



**Cornell University**  
**Gannett Health Services**

Gannett Health Services  
Ho Plaza  
Ithaca, NY 14853-3101  
t. 607.255.3564  
f. 607.254.3503  
web: [www.gannett.cornell.edu](http://www.gannett.cornell.edu)

**Mathew Kleiner “Create Change: Health Leadership Award”  
May 2008 Awardees**

**JEFFREY GLICK ‘08 AND SHERIDAN REIGER ‘10**

Gannett Health Services is pleased to announce the 2008 recipients of the “Create Change: Health Leadership Award”: Jeffrey Glick and Sheridan Reiger. This award is established to honor and carry forward the legacy of Mathew A. Kleiner ’93. It is awarded to Cornell University students who demonstrate the courage and commitment to create change that will enhance the health of the Cornell community, as Matt did as a student leader at Cornell. This is the first year that awards have been made. Sheridan and Jeffrey’s work in developing Wingman 101 is a fitting tribute to both Matt and his many family members and friends whose love and generosity created this award.

When Gannett Health Services was embarking on a new men’s educational initiative to encourage prosocial bystander behavior among groups of men, staff in Health Promotion were interested in engaging male student facilitators who might help with the program development and act as role models for students who participated in the future program. In September 2007, senior Jeffrey Glick and sophomore Sheridan Reiger agreed to participate in the discussions of the fledgling effort.

Jeffrey was recommended by a faculty member for whom he had been a teaching assistant. Sheridan had been instrumental in his high school as a peer educator and had just transferred to Cornell. Both immediately responded affirmatively when asked whether they might be willing to join this effort. They came to it freely, with a willingness to commit time and energy to the development of this program. While the program idea was not initially theirs, it is now a creation that reflects their energy, leadership and commitment.

The initial small work group included Jeff, Sheridan, Gannett health educator Nina Cummings and Campus Life staff member Ben Ortiz. They worked intensively from September 2007 until May 2008 to develop a program outline, hone facilitation skills, develop evaluation plans, and create a dynamic, thought-provoking educational opportunity for male students. It was wholly dependent on Jeff and Sheridan, not only as creators and future facilitators, but as students whose “voices” were essential for the creation of a viable program.

Now called Wingman 101, the program encourages men to work together to promote healthy behaviors on campus and reduce behaviors associated with negative outcomes. It is based on the prosocial bystander model, which calls for a wider community approach to a healthy campus. Prosocial bystanders are individuals who witness events or situations that could lead to serious outcomes (particularly sexual assault) and by their presence may have the opportunity to provide assistance or intervene in some way.

Always attentive and energized, Jeff and Sheridan provided the consistent leadership necessary for the successful launch and growth of this program. They weren't paid for the hours they spent working on this idea, nor did they receive any academic credit. As "volunteers," they believed in the program, and felt it would be worthwhile and effective. The end result is a testament to their leadership skills and ethical perspective and is an excellent example of Margaret Mead's famous quote: "Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has."

After months of development, Wingman was offered a number of times during the Spring '08 semester to disparate groups of students (including NCAA student athletes, Resident Advisors, fraternity men, and transfer students). The evaluations by the male students who attended the program were unanimously positive. Wingman will continue in the fall, with programs already scheduled and demand coming from various groups. With its unique approach and growing reputation, has the potential to create a ground-swell of students who can build a healthier community at Cornell.

Jeff is graduating and leaving for law school. But he described his experience this past year with Wingman:

I am extremely proud to have been a part of the implementation of Wingman 101 this past year, my last at Cornell. Though an outgoing senior, I was very motivated to help with this effort after being contacted by Nina Cummings because I feel that there is always something that can be done to raise awareness about sexual health in our community. Being part of the development of such a potentially fundamental program has been extremely rewarding. I look forward to the program's continued success in the coming semesters, though I will not be a part of it. After reading about Mathew Kleiner, I hope I have carried on his ideals of creating a healthy community and increasing the sexual knowledge of Cornellians, in this case male students. Wingman 101 is an outstanding program with incredible potential, and I hope the contributions I have made this past year are the start of something special that will be utilized and enjoyed by Cornell students for years to come.

Sheridan will continue with the program when he returns to Cornell in the fall as a junior, and he will take on an even greater leadership role as facilitator. He writes:

Though I never met Matt Kleiner, it is clear that his greatest asset which enabled him to improve the health of others was his willingness to speak out about the issues at hand, and remind others what is important. Dealing with stigma, misunderstanding and fear are always difficult dynamics to address. However, these are often the obstacles which must be overcome to help promote health and wellbeing – particularly on a community level.

In the Wingman 101 program, which helps men to inform and instruct other men about the roles of accountability, responsibility and respect in regards to sexual assault and violence the same importance on speaking out for the sake of the greater good exists. Following in the footsteps of Matt, I have as a facilitator found myself addressing many “-isms,” and misconceptions for the sake of beginning the productive conversations between peers, which is where true progress comes. I am proud to maintain Matt’s progress in shaping social norms for the purpose of shaping a healthier community.

***Mathew P. Kleiner "Create Change: Health Leadership Award"***

*The “Create Change: Health Leadership Award” was established to honor and carry forward the legacy of Mathew A. Kleiner, CU '93. It is awarded to Cornell University students who demonstrate the courage and commitment to create change that will enhance the health of the Cornell community. The award recognizes the personal investment of time, energy, dedication, and vision that effective leadership requires. Made possible by the generosity of Matt’s family and friends, this award will be administered by Gannett Health Services, Matt’s partners in creating change during his years at Cornell.*

*For more information, visit: [www.gannett.cornell.edu/campushealth/HealthLeadershipAward.html](http://www.gannett.cornell.edu/campushealth/HealthLeadershipAward.html)*

May 23, 2008  
Sharon J. Dittman  
Associate Director, Community Relations  
Gannett Health Services  
Cornell University