

# BACKPACK NEWSFLASH



Building Community Assets

Sponsored by: Fulton Bank - Premier Division



## FAMILY DAY- A DAY TO EAT DINNER WITH YOUR CHILDREN

For the 3<sup>rd</sup> year in a row, CB Cares is coordinating the local promotion of a national initiative, **Family Day- A Day to Eat Dinner with Your Children**. Family Day reminds parents that what their kids really want at the dinner table is THEM!

It is celebrated nationwide on the fourth Monday in September, **September 22 in 2008**.

The National Center on Addiction and Substance Abuse (CASA) at Columbia University launched *Family Day – A Day to Eat Dinner with your Children*<sup>TM</sup> in 2001 after its research consistently found that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs and additionally, they are better students. *Family Day* has been a terrific success with millions of Americans celebrating nationwide. We encourage all of our CB families to take time out of your busy day for family dinners. Remember you can **be creative**: you don't have to be sitting in a dining room at home for mealtime to "count." Family meals can be shared at a restaurant, in a park, or near a playing field. **Make it fun**: Focus on the positive when you're at the table and save the lectures and "should haves" for another time. **Keep it simple**: No need to "go gourmet" at every meal. **Get your kids involved**: Let kids suggest menus. Allow them to customize their own salads or pizza. **Control the environment**: Turn off the television and radio. If the phone rings, say you will call back later or let the answering machine do its job. **Remember**: The conversations that go hand-in-hand with dinner help parents learn more about their children's lives and better understand who they are and what the challenges are that they face. One thing is fairly certain: You will never come to the sunset years of your life, look back and wish you'd spent fewer meals with your kids.

*Special thanks to our community business partners who wish to spread the message of Family Day along with CB Cares:*



**Altomonte's**  
Italian Market and Deli



Booktenders' Secret Garden Childrens Bookstore and Gallery, Houlihan's, Sportswear Plus, Paganini, Siam Cuisine at Black Walnut/Siam Cuisine Buckingham, CertaPro Painters of Central Bucks, The Curiosity Shoppe and Toddler Center, Chambers 19, Villa Capri, Huntington Learning Center of Doylestown and Gross Gourmet Foods.

## IT'S BACK- MASQUERADE OH-8!

Do NOT miss one of the best Halloween parties in Bucks County! Last year the Mercer Museum was home to our first masquerade party, and we're hoping all you groovy guys and ghouls will join us to experience this wildly popular happening within the walls of the Elkins Gallery at the Mercer. Prepare yourself for marvel, mayhem and madness as we celebrate the 25<sup>th</sup> anniversary of *Thriller*. Prizes will be awarded in six categories: Most Hysterical, Best Celebrity Look-Alike, Best Time Period, Most Horrifying, Most Original Couple, and Best Overall Costume. A fall fabulous boo-fey will be served along with seasonal adult beverages.

**Date: Saturday, November 1**

**Place: Mercer Museum**

**Time: 8:00 p.m.**

**Advanced Tickets: \$100.00/couple, \$60.00 per person**

**At the door: \$120.00/couple, \$65.00 per person**

More info to follow in the October Backpack Newsflash





**YOUTH TO COMMUNITY (Y2C) ARTS SERIES**

This past summer we “turned up the volume” with our efforts to showcase the talents of our local teens. Forty of our local middle and high school students performed at venues such as Chubby’s Ice Cream in Plumsteadville, Heritage Towers, Landis Greene Park, the CBFYMCA Skate Park, and the Huntington Learning Center in Doylestown. We have Fall First Friday Doylestown events already scheduled and are looking for more talented youth (singers, musicians, bands, dancers) to perform for our community.

**Join us at the Michener Art Museum’s 20<sup>th</sup> Anniversary Celebration, on First Friday September 5<sup>th</sup> and again on Saturday, September 20<sup>th</sup>.** If you are interested in participating in our Y2C opportunities, contact our offices at 215-489-9120.



