COMMUNITY BASED SERVICE LEARNING

INSPIRE MAGAZINE 2019
COMMUNITY BASED SERVICE LEARNING
MR. BOBBY PLATT
CARTOON ARTIST AND INSPIRATION TO MANY

Mr. Bobby Platt - CBSL Program Benefactor
Bella Erwin - Youth Empowerment Village Charter School “Pretty Tough”
Jasmine Janisch - Youth Empowerment Village Charter School “Community through Communication”

Mr. Bobby Platt has been a benefactor for our CBSL Program for many years. Over the years he has helped with a multitude of the service projects by donating funds for project supplies and being present to support the overall needs of our program. In a very special way and as a talented cartoonist, Bobby has created thousands of cartoon drawings over the years that our students offer to the children at their service project sites. These drawings have brought much joy to the lives of many children!

This year Bobby has designated a portion of his annual donation to be used by Bella Erwin and Jasmine Janisch for their individual service projects at Village Charter. Both students are working with groups of students at Village, teaching them life skills that aid students in becoming empowered for success in school and beyond. Bella purchased a park bench the students constructed, painted and decorated with inspiring words and symbols. The garden bench has been dedicated in memory of Cardinal Newman graduate, Claire Daniels, class of 2017. Claire was a beautiful soul who also served the students of Village Charter. During Claire’s time at Village she created a support group known as “Girl Power.” Claire inspired many people in the short years she lived, she is dearly missed. Bella’s hope is the garden bench will serve as a nice reminder of Claire’s beautiful spirit. Below, is a photo of Claire with some of the girls she worked with during her senior year. God bless you, Claire!

CLAIRE DANIELS AND GIRLS FROM VILLAGE CHARTER SCHOOL 2017

We would also like to say thank you to Ms. Rebecca Ivanoff, principal of Village Charter, for her tremendous support for many years supporting our students as a mentor and advisor. Rebecca and the community of Village Charter are an excellent example of the strong CBSL partnerships we have in the community.

“Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.”
St. Teresa of Avila

inspire
Hello! My name is Peyton Farrow and my idea with this project was to create more awareness of my peer’s CBSL Projects. Through this magazine, future seniors at Cardinal Newman can view it and use it to help understand the CBSL program further. With interviews from current seniors, people can get a feel for all of the work that they put into making their projects great and unique to them.

This project was very difficult in the beginning because it relied mostly on my peers. I needed their participation in giving me the information from the interviews as well as obtaining photos of their projects to add in the magazine pages. Only about 6 out of 147 seniors gave me back a completed interview sheet during the first semester so my project didn’t really kick off until the second semester. With the help of my teachers assigning the interview as homework, I was able to gather everything I needed to finally piece the magazine together and now here we are!
Key points of the CBSL program

What is a service project?

The Service Project consists of service that goes beyond volunteerism to provide a solution or make a measurable impact on a social issue based need in the community locally, nationally or globally. Service Projects may not focus solely on fundraising. The Service Project consists of assignments beginning in the Junior year and leading up to the Senior Board presentations in May of the Senior year. Some components are a part of Religion class and others English class.

In keeping with the Mission Statement of Cardinal Newman School, it is the ultimate goal of the Community Based Service Learning Program to graduate leaders who create and support positive social change. Students demonstrate leadership skills through the development of unique service projects. Responding to the Gospel call of Jesus to serve others, students share their talents and time in active service to a variety of non-profit community organizations.
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THREADS FOR TEENS

What is your CBSL project?

“We collect clothing for disadvantaged teen girls group homes and foster care. With the free clothing we give them, we want them to feel comfortable and confident in what they wear. When we meet the girls, we get to hang out with them and create a relationship by forming a bond in hopes to brighten their day.”

What does your project mean to you?

“My project means helping other girls around my age feel good about themselves. In society today, it is hard for girls to feel good about themselves from all the negativity around on social media, in schools, and even at home. I picked this project because I knew it would give me a challenge but also help me improve as a person and see the view from someone else’s perspective. I wanted to give girls an opportunity to feel loved and welcomed when times might not always feel that way for them.”

How did your project change from Junior year to now?

“My project changed in many ways. We had lost a set location and now we are always struggling to find a place to set up the trailer and work from there. It was tough working on the storage unit because there was so much to clean out. I never had a doubt that my partner and I could not get it done.”
AWARENESS IN VIETNAM

What is your CBSL Project?

“My project went to Vietnam. We brought medical supplies, school supplies, toys, and shoes with us to a leprosy colony school as well as a school for the deaf. In Vietnam, we also taught English and math to the kids. At home, I am going around to schools and presenting about my time there to raise awareness for the worldwide poverty that exists. I also teach at Lattice every now and again to continue the project.” - Caleb

What is your favorite part about your project?

“My favorite part was spending time with the kids. They really enjoyed spending time with us and we really enjoyed spending time with them... They were always super happy to see us despite the difficult situation they face in life...”

