



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”



This year's MLK Day Opening Ceremony was the best ever and would not have been possible without the talent and commitment of our guest speakers and performers. Second Baptist Church Choir and their men's ensemble, the Backbench Boys, brought those attending to their feet! Rabbi Gary Pokras and Rev. Steve McComas spoke in the spirit of Dr. King's dream and helped it come to life during the ceremony. CB South's April Zhang gave a compelling speech on her experiences as a teen volunteer at Doylestown Hospital. Truly unforgettable at the ceremony was the performance of the 40 Assets Song (Do the Right Thing), under the direction of local singer/songwriter/musician Lori Rosolowsky, who created the song and personally volunteered hours of production and rehearsal time. Forty-five students contributed their time and talent in either contributing lyrics, singing, acting, or playing in the band! The performance was sensational and wonderfully executed; over 350 guests were in attendance, and they had the pleasure of seeing all of the hard work come together. To view more photos and learn more about the Assets Song, visit our website. **Lori with her student-actors in upper left photo.

** Lori with her student-singers in center of photo montage .



BOOMERANG YOUTH RECOGNITION AWARD

January's Asset of the Month was **#9 Service to Others**. **Young person values service to others, in their family, school, or community.** He/she commits to meaningful and caring actions. District-wide recipients of the January Award are:

Elementary: Kelly Cyliax, 6th grade, Pine Run Elementary. Kelly regularly helps others and is generous in donating her time



and her own money. She has donated money that she has earned for many causes, including the purchase of a bike for a child in need and donating money to the ALS walk every year, supporting her neighbor who suffers from ALS. At school, Kelly volunteered for the Autistic Support program, giving her time to help fellow Pine Run students and additionally, she has organized and worked an Alex's Lemonade Stand every year since kindergarten. She and her friends do all of the work themselves. She has sewn aprons and dolls for patients at CHOP, gone Christmas caroling at an assisted living home, helped plan breakfast for the Ronald McDonald House, and most recently participated in an MLK Day project. For Kelly, helping others is a part of the way she lives her life, and she does it because she wants to, not because someone tells her she has to.



Middle School: Matthew Pfeiffer, 9th grade, Tohickon Middle School. Matthew's service to the Hartsville Fire Company, as a Cadet and graduate of the Bucks County Fire School, shows great dedication to serving others. Being a Cadet at the fire company brings many responsibilities including: maintenance of all vehicle apparatus, insuring the proper functioning of all emergency supplies on a weekly basis (e.g. fire fighter oxygen tanks), active participation in Emergency Response Drills, CPR certification, serving in all community events, acts as an official representative in events such as the 9/11 annual commemoration, and representing the station in public events such as parades and driving Santa Claus through the community. He must pass a county-wide testing for all firefighters through the Bucks County Fire School. A commitment such as all of this is a tremendous undertaking

for a 15 year old in today's society. Seeking to serve something bigger than themselves and the willingness to follow through and commit such time to their community is worthy of this recognition.



High School: Timothy Erb, 12th grade, Central Bucks East. Tim has shown true dedication in serving others in his community. As one example, this year Tim was very involved in generating funds to buy toys in the school's annual toy drive. Tim spear-headed a funds drive to raise money to buy toys for less fortunate families of Bucks County. Quietly, he matched the funds dollar for dollar (a significant sum) with his own money and then went out to buy toys for the drive. He also volunteered his time at the Toy Drive Center to help distribute the toys and meet the families that came to collect the toys for their children. He is currently working to help with the Senior Citizens Prom at the school and routinely gives of his time to help with other causes such as Coaches vs. Cancer and events through the National Honor Society. He enjoys spending time with the autistic students and other special needs students in his school, often discussing sports and just genuinely getting to know them. Tim is truly a selfless,

generous and humble person who lives a life of thinking about others.

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

February's Asset is: **#38 Self Esteem**. **Young person demonstrates a confidence that promotes positive behaviors and relationships.** He/she is proud to be the person that they are, and they serve as a role model to others because of their healthy self-confidence.

NOMINATIONS SHOULD BE SUBMITTED TO YOUR SCHOOL BY FRIDAY, FEBRUARY 18TH. ***Nominations can come from ANYONE-parents, relatives, teachers, other school staff, neighbors, friends of a student who demonstrates the asset, etc.

Y TEEN CENTER ACTIVITIES

Counselor in Training

Registration for the Counselor in Training program at Camp Takoda is now open. This camp is for ages 13 to 15 and teaches important leadership skills. More

info: http://www.cbfymca.org/day_and_teen_camps.htm

Teen Leaders

**Every Thursday
5:30-7 PM
Teen Center**

This community service-based group is for 7th thru 12th graders and free to all. Free pizza at every meeting! All you have to do is show up, ready to make a difference.