CB Cares Presents



**YOUTH 2 COMMUNITY**

music and art series  
showcasing teen talents throughout the community  
[www.cb-cares.org](http://www.cb-cares.org)



**Got talent?**



**BOOMERANG YOUTH RECOGNITION AWARD CELEBRATES 5 YEARS**



***THE BOOMERANG YOUTH RECOGNITION AWARD WANTS YOUR VOTE!***

CB Cares is beginning the 5<sup>th</sup> year of the Boomerang Award based on the 40 Assets (search-institute.org). Our partners through the years have been the Outback Steakhouse in Jamison and the Bucks County Herald. The name of the program comes from the Australian theme of Outback Steakhouse and also our tagline for the program: **What Goes Around, Comes Around.**

Through our partnership with CB schools, any community member can walk in and nominate a student who best represents a quality or characteristic that we would all love to see in our children. Adults can nominate their own children, their children’s friends, or their neighbors. Kids can nominate themselves or their friends. CBD staff and ANY community member can also join in. This is truly a community program for everyone to let kids know that they represent important values, are doing good things in our community, and are just “good kids.” Last year, from September through May, an average of **100** students per month were nominated for this award.

The Asset for September is **#33 INTERPERSONAL COMPETENCE. Young person has empathy, sensitivity and friendship skills.** Young person cares about and is aware of other people’s feelings. Example: as this school year begins, can you identify a student who accepts and assists new students in your school?

**\*\*TAKE TIME TO CAST A BALLOT FOR A DESERVING STUDENT.**

## CENTRAL BUCKS FAMILY YMCA TEEN ACTIVITIES

Central Bucks Family YMCA welcomes all teens and invites them to visit the **Teen Center** and **Skate Park**. The Teen Center is free to all community teens, 7<sup>th</sup> to 12<sup>th</sup> grades and offers the following activities:

### Skate Park (Fall Hours)

3-8 PM Monday through Friday  
1-6 PM Saturday and Sunday

### Free Homework Help

3-8 PM Monday through Friday

### Band Jams

Hosted year-round every 2<sup>nd</sup> and 4<sup>th</sup> Friday  
6 to 9PM

### FREE Teen Nights

Music and dancing

Held every 1<sup>st</sup> and 3<sup>rd</sup> Friday for 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> grades.

### Babysitter Training Course

Ages 11-14

September 22<sup>nd</sup> & 23 (must attend both days)

For questions or more information contact  
jdepue@cbfymca.org

The Skate Park will host an **October competition** and exhibition; actual date and details to be determined. Check www.cbfymca.org for details. Drop-in fees or an annual Skate Park membership fee applies to skate park participants. A signed waiver is mandatory.

Additional Teen activities can be found through a Full Privilege Teen membership. Both the Teen Center and Skate Park are included, as is use of the Fitness Center, Pool, Gymnasium, free fitness classes, Yoga, spinning, strength and fitness and more. Convenient monthly or annual payment plan offered; no Joining Fee for Teens.

**Financial assistance is available.** More information can be found by going to www.cbfymca.org, or by calling Jason A. DePue, Associate Teen & Skate Park Director, 215 - 348-8131 x143

**\*\*\*Look for more information about our CB Cares Anti-Drug Skate Park Event held at the Y Skate Park on October 11, 1-4 pm in our next Backpack Newsflash or call 215.489.9120**

## COMMUNITY PROGRAMS

### HABITAT LOOKING FOR ARTISTS TO DESIGN HOLIDAY CARD

Habitat for Humanity, an organization dedicated to providing home ownership to those in need, invites all Bucks County artists to submit entries for the 18<sup>th</sup> Annual Holiday Card Contest! Since 1990, the organization has featured the donated work of a Bucks County artist on a holiday card, which is sold as a fundraiser for the affiliate. Contact Habitat offices 215-822-2812 for contest rules and specifications. All entries must be received by October 1.

### NATIONAL NEIGHBORHOOD DAY

Each year on the third Sunday of September, neighbors in neighborhoods across the nation will gather to rekindle relationships, welcome new neighbors, identify things they can share/help each other with and make connections that will encourage and enable collaboration throughout the year. National Neighborhood Day has launched a new web site, www.ourcommons.us as a free tool for neighborhoods. The new site is easily customized and is designed to facilitate neighborhood communications, resource sharing, story telling, picture/video sharing, event planning, issue discussion, emergency preparedness, civic engagement and neighborhood improvement projects. More info is available at neighborhoodday.org.



### HOST AN EXCHANGE STUDENT AND MAKE A WORLD OF DIFFERENCE!

International Experience, a nonprofit High School Student Exchange organization, is looking for host families for their global exchange students for January 2009 and beyond. Contact Harris Fishkin for more information: 215-345-7095.