- Lucas

How does your project help our community and the communities around us?

“The project helps our community by bringing more culture to our society. We need to broaden our horizons and by sharing my experiences I hope that I can do that. The community abroad is aided by us bringing supplies and teaching.”

- Caleb
PETALUMA VALLEY HOSPITAL: PUBLIC HEALTH

What is your CBSL project?

“My CBSL is working at the Petaluma Health Center, doing hand washing and other kinds of audits. I also got hand sanitizer units for Cardinal Newman to increase our own hand hygiene. I also make presentations for my mentor to present to staff about issues like Tuberculosis in the community.”

What’s your favorite part about your CBSL Project?

“My favorite part of my CBSL project is doing the audits. I find that it’s very important for me to see that even professionals need to be reminded to do the little things that are so important to care. I also have done little things like temperature gage audits to make sure that they haven’t expired, which doesn’t seem exciting but I liked it because it’s something that is important but often overlooked. I also love making the presentations for my mentor, because I get to learn a lot and it’s important information for the staff to have.”

How did your view of the CBSL project change from Junior year to now?

“My project during my junior year was still at Petaluma Valley Hospital, and I didn’t know I would be able to provide the hand washing stations that I ended up being able to. I was very excited to do my project because I love the work I do, and I would be doing it whether or not it was an assignment because it’s something I’m so passionate about.”
MUSIC WITH ALZHEIMER’S

What is your CBSL project?

“I work with Santa Rosa Charities Memory Care program, specifically with elderly patients who suffer from Alzheimer’s and Dementia. I sing, dance, and lead exercises as well as bond with the clients to really make their stay at Catholic Charities fun and enjoyable each and every day they visit.”

What is your favorite part about your project?

“My favorite part about visiting the Shaw Center at Catholic Charities is definitely dancing with some of the clients while listening to live performances from pianist or other musicians. I also love leading the exercises and sitting down to talk with them about meaningful stuff.”

How does your project help our community and the communities around us?

“My project helps the family members of the clients because it’s hard enough to take care of their loved ones that struggle with memory issues. I am a part of the handful of people that help assist and take care of the clients on certain days of the week. It really takes a load of work off the shoulders of the family so that they can do their errands and continue with their everyday lives.”

REDWOOD GOSPEL MISSION: WORK THROUGH NOMADIC SHELTER

What is your CBSL Project?

“I attend churches throughout Sonoma County that host nomadic shelters monthly. While at these churches not only do I help serve, clean up, and interact but I interview both guests and volunteers about their experiences with nomadic shelters. I plan to create a short video that serves as a recap of how the nomadic shelter has become such a blessing to the homeless community.”

What does your project mean to you?

“I’ve always had a sensitive spot for those who are less fortunate; there is just a natural concern that I have for those who suffer from things that they can’t control. The project itself has been possibly the most humbling experience I’ve had; meeting the guests of the Redwood Gospel Mission and nomadic shelter program has allowed me to better understand that those who are homeless should not be judged on the way they look or what they have but rather who they are and what their story is.”

How does your project go beyond volunteerism?

“By building relationships with these guests I can become an advocate for them to demonstrate how they are people and deserve the same respect as any other person. People too often assume that someone who is homeless chose to be or has something wrong with them but that is an unfair statement.”
What is your CBSL project?

“My partner and I organize art projects for monthly events at The Children’s Museum. We are responsible for getting all of the supplies necessary and planning out the project we want to do. We also participate and help set up other events the DSANB holds like Step Up for Down Syndrome and some of the dances that Karmen Dutton and Taylor Mickaelian organize for their CBSL.”

What does your project mean to you?

“This project is important to me because I am getting to have a new experience working with people with Down Syndrome, and getting to see their point of view. I think it’s an extremely rewarding experience and it makes me glad that I picked this project.”

How does your project help our community and the communities around us?

“Our project helps the community by providing a fun, safe, and encouraging environment for people with Down Syndrome as well as their families to enjoy each other’s company while getting creative. It also helps these kids express themselves in a way that is unique to themselves as they create their pieces of art.”
EXTRA SPECIAL:
WINDSOR CREEK ELEMENTARY

What is your CBSL Project?

“For my CBSL project I go into a special education class for kids with severe disabilities. Some of them have severe autism, Down’s syndrome, and lots of other conditions. Many of them struggle with communication, teamwork and behavior. I go into the class once or twice a week and help in the class as a teacher’s aide. I also lead activities for them to help with a lot of those social skills that they are severely lacking in.”

What’s your favorite part about your CBSL Project?

“My favorite part of my CBSL project is just seeing the kids happy… I also get so excited when I am able to help a kid get motivated to work on an activity or participate with the class when they otherwise were trying not to.”

How does your project help our community and the communities around us?

