



Clements Boys & Girls Clubs
<http://www.cbgclub.org>



April 2005

Monthly Newsletter

The Positive Place For Kids

El Lugar Ideal Para Crecer

CBGC offers FREE Memberships: April 3-9

Desktop Publishing by:
 Abdul Subhani
 Editor:
 Cynthia Burrus

Denzel Washington and Major League Baseball Join the celebration of National Boys & Girls Club Week

The local club will be offering **FREE** memberships for all youth 7-17 years of age. Individuals can register at three different locations: Trimmier Unit at 5100 Trimmier Road, Bigham Unit at 304 West Avenue B or Clements Unit at 5207 Veterans Memorial Blvd. Club hours of operation during school is 3:00pm-8:00pm Monday through Friday and 10:00am-3:00pm on Saturdays. Hours during the summer are Monday through Friday from 8:00am until 6:00pm.

In addition to the local events, the clubs will launch a new public service ad campaign, "College Dreams," starring national spokesperson and Academy-Award-winning actor Denzel Washington. The ads depict the stark contrast between a child merely dreaming about a hopeful future, and the same child having an opportunity to achieve her dreams - the same way Washington and millions of other kids have - thanks to the caring adult guidance received at the Boys & Girls Club.

As the official charity of Major League Baseball (MLB), Boys & Girls Clubs will also mark the week with a new campaign running on all national baseball broadcasts, promoting MLB's support of Clubs.

Upcoming Events:

April: 2
 Annual Game Room Tournament

April: 3-9
 Free Membership Week

April: 4 - May: 30
 Web Page Designing Classes

April: 13 - June:1
 Track Registration

The Reading Carousel at Trimmier Unit

The purpose of the Reading Carousel is to promote literacy through writers, readers, performers, artists, and poets while connecting with an appreciative audience. To make the Reading Carousel enjoyable, there needed to be paradigm shift in the perception of reading. By setting the overall area up into smaller groups, the audience moves around from one place to another. The readers change materials, and presenters change every half hour. The overall goal of the Reading Carousel is to close the literacy gap while preserving an art form.

For more information about The Reading Carousel, please contact: Ms. Wanda Gunter.
 Voice Message: 254-699-9703 or email: wbgunter@hotmail.com



Photography Contest: 2005

Following are the participants of the 2005 National Photography Contest. Participants went to Central Texas College and took pictures for the contest:

- 1) Patrick, H (Age:10)
- 2) Bethany, C (Age:10)
- 3) Ameera, F (Age:11)
- 4) Staci, B (Age:08)
- 5) Sergio, Y (Age:14)
- 6) Samari, S (Age:11)



By: Ameera, F



By: Sergio, Y

Basketball Season

The 2005 Basketball season has come to an end. Congratulations to the all participants for the effort they put forth this season and thanks to all our coaches for a JOB well done.

League Champions

3-4 Grade League – SUNS – Sponsored by **Goodwrench Quick Lube** coached by Michelle Edwards

5-6 Grade League – KNICKS – Sponsored by **Mize Enterprize** coached by Cleveland Mosley



It just takes one caring donor to make a difference.

Support the "It Just Takes One" Campaign for the Boys & Girls Clubs.

The **Positive Place For Kids**



Upcoming Events: Track & Field Registration

WHO: 7– 17 Years Old WHERE: Trimmer Unit WHEN: April 13 - June 1
TIME: 3:00 PM - 7:00 PM Monday - Friday 10:00 AM - 3:00 PM Saturday

Registration Requirements:

A current 2005 membership or pay \$10 to obtain one (\$10 fee waived for active duty military with ID card).
\$35 participation fee
Proof of age (child's birth certificate or child's military ID).
Both player and parent must be present at time of registration.
Player must attend KISD School or live within KISD boundaries.

****Registration is not complete until ALL registration requirements are met.**



CBGC - Information Technology

Technology Mission Statement:

"The Clements Boys & Girls Club technology program is available to provide a Positive Place of Technology for the youth of our community in which technology can be learned and explored by Club members so they can become successful in today's highly technical and computerized society."

Please check with your local club for the upcoming computer classes or contact, Director of Technology, Abdul Subhani for more information..

**POWER HOUR YOUTH OF THE MONTH:
TRIMMIER UNIT - Marques, M: 190 Points**



NEW Dietary Guidelines:

Health Human Services Secretary Tommy G. Thompson and Agriculture Secretary Ann M. Veneman announced the release of the Dietary Guidelines for Americans 2005, the federal government's science-based advice to promote health and reduce risk of chronic diseases through nutrition and physical activity. The **sixth edition of Dietary Guidelines for Americans** places stronger emphasis on reducing calorie consumption and increasing physical activity. This joint project of the Departments of Health and Human Services and Agriculture is the latest of the five-year reviews required by federal law.

The 2005 Dietary Guidelines were prepared in three stages. In the first, a 13-member Dietary Guidelines Advisory Committee prepared a report based on the best available science. In the second stage, government scientists and officials developed the Dietary Guidelines after reviewing the advisory committee's report and agency and public comments. In the third stage, experts worked to translate the Dietary Guidelines into meaningful messages for the public and educators.

The report identifies 41 key recommendations, of which 23 are for the general public and 18 for special populations. They are grouped into nine general topics:

- 1) Adequate Nutrients Within Calorie Needs
- 2) Weight Management
- 3) Physical Activity
- 4) Food Groups to Encourage
- 5) Fats
- 6) Carbohydrates
- 7) Sodium and Potassium
- 8) Alcoholic Beverages
- 9) Food Safety

The **2005 Dietary Guidelines** and consumer brochure are available at: www.healthierus.gov/dietaryguidelines

For upcoming events or for general information please call: (254) 634-0308

Stacy Ross, Director of Operations. Ext: 102

Calvin Darthard, Sr. Unit Director. Ext: 103 Marie Johnson, Program Director. Ext: 101

Jamieson Preston, Unit Director. Ext:101 Richard Liggins, Aquatics Director. Ext: 106

Abdul Subhani, Director of Technology. Ext:113

**FREE MEMBERSHIP !!!
FOR ACTIVE DUTY MILITARY FAMILIES**

:LADYBUG SNACK:

Ingredients:

- 1 English Muffin
- Crème Cheese
- Red Food Coloring
- Raisins

INSTRUCTIONS:

Color the cream cheese with the red food coloring. Spread the colored cream cheese onto the muffin half, add black raisin dots and eat the delicious lady bug.

CBGC WELCOMES !!!

SUNDAE HEIN
Director of Pool Operations

ERIC TINSLEY
Program Staff-Trimmer Unit

PATRICK LEE
Program Staff-Trimmer Unit

UPCOMING STAFF BIRTHDAYS

April Lacer, April 14
Dana Paterson, April 16
Stephanie Sheppard, April 25
Stephanie Banks, April 26
Timothy Blair, April 27

STAFF SERVICE ANNIVERSARIES

Marquita Grace, (1 Year)
Charles Stewart, Jr, (1 Year)



United Way Member Agency



Microsoft