the organization's long term goals.
When: Monday - Friday, Sept - June
Where: SBU Office, 594 Grand Concourse, Suite 2, Bronx, NY 10451
Commitment: 2-5 days a week, 10-15 hours, one semester (Sept - Jan or Feb - June)

Marketing/PR Internship
Interns will help South Bronx United expand awareness, recognize participants, and bring in new funding through event promotion, managing its online presence, exploring new advertising avenues, capturing content, and interfacing with donors, organizations, and public inquiries.
When: M-F, 3:30-6:30 pm, Sept - June
Where: SBU Office, 594 Grand Concourse, Suite 2, Bronx, NY 10451
Commitment: 2-5 days a week, 10-20 hours a week, at least one semester (Sept - Jan or Feb - June)

Summer Soccer Scholars Internship
Interns assist with the SBU Summer Soccer Scholars program which combines soccer and education to keep youth active and learning during the summer months. Interns serve as teachers, counselors, and/or coaches during the program, depending on the specific interests and skills of the intern involved.
When: Monday - Friday, 8:30 am - 3:30 pm, July - mid August (there is opportunity to be involved beginning in June)
Where: SBU Office & Urban Assembly School for Careers in Sports, 730 Concourse Village West, Bronx, NY 10451
Commitment: 5 days a week, at least 7 weeks (training + program), 35-40 hours a week

Apply online at www.southbronxunited.org/getinvolved/volunteer
For more information on these opportunities, or to learn more about South Bronx United, contact
info@southbronxunited.org | 718-404-9231 | 594 Grand Concourse, Suite 2, Bronx, NY 10451

www.southbronxunited.org
South Bronx United • Building Leaders and Scholars Through Soccer
VOLUNTEER OPPORTUNITIES
SOUTH BRONX UNITED

SOCCER

Recreational Soccer Coach
Coaches work with one of the 38 youth soccer teams in the SBU Rec League, coordinating outreach for games, running warm-ups and drills, and supervising games.
When: Saturdays, Sept – Nov and/or March - June
Where: Macomb's Dam Field (Next to Yankee Stadium), 161st Street, Bronx, NY 10451
Commitment: Once a week for 1.5-2 hours. At least one season.

Travel Soccer Coach
Coaches work with one of the 7 youth travel soccer teams (3 girls and 5 boys) in the SBU Academy program, coordinating outreach for games, running bi-weekly practices, and supervising games.
When: Weekday evenings and Saturdays or Sundays, Sept – June
Where: Practice – Macomb’s Dam Field (Next to Yankee Stadium), 161st Street, Bronx, NY 10451
Games – Randall’s Island (home), Across the 5 boroughs (away boys), Westchester (away girls)
Commitment: 3 times a week (2 practices and a game). Approx 6-10 hours a week. At least one season.

Select Soccer Coach
Coaches work with one of the 3 youth select teams (Boys: U10, U11, Girls: U11) in the SBU Academy program, coordinating with parents/youth for games, running weekly practices, and supervising games.
When: Weekday evenings and Saturdays or Sundays, Sept – June
Where: Macomb’s Dam Field (Next to Yankee Stadium), 161st Street, Bronx, NY 10451
Where: Practice – Macomb’s Dam Field (Next to Yankee Stadium), 161st Street, Bronx, NY 10451
Games – Randall’s Island or Mullaly Park (home), Manhattan (away)
Commitment: 2 practices a week and 4-5 games a season. At least one season.

After School Soccer Coach
Coaches work with youth from SBU Rec League, running warm-ups and drills, and supervising scrimmages for one age group.
When: T-Th, 4:00-6pm, Sept – Oct and/or April - June
Where: Mullaly Park, Jerome @165th Street (Next to Yankee Stadium), Bronx, NY 10451
Commitment: Once a week for 2 hours. At least one season.

Recreational League Field Coordinator
Coordinator oversees the SBU Recreational League, supervising youth, providing support to coaches, organizing special events, and making sure games and trainings run on schedule.
When: Saturdays, Sept – Nov and/or March - June
Where: Macomb’s Dam Field (Next to Yankee Stadium), 161st Street, Bronx, NY 10451
Commitment: Once a week for 3-4 hours. Fall or Spring Season.

Apply online at www.southbronxunited.org/getinvolved/volunteer
For more information on these opportunities, or to learn more about South Bronx United, contact info@southbronxunited.org | 718-404-9281 | 594 Grand Concourse, Suite 2, Bronx, NY 10451

SOUTH BRONX UNITED • BUILDING LEADERS AND SCHOLARS THROUGH SOCCER
Every year, BronxWorks (formerly Citizens Advice Bureau) changes the lives of over 35,000 people – one child, one family at a time in 30 locations throughout the borough – impressive numbers, to be sure, but each case represents one person and one special story. There is the teen mother struggling with two children, no care-giving experience, and scant income. There is the family facing eviction and the nightmare of homelessness. There is the immigrant struggling with language and cultural barriers. There is the young man looking for work and career guidance. There is the elderly couple facing health and nutritional issues. There is the middle-aged resident with a chronic disease and few resources. And there is the child of working parents who needs a safe space for after-school and summer activities.