“During those times I go into the class to help the teachers and hang out with the kids I can definitely see a big weight lifted off their shoulders just having another body and another set of hands. The kids I work with are definitely very stressful so having someone that can distract the group when another kid is having a meltdown really helps them out... I’ve seen how important special education is and when the kids are getting the best education possible they are just better equipped to go out in the world and be productive members of society.”

SAINT ROSE ELEMENTARY: MUSIC

What is your CBSL project?

“I teach an organic transdisciplinary art class to the St. Rose Catholic School 8th Grade. We cover graffiti, photography, and music.”

What does your CBSL Project mean to you?

“This project has impacted my life. I’ve always thought about becoming a teacher — this project convinced me that I will become a teacher at some point in life. I’ve learned and experienced in unexpected ways from this project. The strangest thing I’ve noticed is that — regardless of the fact that I still don’t know all their names — I feel if any one of my students called on me at any given moment, I’d drop everything for them. It just feels natural. I’m so grateful I’ve been given this opportunity to grow and experience in the world of education through this project.”

How does your project go beyond volunteerism?

“The bond I’ve forged with my class is unlike any other. It’s one of the deepest, most profound bonds I’ve ever been graced with. I’d give anything for my students. Maybe that’s enough.”

GRACE COSE

KABIR DANIEL
OPERATION CHRISTMAS CHILD

What is your CBSL project?

“We package shoe boxes filled with toys, toiletries, and school supplies. These boxes are shipped to kids in countries where these items are not accessible or are too expensive. Not only so the kids receive these boxes but they also receive the opportunity to become saved in Jesus Christ through the gospel.”

What does your CBSL Project mean to you?

“This organization is very important to me because it provides the opportunity for kids to receive the gospel and be saved. I picked this project because I have been working with them since 3rd grade and I have always wanted to be a part of it. Going into my project I was hoping for the opportunity to attend the missionary trip which physically gives the boxes to the kids, but I was not able to attend.”

How does your project go beyond volunteerism?

“It goes beyond volunteerism in the way of spiritual uplifting to those who participate. Volunteers are not just volunteers, they are givers who are changing someone’s life, just through a simple shoe box. It is not just the act of turning in the shoebox, it is what is accomplished through it, and how others are affected by it.”
SPREADING LOVE

What is your CBSL project?

“I am working with Redwood Gospel Mission to build relationships with women in need. I will be forming bonds with the women and doing fun activities with them at The Rose. I will also be traveling to Kenya, Africa, to visit an orphanage there to support the children with their studies and to build relationships with them.”

What have you gained from this project?

“I have gained bonds with the kids and a greater perspective for sure. Learning all about their culture and struggles. I interviewed the 8th graders and learned their stories and how much they’ve been through.”

How does your project go beyond volunteerism?

“I traveled across the world using my own money to help African women and children.”
ROSELAND COLLEGIATE PREP: ENSEMBLE CLASS

What is your CBSL Project?
“Teach a small group of students violin, viola, and cello. My program instructs them in a style of classical music, general musical knowledge, and musicianship.”

What’s your favorite part about your CBSL Project?
“Teaching in general is very enjoyable for me. The fulfillment, however, is the best part. Getting past a very tough part with my students provides me and my kids with a very happy feeling having accomplished a challenge.”

How did your view of the CBSL project from Junior year to now?
“I initially thought this project would be too large to handle, or that the kids wouldn’t be receptive to my teachings. However, in senior year, that was revealed to not be the case, but I had other challenges, including trying to get the instruments.”
LANDPATHS

What is your CBSL project?

“My CBSL mainly works with the theme of environmental stewardship. The majority of my CBSL experience has been working in the outdoors on clean-up days. These work-days consist of part maintenance, trail building, and preventative measures to prepare the parks for floods and fires. The next part of my CBSL is working with LandPaths to get more engagement in local parks.”

What's your favorite part about your project?

“My favorite part of my project is being in nature. I think it’s incredible that I am able to contribute to my community, and future generations, by spending time in such incredible places. Another reason I appreciate this project is because it makes me feel connected to my community. I am able to meet the people that enjoy the fruits of my labor and the people that work behind the scenes to advocate for the outdoors.”
SEEDS OF LEARNING

What is your CBSL project?

“My project focuses on the education system within the city of Yucatan, Mexico. With the help of Seeds of Learning, I will be helping improve the learning conditions and environment of a Mexican school. My two partners and I will also provide any help needed within the community whether it's hard labor or simply washing dishes. Our presence in the location will be of positivity and learning in both perspectives.”

WHAT HAVE YOU GAINED FROM THIS PROJECT?

“I have gained knowledge about the poverty conditions in Mexico and I have gained perspective in that I now appreciate more what I have at home.”

How does your project go beyond volunteerism?

“We are connecting the community with the children in Yucatan, Mexico by making a middle school class send letters to the kids in Yucatan. By connecting them with relationships, this goes beyond just shoveling or painting a school.”
ROOM REDO

What is your CBSL project?

