



HELPING 'GIRLS WITH GOALS' SOAR HIGH

Two years ago a special program for middle-level girls, called 'Supporting Our Girls,' was implemented. With the support of the Alumni Foundation the program was regenerated this past school year. Now titled 'Girls with Goals,' its purpose is to empower girls to make important decisions with increased confidence, through intervention and support. The participants, from grades 6-8, are selected by teachers, administrators, and the middle-level counselor. This year 14 girls were enrolled in the program, and meetings were held once or twice a month during the winter and spring. Through activities and workshops, six focus areas were presented: media influence, self-esteem/pride, strong women in

our community past and present, emotional intelligence, stress-management strategies, and making healthy choices. Activities at the meetings were varied. At one, Miss Teen New York spoke about setting and achieving goals, perseverance, finding a balance in life, and recognizing the beauty within ourselves. Other meetings included discussions and activities about personal values, the power of positive affirmation, media influence, and making healthy choices. Upon the conclusion of 'Girls with Goals' in June a few of the participants shared their thoughts, which truly show the value of the program: "From Miss New York State I learned it's OK if you don't reach your goal the first time. It matters that you try your best." "After the program I started to feel great about myself. I will never forget this group. It will stick with me forever and ever." "This group made me believe in my goals and things I could overcome."

The Alumni Foundation is extremely proud to have been able to provide funding for this endeavor, which allowed for snacks, t-shirts, and a book for each participant. We also look forward to supporting this meaningful, inspiring group next year.

– Anita M. Mance, Grants Chairperson

Photos from the Friday, June 5 Alumni Connection Day, for grades 6-8, are at www.tinyurl.com/om6jges.

Photos from the Monday, June 22 Baccalaureate ceremony, at which numerous ER alumni participated and Bishop Emeritus Matthew Clark was the featured speaker, are at www.tinyurl.com/q7ejota.

Foundation Seeking Nominations for 2016 Distinguished Alumni Award

2015 marks the seventh year the East Rochester Alumni Foundation is presenting its Distinguished Alumni Award to a graduate who has made significant and ongoing contributions to the students and village of ER, or their community, country, or chosen profession. The goal of this award is twofold. First, the DAA recognizes ER graduates for their noteworthy lifetime accomplishments and contributions. Additionally, it offers a powerful opportunity to underscore the potential that exists for kids who are lucky enough to grow up and be educated in East Rochester.

This award is presented at the Alumni Foundation's Sam Urzetta Alumni Classic Golf Tournament, held each year on the first Friday of August. DAA recipients from 2009 to 2014, respectively, are **Nick Verzella '44**, co-honorees **Brig. Gen. Richard McPhee '74** and **Rear Adm. Don Quinn '75**, **Sam Urzetta '44**, **Larry Weise '54**, **the Hon. Vicki Argento '80**, and **Tom Connors '44**. The 2015 Distinguished Alumni Award recipient is '83 graduate **Mary Steigerwald Whittier**, Executive Director of the Bivona Child Advocacy Center.

Again this year, the Foundation's Board of Directors is encouraging ER graduates to nominate fellow alumni for consideration. Suggestions can be made by printing the DAA nomination form on the Foundation's Website (www.erschools.org/alumni.cfm – choose the 'Distinguished Alumni Award' tab on the left side of the homepage) and returning the completed document to the ER District Office, at 222 Woodbine Ave. Nominations must be received by the first Friday in April, and a final selection will take place during May.

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