BronxWorks knows that a tough reality does not mean a future lacking hope. The Bronx is a vibrant mixture of diversity, culture, and history juxtaposed with the hard reality of inner-city life. It’s a place to which so many New Yorkers can trace their own roots. And it continues to welcome waves of newcomers on their path toward the American dream. Today, the Bronx continues to draw new residents hoping to better their lives. Immigrants from the Dominican Republic and Mexico and elsewhere in the Caribbean and Latin America, West Africa, and South Asia join long-time residents, all of whom look to BronxWorks to help them adapt, learn, find jobs, and secure housing that will give them the opportunity for self-sufficiency.

Numbers do matter and having the scale to combat systemic poverty is important. At BronxWorks we:

**FEED** 1,750 households (approx. 5,000 individuals) by helping them get food stamps, enabling them to purchase millions of dollars worth of food and avoid hunger, while also providing over 350,000 meals to children, young adults, seniors, street homeless adults, and people impacted by HIV/AIDS.

**SHELTER** over 3,000 families (including over 5,000 children) at risk of eviction from entering into the shelter system and 276 homeless families in one of our private rooms which include individual bathrooms and kitchenettes. BronxWorks efforts have decreased the number of street homeless people in the Bronx by over 70% since 2005.

**TEACH** English for Speakers of Other Languages (ESOL), citizenship, and computer classes to over 900 working-age adults and seniors, and enroll over 1,900 youth in early learning, after-school, summer camp, and GED preparation programs.

**SUPPORT** over 1,300 Bronxites with job readiness or skills training, placing over 650 adults into permanent jobs, and helping over 500 youth obtain summer jobs or internships. We also support over 500 immigrants by lending legal assistance and over 650 people impacted by HIV/AIDS by providing comprehensive support services.

**BronxWorks helps individuals and families improve their economic and social well-being.** From toddlers to seniors, we feed, shelter, teach, and support our neighbors to build a stronger community.
El Centro de Salud para Adolescentes se compromete en ayudar a la comunidad del Bronx al asegurar acceso a atención médica confidencial, asequible y de alta calidad.

El Centro de Salud para Adolescentes provee servicios de atención médica reproductivos de manera confidencial a la juventud del Bronx. A través de educación y asesoramiento completos, nos esforzamos para promover el planeamiento familiar y un comportamiento reproductivo y sexual responsable. Ofrecemos programas y talleres que se enfocan en temas importantes orientados a la juventud incluyendo intimidación, relaciones románticas, violencia doméstica y relaciones entre padres y adolescentes. Nuestros programas actuales incluyen el Grupo de Mujeres Jóvenes, Grupo de Hombres Jóvenes, Teen4Teen, y Grupo LGBTQ.

Apoyamos el derecho de toda persona a tomar decisiones informadas sobre su salud sexual y reproductiva. Además, nos aseguramos de que todos los clientes reciben servicios sin importar la edad, raza, sexo, orientación sexual o capacidad de pagar. El Centro de Salud para Adolescentes es un afiliado de SBH y UCHC, y es posible por medio de una subvención de la iniciativa de Prevención Integral de Embarazos en Adolescentes (CAPP), un programa financiado por el Departamento de Salud de Nueva York (NYDOH).

Nuestros servicios de salud incluyen:
- Exámenes físicos, exámenes físicos para la escuela, para deportes y para empleos
- Vacunas
- Trastornos alimentarios y tratamiento de obesidad
- Servicios ginecológicos
- Atención médica enfocada en hombres
- Atención médica enfocada en LGBTQ
- Pruebas de embarazo gratuitas
- Pruebas de detección y tratamiento de STD/STI
- Anticonceptivos y anticonceptivos de emergencia
- Asesoramientos y derivaciones por depresión, ansiedad, intimidación, abuso de sustancias y conflictos entre padres e hijos

Nuestro horario:
9am - 5pm, Lunes a viernes
Serviam Gardens and Serviam Towers, our largest new-construction project, opened its doors in 2009. This project, which serves seniors in the local community, was built on land leased from the Ursuline Sisters of the Bedford Park Convent of Mt. St. Ursula. Upon opening, Serviam made an instant impact on the community. FBHC received an overwhelming application response for the 240 apartments. Serviam was set aside as housing for low income seniors in the Bronx. Eighty percent of Serviam residents earn less than fifty percent of the Federal Low Income Level.

In an effort to conserve energy and minimize the environmental impact of Serviam, a number of green elements were incorporated into the design and construction of this development. Both the interior and the exterior of the building feature various green amenities. On the inside, apartments include low-emissive argon-filled windows, Energy Star appliances, and low-flow water fixtures, dual flush toilets, bamboo flooring and bathroom tiles made of recycled content. The buildings feature low-energy elevators, improved insulation and efficient boiler systems. To further reduce the environmental impact, Serviam has an 8,000SF intensive rooftop garden terrace. It includes vine-covered trellises, bench nooks, and furnished alcoves set among trees, shrubs and beds of wildflowers and succulents. Serviam also features 23,000SF of landscaping on the grounds. The landscaping is comprised of various plants, trees, and shrubs. Urban gardening and community gathering space is also included in the landscaping.