“We are raising money for our project. Our CBSL is renovating a room for an 11 year old boy that has undergone the effects of chemotherapy and lost his left leg due to cancer. The money we raise will be used to purchase necessities for his bedroom. The support and help will not only mean a lot to us but it would mean the world to this boy who has been through a lot at such a young age.”

What does your project mean to you?

“I picked this project because my mom had cancer and it means a lot to me to be able to help other people that are in the same scenario as my family and my mother went through. Bringing happiness to someone that has suffered more pain than many people will have in their lives makes me happy.”

What have you gained from this project?

“I have gained a bond with my child that hopefully last a long time because he is an amazing young man and I’d love to have a relationship with him. I learned many things about something that I knew somewhat but not very in depth.”
FORGET ME NOT FARM

What is your CBSL Project?

“At Forget Me Not Farm, my partner Abby and I volunteer Friday mornings with a group of at risk kids. We take them around the farm and they get to feed all the at risk animals. Each day we do different tasks but always feed the animals. Some days we go over to the garden and help harvest spoiled plants and other days we do crafts with the kids.” - Maya

What does your CBSL Project mean to you? Why did you pick this project?

“My CBSL project means a whole lot to me. I have grown a bond with the group of kids I work with and seeing them grow out of their shell brings me joy. I enjoy being able to help those in need and volunteering at Forget Me Not Farms every Friday has allowed me to. The animals at the farm have different personalities and seeing the kids interact with the animals brings a smile to my face. I chose this project because of my passion for animals and my compassion towards kids.” - Maya

“The farm addresses the very current issue of mental health and self care, as these children learn the necessary collaborative and caretaking skills they were potentially not given the opportunity to be taught. From my experience, I know that having my mother as a supportive figure in my life has been so important for my growth. These children do not necessarily have such an integral figure, which only makes me more passionate about helping them as much as I can.” - Abby
OCEAN PROTECTION

What is your CBSL project?

“My project is organizing and leading beach cleanups on the Sonoma Coast. I also created protection club at Newman, which gives younger students an opportunity to go out to the beach and learn about ocean conservation.” - Gavin

What does your project mean to you?

“The ocean means a lot to me. As we see a decline in ocean health because of human interaction it is hard for me not to do my part in revitalizing it. I picked this project because I wanted to spread a positive message of ocean conservation as well as doing my part in protecting it.” - Sean

How does your project help our community and the communities around us?

“My project helps to protect marine life and prevent the harmful effects of ocean pollution from destroying ecosystems. It also helps to preserve the beach environment and encourage others to keep the beaches in good health for future generations.” - Gavin

How does your project go beyond volunteerism?

“It goes beyond volunteerism because I greatly care about the cause and work hard for it. I will continue to partake in beach cleanups for the rest of my life.” - Sean
HIS KIDS: AUTISM AWARENESS

What is your CBSL Project?

“My project is teaching people about what Autism is, how to know if someone has autism, and how to interact with a person with autism.”

What does your CBSL Project mean to you? Why did you pick this project?

“This project means people with autism can be more included in the community. That’s important to me because I see what some of my kids go through due to a lack of understanding, not to mention the parents. I picked this project in hopes of making life a little easier for people like them.”

How does your project go beyond volunteerism?

“Hopefully it will make a lasting impact on the people that view my presentation and they go on to be able to better associate with people with autism. This will also make things easier for people with autism because more people will understand them.”
CERES COMMUNITY OUTREACH

What is your CBSL Project?

“Ceres is a nonprofit organization that cooks and delivers nutritious, all organic meals to people in our community with chronic illnesses like cancer. For my project I’m going to schools around Sonoma County and talking about Ceres and our mission in order to recruit new volunteers and educate the community on the benefits of volunteering and healthy eating.”

What have you gained from this project?

“I’ve gained better public speaking skills and patience from dealing with more “wild” classes. I also gained a new opportunity of being featured in Scholastic’s “Action” magazine. I was interviewed three times and had the opportunity to do a photo and video shoot for my four-page spread. By going through that process I gained an even greater appreciation and sense of responsibility with Ceres. In the magazine I’m representing the organization, and when I realized that it made me realize how important Ceres is and how I need to do my best to represent it well.”

How does your project help our community and the communities around us?

“My project benefits Ceres by spreading the word about our program which can lead to new volunteers, new donors, and better awareness of chronic illnesses and healthy eating in our community. When Ceres benefits from these three things, it allows the program to grow and end up serving more people around the community.”
SANTA ROSA MEMORIAL HOSPITAL & PARTNERS IN CHIDAMOYO

What is your CBSL Project?

