

CAMBRIDGE CAP
PO BOX 54
CAMBRIDGE WI

The Cambridge Re-CAP

FALL 2011



SPECIAL POINTS OF INTEREST:

- **Volunteers Honored**
- **Meet the Staff**
- **Wellness Expo**
- **Post-Homecoming Fun**
- **Ask CAP**

CAP Hosts Volunteer Banquet

On Sunday, October 9 the Cambridge CAP hosted the annual volunteer appreciation banquet to honor the many dedicated volunteers that devote time to make the Activities Program a success.

The theme of this year's banquet was Volunteers are our Past, Present and Future. Over the course the year, CAP administration set a goal to begin to reflect on the past and tell the story of CAP to the community. As part of this initiative, it was important to share the history of how and why the CAP was formed in 2003. Mark Cook, CAP board member and former School Board President, gave a brief presentation highlighting the conception and the need to build assets in our community based on past surveys conducted regarding youth programs in Cambridge.

Following Mark's presentation, Executive Director Bridgette Schlichting recognized past CAP board members for their time and service. Past board members were presented with plaques representing the time frame in which they served. She also unveiled a perpetual plaque that will hang in the CAP office giving recognition to all CAP board members.

Board member Eddie Pahuski then entertained the crowd with

the "Top 10 Reasons to be a CAP Volunteer," highlighting many humorous situations and heartwarming moments from the past year. If you are considering volunteering with CAP, you should certainly check these reasons out on our website at <http://www.cambridgecap.net/Work.php>, and you will surely be convinced!

Following these presentations, CAP debuted a video project that was produced over the summer months. The video was created as a marketing tool and educational piece, enabling better promotion and explanation of the many activities that encompass CAP. The video has since been uploaded to the CAP, Village, Chamber, and School District websites, as well as to YouTube and Facebook. We encourage you to please take a few minutes to watch this clip and learn more about the Activities Program.

At the conclusion of the program, four outstanding volunteers were honored. Dan Campbell was recognized for his leadership in the area of youth softball. Dan has been volunteering with the CAP softball program for the past six years, he coaches two teams and has become a mentor to other coaches in the program. Mary Hommen was

recognized for going above and beyond with the summer baseball concession stand. Mary spent countless hours preparing food, assigning tasks, and volunteering in the stand. Rob Pero, who has become very active in the youth sports programs, was recognized for his time and willingness to help out and pitch in whenever and wherever needed. Rob has two daughters in the program and spends time coaching them both in soccer and basketball. Lastly, Jan Murray was honored for her continued dedication to the senior and youth center programs. Over the past several years, Jan has spent countless hours baking cakes for monthly CAP senior luncheons and Youth Center fundraisers. Jan and her family also take great care in providing goodies for the Food Pantry and Resource Center.

Following the program, volunteers enjoyed dinner, cake and fellowship. The CAP staff was extremely pleased with the turnout and the overwhelming positivity of the volunteers. The CAP administration continues to be humbled by the number of volunteers and the pride and dedication given to the CAP. The Cambridge Community Activities Program would simply not be able to provide the level of programming we do without the support of our volunteers.

Thank you!





Meet . . . Hannah Peppey

Hannah Peppey has worked for the Cambridge Community Activities Program since August 2006.

Hannah fills a variety of roles within the CAP organization, including Head Lifeguard, Water Safety Instructor, CAP CARE Assistant, Day Camp Counselor, Blue Fins coach, and trip chaperone.

Originally from Cambridge, Hannah graduated from Cambridge High School in 2007, and currently works part-time

while studying Special Education at the University of Wisconsin - Whitewater.

With swimming consuming a large portion of Hannah's own childhood, it seemed only natural for her to become certified in lifeguarding and water safety. "I really enjoy teaching kids to swim. It's wonderful to see them try things for the first time, and then have them make such progress," said Hannah. "And I love working with the Day Camp program during the summer because we

do such a wide variety of activities with the kids. I love helping them experience new things."

Hannah has also been involved in the Adapta-quatics Scholarship program for the past three years. This program provides free private swim lessons for developmentally disabled children.

In her spare time, Hannah enjoys spending time with her boyfriend, Peter, and their daughter, Evelyn, as well as swimming in Lake Ripley, shopping, baking, and going on trips.

*"Motivation
is what gets
you started.*

*Habit is
what keeps
you going."*

~Jim Rohn

Keeping Families Active

The Cambridge CAP's annual Family Health and Wellness Expo went off with out a hitch again this year. Mother Nature fully cooperated this year by providing beautiful weather for the event.

The purpose of the Family Health and Wellness Expo is to provide as much information as possible to the public about the plethora of wellness resources right here in the Cambridge area. The Expo itself had 14 different vendors from local communities including Cambridge, Lake Mills, Fort Atkinson, and Jefferson. Representatives were available to answer questions and provide information about their businesses. A special thank you goes out to Fort Health Care

for being a gold sponsor this year, and Cambridge Clinic of Chiropractic and Visiting Angels for their silver level sponsorship.

Jazzercise instructor Christine Kenseth held a Jazzercise class in Westside Park during the expo, with approximately 25 participants attending! In addition to the Jazzercise demonstration, there was a tumbling and dance showcase, during which many young children were able to show off their skills.