To help encourage healthy tenant life, Serviam features a wellness center, game room, library, exercise room, media room and several lounges and gathering spaces. Education and social activities, including guest speakers and game clubs, are also planned for community members. The buildings are all interconnected and residents are free to travel between the buildings to visit friends. The amenities, activities, and programs are shared among all 300 senior citizens that reside at Serviam. This has provided a sense of community and increased physical/mental well-being among all residents, a rare quality among affordable senior housing developments in New York City.

| Fordham-Bedford Housing Corporation |
| Jacque Martin, Program Coordinator |
| jmartin@fordham-bedford.org |
| (718) 708-8110 |
Serviam Gardens Volunteer Opportunities

Creating Flyers: Every month we have events and trips for the seniors at Serviam. Your job will be to create flyers for every event that we have for the month and every trip that they go on. This can be done one site or remotely and sent via email.

Updating Bulletin Boards: There are four bulletin boards where the flyers are hung at Serviam. The bulletin boards need to be up to date displaying information for the upcoming week. The calendar also needs to be displayed in the bulletin boards. Your job will be to change the background and borders as needed, and to update the flyers weekly.

Distributing Flyers: We distribute a monthly calendar and newsletter to all of our 242 apartments at the beginning of each month. We also distribute flyers and reminders to certain apartments for other trips, events, and activities. Your job will be to distribute flyers weekly to our resident’s apartments.

Garden: From April to October residents participate in the Gardening Club. There are 31 residents who have a fruit & vegetable garden plot to tend to as well as common spaces for planting flowers. Your job will be to work with the seniors to upkeep the common garden spaces.

Tenant of the Month: Every month we highlight one resident as the tenant of the month. The residents will be chosen for you but it will be your job to interview them, create a short biography, and take their photograph. After the interview you need to type up the biography and upload the photo and send them to the Program Coordinator. The interview needs to be done in person, but the write up can be sent remotely.

Intake Forms: Your job will be to help us distribute the social services intake forms to tenants and ensure that the tenants fill them out and return them to us.

Events: We have a variety of events over the course of the year at Serviam. Your job will be to help on the day before/day of the event with preparation, execution, and clean-up of the event. This often involves cooking the meal, putting up decorations, running games/activities, and interacting with the residents.

Clubs: Serviam has many resident clubs that meet weekly. Your job will be to come once a week for the club that you would like to assist with. You will be helping the tenants set up, run, & clean up the club meeting. Tenant clubs include: Bingo, Dominoes, Arts and Crafts, etc.

Teach a Class: Do you have a gift that you could share with the seniors at Serviam? Past classes have included English Computer Classes, Spanish Computer Classes, Fitness/Stretching Classes, Zumba Classes.

Create your own event: Do you want to do something different with the tenants? You can create your own event for the tenants. This could be showing tenants a movie another night a week, teaching them a new game, doing a craft with them, etc.

If you are interested in volunteering at Serviam in any capacity, please contact:

Jacqueline Martin  
Program Coordinator  
Serviam Gardens  
323 East 198th Street  
Bronx, NY 10458  
Tel:7187088110  
Fax:7187085665  
Email: jmartin@fordham-bedford.org
Learn to prepare taxes and MAKE A DIFFERENCE Volunteer with us!

Who is Ariva?

Ariva is a 501(c)(3) nonprofit organization founded in 2003 and headquartered in the Highbridge section of the Bronx. Our mission is to empower low-wealth New Yorkers with effective tools and resources so they can make informed financial choices and achieve financial stability.

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make $53,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns.

VITA is rewarding, fun, and a great way to build skills

Don’t know much about taxes? Don’t worry, you’ll receive specialized training

- Flexible hours from Fall and Spring Semester
- FREE IRS certified training
- VITA looks great on your resume!

Looking for volunteers who are:

- Eager to learn new skills
- Customer-friendly
- Passionate about helping low income communities

Interested?

Please Contact

Cesar Rodriguez
Project Manager
Email: CRodriguez@ariva.org
Tel: (844)927-4822 Ext: 706

East 167th Street 2nd Floor
Bronx, NY 10452

*This is an unpaid internship
Involvement Opportunities

Volunteer Opportunities:

- **Community Dining Room:** Our restaurant-style dining room is open 365 days a year and needs up to 12 volunteers to serve meals to approximately 400 guests per day. Community dining room volunteers are needed from 12:00PM-4:00PM.

- **Morning Meal Prep:** Each day we need 6-8 volunteers to make over 400 portions of nutritious healthy food for the day’s lunch. Meal Prep volunteers are needed from 8:15AM -11:15AM.