### MOTHER/DAUGHTER EMPOWERMENT SEMINAR AND BOOK LAUNCH

Join authors Vikki Carrel and Shelley Ashby as they present a program based on their newly published book, 'Chloe's Closet...the treasures within.' The program is for girls ages 9-12 (grades 4-7) and their mothers. It will provide strategies to empower girls to be confident members of society and highlights: healthy body image, balanced lifestyle, labels, leadership skills, positive thinking, self-esteem, and choices and accountability. This event takes place on Monday, September 15<sup>th</sup>, from 7:00 p.m.- 8:30 p.m. at the James Lorah House in Doylestown. \$30.00 includes tickets for mother and daughter plus autographed copy of the book. For more info, contact Vicki Carrel at 215-206-3814.



## PARENT NETWORK

**PARENTS.  
THE ANTI-DRUG.**

### GUIDING GOOD CHOICES COMING SOON

We will begin another 5-part Guiding Good Choices program in mid-October.

The focus is on children in grades 4-8; parents learn specific strategies for promoting healthy behaviors in their children, thus reducing risks that correlate with adolescent health and behavior problems. You will learn how to strengthen family bonds, set a clear position on drugs, teach children skills they will need to make healthy choices, and increase children's involvement in the family. More info to follow in October.



### PARENT RAP

Join with us as we kick off another year of Parent Rap. Bring your parenting questions to Dr. Barry Ginsberg, a CB Cares staff member, and a representative from a local police department. Share your experiences and concerns as you learn from other parents and professionals. The first Parent Rap of this year will take place on Friday morning, **Sept. 12, from 9:30-11:00 a.m. in CB Cares offices, 252 W. Swamp Road, Suite #5, Doylestown.** We will discuss "Transitioning to the New School Year" but welcome other topics that you might bring. The next session will take place on Friday morning, **Oct. 10<sup>th</sup>.** Parents are invited to cover costs with a \$5.00 voluntary donation. Light refreshments will be served. For more information, call 215-489-9120.



### CBTV

Tune in to your cable tv (Comcast channel 28 or Verizon FiOs channel 40) during September to view a discussion on the topic:



#### **Let's Get Physical: Understanding and Promoting Physical Activity in your Family.**

Join CB Cares Executive Director Kimberly Cambra as she talks with Mary Anne Canales, CBSD Nursing Coordinator and school nurse at Jamison Elementary; Phil Hochman, Health and PE teacher at CB East and Holicong and Janelle Coller, Operations Manager at the Lab Fitness and Spa in Warrington. Showtimes are **Tuesday evening at 7:30 and 9:30 p.m. and Wednesday and Sunday afternoons at 1:30 p.m.** throughout the month of September.

## *Everyday Parenting Ideas*

### Are you involved?

**It may be a struggle to stay involved in your teens' lives when they're spending more time with their friends, but it's vital that you maintain that family connection. Talk to them about the pressures they face, and be clear about not tolerating drug use or any other risky behaviors that can potentially alter their future success. Tell your children that you forbid them to use alcohol, tobacco, and drugs because you love them. And make it clear that there will be consequences for breaking these rules.**

### CB CARES OFFERS PARENT EDUCATION PROGRAMS

Several times a year, CB Cares offers Home and School Associations, School Counselors, and other community groups a selection of parent education programs, ranging from drug and alcohol issues, to stress reduction in the family, to discipline issues, to backpack safety, homework tips, etc. These offerings are 45 min.-1 hour in length and are presented by professionals and agencies from our community. Sessions can take place in the daytime or evening. For a complete list of presentation topics, contact Barbara Gross, Outreach Coordinator, 215.489.9120.

### PARENTS OF SUPPORTED CHILDREN IN CENTRAL BUCKS

Join with other parents of children with **learning differences or special needs.** The first meeting will be on **October 2, 2008** from 7-9 at Simon Butler Elementary School, 200 Brittany Dr. in Chalfont. The meeting will feature a Back-to-School Panel including advocate Debra Schafer discussing tips to a successful start to the school year, Maggie Buckley detailing the new IEP and NOREP forms, and a representative from Central Bucks School District discussing Response to Intervention program at CB. This event is not sponsored by the Central Bucks School District or any of its schools. For more information, contact Tricie DeAngelis at 215-822-0495.



[www.cb-cares.org](http://www.cb-cares.org)

*Kimberly Cambra—Executive Director*  
Barbara Gross—Outreach Coordinator  
Victoria Lacroff—Executive Assistant

252 W Swamp Road, Unit 5,  
Doylestown, PA 18901  
215.489.9120  
Fax 215.489.9166