“My project is aimed towards improving global health. This project was inspired by thorough research of the medical disparity that exists in our world today, on both a local and international scale, as well as my desire to one day become a nurse. I volunteer weekly at Santa Rosa Memorial Hospital in the Pediatrics Department, and I also collect medical supplies and non perishables for Chidamoyo Christian Hospital. Chidamoyo Christian Hospital is a rural mission hospital in the poverty stricken county of Zimbabwe.” - Sarah West

“At Memorial Hospital Sarah and I volunteer on different days in the pediatric wing and clean the playroom, restock gloves and other emergency supplies, hand out food trays to patients, and try to do anything else that will help the nurses. We spend about 2 hours there a week cleaning and organizing. “Lauren Faust

How does your project go beyond volunteerism?

“My project goes beyond volunteerism because I am not only volunteering in the hospital on weekends, but also participating in events that support the wellbeing of the patients here and halfway across the world (Adopt-A-Family program, See’s Candies fundraiser, Memorial hospital bake sale).” - Sarah West

“It goes beyond volunteerism because my partner and I will be gathering supplies and gifts for the cancer patients that are living in their cars at the moment. We wanted to shift our focus from the pediatric wing to the whole community.” - Lauren Faust
SPECIAL OLYMPICS

What is your CBSL project?

“Our job is to go out and teach the fundamentals of whatever sport we are teaching and create a fun and safe environment for the athletes. A big part of it is making a connection with the athletes and being a good role model.”
- Chauncey

“We work with people who have intellectual disabilities and it helps them become more active.”
- Anthony Roman

What have you gained from this project?

“Something I have gained from this project is patience and more leadership skills. I gained patience all the time when I’m trying to tell the athletes something and they just aren’t getting it, so I have to try and explain it differently, hoping that they understand what I’m saying. I gained leadership skills also by having to be a leader in front of them. I have to call out all of the drills and come up with the drill that they have to do in order for them to get any better.”
- Anthony

How does your project help our community and the communities around us?

“This project helps the Special Olympics with a safe and stress free place for the athletes but is still competitive. It helps the athletes have a place to let loose and maybe not worry about having a “problem”. It’s a place where they all fit in in their own way which is really special.”
- Chauncey
PRETTY TOUGH

What is your CBSL project?

“I work with a girl’s group at Village Charter school. We do fun activities and crafts in order to empower ourselves.”

What does your project mean to you?

“It means a lot to me because I consider myself to be a feminist. I picked this project because I love helping young girls become more comfortable in their own skin.”

How does your project go beyond volunteerism?

“My project goes beyond volunteerism because I am making efforts to leave a mark. I received a donation of $200 to make a bench in honor of Claire Daniels (a previous Newman student that unexpectedly passed away)."
COMMIT TO BE FIT

What is your CBSL project?

“For my CBSL, I am working with two of my classmates and one mentor at Rincon Valley Middle School. All three of us teach a nutrition and a physical education class. As a group, we teach the importance of your diet and the importance of the amount of physical activity you do in a day. Another goal of ours was to promote the amount of physical activity outside of school.” - Caroline

What does your project mean to you?

“My project is important to me because I believe that it’s important to educate children on the importance of health and exercise. I’ve lived a very active life with my friends and family not just through sports but through everyday activities like working out, hiking, swimming, and biking. I picked this project because I think it’s important for everyone to have a healthy lifestyle.” - Jordan F.

How does your project help our community and the communities around us?

“My project helps the community because obesity is becoming a huge issue in our society and we are seeing the amount of people with obesity increase. So, what my project is doing is educating kids on how to stay fit and healthy.” - Jordan F.
UCSF CHILDREN’S HOSPITAL VIDEO POSTCARD

What is your CBSL Project?
"Kaleidoscope is a weekly program at UCSF Benioff Children’s Hospital in San Francisco that allows patients to create and view funny videos. The children, mostly battling cancer, are able to get in the studio within the hospital to express themselves however they like. In addition, anyone from around the world can send in short videos for them to laugh at each week. For my project, I create content these videos and spread awareness for childhood cancer throughout my community."

How did your view of the CBSL project for change from Junior year to now? Were you looking forward to the project or not so much?
“For most of junior year I was unsure of what I would do, but I did know that I wanted to do something with pediatric cancer patients. Initially my plan was to work with a program at UCSF where I could decorate the rooms of some patients, but since I am not 18 I would be unable to talk to the patients or even visit the hospital. Thankfully I found out about the Kaleidoscope program, and at the time I was looking forward to sending videos as it seemed like a great opportunity to give back. My expectations have definitely changed as I didn’t realize at the time how difficult it would be to brainstorm and film them, but I have enjoyed what I have been able to accomplish so far.”

How does your project help our community and the communities around us?
“My project doesn’t necessarily have a tangible impact on our local community, but I hope that it has brought some joy to the patients and families at UCSF Benioff Children’s Hospital. It may not be much, but laughter can be powerful, especially for people fighting something as difficult as cancer.”
CORAL REEF ECOLOGY (MADRONE ELEMENTARY)

What is your CBSL project?

“I am teaching a class of second graders at Madrone Elementary School about the ocean. Different ways that it is getting harmed and how we can help the problem. I am also traveling to Roatan, Honduras, and working with the non-profit marine park there.”

