

Step It Up

T.R.I.P.S.

Be the Change

“Step It Up” Itinerary

Embrace St. Norbert’s core values of change yourself, change your community, and change your world.

Step It Up: T.R.I.P.S. - Be the Change

Thank you for joining us on this “virtual” walking TRIPS program through the United States and St. Lucia.

The goals of this program are:

- Promote good health
- Increase daily activity level
- Build teamwork
- Learn about the cities, culture, people, and the work being done through the TRIPS program to “Be the Change” within the United States and throughout the world..
- Have fun
- Increase awareness of community and global needs and provide opportunities for you to “Be the Change”.

The total distance of the trip is approximately 1,200 miles.

Total Steps: 2,400,000 steps

Average steps per week: 343,000

Average steps per day: 49,000

Average steps per day per team member: 9,800

By the end of 7 weeks each person will have walked approximately 240 miles.

Pedometer conversion: 2000 steps = 1 mile

Other Important Information

Conversion Chart

Sport/Activity	Time or Distance	Steps-Male	Steps-Female
*Basketball	30 minutes	4,350	6,360
*Bicycling	30 minutes	5,430	5,670
*Elliptical Trainer	30 minutes	6,540	7,080
Wheelchair	1 mile	775	775

*conversions used from YMCA America on the Move

- Be active and contribute whatever steps you can to your team. If you have any health concerns please check with your health care provider before beginning any exercise program.
- Turn your steps each week to your captain. The captain is responsible for reporting the teams total steps for each week by Wednesday (e.g. Captains need to log in steps for Week 1 by February 24) to be eligible for the weekly drawings. This can be done by emailing, or bringing a paper copy to Health Services, or logging in to mySNC and click on the “Submit Walking Steps” link.
- Go on a team Geocaching adventure in search of caches in the De Pere and Green Bay area. Information about the training sessions will be sent at a later time. To learn more about geocaching check out this website www.geocaching.com
- “Be the Change” opportunities will be offered each week for any interested individual or team. It is not required that you participate.

We would like to thank and acknowledge the contributions of Nancy Mathias and Breanna Mekuly from Leadership, Service and Engagement, T.R.I.P.S., Susan Angoli from The Center for Community Service and Learning, Melissa DaPra and Chef Dan from Dining Services

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

William Londen

Contact Information

Health and Wellness Services: Pat or Carol ext. 3266 or health@snc.edu

Community Service Opportunities: Susan Angoli at the Center for Community Service and Learning, ext. 3374 or susan.angoli@snc.edu or www.snc.edu/ccsl

Turning Responsibility Into Powerful Service (T.R.I.P.S.): Leadership, Service and Engagement (LSE) lse@snc.edu
Nancy Mathias ext. 4023 or nancy.mathias@snc.edu and Breanna Mekuly, T.R.I.P.S. Intern ext. 4023

Dining Services: Melissa DaPra ext. 3154, melissa.dapra@snc.edu and Chef Dan

Step It Up: T.R.I.P.S. - Be the Change

Step It Up Itinerary

Week 1

February 15-21

Destination: Chicago, IL

Distance: 160 miles

Week 2

February 22-28

Destination: New York City, NY

Distance: 170 miles

Week 3

March 1-7

Destination: Washington D.C

Distance: 180 miles

Week 4

March 8-14

Destination: Philadelphia, PA

Distance: 180 miles

Week 5

March 15-21

Destination: Lancaster, KY

Distance: 180 miles

Week 6

March 22-28

Destination: Little Rock, AR

Distance: 180 miles

Week 7

March 29-April 4

Destination: St. Lucia

Distance: 150 miles

Chicago

Week 1

Walking Distance: 160 miles

Population: 2.8 million

The third largest city in the United States has a vast array of attractions for a tourist! From museums like the Museum of Science and Industry to the Shed Aquarium, the Zoo, Willis Tower (formerly Sears Tower), to the Chicago Botanical Gardens, you will never run out of exciting things to do here!

Musts while there:

- ***The Ferris Wheel at Navy Pier-*** the 150-foot Ferris wheel at this number-one Chicago attraction.
- ***Art Institute of Chicago-*** A highlight of any trip to Chicago, this museum is home to one of the best and most diverse art collections in the world. People are drawn first to the vast Impressionist collection, including the world's largest group of Monet paintings.
- ***Fadó Irish Pub*** -for a little luck of the Irish, stop by in the Windy City's River North area. Originally built in Ireland, this authentic pub was disassembled, shipped to Chicago, and rebuilt by Irish craftsmen.
- ***Over 7,000 restaurants*** to pick from! If cheesecake is your weakness, stop by Eli's the Place for Steak. On second thought, maybe you shouldn't! With over 100 varieties of cheesecake, it may be too much for you to bear! And it would be almost sinful not to try some of the simpler foods Chicago is so well-known for – pizza, hot dogs, steak, and Fannie May candy.

