• **Dartmouth Day of Service (April 26, 2014):** The Graduate Day of Service was held Saturday, April 26th. A combined effort of graduate and medical students, volunteers spent the day at a number of community organizations around the Upper Valley including: Good Neighbor, the Upper Valley Haven, COVER, AVA, Children's Center of the Upper Valley, Headrest, High Horses, Upper Valley Humane Society, Dismas House, Hannah House, LISTEN, WISE, Family Place in Norwich, and the Upper Valley Trails Alliance. Volunteers included: Paula Piedrahita, Aravind Viswanathan, Mila Pinigin, Shelly Sood, Iviana Torres, Siroun Hintiryan, Justin Richardson, Irina Mikheyeva, Andrew Grassetti, Kate Schlosser, Christina Cheli, Annie Saunders, Cristina Alcorta, Jeff Pedersen, Emmanuel Aryee, Bill Boyle, Ramtin Rahmani, Amy Baker, Gilbert Rahme, Liam Guerin, Iryna Shuvalova, Adam Petrone, Angelyca Jackson, Nora Grahl, Alexandra Sclafani, Ashley Zurawel, Amanda Socha, Tyler Walton, Amundam Mancho, Arsa Thammahong, Natasha Resendes, David Strickland, Amit Ramakrishna Kowshik, Moises Chavez, Chengetai Mahomva, Maura Murphy, George Boz, Jhamar Youngblood, Julie Ocampo, Harrison Jones, Chelsea Modlin, Kimberly Betts, Rebekah Guevara, Anum Khan, Jonathan Burgess, Caitlyn Hauke, Richard Manivanh, Khristina Holscher, Nadia Cumbal, Yang Gao, Tina Jaramillo, Lynn Symonds, Yunnia Sinsky, Alison Paquette, Kristin Lam, Chris Rees, Solomon Diamond, Adam Gilbert-Diamond, Hope Bauman, Jon Miller, Andrew Everette, Mika Nakashige, Laurie Delatour, Ana Maria Dumitru, and Kanak Verma.

• **Habitat for Humanity (Saturday, April 12, 2014):** The Graduate Relief team participated in their second build of the year on Saturday, April 12th. Maura Murphy, Rebekah Guevara, Annie Sun, and David Strickland headed to Bradford, VT to continue working on the same house from last month's build. This time, Maura and Annie were on painting duty, Rebekah learned what cleats were (the wall-mounted rests for shelving - who knew?), and David finished up some corner bead and mudding. If you missed out on this month's build, you're welcome to join us for the next one! Keep watching this site for more information on future builds.

• **Habitat for Humanity (Saturday, March 8, 2014):** On Saturday, March 8th, the GRT worked on a Habitat for Humanity project from 12:30PM-4:00PM. This time, we returned to the house we cleaned out when it was first donated two years ago. Maura Murphy, Marie Onakomaiya and David Strickland spent the afternoon helping Don Derrick and 3 other volunteers with Upper Valley Habitat mud walls, fill in gaps and assemble ventilation pipes! Find pictures on our Facebook page! Contact Maura Murphy for more information on future builds. Helping to build a house can be a lot of fun and a potential stress-relieving activity! A typical morning or afternoon at a Habitat site is spent hammering, sawing, painting and enjoying the outdoors. **NO EXPERIENCE NECESSARY** For more information you can also check out the Dartmouth Habitat for Humanity website.

• **Holiday Dinners with Students Fighting Hunger (Nov 2013 to Jan 2014):** Over the holiday season, several graduate students (Alexandra Giese, Anna Hatch, Chelsea Modlin, Damian Almiron-Bonnin, David Strickland, Erin O'Malley, Haofeng Li, Maura Murphy, Shan Chen, Sladjana Skopelja, Spencer Hatch) had fun cooking Friday dinners for people in need at Our Savior Lutheran Church in Hanover. They decided on a menu, cooked and ate with the other guests. Volunteers provided the ingredients (paid for my the GRT), Willing Hands supplemented with produce and the pantry had basics like oil, spices etc. Find updates about one of the nights on our Facebook page!