Pre-Teen Night

**March 4th
7-10 PM
4th- 6th graders**

Pre-Teen Night is a fun-filled evening that includes activities in the Teen Center along with swimming and gymnasium time in the main facility. Pre-Teen Night is \$5 and participants must be signed in by an adult.



YOUTH TO COMMUNITY ARTS PROGRAM (Y2C)



On Saturday, January 15th, we held our monthly CB Cares Words and Music Café at Saxbys in Doylestown. We had a full card of singers, musicians and 2 poets who read original work. Matthew Eisenberg (pictured here), read an original poem. Join us this month:



Words and Music Cafe' at Saxbys
Friday, February 25th
7-9:30 pm.

A large, talented group of young singers, musicians and actors collaborated with singer/songwriter Lori Rosolowsky in performing her original song, Do the Right Thing (Assets Song) at our Dr. Martin Luther King Jr. Day of Service Opening Ceremony, on Monday, January 17th (front page). They had the huge crowd at First Baptist Church on their feet, clapping and singing along! Thank you to Asset Champion Lori Rosolowsky and all the students who contributed to putting Assets *in Action and Song!*

First Friday
March 4th
6-8 pm



CB Cares is partnering with the Y and the Doylestown Bookshop, 16 S. Main Street, in celebrating Read Across America and Dr. Seuss's birthday. Come out for games, magic, and a special appearance by one of your favorite Dr. Seuss characters, The Cat in the Hat, who will read some of the best known works of this legendary author. A portion of all sales made on that day will benefit the Y's financial assistance program.

Lead On! Youth Leadership Conference
Tuesday, March 8, 2011
George School
7:30am to 1:30pm



The conference is open to Bucks County middle and high school students and their advisors. The conference offers students from grades 6-12 the opportunity to learn about teen-relevant issues through presentations and breakout workshop sessions while also offering networking time. Workshops include such topics as healthy choices, decision-making, Internet safety, substance abuse prevention, bullying prevention, and healthy relationships to name just a few. Nominations are also being accepted for students who have demonstrated notable efforts in the area of substance abuse prevention. Winners will be invited to attend *Lead On!* at no cost and will receive their award during a ceremony at the conference. For more information, please visit www.leadonconference.org or contact Melanie Swanson at 215-345-6644 or mswanson@councilsepa.org.

Cost: \$15 per person (student/advisor/adult)

Early Bird Discount:

10% off if payment is submitted by 2-18-2011.

Registration deadline:

February 28, 2011

Scholarships available through a grant from Foundations Community Partnership



PARENTS WHO HOST, LOSE THE MOST **BILLBOARD MESSAGE**

CB Cares and the Central Bucks Drug Free Project are proud to sponsor a billboard on Rt. 611 near the Barn Cinema. The message is simple: "Parents who HOST, Lose the MOST" reminding parents of the consequences of hosting underage drinking parties in their home. This is the second billboard for this campaign but the first in our immediate community. We have also partnered with

Giant Supermarkets with message inserts on the shopping carts reminding parents the easiest place for kids to get beer is next to the milk in the refrigerator. CB Cares and our partners will continue to get the word out against permissive parenting and help parents make good choices and be responsible role models. Parents are key in reducing underage drinking amongst our youth. Unleash your Parent Power!

PARENT NETWORK

FREE

Two Peds in a Pod[®] : Pediatricians' Advice on Childhood Obesity

Monday, February 28, 2011 7:00-8:30pm
Health & Wellness Center by Doylestown Hospital,
VIA Auditorium on Lower Level

This presentation will provide a pediatrician's perspective on preventing childhood obesity. We know that childhood obesity is a national problem. What can you do as a parent to reduce the risks of life-long health problems in your children? Naline Lai, MD and Julie Kardos, MD, are authors of a pediatric advice blog at www.twopedsinapod.com, and have been on NPR and in **Real Simple** magazine. They will provide suggestions to help parents and their children to a healthier future. Registration can be done at 215-345-2121 or at www.dh.org/calendarofevents

The Health and Wellness Center is located at 847 Easton Road, Warrington, PA



Save the Date

for

CB CARES
**Celebrity
Chef & Waiter
Gala 2011**
Serving the Community

Sunday, May 22nd, 2011
6 pm
Doylestown Country Club

215.489.9120
www.cb-cares.org

Parent Connections

February's program will feature a **teen roundtable discussion** 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



FRESH AIR FUND LOOKING FOR HOST FAMILIES

The Fresh Air Fund is seeking host families in the Bucks County area to open their homes to a New York City child this Summer. Since 1877, The Fund has given more than 1.7 million youngsters the opportunity to enjoy the simple pleasures of summer in suburban and rural communities. For more information please contact- Dawn Ford at 215 822- 2577 or call the Fresh Air Fund at 800 367 0003

e-Newsflash CB CARES CREATING A STRONGER, HEALTHIER COMMUNITY

Sign up at cbcares@dh.org to
receive your e-Newsflash!