T.R.I.P.S. - Be the Change

Experience the heart of urban challenges up close. Teach daily in small, urban, multi-cultural Catholic schools. Learn from smiling kids fighting surmountable odds. Experience an inspiring Catholic mass at St. Sabina's. Find out what is being done to combat Chicago's 42% high school dropout rate.

The TRIPS program in Chicago hopes to provide the experience of being immersed in an urban community and make an impact on the people there. The participants will be living simply and working with children in an urban school. The hope is to also gain an understanding of the values within the community.

Be the Change in our Local Community

Volunteer Destination: Boys & Girls Club

Do you want to make a difference in the life of a child? The Boys & Girls Club of Green Bay helps school age youth make better choices and reach their full potential so that all young people, regardless of background or circumstances, are equipped to respect others and make our community a better place to live. They currently serve over 8,300 children in the Green Bay community.

Consider volunteering in the following areas: Arts & Crafts, Coaches, Basketball Referees, Handyman, Data Entry, Games Room, Cooking Class, Board Games, Front Desk, Homework Help or Athletic and Sports. If you would like to volunteer or learn more about the Boys & Girls Club please contact Kevin Konkol at 494.7090, ext 1048, or visit their web site at www.bgcgb.org.

Volunteer Destination: Big Brothers/Big Sisters

Big Brothers, Big Sisters and Big Couples are all kinds of people -- from high school and college students to business people to retirees -- who volunteer to spend time with children. Make a positive difference in the lives of area youth through professionally supported mentoring relationships.

- **Volunteer for the Community-based Program.** Pick a Little Brother or Little Sister up at their home and do every day activities in the community with them.
- **Volunteer in the Site-based Program.** Eat lunch or meet after school and build a relationship with a child in the school setting.
- **Volunteer in the Sports Buddies Program.** This program is geared toward matching Little Brothers in the program. Participating and watching sporting and outdoor activities is the core of this program.
- **Help with special events.** Major fundraisers are Bowl for Kids' Sake, Taste of the Town and Golf for Kids' Sake. Assist in planning or volunteer at the events.

If you would like to volunteer or learn more about Big Brother/Big Sisters please visit their web site at www.bbbsnew.org.

New York City

Week 2

Walking Distance: 170 miles

Population: 8.3 million

Welcome to the Big Apple! The Big Apple certainly lives up to its name, being the largest city in the US, and boasting an enormous assortment of entertainment, dining, shopping and cultural opportunities for tourists and residents alike. A leading global city, New York exerts a powerful influence over worldwide commerce, finance, culture, fashion and entertainment. As host of the United Nations headquarters, it is also an important center for international affairs. Native New Yorkers swear there is nowhere else that can compare to this city! And as its nickname “the city that never sleeps” suggests...you will never run out of things to do here!

Musts while there:

- **The New York Public Library** is one of the greatest research institutions in the world. It houses more than 6 million books, 12 million manuscripts and almost 3 million pictures.
- **Statue of Liberty/Ellis Island-** These two sights represent freedom for millions of people, and the Statue of Liberty, a 450,000 pound gift from the people of France, is a must-see for anyone visiting the Big Apple
- **Central Park-** Located on the “Upper East Side,” this famed 843-acre rectangular park offers a variety of beautiful recreational opportunities
- **Whatever you're craving** – falafel, pho, pizza, jerk chicken, sushi, gelato, green curry, filet mignon, cupcakes, crab legs, saag paneer, goulash, crepes – New York has got it. With more than 20,000 restaurants, the city is a foodie's paradise!

T.R.I.P.S. - Be the Change

Learn more about the impact of HIV/AIDS nationally and internationally while serving at God's Love We Deliver and other NYC organizations addressing the needs of people affected by this ongoing epidemic.

Be the Change in our Local Community

Volunteer Destination: AIDS Resource Center of Wisconsin

The AIDS Resource Center of Wisconsin is among the largest and most comprehensive AIDS service agencies in the country. They provide a vast array of health and social services to over 3,000 Wisconsin residents living with HIV disease. Through a wide variety of aggressive AIDS prevention programs, they make over 150,000 prevention contacts every year with people who are at risk for contracting HIV. To learn more or support their important work please visit their web site at www.arcw.org.

