

CAMBRIDGE CAP
PO BOX 54
CAMBRIDGE WI

The Cambridge Re-CAP

FALL 2009



SPECIAL POINTS OF INTEREST:

- Volunteer Banquet
- Meet the Staff
- Yoga
- Food Pantry
- Youth Center Food Drive



Volunteers Honored at Banquet

The Cambridge CAP held its annual Volunteer Appreciation Banquet on Sunday, October 11 at Lake Ripley Country Club in Cambridge.

The Volunteer Appreciation Banquet is an annual event that recognizes all of the hardworking and dedicated individuals who generously donate their time and effort into making the CAP a successful program.

The evening began with a welcome from CAP Executive Director Bridgette Scott: "Today is an opportunity for us to recognize and thank each of you for your time, dedication, and commitment to the CAP.

Whatever the program or endeavor, you have volunteered



your time and talents to benefit others. Your talents have enriched the lives of those in this Community and your dedication has strengthened the future of the Community Activities Program. The year behind us has been a year of ups and downs, but I am optimistic about the year ahead of us because of you. Every day I get to see the good that you do. I have the privilege of working with your children and seeing the smiles

on their faces after a great game. I am the recipient of the thank yous from the parents whose children have enjoyed you as a coach. I am the one stopped in the grocery store by a senior citizen who just wants



to express her appreciation for your time at our luncheons. Yes, these are only a few of the ways that the good you do makes life in Cambridge great. Just by looking around the room, you would never know the important aspects of your work as a volunteer. Your work goes beyond what the eye can see, which is why we celebrate all of these gifts today and say a much deserved thank you!"

The Director also took time to present "Volunteer of the Month" awards to the following individuals: Kelly and Debbie Talbott, Steve Struss, Ethel Lund, Bernie Nikolay, Lynn McGough, Yvonne Behm, Rick Haas, Scott and Sandy DeForest, Shannon Tuscic, Dean Smithback, Wanda Pleshek, and Sean Currie.

The CAP Board of Directors Chairperson Mary Behling

acknowledged the service of the community members who make up the CAP Board: Mark Cook, Ron Dayton, Greg Engelstad, Kris Frey, John Leadholm, Kristin Peppey, Michael Rumpf, Steve Struss, and Jon Sustarich. Mary also spoke of the recent passing of CAP Board member, Eileen Scott. Mary stated of Eileen, "She was one of the founding members of the CAP Board. Her enthusiasm for the CAP and her passion for serving Cambridge act as a guide for all of us, and we certainly hope that we are able to continue with her vision."

As a token of appreciation, the CAP and the Cambridge Foundation joined together to provide each volunteer with a tote bag, with a logo symbolizing the collaborative efforts



of the CAP and the Foundation to make the Cambridge community a better place to live.

If you are interested in volunteering for the CAP in any way, please contact the CAP office at (608) 423-8108.

Meet . . . Wanda Pleshek



Wanda Pleshek began her employment with the Cambridge Community Activities Program in August of 2009 as the Cambridge Food Pantry and Resource Center Coordinator.

As the Food Pantry Coordinator, Wanda's duties include scheduling and training the 60+ volunteers, maintaining inventory, ordering supplies, maintaining all Food Pantry records, and interacting with Pantry clients. Additionally, Wanda attends Jefferson and

Dane County Food Pantry Network meetings.

Wanda stated, "What I enjoy most about working at the Food Pantry is the outpouring of support and kindness from the Cambridge community as well as the greater Madison area. Something wonderful happens inside these walls every day. The generosity of people with their time, talents, and monetary support is amazing. The volunteers, staff, and clients are all so kind, working together to support one another. It's obvious to

me that there are a lot of caring folks in Cambridge."

Wanda is originally from the Appleton area, and moved to Cambridge after living in England for four years. She lives with her husband Joe, their 10 year old son Brock, and their dog Lily. In her spare time, she enjoys cooking, attending Badger and Packer games, and spending time up north fishing, swimming, and snowmobiling.

Wanda can be reached by calling (608) 423-8142 or emailing foodpantry@cambridge.k12.wi.us.

"If bread is the first necessity of life, recreation is a close second."

~Edward Bellamy



A Magical Homecoming

The High School Activities Program and the Cambridge PTO joined together recently to sponsor an event for high school students following the school's Homecoming dance. Magician Alan Smola traveled from Michigan to literally work his magic in front of the 90+ students in attendance.

Alan did a great job of involving the students in his performance, as he had over 10 stu-

dents participate at different times. The most impressive illusion of the night demonstrated Alan's ability to place a student's cell phone in an empty can of Pringles, destroy it with a hammer, and make it re-appear with out damage, which he successfully did!

Lesli Buehler, coordinator of the High School Activities Program, stated, "Adam did an amazing job. I am so happy with the turnout, and it's great

to see the students make safe choices for their post-dance activities. CAP was very happy to be involved in the hosting of this event."



Yoga: A Good Fit

Every Monday and Wednesday evening from 6 - 7 p.m., you have the opportunity explore the benefits of yoga in room 126 at the Cambridge Elementary School. Karen Wissell has been teaching this drop-in class for the CAP for the past 3 years.

Yoga is a wonderful way to take some time out of your busy schedule to focus on slowing down the fast pace of

life and reconnecting with yourself. One of the greatest things about yoga is that it can be modified for people of different physical abilities, allowing participants to reap the benefits of a group practice.