- **Food Pantry Stocking:** Each day close to 100 families walk through our Food Pantry. Two to three volunteers are needed to restock the shelves from 11:00AM to 1:00PM Mon-Fri, and from 11:00PM-1:00PM and 3:30PM to 6:30PM on Saturday.

- **Food Pantry Volunteer:** These volunteers assist clients in finding what they need during pantry hours. Three Food Pantry volunteers are needed from 9:00AM to 12:00PM Mon-Sat.

- **Family Club Tutors:** Help K-12 students with homework, math and reading. Select Wednesdays and Sundays from 4pm-6:30pm.

- **Social Work and Legal Interns:** If you can speak Spanish and can give at least 8 hours a week, contact swagner@potsbronx.org about possible opportunities.

- **Receptionist/Greeter:** Receptionists greet POTS’ clients, volunteers, and guests in a friendly and welcoming manner, and help them navigate POTS. Two receptionists are needed per day. On Mondays, Fridays, Saturdays, and Sundays, one is needed from 9:00AM-12:00PM and one is needed from 12:00PM-3:30PM.

Visit [www.potsbronx.org](http://www.potsbronx.org) to complete an application, click “Give Help” and then click “Volunteer.”

Drives:

- **Food Pantry:** The POTS Food Pantry helps close to 100 families each day and therefore needs to be restocked on a daily basis. Our high need items include: tuna, peanut butter, canned chicken, canned or dried beans, oatmeal, pasta, and brown rice.

- **Day-to-Day Services:** This year POTS will provide 3,500 showers to individuals. In order to provide this service, we are always in need of white towels, razors, and gender neutral toiletries, especially travel size.

- **Clothing Room:** Clean clothing is always essential; particularly after a shower, before an interview, or for a growing child. Our clothing closet is always in need of the following items: new men’s underwear and socks, seasonal men’s clothing, sneakers, and boots. Our back-to-work clothing needs are: women’s pants and skirts, blouses, panty hose, women’s blazers, men’s shoes, button down shirts, pants and belts.

- **Infants and Children:** Over 8,000 infants and children are served by POTS with their families. Please help us provide them with: diapers, baby wipes, clothing, children’s books. POTS also solicits donations for seasonal children’s events (backpacks and toys). Please contact acollard@potsbronx.org for more info.
BECOME A DEMOCRACY COACH WITH GENERATION CITIZEN!

Democracy Coach volunteers are undergraduate college students who work with a local middle or high school classroom for one semester. Democracy Coaches help youth engage in direct political action through an innovative in-class curriculum, in which students work with local leaders to address local issues.

**BENEFITS**
- Learn about local community issues, real-world advocacy and civic action
- Connect with elected officials and community leaders
- Help New York City youth make their voices heard
- Earn valuable leadership and direct service experience to build your resume
- Transportation stipends available!

**COMMITMENT**
- Attend a weekend training on Sept 24-25th
- Commit to serving for a minimum of one full semester (10 weeks)
- Lead in a classroom twice a week for a total of 90 minutes each week
- Attend weekly workshop meetings on your campus with fellow Democracy Coaches
- Serve as a positive role model & mentor for your students!

"Being a part of Generation Citizen has been one of the most rewarding experiences of my college career."

- Former Democracy Coach

Apply Online
www.generationcitizen.org
Click “Apply Now”

Contact Us!
Michael Sperling
fordhamrh@generationcitizen.org
Mary Mitchell Center
After School Program

We Offer:

- Pick-up from NEARBY schools
- Daily Healthy Meals
- Homework help & Tutoring
- Sports & Fitness
- Reading Club
- Arts & Crafts
- Garden to Table explorers

The Mary Mitchell Family and Youth Center is pleased to offer academic enrichment for the Crotona neighborhood. The program runs Monday- Friday 2:20pm to 6:00pm.
Youth ages 5-12 are welcome!

We Begin on September 13th

For more information, visit us:
2007 Mapes Avenue Bronx, NY 10457 www.marymitchellfyc.org 718-583-1765
We accept ACD, ACS and private payment
ARE YOU $AVVY?

BECOME A VITA VOLUNTEER!

Receive free Training this Winter and help Bronx Residents with Translation or by Filing income tax returns in 2017.

MAKE A DIFFERENCE.

WANT MORE INFORMATION?
CONTACT UNIVERSITY NEIGHBORHOOD HOUSING PROGRAM
www.unhp.org
Volunteer: 718-933-2539
-or- jumelia@unhp.org

Facebook.com/universityneighborhood Twitter.com/unhp
Volunteer Opportunities @ UNHP in 2017

UNHP has partnered with Fordham University and Manhattan College for 7 consecutive years to run our popular free income tax program.