What’s your favorite part about your project?

“I really enjoy the class that I am teaching because whenever I show up to teach the class the kids get so excited and so many of them run up to me and give me a hug. It is really sweet and I love seeing them inspired by someone by some of the stuff that I am teaching them.”

How did your view of the CBSL project change from Junior year to now?

“Last year I was dreading the project because I thought I was going to get dragged into something that I didn’t want to do. Now that I have a project that I enjoy doing I think the project is one of the highlights of highschool for me.”

How does your project go beyond volunteerism?

“My project is going beyond volunteerism because without me teaching this second grade class, these kids would not have any sort of knowledge about the problems that we are having with the ocean. I am bringing a problem from a land far away and bringing it back to our community to inform people about it. These kids will hold onto this knowledge and hopefully talk to other people about them.”
RED CROSS

What is your CBSL project?

“We are doing the home fire campaign which helps prevent injury and deaths in home fires, we install smoke alarms directly into homes and educate the family on what to do in a fire. We also do the pillowcase project, which is where we go into 3rd, 4th, and 5th grade classes and present to kids on disaster preparedness and give them a pillowcase to color and put all of their supplies in.” - Augustine

What is your favorite part about your project?

“My favorite part about the project is the fact that I belong to an important, global organization like the Red Cross. It gives me a feeling of being a part of something bigger than myself, and the Red Cross does good things around the world and country. It’s a good feeling” - Cade

What have you gained from this project?

“From this project I’ve learned a lot about my community. I’ve learned how much of a danger fires are to low income neighborhoods and how few of them are prepared for it. Seeing these neighborhoods for myself opened my eyes to poverty problems that we still have today, but most of these people are happy and upbeat anyways. This Red Cross experience has really expanded my vocabulary about our county and the problems it faces.” - Cade
SURFRIDER

What is your CBSL Project?

“The Clean Ocean Project is a project that is working to improve the quality of the ocean and our beaches. I am gathering research to use while educating elementary students on the issue of ocean pollution.” - Katelyn Johnson

How does your project help our community and the communities around us?

“We are working on improving the oceans and local beaches. We also would like to improve the quality of life of marine life who are affected by humanity’s footprint. By educating students on this and by doing research we are able to make people more aware of the issue and hopefully impact others so they will work to decrease their global impact.” - Katelyn Johnson

What's your favorite part about your CBSL Project? The kids? The experience?

“I love seeing the difference from before and after our beach clean-ups and teaching other about how we can help change the earth.” - Anisa Garrett
VILLAGE CHARTER: PHYSICAL EDUCATION

What is your CBSL project?

“My project is teaching kids the value of sports and exercise at Village Charter.”

What does your CBSL Project mean to you?

“I picked this project because sports and exercise have influenced my life in such a positive manner, that I wanted to share that with others. I wanted to convey the fun side of fitness in a way that I wish someone did for me, because for the most part, all my PE teachers took the class a little bit over the top serious, and not just enjoying the game or exercise we were doing at the time. So being an older figure for the kids to look up to that can have fun while getting things done is very important to me.”

What have you gained from this project?

“Through my project, I have gained a bond with the kids in my class. I have learned what it takes to control a group of rowdy kids. I have gained experience in project planning and creating a lesson plan. I also now have a deeper understanding of what my teachers have to deal with now that I have been the teacher. So, I definitely have a new appreciation for all of them.”
CLEANING OUR COASTS

What is your CBSL project?

“My CBSL project focuses on learning how marine life is studied and protected. I clean up pollutants left on the Bodega Bay beaches to make it a safer place for animals. My project also includes teaching schools in Sonoma County the importance of maintaining a clean beach.”

How does your project help our community?

“The aim of my project is to make sure the animals on our coast can live in peace, away from the pollution we leave on our beaches. In doing so, we can have a healthy relationship with our animals and try our best to keep them from being harmed. I believe all animals, from the seals by Goat Rock to the seagulls all over town, should feel safe around humans and not have to worry about accidentally eating damaging garbage.”

How does your project go beyond volunteerism?

“By visiting Sonoma County schools and spreading my message about protection our coasts, I’m teaching the younger generations about ways they can be active members of their communities. Simply visiting a marine lab or picking up trash on the beach is just volunteer work, but teaching kids about how they can help goes beyond volunteerism.”
COMMUNITY THROUGH COMMUNICATION: VILLAGE CHARTER

What is your CBSL Project?

“To address the social justice issue of bullying, I am teaching a social and emotional learning class to fourth and fifth grade students at Village Charter. I hope that through teaching skills such as bystander to ally techniques, communication skills, and empathy that it will lead to less bullying within their class and throughout their school as these students get older and become leaders on their campus.”

What’s your favorite part about you project?

