



President's Ambassadors E-Newsletter

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FALL 2009

A SEMESTER IN BRIEF:

- ◊ RETREAT 2009: FRIDAY, AUGUST 14TH - SUNDAY, AUGUST 16TH
- ◊ MOVE-IN WEEKEND: SATURDAY, AUGUST 29TH
- ◊ DINNER WITH FORMER SENATOR, BOB GRAHAM: OCTOBER 6TH
- ◊ CHILDREN TODAY 5K: OCTOBER 10TH
- ◊ LONG BEACH MARATHON: OCTOBER 11TH
- ◊ CHILDREN TODAY HOLIDAY CHEER: NOVEMBER 19TH
- ◊ HALLOWEEN PARTY: OCTOBER 29TH
- ◊ HOMECOMING: NOVEMBER 14TH
- ◊ BELMONT SHORE CHRISTMAS PARADE: DECEMBER 5TH
- ◊ CHERISH THE CHILDREN: DECEMBER 9TH
- ◊ HOLIDAY AND RACHEL'S GOING AWAY PARTY: DECEMBER 11TH

NEVER A WIMPER, ALWAYS A BANG

*O*n behalf of the President's Ambassadors of Fall 2009 and Spring 2010, we would like to present our newest addition to alumni relations; our E-newsletter. Through the newsletter we hope to keep our honored alumni abreast of events and Ambassador news, as well as connected to CSULB.

This year we formed an Alumni Committee whose goal is to get back in touch with the impressive Ambassador Alumni. We started with a Facebook page that we hope is an easy way to stay in touch and up to date with upcoming events, like the first Alumni Picnic coming up this Spring.

This past semester was an event-packed Fall that started with Fall Retreat where we got to know Long Beach and the newest Ambassadors a little better. We made some changes to our traditional retreat that are highlighted in "Retreat 2009 Go Beach! Go Green!" Through the holidays we helped organize and build a float for the Belmont Shore Christmas Parade and helped with a fun event for Long Beach youth to meet Santa and take home some donated gifts at Cherish the Children.



Back from break, we started with a bang at Week of Welcome and recruitment for Spring is well underway. In the midst of the holiday cheer, we were met with bittersweet news that our coordinator and Featured Alum would be leaving us. We wish Rachel the best of luck on her new adventure but will miss her terribly.

With the search for a new coordinator in full swing, we have been granted a new sense of how important the people are that make and have made this organization so unique. We look forward to new alumni events and traditions and hope to reconnect with our past Ambassadors.

WE LOOK FORWARD TO HEARING FROM YOU

In every newsletter we send, we hope to feature the story of a former Ambassador. We would like to invite any interested alumni to contact us and submit an article for the next newsletter. We hope this will not only strengthen the bonds between the current generation of President's Ambassadors and the alumni, but also allow for a chance for networking or simply catching up with an old friend. Our goal is to bring us all closer in touch.

We would also like to extend an invitation for you to join the current Ambassadors for a talk on your journey through and after the P.A.'s. We feature a guest speaker

at every other meeting. If you are interested in being a guest speaker, please don't hesitate to contact us and we will set a date.

Thanks so much and we look forward to hearing from you soon,

THE PRESIDENT'S AMBASSADORS OF 2009-2010

Email us at presidents.ambassadors@gmail.com You can look for us on Facebook with either the *President's Ambassadors* or *President's Ambassadors Alumni* page. Or you can give us a call at the Office of the President at **562-985-4121**.

RETREAT 2009: GO BEACH! GO GREEN!

The President's Ambassador's retreat is an annual and highly anticipated event. It is jam-packed with team-building activities, discussions, workshops, and a ropes course. As Ambassadors are given the opportunity to challenge themselves collectively and individually, divisions between returning and new members of the group are quickly filled. Excitement spreads, and by Sunday, no one wants to go home!

Because of the present economic situation, this year's retreat was held in Long Beach. Primary goals were to get to know each other as well as to learn more about the community. Motivated by the theme, "Go Beach! Go Green!," Ambassadors were encouraged to be eco-friendly as they participated in the first of many activities planned for the weekend: a scavenger hunt using only the Passport bus for transportation. Ambassa-

dors were split into five teams and given a list of 60+ tasks including items to find, photos to take, and challenges to complete. For two hours, the teams traveled around the city of Long Beach racing to beat the clock (and each other!) After the scavenger hunt, the teams prepared brief skits for the bonfire at Bolsa Chica beach. Following a pizza dinner, each team presented their skits, and needless to say, the night was full of laughter.