- Students participated in our program and contributed 380 hours.
- Since 2010 nearly 500 students have helped us file taxes for more than 8,000 families.
- Beyond helping prepare tax returns (which may sound intimidating to many of you), UNHP has a need for **greeters / translators** (especially in Spanish and Korean) and **ambassador** (to help print credit reports).
- UNHP provides training and support (during the IRS online certification) and **food & T-shirt during each service day**.
- Tax Program is mainly held on Wednesday and Saturdays. 20 service days are available and students are encouraged to volunteer on multiple days, you get to **select your own schedule**. Volunteers are supervised by staff from UNHP and are never alone.
- We serve our clients at Refuge House (2715 Bainbridge Ave) and local senior buildings (to accommodate our seniors and disabled filers).
- In this program you immediately get to see the impact you can have on the individual and neighborhood level.
- UNHP and its partner organizations have helped over 8,000 households file their taxes for free and keep $9.4 million in tax credits.

Volunteer and Gain Experience Contact Us Now
718-933-2539 jumelia@unhp.org or Volunteers@unhp.org
I want to Volunteer!

But what does it really mean to be a VITA Volunteer?
- You are part of the IRS Volunteer Income Tax Assistance Program
- You become part of a team that provides free income tax preparation to people who cannot prepare their own tax returns
- You are trained and certified to assist low to moderate-income clients in preparing a basic tax return, both federal and state taxes (pertain to preparers only)
- You are not paid for your service. A non-paid tax preparer cannot solicit or accept payment for services
- The returns you help prepare are considered self-prepared. As an individual preparer you do not sign the return instead the VITA site information is provided on clients’ return

Your Rewards:
- The expertise you’ll gain and your commitment is a great resume builder!!!
- Learn to file your own return
- Gain data entry and interpersonal skills
- Help low-income families keep the money they earn. Income which is needed for living expenses such as rent
- Great satisfaction from volunteering in your community

How Can I Become a VITA Preparer?

Contact us and we’ll get you started.
Phone: (718) 933-2539
Website: www.unhp.org
Facebook: facebook.com/universityneighborhood
Twitter: @unhp

Two Steps before Volunteering:
1. IRS Certification Link and Learn
   - This e-course focuses on different tax terms and forms, all at your own pace
   - IRS publication is provided for test preparation and as a reference tool during tax season
   - At least basic Certification is required
   **After successful completion of the online certification course you are ready to attend a hands on Software training

2. Software Training
   - You’ll review terms and tax scenarios
   - Prepare sample returns
   - Learn about NYS filing
   - Become familiar with Tax Wise—a tax and accounting software used by tax professionals and accountants to file tax returns
   - Visit tax site and get a glimpse for what the income tax season would be like

What’s a Day like For a VITA Preparer?

During the Tax Season...
Throughout the tax season, preparers have the flexibility to choose and commit to certain days from the main tax site or at mobile locations. Most returns are e-filed, meaning clients can receive their federal refund in as little as 8-10 business days.

And if you are thinking...
“Taxes are too complex! I’m afraid To help others!”

Don’t worry you are never alone!
- As a Volunteer you will only assist clients with Tax Returns within the scope of your training and certification.
- Tax Wise is very user friendly, making the data entry and tax preparation easier.
- After each tax return is completed a quality review test is performed by a trained staff, to confirm that the client is getting all the credits they qualify for.
- A site manager will always be available to answer questions and take care of the rare, more difficult cases.

With your commitment, this community will be able to keep all the money they are entitled to from their tax refunds!
We’re working toward the day every child in America enters kindergarten prepared to succeed.

BECOME A JUMPSTART CORPS MEMBER

Work with preschool children on teaching, writing, and social skills

Earn Federal Work-Study or course credit*

Receive professional training in early education and civic engagement

Serve 10-12 hours per week with a team of your peers

Receive a Segal AmeriCorps Education Award following your service*

Join a diverse service network, including over 20,000 dedicated alumni

*Subject to eligibility and varies by location

WHY JUMPSTART?

The Class of 2032 is counting on you. The scientists, teachers, entrepreneurs, and leaders of tomorrow are getting their start today. But not all children begin the race of life on equal footing. We can change this. Research shows that the foundation of success starts early. At Jumpstart you’ll join a national network of college students working to close America’s achievement gap before it’s too late. We serve preschool children in low-income neighborhoods—those who need a “jumpstart” the most—teaching them the vital skills they need to succeed in kindergarten and beyond.

By serving with Jumpstart, you’ll not only be part of a tight-knit community on campus, but you’ll also join a national network of committed Corps members. Together, we can drive dramatic change, making sure more children than ever start kindergarten ready to thrive.

Jumpstart has been by far the most rewarding experience of my life, and I’ve grown in too many ways to count. My service taught me the importance (and fun) of working successfully with a team and the incredible value of bettering your community.

Mike Roberts, Jumpstart Corps member

MAKE AN IMPACT
LIFT-NY Community Advocate Position

**LIFT’s Mission:**

LIFT’s mission is to help low-income families with young children achieve economic stability and well-being. We are working to establish a new standard for holistic and enduring solutions in our country’s fight against poverty.