A typical class begins with a short period of seated breathing work or meditation to help us all come together and leave the day's stressors outside the room. Continue with a warm up and variety of movements to help increase blood

circulation, flexibility, and an overall sense of connection and self awareness. Despite popular belief, you do not have to have great flexibility to do yoga. As with any practice, change comes with time and dedication.

If you have an hour once or twice a week, and have been thinking about giving yoga a try, feel free to stop by for a few minutes prior to class. Karen would be happy to answer any questions you may have!

Karate: Not Just for Kicks

The Cambridge CAP offers a fun and exciting karate program for children—Lil' Dragons for ages four to six, and Junior Karate for ages seven and older. Instructor Todd Anderson has been practicing the art of karate for 30 years, and teaching for the CAP for five.

It's no secret that martial arts programs can assist children in developing strength and agility, but practicing karate can also have many non-physical benefits. Contrary to what people may believe, karate teaches children a variety of skills that go far beyond hitting, kicking, and punching. Many parents are hesitant to place their child in karate, in fear of the child becoming violent. The fact is, martial arts training is based entirely on non-violence.

The martial arts are about developing the mind and the spirit as much as the body, and can help children master some important lessons and skills that they can use in other areas of their lives:

RESPECT

When children enter karate training, one of the first things they learn is how to respect one another. They are the focus of attention, and they realize that their teacher is there for them. This leads the children, in turn, to respect their teachers and fellow students.

DEVELOPMENT

Rituals in martial arts classes are very important because they re-install ethical behavior. More important than physical skills, martial arts teach children mental skills. Qualities that emerge through martial arts

training include focus, discipline, perseverance, self-confidence, and self-respect.

SCHOOL & LIFE

With a good instructor in charge of a class, learning becomes a fun challenge, rather than something the kids are forced to do. Often times this carries over to a child's schoolwork. After a few weeks or a month of studying martial arts, children can have a whole new attitude towards assignments at school and home.

If you would like more information on our youth karate programs, check out the latest CAP brochure or our website, www.cambridgecap.net, for current offerings.



Food Pantry Serves Community

The Cambridge Food Pantry and Resource Center opened its doors for the first time on September 1, 2009. In the short time the Resource Center has been open, nearly 40 families have come by to shop for groceries.

The goal of the Cambridge Food Pantry and Resource Center is to strengthen the personal, economic, and social well being of residents of the School District of Cambridge. The Food Pantry provides resources for individuals and families that will enable them to move beyond their immediate situation of need and encourage self-sufficiency.

In order to shop at the Food Pantry, clients must provide a photo ID as well as proof of residency, such as a lease or utility bill. Clients are encouraged to use the Pantry no more than once every 14 days. In addition

to traditional grocery items, clients can shop for toiletries, paper products, and baby food.

The Cambridge Food Pantry and Resource Center is not only a place to go for groceries, but it has many other resources to offer as well. The Center has recently been named as a SHARE Network Access Point by the Department of Workforce Development of South Central Wisconsin. A SHARE Network Access Point provides a central location for those in need of job search assistance. We are now able to provide core services for self-directed job searches, refer clients to appropriate support services as needed, publicize job search services in the community, and offer additional human services to job seekers.

The Center is open the first and third Mondays of the month from 5:00

p.m. until 7:00 p.m. and the fourth Saturday from 8:00 a.m. until 10:00 a.m. If you are in need of assistance, but unable to make it during these hours, please contact Wanda Pleshek at (608) 423-8142 to set up an appointment.

There are currently more than 60 volunteers who donate their time in the Food Pantry, whether it be stocking shelves, assisting shoppers, cleaning, or delivering food. If you would like to contribute, monetary or food donations can be dropped off on weekdays from 9:00 a.m. until 11:00 a.m. The Center is located inside the Nikolay Middle School at 211 South St. in Cambridge. Monetary donations may also be mailed to PO Box 54, Cambridge, WI 53523.



*“Failure
is success
if we learn
from it.”
~Malcom
Forbes*



Cambridge

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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 the week of December 7 for the Winter/Spring edition of the CAP brochure, which will include additional Adult Enrichment activities as part of our Lifelong Learning 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!



Youth Center Food Drive

Local students who attend the Cambridge CAP Youth Center recently took part in a Dane County-wide initiative to help stock the shelves of local food pantries.

The kids took part in a program called "Trick or Treat So Others Can Eat." Rather than collecting candy this past Halloween, students collected non-perishable food items, which were donated to the Cambridge Food Pantry and Resource Center.

Youth Center students scoured the neighborhoods of Cambridge and placed bags on the doorsteps of

residences for people to place non-perishable items in. Residents who participated then left their filled bags on their doorsteps for the Youth Center kids to pick up. The students braved the cold and rainy weather to collect roughly 25 bags of food for the pantry.

As a part of this food drive, the students also encouraged fellow classmates to donate canned goods at a recent school dance. The Youth Council

members decorated a box and placed it at the dance, where the box was filled with non-perishable items. Youth Center Coordinator



Jody Wilke commented, "I am so proud of the Youth Council participants for taking charge of this event. They gave a lot of their time to prepare the bags, deliver them and pick them up on foot. And the response was

great. Thank you to all the families and neighborhoods who participated in this food drive!"

www.cambridgecap.net