

# Intentional Words of Kindness

A newsletter to celebrate goodness and kindness

## "INTENTIONAL ACTS OF KINDNESS"

SCHOLARSHIP

Bob Rust



Given by Brenda and Cliff O'Beirne  
in honor and remembrance of Brenda's brother, Bob Rust

The "Intentional Acts of Kindness" Scholarship was created to recognize UWW Counseling Graduate Students who are doing good work and deeds for others through service and volunteer involvement in their communities. Because we value "intentional acts" AND "kindness" -- and because Bob was very generous in all of his interactions with others, we will look for these qualities as we review applications. There are no specific requirements related to emphasis within the program, grade point average, or financial need; rather we will focus on your service to others.

The \$500 scholarship is awarded once a year (in the spring semester). If you are currently enrolled in the counseling graduate program and not graduating in the spring or summer of 2005, you are eligible for the scholarship. The application process is outlined briefly in the following paragraph. Questions about the scholarship (purpose or process) should be directed to Brenda Rust O'Beirne at [obeirneb@uww.edu](mailto:obeirneb@uww.edu) or 262-472-1452 or 6047 Winther Hall!

"Applications" are **due** to Brenda Rust O'Beirne, 6047 Winther Hall, by Thursday, **February 24, 2005**. The "application" is a letter that addresses your intentional acts of kindness and your service to others, as well as the value that service has in your life and learning! The letter should give sufficient background and detail to allow committee members to have a sense of your contributions (because there will not be interviews, the paperwork becomes important in that communication!). We know that many of our students do incredible work in many settings - and we want to recognize and appreciate those contributions!! Self-nominations or nominations by others are invited!

The scholarship recipient will be announced at a special event to honor that individual.

## The Difference He Made *Randy Poole*

Amidst the morning mist of the swift returning tide  
I set out on my daily run, my walkman on my side.  
Lost within my private world apart from cares and woes  
I ran along the moistened shore, the sand between my toes.  
In the distance, I saw a boy, as busy as can be.  
He was running, stooping, picking up, and tossing in the sea.  
Just what he threw, I couldn't tell, I looked as I drew near.  
It seemed to be a rock or sheep - as I approached him I could hear:  
"Back you go, where you belong, you're safe now hurry home.  
Your family's waiting for you little starfish, hurry on!"  
It seemed the evening tide had washed the starfish on the shore,  
And the swift receding water left a thousand there or more.  
And this self-appointed savior, was trying one-by-one  
To toss them back into the sea, against the racing sun.  
I saw his plight was hopeless, that most of them would die.  
I called out from my private world, "Hey kid, why even try?"  
"Must be at least a thousand here, strewn along the beach,  
And even if you had the time, most you'll never reach.  
You really think it makes a difference, to waste your time this way?"  
And then I paused and waited, just to hear what he would say.  
He stooped and took another, and looked me in the eye.  
"It makes a difference to this one sir, this starfish will not die!"  
With that, he tossed the little life back where there was hope.  
He stooped to take another, I could see this was no joke.  
The words that he spoke to me cut like a surgeon's knife.  
Where I saw only numbers, he saw only life.  
He didn't see the multitude of starfish on the sand,  
He only saw the little life he held there in his hand.  
He didn't stop to argue, to prove that he was right.  
He just kept tossing starfish in the sea with all his might.  
So I too stooped, and I picked up, and I tossed into the sea,  
And I thought just what a difference that this boy has made in me.

### Thank You!

Thank you to all of you who donated winter clothing for children of the Whitewater schools. We collected 2 shopping bags full of mittens, hats and scarves! Thank you also to those of you who shared stuffed animals. All donations were greatly appreciated!

### Community Service Opportunities Clearinghouse:

(a database of over 300 community service opportunities). The University of Wisconsin - Whitewater provides this listing of community service volunteer opportunities in South-Central Wisconsin.

It's located at: <http://www.uww.edu/LeaderDev>