**Purpose:**

The Community Advocate is an integral part of carrying out LIFT’s mission. Community Advocates will contribute to LIFT-NY’s capacity and reach by engaging and partnering with service providers in the South Bronx community to provide on-site public benefits access and Single Stop services to their members. Community Advocates will have the opportunity to make a positive impact in the lives of South Bronx families, while learning about local domestic poverty issues, public benefits access, service coordination, community engagement, event planning, and data entry.

**How LIFT Advocates have directly impacted community members in NYC:**
- Since 1999, LIFT Advocates have served over 7000 community members in NYC.
- Helped put over $1.1 million in wages and public benefits back into member pockets.
- Supported members in achieving more than 650 goals, like getting a job or housing.

**Samples of Activities:**
- Engaging potential community partners through phone and email communication
- Coordinating logistics and preparation for off-site tabling events
- Using Single Stop software to screen potential members for public benefits eligibility
- Ensuring quality entry of member data into LIFT software
- Updating calendar of events to reflect accurate scheduling of outreach events

**Requirements:**
- Commitment to LIFT’s mission and core values
- Proficiency in Spanish or French (preferred)
- Strong leadership and interpersonal skills
- Public Speaking and/or Group facilitation skills
- All majors and career interests are encouraged to apply

**Key Details:**
- **Training:** All Advocates will participate in a mandatory, pre-service training at the beginning of their term to become familiar with LIFT’s Single Stop approach, case-management database, common public benefits, and community resources in the Bronx area.
  
  *Training dates are September 23rd-24th*
- **Shift options:** We are looking for a commitment of 15-25 hours per week, scheduling is flexible and more hours are available for those with internship or other college requirements.

**How to Apply:**

Please submit your resume and a thoughtful cover letter (Word or PDF) outlining how your skills and experience meet the requirements of the position and stating how you heard about this opportunity. Resumes and cover letters should be submitted to Hannah Herrera: hherrera@liftcommunities.org.
"Knowledge has no value unless you use and share it."

Sistas & Brothas United is looking for volunteers like you!

Location: 103 East 196th Street Bronx, NY 10468

If interested please contact College Access Coordinator Crystal Reyes at 718-584-0515 ext.243 or via Email at Crystal@northwestbronx.org

Tutoring: Work with students to improve class grades or to prepare for state exams.
- **# Of Positions Available:** 10
- **Time required:** 2 hours once a week Monday-Friday (3pm-6pm Fridays 1-6pm) You are welcome to volunteer additional hours
- **Responsibilities:**
  - Work with tutee to develop a tutoring plan that fits the student's individual needs
  - Prepare tutoring sessions to ensure the tutee's academic development
  - Assess the tutee's progress throughout tutoring session

**College Access/Readiness:** Assist high school students with the college process.
- **Positions Available:** 2
- **Time required:** 3 hours, Wednesdays 2-5pm or Friday 5pm-7pm. You are welcome to volunteer additional hours
- **Responsibilities:**
  - Recruit students to program
  - Work with high school juniors to prepare for the college application process
  - Coordinate college trips
  - Assist with college research process
  - Meet with students one on one to match students to colleges

*Training will be provided*
Volunteer Opportunity

Tutors needed to work with boys ages 9-14 in the Bronx on Saturdays from 11:00 am-2:00 pm and/or weekdays from 3:00 pm-5:30 pm.

Tutoring:
Crotona Center helps boys ages 9-18 in the Bronx reach their goals through a variety of after-school and weekend programs. Our approach enables young men to have a real impact in the lives of underprivileged children. No prior experience or specific area of expertise is needed. Volunteers are shown the tools needed to help students excel academically and build character.

The program incorporates study, sports and character-developing activities. During the study portion, the tutors work with one to two boys to help them better understand and complete their school work. At the same time, we help students identify and practice personal habits and study skills that are essential for achieving one’s goals throughout life. The sports/activities portion of the program also provide an opportunity for the boys grow in character.

Dates and Time:
September to December; January to May
Saturdays: 11am-2pm (Pick-up at Fordham: 10:30 am; Drop-off at Fordham: 2:30 pm)
Tues-Thurs: 3-5:30 pm (Pick-up at Fordham: 3:00 pm, Drop-off at Fordham: 5:30 pm)

Location:
Saturdays: C.S. 61 (public school), 1550 Crotona Park East
Tues-Thurs: Crotona Center, 843 Crotona Park North, Bronx, NY 10460

Commitment:
Volunteers select one or more days of the program (Tuesday, Wednesday, Thursday or Saturday) to volunteer on a weekly basis for the semester. We have an 80% attendance policy per semester for volunteers. The program is off on the usual college breaks and holidays.

Contact:
Call or email Jose Healy or Lucas Lopes for more information:
(718) 861-1426
jose.healy@sbef.org
luces.lopes@sbef.org
CROTONA’S PURPOSE
The mission of Crotona is to help 4th - 12th grade boys in the Bronx develop into successful men of sound character through study, mentoring, and collaboration with parents. Founded in 1988, Crotona offers a variety of after-school and summertime programs which provide academic enrichment, character education, individual attention, and extra-curricular activities. Through the teamwork of staff and parents, boys improve in school, become responsible family members, and develop into good citizens ready to serve society.