• **Refugee Education Session in Burlington, VT (December 7, 2013):** On December 7th, GRT members, Amanda Balboni, Iryna Shuvalova, Marie Onakomaiya, Stela Celaj, and 3 other volunteers organized an
hour-long community discussion focused on "Environmental Hazards" with a group of refugees from Nepal and Myanmar. It was also an opportunity to learn about their challenges and fill in any gaps in knowledge about the topic. It was an educational experience for both the GRT members and the refugees we met with. Email Shawn.M.O’Leary@Dartmouth.edu to sign up for future visits.

- **Virtual Food Drive with the Upper Valley Haven (November 2013):** For the Thanksgiving season, the GRT sponsored a virtual food drive in partnership with the Upper Valley Haven for the month of November! Donations ranged from $12 to $60 dollars for side dishes, and $20-$100 dollars for sides dishes and a turkey! We raised a total of $1,112.00 from the graduate community! A special thank you to Angelyca Jackson for organizing the food drive and to all those that donated!

- **Girl Rising Film Screening and Discussion (November 17, 2013):** On November 17th, 2013 in Filene Auditorium, the acclaimed documentary Girl rising came back to Dartmouth with over 100 attendees from both the Dartmouth and Upper Valley communities. Several attendees also stayed for a post-screening discussion about what they learned and how to stay involved within our community and beyond. Read more about the event here. Girl Rising tells the stories of nine girls around the world who overcome injustice through the power of education. See the trailer and learn more about the Girl Rising movement here. Sponsored by the Dartmouth Centers Forum, the Graduate Student Council and the Graduate Women in Science and Engineering (GWise).

- **Willing Hands Gleaning Work Crew (November 2, 2013):** On November 2nd, GRT members Amanda Balboni, Spencer Hatch and Yipeng Shi joined Willing Hands’ gleaning crew for the afternoon! Gleaning is collecting surplus produce from farms and orchards in the local area which are then distributed (by paid drivers) to neighbors in need in the Upper Valley. Willing Hands has been gleaning surplus fruits and vegetables since 2005. To hear about future gleaning events, email volunteer@willinghands.org Email the GRT with questions.

- **CHaD Hero Half-Marathon (October 20, 2013):** This year, the GRT volunteered at the Children’s Hospital at Dartmouth- Hitchcock (CHaD) Hero Half Marathon and Ripcord 5K on October 20th, 2013! CHaD is a non-profit children’s hospital that provides family-centered care to children in need of treatment, regardless of the family’s ability to pay. The half-marathon is a fundraiser to support their efforts, where participants and volunteers are encouraged to dress up as superheroes! 11 graduate students joined the CHaD heroes on Saturday afternoon as course volunteers, cheering, directing traffic and keeping the track safe for the running heroes as they went through Norwich, VT! Many thanks to the GRT members who participated: Angelyca Jackson, Mara Laine, Hao Feng Li, Maura Murphy, Marie Onakomaiya, Kiah Sanders, David Strickland, Mariah Williams, Sarah Wolff, Lin Zhao and Yu Zhao, making this another record participation for a GRT event! Look for pictures on Facebook! The CHaD was the GRT’s inaugural volunteer event in 2010 when 1500 superheroes helped them break the Guinness World Record!

- **4th Annual Day of Caring at Dartmouth (October 5, 2013):** On Saturday, October 5th, 2013 members of the graduate relief team volunteered at the 4th annual Day of Caring. The GRT has participated in the Day of Caring since it first began three years ago and it has always been a really fun and rewarding event. As in years past, we joined the rest of Dartmouth and Upper Valley to volunteer with non-profits around the Upper Valley. The GRT was assigned to the Connecticut River Watershed Council’s 17th Annual Source to Sea Cleanup and spent the morning and early afternoon cleaning both the New Hampshire and Vermont sides of the river around Dartmouth. This year we pushed to at least double graduate student
participation in the Day of Caring and we exceeded our goal! With 15 graduate students volunteering, we more than tripled our participation from last year! A huge thanks to all who participated: Amanda Balboni, Nadia Cumbal, Rebekah Guevara, Spencer Hatch, Angelyca Jackson, Archana Murali, Maura Murphy, Marie Onakomaiya, Dan Osipovitch, Emily Schaeffer, Iryna Shuvalova, David Strickland (and his friend Juliana), Vinoy Vijayan and Mariah Williams.