Volunteer Destination: Altrusa House

Altrusa House is a home away from home for patients and families who need to stay during their medical needs. The house provides a safe, caring and interactive environment to guests referred to the home by the local medical community. Families can enjoy television, launder their clothes, cook their own meals and just relax.

- **Volunteers are needed to help guests** check-in, clean bedrooms, visit with guests, etc.
- **Donations** of supplies requested: paper towels, toilet paper, coffee filters, coffee, soaps, laundry soaps, dishwasher soap and facial tissue.

For more information about the Altrusa House call Cheri Corcoran at (920) 884-6677 or visit the Altrusa Club web site at www.greenbayaltrusa.com.

Washington D.C.

Week 3

Walking Distance 180 miles
Population: 591,833

Pulsing with life and constantly in flux, America's capital city is an eclectic entity, fueled by politics and tourism. It comes as no surprise, then, that DC has an allure all its own. The city unites politics, cosmopolitan energy and culture with first-class dining, shopping and nightlife, crafting a melting pot of international influence and homegrown practicality that's not only a perfect destination spot but a chunk of the American experience itself.

Musts while there:

- **National Mall-** From the 555-foot obelisk dedicated to George Washington to the Jefferson Memorial, monuments and memorials have long made Washington one of the world's most attractive capitals.
- **The Smithsonian Institution-** the Institution itself is larger than most realize 19 museums and the National Zoo in DC!
- **The White House-** home of our President Barack Obama and his family-tours available daily.
- **Walking around Washington is sure to work up your appetite –** and you can bet you'll be easily satisfied. With a mix of cultures, America's capital promises an abundance of fantastic restaurants. From Burmese and Vietnamese to Brazilian and new American cuisine, any craving is sure to be met.

T.R.I.P.S. - Be the Change

Serve at the nation's largest homeless shelter (CCNV-Community for Creative Non-Violence), in the soup kitchens and deliver blankets or meals on the street. Move beyond the issue and discover the true root cause of homelessness in America and what we can do about it, from direct service to activism right in the nation's capitol.

Be the Change in our Local Community

Volunteer Destination: Freedom House

Freedom House is a not-for-profit organization dedicated to serving homeless families with children in the Green Bay area. The 6 - 8 week Family Life Advancement program provides not only food, clothing and shelter, but also education and counseling that helps families break the cycle of homelessness.

- **Smile, answer phones, greet visitors**, assist office staff, accept donations and serve as a receptionist.
- **Care for children ages infant to 18 years of age.** Activities, games and projects are appreciated.
- **Help families** in need by preparing meals, meal clean-up or baking. Call for details to donate meals or for more information.
- **Donate:** Pineapple chunks, peaches, fruit cocktail, fresh fruit, potatoes, fresh vegetables, mixed vegetables, sliced carrots, white rice, sausage, burritos, salsa, fish sticks, diapers (sizes 1, 2, and 3), regular coffee, garbage bags, Lysol spray and laundry baskets.
- **Help support families** by assisting with game nights, movie nights, food drives, cleaning or Saturday activities.

To learn more about Freedom House or to volunteer contact Sheana Rolfing at (920) 432-4646 or visit their web site at www.freedomhouseministries.org.

Philadelphia

Week 4

Walking Distance: 180 miles

Population: 1.4 million

Pennsylvania's largest city, Philadelphia stands abreast with Boston when it comes to discussing the most historically significant US cities. After all, this is where the "Declaration of Independence" and the Constitution were drafted, revised and signed. Philadelphia is home to many national historical sites that relate to the founding of the United States.

In the past, members of the Philadelphia trip have performed services of manual labor, kitchen work, observed staff presentations and have interacted with the residents of the homeless shelter. Only involving men, brotherhood lies at the heart of this trip, along with bonding and spirituality among the group with the shelter.

Musts while there:

- **Independence Hall-** Independence Hall is where Thomas Jefferson, John Adams, Benjamin Franklin, and their rebellious compatriots approved and announced the Declaration of Independence
- **The Liberty Bell Center-** is a Philadelphia must-see.
- **Hungry?-** The city is known for its hoagies, scrapple, soft pretzels, water ice, Tastykake and is home to the cheese-steak.

T.R.I.P.S. - Be the Change

Work with other SNC men in a men's emergency shelter which offers support for over 300 of the city's most vulnerable homeless. You will also have a chance to be a part of the Norbertine Community in Philadelphia.

Be the Change in our Local Community

Volunteer Destination:

St. John the Evangelist Homeless Shelter

St. John the Evangelist Homeless Shelter (SJEHS) seeks to provide night-to-night temporary emergency shelter to adult men and women. All services and assistance are offered in the context of the furtherance of human dignity with the primary goal of harm reduction during the coldest weather months of the year.