“My favorite part about my project is watching the students open up. Whenever a student shares a personal story or participates in a meaningful way, I have a little celebration on the inside. Coming into a new school and working with students whom had never met me before made the first few classes a little difficult for some students to open up, but as the months have gone on I have heard great stories from each of the students.”

How does your help our community and the communities around us?

“I believe that my project helps not only the students now but it will help their school as they grow older and become leaders at Village Charter, and again as they move on to other schools. I am trying to teach skills that will be helpful in a variety of settings, not just in the classroom that they are in currently.”

ROSELAND COLLEGIATE PREP: WRITEON

What is your CBSL Project?

“Every Wednesday, I teach a creative writing/poetry class to group of six seventh and eighth graders.

Why did you pick this project?

“I love to write and find it therapeutic, and I wanted to inspire that same passion in others, particularly middle schoolers.”

What’s your favorite part about your CBSL Project?

“The kids, by far. They brighten up my Wednesday!”

How does your project help our community and the communities around us?

“I like to think I’m improving the community at RCP (Roseland Collegiate Prep) through allowing students to fully express themselves creatively.”
LILIPUT FAMILIES

What is your CBSL Project?

“Lilliput Families is a nonprofit organization here in Santa Rosa, California. Lilliput Families tries to make sure that children who enter the foster care system are placed with lifelong and loving families as soon as possible. Grandparents or other relatives step up and have this huge responsibility on their shoulders to raise their family’s children. With this, caring for more children can be a financial strain and Lilliput Families offers gift cards, community resources, and meetings with families to gather and talk about new challenges within the family.”

What does your CBSL Project mean to you?

“This social issue has personally affected me and my family because, for the past 3 years, we have brought 2 family members into our home. I have that in common with the Lilliput families organization because now, my family is helping to raise my two cousins.”

How does your project help our community and the communities around us?

“My project helps raise awareness that more and more children are being raised without their parents. There is a need for grandparents, family members, or foster parents to help bring these children into a loving home and to experience what true love feels like. Also, caring for more children can be a financial strain and needing resources to help talk about the new challenges raising children. That’s what Lilliput Families offer to this community.”
SPECIAL NEEDS CHEER TEAM

What is your CBSL project?

“My project is coaching a special needs cheer team called Resilience at Fierce Cheer Elite gym in Santa Rosa.”

What is your favorite part about your project?

“My favorite part about the project is seeing the kids each week because they are always excited to hangout with us and practice their skills. I really enjoy competitions because the kids’ performance puts a smile on everyone’s face.”

How does your project go beyond volunteerism?

“Our project goes beyond volunteerism because we have created a bond with the athletes and have become role models for them in cheerleading as well as life. We attend competitions, even when they are far away, to support them and make them feel comfortable in a busy setting.”
KIDS STREET LEARNING CENTER: ART THERAPY

What is your CBSL Project?

“My project takes place at Kids Street, when I show up to the class I have 5-8 kids in my class. The kids love to color things so I print a template of holidays. We talk about school and how their days are. I let the kids do their homework in my class and I help them with it.”

What’s your favorite part about your CBSL Project?

“My favorite part of my project is showing up to my project site and having the kids notice that I am there. They get so excited to see me and they always ask me how they can help me to get set up. They always beg to know what the project is that we are going to be that day. The highlight of the classes is getting them to laugh.”

What have you gained from this project?

“I have gained so much by doing this project such as learning to be patient and I learned how to talk to them as I got more experience going each week. You have to talk to these kids as if you were a kid.”
WILDFIRE OUTREACH

What is your CBSL Project?

“I have partnered with the Healthcare Foundation of Northern Sonoma County in their mental health initiative. The main part of my project is helping in the development of a mental health app called Sonoma Rises. It released in the App Store and Google Play in the winter and my second semester is devoted to spreading it to schools around the county.”

How did your view of the CBSL project change from Junior year to now?

“Truthfully, I wasn’t really looking forward to the CBSL project because I knew it would be a lot of work on top of an already busy schedule. However, after changing from my initial project, I have found that the importance of the work makes it a lot easier to keep at it day in and day out.”

How does your project help our community and the communities around us?

“My project helps the community by giving it resources for individuals to work through PTSD and other mental health problems. The app that I worked on can also be easily applied all over the state and even the country. The format we used can work with any disaster and even for those suffering from non-disaster related issues.”
AMOR MINISTRIES  
*(BUILDING HOMES IN MEXICO)*

What is your CBSL project?

“I will be leading a trip in March to Tecate, Mexico where we will spend a week building a home for a family in need. In addition, I will be holding backpack supply drives, having Mr. Clark’s four Spanish classes write letters, and fundraising by holding a Taco Dinner and Silent Auction to pay for the materials for the home we will be building.”

What’s your favorite part about your CBSL Project?

“My favorite part is getting to go to Mexico to spend a week building a home. While I’m there, my favorite part is seeing the children and the pure joy and happiness that they have all the time, even when we would consider them missing a lot of materialistic things. The kids make the trip worth it.”