EL OBJETIVO DE CROTONA
La misión de Crotona es ayudar a varones de 4° - 12° curso en el Bronx para que lleguen a ser hombres maduros a través del estudio, la orientación personalizada y la colaboración con los padres. Desde su fundación en 1988, Crotona ofrece varios programas extraescolares y de verano que proporcionan apoyo académico, formación del carácter, atención individual y actividades culturales. A través del trabajo conjunto de los padres y los líderes de Crotona, los estudiantes mejoran su rendimiento académico y llegan a ser miembros responsables de sus familias y en la sociedad.

PROGRAM INFORMATION
Throughout the school year, boys attend Crotona’s sessions to improve in their coursework, develop better study habits, and prepare for upcoming tests. But academics is just where Crotona starts. The program aims to form the character and develop the culture of students through virtue talks, individual mentoring, interactive activities, and sports. You may pick up to two days from the following options:

Tuesday - Thursday 3:00 - 5:30 pm
Saturday 11:00 am - 2:00 pm

LOCATION
Weekdays: Crotona Center, 843 Crotona Park North
Saturdays: C.S. 61, 1550 Crotona Park East

COST
One day a week: $50 per semester
Two days a week: $100 per semester

INFORMACIÓN SOBRE EL PROGRAMA
A lo largo del año escolar, los estudiantes asisten a las sesiones de Crotona para mejorar su trabajo escolar, desarrollar buenos hábitos de estudio, y preparar sus exámenes.

Pero el apoyo académico es sólo el inicio de lo que Crotona ofrece. El programa tiene como objetivo formar el carácter y desarrollar la cultura de los estudiantes a través de charlas sobre virtudes, orientación personalizada, actividades interactivas y deportes. Puede escoger hasta dos días por semana de las siguientes opciones:

Martes a jueves 3:00 - 5:30 pm
Sábado 11:00 am - 2:00 pm

UBICACIÓN
Martes a jueves: Crotona Center, 843 Crotona Park North
Sábado: C.S. 61, 1550 Crotona Park East

COSTO
Un día por semana: $50 por semestre
Dos días por semana: $100 por semestre
Sistas and Brothas United (SBU) is a youth led organization that develops the leadership of young people in our schools and communities to work on educational issues in the context of racial and economic justice.

Below you'll find a list of possible internship opportunities with our Organization.

**Tutoring: Work with students to improve class grades or to prepare for state exams.**

* # Of Positions Available: 10
* Time required: 2 hours once a week Monday-Friday (3pm-6pm Fridays 1-6pm) You are welcome to volunteer additional hours
* Responsibilities:
  * Work with tutee to develop a tutoring plan that fits the student’s individual needs
  * Prepare tutoring sessions to ensure the tutee’s academic development
  * Assess the tutee’s progress throughout tutoring session
* Qualifications:
  * Be able to demonstrate knowledge and competence in one of the following subjects; Algebra, Geometry, Living Environment, Earth Science, Global History, U.S. History or English
  * Effectively communicate study strategies to others
  * Be able to explain concepts to others effectively
  * Exhibit patience and positive attitudes in establishing an encouraging learning environment
  * Work comfortably with people from diverse backgrounds

**College Access/Readiness: Assist high school students with the college process**

We believe it is never too early to be exposed to higher education. Thus, our program offers college exploration workshops, individual college counseling, application assistance, workshops on the college application process, and financial aid. In addition, we offer trips to various colleges and universities (both local and out of town) and college fairs.

* Positions Available: 2
* Time required: 3 hours, Wednesdays 2-5pm or Friday 5pm-7pm. You are welcome to volunteer additional hours
* Responsibilities:
  * Recruit students to program
  * Work with high school juniors to prepare for the college application process
  * Coordinate college trips
  * Assist with college research process
  * Meet with students one on one to match students to colleges

*Training will be provided*
Social Media: Maintain Social Media outlets update (Facebook, Twitter, Instagram etc.)
Positions Available: 2
Time required: 2-3 hours once a week, flexibility is a must
Responsibilities:
Work with Program Director to keep social media outlets updated (Facebook, Twitter, Instagram). Maintain active communication with youth leaders about events and maintain organizational calendar.
Qualifications:
- Strong communication skills.
- Someone who is engaged in social media, and knowledgeable of and interested in social media trends.