Along with the expo, the CAP hosted a 5K run/walk and a one mile fun run to encourage families to move and be active together. The race fee of \$10 included

race participation, a dry-fit t-shirt and goody bag. The course led racers down the gorgeous Cam-Rock trails and back to the finish line. With over 90 runners, CAP Aquatics & Recreation Director Lesli Buehler was thrilled with the turnout. She stated, "It was great to see so many families running together. Cambridge is really becoming an active community, which is something to be extremely proud of."



A Night at the Improv

After the Cambridge High School's Bluejay football team was victorious over Belleville with a score of 52-14, the high school students were ready to celebrate. On Saturday, October 1, the Cambridge High School small gymnasium was the host to the post-homecoming activities.

After the Homecoming dance, approximately 60 students stayed for the post-homecoming activities, sponsored by CAP, the Dane County Sheriff's Department, the Cambridge PTO, and Ripley's Bakery & Eatery. The night began after the dance ended at 11:00 p.m. The students enjoyed pizza from Ripley's Bakery & Eatery in the High School Commons. They then shuffled into the small gymnasium where the Monkey Business Institute from Madison put on an improvisational comedy

show. Improvisational comedy is comedy that is made up right on the spot - no scripts, no memorized dialogues, just crazy ideas created by the comedians with encouragement from the audience. One of the most popular examples of improvisational comedy would be the hit television show "Whose Line is it Anyway?".

After a short introduction, the comedians jumped into action, pulling topics and even a few participants directly from the audience. The students and chaperones laughed hysterically at the show, which included student participation from Kolt Wegner and Jeremiah Moody. The post-homecoming activities are offered to students in an effort to encourage them to stay in a safe environment under supervision after the dance as well as to continue the fun



celebration of the homecoming week. Events in the past have included hypnotists, magicians, and other comedians.

Activities such as this are valuable to our youth and would not be possible without the continued partnership and support of groups such as the Cambridge PTO. Thank you!

*"Alone we
can do so
little; together
we can do so
much."*

*~Hellen
Keller*

Blue Jays Making Music

The Cambridge CAP Blue Jay Choir is off to a wonderful start! With 35 fourth and fifth grade students participating this year, the group is very excited to share its singing talents with the Cambridge community!

The Blue Jay Choir rehearses every Wednesday after school until 3:45 p.m. in the music room at the Cambridge Elementary School. They've been learning many different aspects of singing, like the proper way to breathe, how to enunciate words clearly, and how to read music that is in two different parts. Rehearsal always begins with a warm-up

before practicing performance songs.

You may have already heard us sing at our first performance of the fall. The Blue Jay Choir sang a wonderful song called "Everyone Has Something They Can Do" at the CAP Lights On After School program on October 20. If you didn't catch us at this event, it's not too late! Please listen for us at one of the upcoming performances!

Friday, Dec. 2
Christmas Tree Lighting
Wednesday, Dec. 7

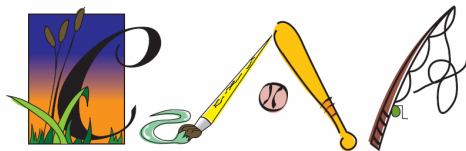
Caroling at Our House Assisted Living

Sunday, Dec. 18 Prelude to Christmas (CHS)

Wednesday, Dec. 21 CES Holiday Sing Along (school assembly)

Thank you for supporting CAP activities and music in our schools!





Community Activities Program
PO Box 54
Cambridge, WI 53523

Phone: (608) 423-8108
Fax: (608) 423-9869
E-mail: cap@cambridge.k12.wi.us

www.cambridgecap.net

Mission Statement

The Cambridge Community Activities Program encourages and promotes life-long wellness by providing a variety of high-quality recreational activities, learning opportunities, aquatics programs, and services to the broad Cambridge area community.

Coming Soon . . .

Watch your mailboxes during the week of December 12 for the Winter/Spring edition of the CAP brochure, which will include new adult fitness offerings as well the Note & Float Water Safety Program.

We Want Your Feedback!

The CAP provides you with the ability to offer your feedback directly through our website! Simply log on to www.cambridgecap.net, and click on the **Feedback** link. We'll use your responses to improve our current programs or implement new ones!



Need Answers? Just Ask . . .

Do you have a question regarding the Cambridge Community Activities Program that you would like to see answered in our newsletter? If so, please email your question to cap@cambridge.k12.wi.us. The CAP management reserves the right to choose which questions are published.

Q: What is Fund 80?

Fund 80 is a fund levied through the local school district that is used to account for community activities. The activities for this fund are governed by Wisconsin State Statue 120.13(19) Community Programs and Services - "A school board may establish and maintain community education, training, recreational, cultural or athletic programs and services, outside the regular curricular and extracurricular programs for pupils, under such terms and conditions as the school board prescribes. The school board may establish and collect fees to cover all or part of the costs of such programs and services. Costs associated with such programs and services shall not be included in the school district's shared cost under 121.07(6)."

More information about Fund 80 can be found at the Department of Instruction web site:

http://www.dpi.wi.gov/sfs/comm_serv_fund_info.html

Q: How do I go about offering a new class or program through CAP?

The Cambridge CAP is continually in search of new instructors and ideas. If you are interested in offering a class through CAP, please fill out our Create-a-Class form, which can be found under the Employment/Volunteer tab on our website. Upon submitting the completed form, your idea will be reviewed and you will be contacted by CAP staff to further discuss your idea.