



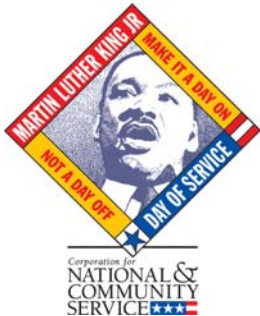
Backpack Newsflash



A NEWSLETTER FROM THE CB CARES PARENT NETWORK • Sponsored by Fulton Bank

MARTIN LUTHER KING, JR. DAY OF SERVICE 2011

Remember, Celebrate, Act—“A Day On, Not A Day Off”



All are welcome!

Monday, January 17, 2011

First Baptist Church, 311 W. State Street, Doylestown, PA

Morning refreshments will be available 8:30—9 am

MLK celebration ceremony starts promptly at 9:00 am

Join with CB Cares on Monday, January 17th, as our country celebrates this national day of service which honors the legacy of a great American. In addition to the numerous volunteer service projects around our community, we have planned an extra-special “**Opening Ceremony**”. We are proud to feature one of our local singer-songwriter-musicians, Lori Rosolowsky, who has a treat for us, featuring the message of both the 40 Assets and Dr. Martin Luther King, Jr. Lori has recruited a group of talented young singers, musicians and actors to join with her, in order to energize and inspire all of you who attend. Check out the volunteer opportunities below and inside if you are looking to make it a DAY ON, NOT A DAY OFF! Come out to the Opening Ceremony even if you are not volunteering!

Additional performances include: Second Baptist Church Choir and Backbench Boys to bring the audience to their feet.

Plumsteadville Grange

Nothing says lovin' like something from the oven...Volunteers will come with prepared cookie dough or "oven ready" cookies on sheets ready for the oven. Lunch will be provided.

Contact: Annette Crooke at 215.345.1276. Maximum volunteer capacity: 30 - ideal for families, organized groups or individuals. All cookies will be donated to the Discovery Mission.

Bucks County Free Library

Help keep the Dewey Decimal system dust-free at the Doylestown branch of the Free Library. Volunteers are needed to help do a mid-winter spruce up for this annual service project. **Contact: Roberta Yakovich at 215.348.9081 ext. 1240.**

CB Cares is a nonprofit organization that provides programs and resources to the Central Bucks community.

Church of Jesus Christ of the Latter-Day Saints

Brightly decorated Blizzard Boxes will be filled with donated nonperishable items and emergency information. The boxes will be delivered to housebound neighbors in the community. Please bring pantry items such as canned goods, powdered milk, raisins, hot cocoa, batteries and flashlights. This service project is for all ages especially young families. **Contact Bishop Ted Davenport at 610-584-7112.**

St. Paul's Lutheran Church

Help assemble Breakfast Bags and create inspiring greeting cards for our elderly and frail neighbors. A wonderful intergenerational service project, ideal for students in 1st - 5th grades! Please arrive with donations of packaged breakfast items (e.g., instant oatmeal, granola bars, juice boxes, single-serving cereal boxes, and single-serving coffee packs). Space is limited so register early. For further information and to register contact **Rose Foltz** at stpaulsmilkday@gmail.com.

More opportunities on the next page.

MLK Day of Service Volunteer Opportunities

Temple Judea

The morning will provide all ages the opportunity to participate in a variety of service projects. Dinners will be assembled for Aid for Friends and volunteers are asked to bring either a prepared side dish or entrée for the project. Granola bars, oatmeal packets, juice boxes/bags, tea bags and coffee will be greatly appreciated and put to good use. This site and project is perfect for all ages. **Contact: Shari Wohl at 215.918.2744.**

Our Lady of Mount Carmel

Join OLMC school and make birthday bags for the children in St Christopher's hospital and help in a project for under-privileged school children. Several other projects are scheduled in making care packages to be sent to community organizations.

Contact: Jeanne Reiche at JMReiche@yahoo.com

St. Paul's Lutheran Church

Your nimble fingers can help provide warmth for a homebound person this winter. Join with others as we sew together knitted squares to be assembled into lap robes. A good activity for families; best for children 3rd grade and older. Yarn is provided, but bring your own needles or crochet hooks if you wish. Space is limited so register early. For further information and to register contact **Carola Benecke at stpaulsmilkday@gmail.com.**

Pleasant Ridge Church of Danboro

Calling all animal lovers of any age! Come join us as we make toys and homemade treats for kittens who are waiting to be adopted at the Bucks County SPCA. If you are able, please bring along donations of cat food and cat litter to be donated as well. We'll meet at the Pleasant Ridge Church of Danboro at 4877 Bergstrom Road (at the corner of Point Pleasant Pike).