Social Justice/Civic Engagement: Work with a community organizer on a particular social issue (Restorative Justice in Schools, Gender Sexuality Alliance amongst our youth, Health and Wellness in our communities, Housing equity, and economic Democracy)
Positions Available: Multiple
Responsibility:
- Identify and connect with members within the communities and train them to be leaders of community organizations and initiatives that support positive community
- Manage community organizing initiatives
- Partner with youth leaders to design campaigns to change policies and systems.
- Collaborate with local partner organizations to connect individual campaigns to a broader movement for social and racial justice in the Bronx.
- Build strategic partnerships with local stakeholders such as residents, business leaders, community leaders, churches, school officials and/or other youth serving agencies.
Qualifications:
- Spanish speaker is a plus but not necessary
- Strong interpersonal skills with youth, colleagues, parents, teachers, systems leaders, elected officials and representatives from other community organizations
- Strong political instincts; comfortable operating in highly politicized environments
- Some knowledge of policy development and policy advocacy in school district or local government settings
- Ability to work independently, exercise initiative, and accomplish tasks without continuous supervision
- Ability to remain flexible and work with multiple and changing priorities when necessary
- Skill in handling multiple tasks and meeting multiple deadlines
- A deep and demonstrated commitment to social justice, peace-building and equity
- Excellent written and verbal communications skills

*Training will be provided, if this is your interest please specify which social issue you are most interested in.*
Summer. Fall. Winter. What's ahead with GYC.

1 message

GYC <GYC@mail.vresp.com>
Reply-To: GYC <reply-62899dc01a-fa00ca28c8-0455@u.cts.vresp.com>
To: davenport@fordham.edu

Thu, Sep 1, 2016 at 10:55 AM

Looking back. Planning
Summer | Fall | Wi

Our summer:
#GYCRwanda and #GYCColombia
Our GYC summer delegations to Rwanda Colombia ended last month. Interested in what was accomplished this year? Check out w #GYCRwanda delegate Majesty shared at experience by . #GYCColombia delegate Anna shared a few of her takeaways too. Click , or here for our

Our fall:
GYC Giving party
We're hosting a fundraising and giving party in NYC on Sept. 21. It's at Taste Wine Company in Manhattan. Prosecco will kick off the evening. Following that, we'll have
unlimited wine tastings, snacks from Trader Joe's, a silent auction and raffle. You can learn more about the evening and buy tickets.

Our winter: South Africa
We're headed to South Africa before the end of the year. Our inaugural Human Rights Delegation to Grahamstown, South Africa is a partnership between Global Youth Connect and Inkululeko, a nonprofit that serves young people in Grahamstown.

Be a part of our inaugural delegation to Grahamstown, South Africa. Are you a student interested in traveling but have questions about the program? E-mail us:

Are you a professor? Please consider sharing with your students.

Early admission ends October 30.

Tel: (945)
Email: contact@globalyouthcon.org

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link:
"Knowledge has no value unless you use and share it."

Sistas & Brothas United is looking for volunteers like you!

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Responsibilities:
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- Coordinate college trips
- Assist with college research process
- Meet with students one on one to match students to colleges

Training will be provided.
HELP SOMEONE GET TO COLLEGE!

Let's Get Ready expands access to college in America by mobilizing, equipping, and empowering a movement of college students helping high school students get to college. Through a network of local chapters, Let's Get Ready volunteers provide students with intensive SAT preparation, college advising, and powerful role models for college success.

PROGRAM

College students are Coaches/mentors who work with high school students in small groups of five students to one Coach. High school seniors are placed in groups by their score on the first diagnostic test. In addition to SAT Prep you also provide college application assistance, and financial aid overview.

LOCATION

Theodore Roosevelt Educational Campus
500 East Fordham Road
Bronx, NY 10458

For more information, visit:
www.LetsGetReady.org/Programs/Fordham

Apply today at:
https://www.tfaforms.com/436200

Questions? Contact us at fordham@letsgreatady.org

92% of Let's Get Ready students increased their SAT scores an average of 115 points

Coach either Verbal (Tuesdays, 4:30-7:30pm) or Math (Thursdays, 4:30-7:30pm)

One night a week for 3 hours

Late September – early December

SCHEDULE

FOR MORE INFORMATION AND TO APPLY
RE: Internships
1 message

Eileen Reilly <eileenssnd@gmail.com>                        Mon, Dec 21, 2015 at 2:43 PM
To: Orlando Rodriguez <orrrodriguez@fordham.edu>
Cc: John Davenport <davenport@fordham.edu>, Sally Dunne <sdunne@lorettocommunity.org>

I would be pleased to talk with students who are interested in interning at the UN.

UN Interns could be involved in some of the following:

- Participating in the NGO Committee to Stop Trafficking (2nd Tuesday of the month from 11-1), as well as subcommittee activities
- Participating in the activities of the Working Group on Girls (WGG) and its Mission, Outreach Standing Committee (both usually meet the first Thursday of the month from 2-4 and 1-2 respectively)
- Participating in the visits to UN member missions by WGG, as available
- Participating in Civil Society Forum and Commission of Social Development from Feb. 1-12

This list is not exhaustive. It is just meant to give some sense of the scope of the possibilities.

Eileen Reilly
Main UN NGO Representative
School Sisters of Notre Dame

203 856 4430

From: Orlando Rodriguez [mailto:orrrodriguez@fordham.edu]
Sent: Tuesday, December 15, 2015 9:22 AM
To: Eileen Reilly
Cc: John Davenport; Sally Dunne
Subject: Re: Internships