A PHOTO SNAPPED AS ANDY GRINDSTAFF AND LINDSEY LINKER BRAVE THE ROPES COURSE AND A HIGH-FLYING LEAP AT RETREAT 2009

On Saturday morning, the Ambassadors arrived bright and early to Culver City for a day of team building, bonding, and problem-solving. They were challenged with three high ropes course activities: leap of faith, pairs rock climbing, and pairs balancing walk. Saturday night rewarded their hard work with dinner at Lucille's on 2nd Street followed by dessert and traditional retreat games like "Psychiatrist."

A wrap-up session was held Sunday morning that focused on goal setting for the upcoming year. Each team shared ideas to help improve the program's marketing tools, recruitment plans, fundraising, alumni relations, and impact of the Ambassadors on the campus and surrounding community of Long Beach. It was here the idea for an Alumni Newsletter was born. Each Ambassador left feeling excited, hopeful, and ready for a great year!

AMBASSADOR ABROAD

As President's Ambassadors, we are expected to represent our university both on and off the campus. There is one Ambassador, in particular, who takes this representation to a completely different level. Russell Conroy took his passion for assisting other people and coupled it with a desire to see the world. He left in September 2009 to travel with the Peace Corps in order to teach math in Malawi, Africa.

Russell stood out as an exemplary Ambassador. He inspired many of us to give above and beyond what we thought sufficient. Because of his dedication to the group, the current Ambassadors sent him a care package. At one of our Friday meetings, we wrote a month's worth of letters for him to open during his stay in Malawi.

Though his departure was bitter-sweet, we were happy to see him pursue his dream. In his own way, Russell is showing all of us how we can continue being President's Ambassadors despite having graduated. We can take the qualities that made us good Ambassadors to begin with, combine them with the tools we gained while in the program and emerge, better equipped and confident.

THIS ISSUE'S FEATURED ALUM: RACHEL SANCHEZ

DEAR TREASURED ALUMNI,

For those of you who don't know me, please let me introduce myself. My name is Rachel (Vize) Sanchez, and for the last four and a half years I was fortunate enough to be the President's Ambassador Program Coordinator. This amazing time in my professional life recently ended in December 2009 when another opportunity was presented and I decided to move forward with my career at the Small Business Development Center, Los Angeles Regional Network at Long Beach City College.

I graduated from CSULB in 2004 with my degree in Social Work and was offered the position as PA Coordinator in October 2005. This was an exciting honor, since I also had the opportunity to serve as a PA from 2002-2004 under President Robert Maxson. When President F. King Alexander started in January 2006 we were all excited (and relieved) to learn that not only was he going to keep the Ambassador program, he had plans to really embrace it! He saw the value in the students

being the best representatives of all CSULB had to offer and really using their passion to take the program to the next level.

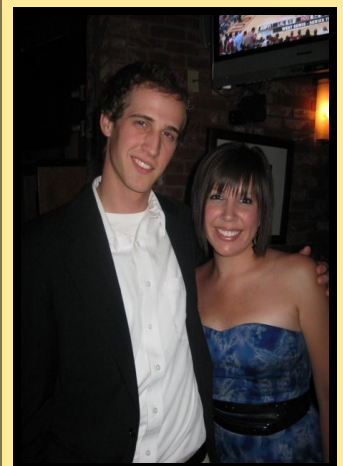
Since its inception in 1994, the program has undergone many changes and has evolved into the leading student group on campus. Some of the accomplishments that were made since President Alexander came on board were monumental. Highlights include a President's Ambassadors "Beachboard" site, the Student Success Scholarship Fund, the first mission statement and bylaws written by a committee of Ambassadors, the development and launch of a website, the program application going virtual, hosting the first annual "Meet and Greet" (in lieu of info sessions), hosting awesome leadership retreats that really bond the group, continuing to recruit the best CSULB has to offer in student leaders and, last but not least, forming an Alumni Committee to reconnect with all of you! We have so much to be proud of and so much to look forward to.

Although I am no longer the program coordinator, I am looking forward to being an active and involved alumni with the President's Ambassador Program. This e-newsletter is just the first step in reaching out and reconnecting with the people who made the President's Ambassador organization the leading student group on campus. Future plans include a family-friendly event this spring, alumni networking and updates, opportunities to give back as featured speakers at Ambassador meetings and, of course, a new program coordinator! In the meantime, if you have ideas or want to get involved, the Alumni Committee would love to hear from you via e-mail at president.ambassadors@gmail.com. Thank you for your time and I look forward to seeing all of you at the first President's Ambassador Alumni Event!

Best regards,

RACHEL SANCHEZ

President's Ambassador Program
Coordinator 2005-2009



FEATURED ALUM RACHEL SANCHEZ WITH OUR AMBASSADOR ABROAD, RUSSELL CONROY