Contact **Dawn Alpaugh at 908-310-0698** or **dawnalpaugh@embarqmail.com**

Second Baptist Church

The Bucks County Chapter of The Links Incorporated, Second Baptist Church of Doylestown, and the Kingdom of Academy for Creative & Performing Arts join together to help Cradles to Crayons—The Giving Factory. This organization helps equip homeless and in-need children with the basic essentials they need to feel safe and warm, ready to learn and valued. We will be collecting and donating new school supplies, hygiene products, and arts and crafts supplies.

Please bring your donation to Second Baptist Church of Doylestown, 6055 Swamp Road, Fountainville. If you are unable to join us, feel free to drop off your donations at the church on any Sunday prior to the 17th between 9am—2pm. For more information, please **contact Rhoda McKinney Jones at rmjwriter@verizon.net or 215-230-7877.**

Gayman Gives Warmth and Comfort

Gayman Elementary will be assembling snack bags for youth from the Bucks County Housing Group's Doylestown shelter and will be making no-sew fleece blankets and scarves for the Valley Youth House Shelter and Group Home in Warminster. **This project has met its limits and is closed. Thank you for your interest.**

Delaware Valley College and Animal Lifeline

Please join us in building feral cat houses! The collaborative efforts of Delaware Valley College and Animal Lifeline will assist us in creating safe structures for those cats who have yet to be spayed or neutered. These cat shelters will keep them safe from the elements and allow us to take care of their needs as financial donors provide surgery costs. All ages are welcome as there will be various stages of building, but we do ask that parents assist small children. Please contact **Kelly Corby at 267-218-0784** or **TreeHuggingTrio@Yahoo.com**

Jack and Jill of America

Join the Bucks County Chapter of Jack and Jill of America, Inc. in partnership with the Central Bucks Christian Fellowship to celebrate the life and dreams of Dr. Martin Luther King, Jr. We will create packages for St. Mary's Medical Center Pediatric Unit and much needed school care packages for 2nd graders at the Robert Fulton Elementary School in Philadelphia. Each attendee will be asked to bring: One Box of crayons, a box of colored pencils, a pack of dry erase/expo markers, coloring books. Up to 40 spots will be available. Please **contact Jill Jones @ 215-766-9432** or **bjandjill@aol.com**

Neshaminy Manor Intergenerational Game Time

Calling all young game board enthusiasts! We need you to play your favorite game board with the residents of Neshaminy Manor. This intergenerational service project is a great way for you to get to know some of the elderly in our community. Additionally, there will be time for new readers to practice reading to a very enthusiastic audience. Great group project for scouts and families. For more information and sign up **contact Laura Tomlinson 215.345.3205** or **ltomlinson@co.bucks.pa.us.**

New Life Christian Center

The New Life Christian Center invites families to collect food for snack bags for homeless people in Philadelphia. Items needed are miniature cereal boxes, boxes of raisins, pudding and fruit cups, cracker packs, gallon and quart size plastic bags, plastic spoons, and hand wipe packets. For more information **contact Carolina Conery at 215-491-0945.**

CB Cares would like to extend our deep appreciation to each organization for your dedication and support in making Martin Luther King, Jr. "A Day On, Not A Day Off" a success.



BOOMERANG YOUTH RECOGNITION AWARD

December's Asset of the Month was **#36 Peaceful Conflict Resolution**. Young person seeks to resolve conflicts peacefully. Young person understands the benefit of peaceful conflict resolution. They are considered to be a "resource" to others, one who helps to solve problems, e.g. peer mediation or just a good friend who is known to help others with difficult situations. District-wide recipients of the December Boomerang Youth Recognition Award are:



Luke Simon, 5th grade, Bridge Valley Elementary. Luke demonstrates peaceful conflict resolution on a daily basis. He puts others before him regardless of gender, age or relationship with the person. Luke exudes maturity and acts with his heart, despite what others might think about him. He has befriended another student who has autism and helps him through his daily obstacles (social and academic) by teaching him how to advocate for himself during conflicts. When another child was injured, Luke approached her while she was crying, tried mediating the situation, and hugged her while walking her to the nurse. In a situation in which another student made poor choices, he sat down with the student, talked it out, and used peaceful, mature words to forgive the student.



Dillon Kelly, 8th grade, Tamanend Middle School. One of Dillon's most outstanding characteristics is that he consistently listens to others and responds calmly and appropriately. He is not afraid to stand up for what he believes in or to question perceived injustices. Other students look to him for his insights. Teachers have witnessed Dillon trying to peacefully resolve conflicts in class and in the hallways. He is respectful in his words and in his actions. He has the ability to remain calm, even in volatile situations. Recently, he helped two students successfully deal with a difficult bullying situation they had been facing and on another occasion he was a calming factor during conflicts between friends in the cafeteria. He can be relied on to help generate positive discussion and thought in groups. He knows how to resolve problems before they escalate or turn aggressive. Dillon's kindness and mature way of dealing with tough situations are impressive.