All people have the right to meet their basic human needs for food, clothing, shelter and medical care. SJEHS allows shelter guests an opportunity for engagement with mainstream shelter and housing resources, mental health and healthcare providers and other social service agencies.

There are many ways to get involved:

- **Meal Preparation and Serving** - We need people who like to cook for a crowd!
- **Donations** - If you would like to donate money or items to the shelter, please see our web site for our current wish list of items we can use.
- **Inventory Volunteers** - We have a crew of people who meet Monday and Thursday mornings (November - April) to sort and organize the items that are donated to the shelter.
- **Laundry Volunteers** - We need people who can volunteer during the day to run a load or two of laundry. While the machine is running, there are other jobs you can do to help us get ready for opening for the evening.
- **Hospitality Volunteers** - We need people who will spend time at the shelter during the hours of the day it is open. It helps to have 2 or 3 people for each of the three shifts:
Morning: 6:00am-9:00am, 1st Evening: 4:45pm-7:30pm, 2nd Evening: 7:30pm-10:00pm.

Please contact the Shelter's Volunteer Coordinator, Mary Ellen, at (920) 436-9344 or email VolCoord@StJohnHomelessShelter.org for more information on how to volunteer at the Shelter. Please visit the Shelter's web site at www.stjohnhomelessshelter.org for more information.

Appalachia

Week 5

Destination: Lancaster, KY (Appalachia)

Walking Distance: 180 miles

Population: 3,734

Founded in 1797, Lancaster in Garrard County is a beautiful area with loving citizens. The town's name is said to be derived from Lancaster, Pennsylvania, from which many of the founders originally hailed.

Musts while there:

- **Adventures on the Ky River!** Explore the flora, fauna, wildlife, scenic natural views and history along the Ky River Palisades. Adjacent nature preserves offer hiking, bird watching, wildflower identification & nature study. Pontoon tours, canoes, kayaks, small motor boat rentals, Lazy River float tube trips and more!
- **Home of the Bluegrass Paranormal Society-** aka the ghost hunters!
- **Biancke's Restaurant-** one of Kentucky's oldest restaurants it has been serving meals for over 100 years!

T.R.I.P.S. - Be the Change

Join with other college students from across the USA, to devote your time and energy to improve the homes of Appalachian residents while learning about the injustices and realities of poverty. The Christian Appalachian Project is an interdenominational, non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual and emotional support through a wide variety of programs and services.

Be the Change in our Local Community

Volunteer Destination:

Greater Green Bay ReStore

The Greater Green Bay ReStore works in partnership with Greater Green Bay Habitat for Humanity. It is a retail operation providing a valuable source of cash flow through the sale of donated building materials. The revenue supports the construction of Habitat for Humanity homes to help families in need in the Green Bay area. Volunteers are needed to organize the warehouse, stock/organize the floor, cashier, clean donations and assist in donation in-take and loading purchased donations for customers. To volunteer or learn more about Green Bay ReStore please contact Jesse VanCamp at (920) 338-1650 or visit their web site at

www.restoregb.org

Little Rock

Week 6

Walking Distance: 180

Population: 675,069

Little Rock derives its name from a small rock formation on the south bank of the Arkansas River called *la Petite Roche* (French: "the little rock"). The "little rock" was used by early river traffic as a landmark and became a well-known river crossing. All around the South, historic estates, mansions and plantation homes and Little Rock is no exception! Its southern hospitality and down south traditions makes it a very welcoming place to visit!

Musts while there:

- **The Empress of Little Rock-** Cited as Arkansas' best example of the ornate Victorian style and the region's most important depiction of Gothic Queen Anne, this mansion was originally constructed in 1888
- **Quapaw Quarter-** Encompassing an area that houses three National Historic Register districts and over 135 National Historic Register buildings, the Quarter gives the visitor a feel of early antebellum and Victorian Arkansas.
- **Cotham's Mercantile Store and Restaurant-** This old country store has tables set up in the middle of the room. The featured delicacies include Hubcap Hamburgers (the size of a dinner plate) and onion rings the size of saucers and heaped high on the plate. Definitely worth a trip to see and eat at this down-home style place.

T.R.I.P.S - Be the Change

Be a part of Habitat for Humanity volunteers from across the country and work on a variety of projects that make affordable housing possible for people experiencing poverty. In your free time, visit historic Little Rock and learn more about southern culture. Over spring break 2010, 12 students will be embarking on a Habit for Humanity trip to Little Rock. They will be working on various projects that will make affordable housing possible for people in poverty in the Pulaski County area.