You can find out more about what we did at this year’s Day of Caring on the Grad News Forum and see pictures on Facebook! Learn more about the Day of Caring on the Tucker Foundation page.

- **The Prouty (Saturday, July 13, 2013):** Every year for 32 years, the Prouty has brought thousands of cyclists, walkers, rowers and this year golfers in the community together to raise awareness and money for cancer research. The 32nd Prouty was Saturday, July 13, 2013 and GRT members (Stela Celaj, Angelyca Jackson, Lisa Jackson, Marie Onakomaiya, Ashley Zurawel) volunteered in the Kid’s Tent and helped with parking! We had a lot of fun again, painting faces, doing arts and crafts and keeping the kids busy during the event. You can find pictures from last year’s event on our Facebook page!

- **Gardening at the Upper Valley Haven (Saturday, May 18th 2013):** On Saturday, May 18th, Archana Murali, Stela Celaj, Lisa Jackson, Justin Richardson, Alicia Ong, Yu Zhao, Elizabeth Gillaspy, Angelyca Jackson and Marie Onakomaiya, members of the Graduate Relief Team spent the morning planting the fruit and vegetable garden at the Upper Valley Haven. At the Haven food shelf, families in need can come in every day for fresh produce, a good percentage of which is harvested from the Haven’s own vegetable garden. We weeded, edged, turned soil, fertilized and planted seeds and saplings all around the Haven. Overall it was a fun and rewarding morning especially because it will be great to see how the gardens progress over the next few months. Look for pictures and more about what we did on the Grad News Forum and the Upper Valley Haven site!

- **ACS Relay For Life (Saturday, May 11th - Sunday, May 12th 2013):** The GRT once again participated in the American Cancer Society’s Relay for Life on May 11th/12th 2013! Relay for Life helps communities around the world celebrate the lives of people who have battled cancer, remember loved ones lost, and raise money and awareness for ACS. Sahar Ayyoubi, Fadzai Chinyengetere, Miles Engel, Olivia Kang, Angelyca Jackson, Lisa Jackson, Erin O’Malley, Marie Onakomaiya, Sladjana Skopelja braved the cold and rain to represent the GRT at the first outdoor DHL Relay in 7 years! The GRT was there from 3.30pm on Saturday until the end of the event the next morning in Maynard lot. Members of the team helped at the registration desk, ran a dessert table to raise money on-site and participated in several of the themed laps and events through Saturday and Sunday. Thank you to everyone who walked with us and stopped by our campsite to support us! We particularly thank all our donors. Because of your generosity, the GRT raised almost $3,500 for the American Cancer Society to win 2nd place overall for team fundraising! Congratulations to GRT members Erin O’Malley for raising $1,025 to win 3rd place for overall individual fundraising and Olivia Kang for winning the dessert cook-off with her Strawberry Angel cupcakes at Relay this year! Fundraising continues year round, so we are still accepting donations for the American Cancer Society. You can find pictures from the event on Facebook!

- **Dartmouth Habitat for Humanity Build (Saturday, February 16th, 2013):** Our first volunteer event of the year was a Habitat for Humanity build on Saturday, February 16th from 12:15PM-3:30PM! Four GRT members, Angelyca Jackson, Erin O’Malley, Yu Zhao and Waheed Zarif volunteered to help at a site that
was damaged in Hurricane Irene. Learn more about Dartmouth Habitat for Humanity and the amazing work they do. Find pictures from a past GRT-Habitat build here.

- **Food Drive at the "Blizzard Ball" (Saturday, February 2nd, 2013):** To kick off the new year, the Graduate Relief Team teamed up with the GSC's social chairs to run a Food Drive at the Blizzard Ball on February 2! This philanthropic giving opportunity benefitted The Upper Valley Haven. They are especially in need of any and all canned foods and/or non-perishable food items since their shelves are generally depleted over the holidays. One free drink ticket good for any wine, beer, or cocktail at the Blizzard Ball was given to the first 50 dance attendees through the door who brought 3 or more cans of food or other non-perishable food item with them on the 2nd. We collected a boxful of food in just a few hours! Thanks to all those that gave and the GSC for helping to make this possible.