Joanna Curran, 12th grade, CB South. Joanna is a caring, compassionate young woman. She makes it easy for her peers to talk to her, and she is able to give them level-headed advice. Joanna exhibits a level of maturity and decision-making skills that are uncommon in teenagers.

*CB Cares reserves the right to edit nomination descriptions when necessary for privacy or length .

January's Asset is **#9 Service to Others**. Young person values service to others, in their family, school, or community. He/she commits to meaningful and caring actions. **NOMINATIONS SHOULD BE SUBMITTED TO YOUR SCHOOL BY FRIDAY, JANUARY 21ST.** Nominations can come from ANYONE-parents, relatives, teachers, other school staff, neighbors, friends of a student who demonstrates the assets, etc.

YOUTH TO COMMUNITY ARTS PROGRAM (Y2C)

On December 4th, we held our monthly CB Cares Teen Performance Night at Saxbys. The evening included singers, musicians, and a poet who read original work. We also provided entertainment at the Market at DelVal. Singers from CB West led community members in holiday song around the warmth of a bonfire!



Brett Cashmer, Hannah McCausland and Alden Braverman

See us next at:

**Saxbys
Saturday, January 15th
7:00 - 9:30 pm
Doylestown, PA**

Come in out of the cold to enjoy a warm beverage and excellent entertainment.

MLK Day of Service. We will have a very special presentation of a 40 Assets song, written by local singer-songwriter-musician extraordinaire, Lori Rosolowsky. She has recruited some of our young talented singers, musicians, and actors to present this song to our community at the opening ceremony, between 9-10 am.

We are always looking for student poets, singers, and musicians to add to our "pool" of teens. We do have many requests from local businesses and nonprofits who want to feature these kids at their

community events. For more info, contact Barbara Gross at 215-489-9120 or email bgross@dh.org

THE Y TEEN CENTER

“Y” not join other teens at some of the great programs, coordinated by our partners at the local Y in Doylestown:

**Teen Leaders Group
every Thursday
Teen Center
5:30 pm.**

Free pizza! Teens from around the community come to the Y to discuss current issues important to teens and to get involved in community service projects. CB Cares is offering monthly cooking classes!

Registration is now open for the C.I.T. training program for summer 2011. The Counselor/Coach in Training Program is in its 2nd year. Learn how to be a counselor at Camp Takoda, or a sports camp coach, or a skate park camp instructor.

**Teen Sports
Friday night teen basketball, 4-6 pm.
Friday night dodgeball, 6-7 pm.**

Both are free to members or only \$10.00 for non-members for either one.

For more information, contact Kevin Crail at 215-348-8131, x1147 at the Y.



Tiramisu a la Teen Center.

CB Cares’ hosted a holiday cooking class for the Teen Center’s Youth Leadership at the Y in December. There was a fun “mix” of students who attended the class.

The class prepared tiramisu to take home and in the course of the class learned several different techniques from using a mixer to folding ingredients together for the dessert’s filling. Everyone went home with their creation and a Celebrity Chef & Waiter Gala apron as a gift from CB



Cares. **Next month’s CB Cares’ evening at the Teen Center will be: Good Manners and Table Setting for the New Year.** The Youth Leadership group meets every Thursday at the CB Family YMCA Teen Center at 5:30 pm. For more information contact Pat Kelly 215.348.8131.

PARENT NETWORK

For as little as .50 cents a month - you can help us!

CB Cares is a community coalition of individuals, businesses and agencies, whose goal is to promote positive values, attitudes and behavior, in our community’s youth. The framework for our programs is the **40 Developmental Assets**, a research-based approach to cultivating the most important qualities which create caring, competent, and resilient individuals. As a nonprofit organization, we are most appreciative of donations from organizations and individuals like you. For as little as **50¢ a month** during the school year—the cost of a container of milk—you can help keep our valuable programs in place for Central Bucks youth and their families.

Please send your contribution to:

**CB Cares
252 W Swamp
Road
Unit 5
Doylestown,
PA 18901**

LEVELS OF GIVING

Pint	\$0.50/month	\$5.00
Quart	\$1.00/month	\$10.00
Half Gallon	\$2.00/month	\$20.00
Gallon	\$5.00/month	\$50.00
The Cow	\$100.00/month	\$1,000.00

Please make your tax-deductible check payable to **CB Cares**.

Parent Connections



January’s program will feature a **teen roundtable discussion** to talk about the newer challenges facing teens in the second decade of the 21st century. The teenage landscape has changed over the past 10 years. Join us as they talk openly about concerns they have about themselves, their families and peers.

**Parent Connections
Comcast 28/Verizon 40
7:30 pm
Tuesday, Thursday and Sunday**

e-Newsflash
CB CARES
CREATING A STRONGER, HEALTHIER COMMUNITY

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