Be the Change in our Local Community

Volunteer Destination: Habitat for Humanity

Habitat for Humanity works in partnership with God and people everywhere, from all walks of life, to develop communities with people in need by building and renovating houses, so that there are decent houses in decent communities in which every person can experience God's love and can live and grow into all that God intends. With the support of our community, Greater Green Bay Habitat for Humanity has built and renovated over 50 houses.

Faculty /Staff:

Construction: We welcome volunteers of all skill levels on our worksites; we will train you "on the job". Volunteer one day or as often as your schedule allows.

Site Support: Site support volunteers are the host/hostess of the work site. They help with registration, paperwork, lunch set up, running errands and clean-up.

Meal Providers: Lunch is needed for every scheduled work day. Individuals, families, groups, or restaurants can provide lunches. We can tell you how many meals are needed for each particular day.

If you are interested in volunteering or would like additional information please contact Jessica at 920-593-3921 or visit their website at www.greenbayhabitat.org.

Students:

In 1998, SNC Habitat for Humanity became the 500th campus chapter to be inducted into the Habitat for Humanity International Campus Chapters and Youth Program. This past October our student chapter volunteered on the 50th Habitat house in Green Bay by finishing up the garage roof as well as installing windows and doors. Habitat for Humanity allows students to put their love into action and build partnerships with people sharing a common goal. Participants gain greater awareness of the need for decent and affordable housing, encouraging a deeper commitment to social action. For more information or to join the student chapter please visit the web site at www.snc.edu/hfh.

St. Lucia

Week 7 (final week)

Destination: St. Lucia

Walking Distance: 150 miles

Population: 172,062

Located in the southern Caribbean, St. Lucia is paradise. Sparkling bays glisten in the sunlight over picturesque sandy coves. Exotic rainforests burst with the vibrant hues of tropical flowers and vegetation. The "Twin Peaks" of the Pitons rise magnificently from the sea. The west coast is home to stunning reefs and wrecks, ideal for snorkeling and scuba diving, while the southern part of the island features mile after mile of banana plantations, tropical rainforests, and other natural wonders.

Musts while there:

- **Marigot Bay**, a lovely, sequestered, natural harbor that once provided a hideout for pirate ships
- **Whale and turtle watching are popular in St. Lucia.** Over 20 species of whales are regularly spotted throughout the year. The abundance of turtles on the island is due to the protection provided by local environmentalists.
- **A variety of natural trails through St. Lucia's majestic rainforests** lead hikers to the top of St. Lucia's mountains, through old plantation grounds, to volcanic pools, along beaches, to Cactus Valley, Pigeon Island and more.

T.R.I.P.S. - Be the Change

Join the Good News family from Wausau and work together with participants of various ages and faiths. On the island of St. Lucia you will live at the Pastoral Center and work in the capital, Castries, and other smaller villages. Projects consist of home construction, painting, craft work, music, medical care, and visiting homes and prisons.

From January 8-22, 2010 students ventured to St. Lucia and participated in numerous activities. They helped with house construction in surrounding areas and small maintenance projects at Children's Home. They also participated in home visits, teaching and medical projects at nursing homes. The students were able to work at a school for disadvantaged girls, a womens/mens prison, a disciplinary school for boys, and a school for the mentally challenged. In addition, the students had the opportunity to be teachers by teaching locals crafts, carpentry and music.

Be the Change in our Local Community

Volunteer Destination: Catholic Charities Family Strengthening Program

The Family Strengthening Program at Catholic Charities strives to help families meet their needs toward achieving self-sufficiency through removing barriers which prevent access to services. This program currently focuses its efforts on refugee and immigrant populations due to the significant language, cultural and financial barriers these populations experience; however, the program is open to any in need of help. Services include: case management and support; immigration work; group work on topics such as parenting, grief, successful acculturation, recognizing and preventing domestic violence; and youth groups.

Opportunities for volunteers include:

- **Transportation** -- Drive refugees to appointments, grocery shopping, and so on
- **Tutoring** -- Help refugees, referred by local literacy agencies and school systems, with their English skills
- **Job Hunting** -- Help refugees find jobs that fit their skills, help fill out applications and drive to interviews
- **Friendship** -- Visit newly-arrived refugee families; help orient refugees to the United States
- **Donate furniture and household items** to local organizations such as Goodwill or St. Vincent de Paul, which issue vouchers to new refugees to furnish their apartments

If you are interested in volunteering or would like additional information please contact Judy Turba at 272-8234 or visit their web site at www.gbdioc.org/catholic-charities.html