How does your project go beyond volunteerism?

“I am not just volunteering my time to go build a house for a family, but I am also making a connection with that family and their children, and showing them that there is hope. I am also helping nineteen others from our community learn that not everybody needs material goods and possessions to be truly happy or grateful for what they have...”
What is your CBSL Project?

“At the Sonoma County Farm Bureau I volunteer at the Ag Days that are held at the Sonoma County Fairgrounds. At the Ag Days, children from all over the sonoma county school district come to learn a little about agriculture. With my CBSL I also go around schools and give them a small presentation about why agriculture is our community is important and teach them about where the food they eat really comes from.”

What have you gained from this project?

“From this project I have gained knowledge. Seeing how important agriculture is in our community and seeing the lack in knowledge of it from young kids has taught me that a change has to be made.”

What’s your favorite part about your CBSL Project?

“My favorite part is the experience. Being involved with and promoting the importance of agriculture to the young Sonoma County population is very exciting to me.”

ANDRES SANDOVAL
ST. ROSE ELEMENTARY: TUTORING

What is your CBSL Project?

“For my CBSL project, I am volunteering with second grade students at St. Rose Elementary School. With the help of my mentor, Kathleen Aymar, I have been tutoring young students during class working as a teacher’s assistant. My tutoring involves all subjects with a focus in reading, writing, and comprehension.”

What is your favorite part about your project?

“What I have valued the most from my project has been the interactions I’ve had with the children. The kids have great energy, they work really hard, and I feel that they have built more trust and confidence in myself with every meeting. I always look forward to helping the kids who make my project special.”

How does your project go beyond volunteerism?

“The volunteer work that I am performing through my tutoring can have a profound impact on the development of these children. Outside of helping the kids in the classroom, I want to be a role model for the kids. My goal is to show these young children how to be great kids, great friends, and great men in the future. I also want to teach them to be confident in themselves because I struggled with confidence at a young age.”
AMEN MEDICAL CLINIC

What is your CBSL Project?

“For my project I worked with a group called AMEN that provides free medical and dental clinics to people all over the world. The group moves around and finds churches that will host the clinic. This year the Santa Rosa Seventh Day Adventist church hosted a clinic. I worked closely with the person who was in charge to help organize the clinic.”

What have you gained from this project?

“After doing this project I have gained a lot of knowledge about things I knew nothing about before. I learned how to organize a large scale event and also found out about the time and effort that goes into planning and contracting people. I also learned just how much help people need in our hometown.”

How does your project help our community and the communities around us?

“My project helps our community by providing free health services to people who can’t afford to get these services on their own. They could be homeless or they could be working everyday just to pay bill and these people need help and my project was able to help them.”
RHINO CONSERVATION IN ZIMBABWE

What is your CBSL Project?

“I have been teaching classes at The Healdsburg School to 3rd, 5th, and 7th graders. I’ve talked to them mostly about the Save Valley Conservancy in Zimbabwe and how rhino conservation takes place. With the 7th graders, I also talk about different conservation methods used in Zimbabwe and how the Save Valley uses these methods. With the 5th graders, they did a project where they write a book from the point of view of a rhino in the conservancy. The plan is to publish this and use any profits for donation.”

What does this project mean to you?

“I come from an African heritage and have been to Africa several times. My dad, who is from Zimbabwe, introduced this project to me and I never questioned it. I love the environment and would hate to see it destroyed. This project is an opportunity for me to share my love of the environment and hopefully inspire another student to make a difference.”

How does your project help our community and the communities around us?

“If anything, my project benefits the issue of rhino poaching by making more people aware and passionate about it.”

CREATING ADAPTIVE DEVICES: SPECIAL NEEDS

What is your CBSL project?

“I am making an adaptive device for special needs students at Matanzas Creek Elementary.”

What does your project mean to you?

“For me, this project is all about using skills or knowledge to help others. I picked this project because I felt like this was something that I could do based on what I knew, but still make a very tangible and real impact on these real people who it would benefit.”

What’s your favorite part about your project?

“My favorite part about my project is the opportunity that I get to interact with kids that I normally would have no connection to. In order to know how to make a device that they can really use, I first had to understand how they move and what exactly it was that they needed. Being able to learn that and apply it to help them was a fantastic experience.”

How does your project go beyond volunteerism?

“My project is really concentrated around the concept of building something concrete that will last long after I am gone. While I did get some advice regarding the physical set-up and base it off of a similar device, my design for the particular device is original and of my own volition.”
ROSELAND COLLEGIATE PREP: DIGITAL MUSIC PRODUCTION CLASS

What is your CBSL Project?

“I am teaching a group of 7th and 8th graders at Roseland Collegiate Prep how to digitally produce music. In my class, the students learn how to create melodies and drums. They learn basic music theory and how to create and produce music that they want. They also learn how to assemble and mix songs.”

What does your project mean to you?

“My project is truly a full-circle experience for me. I was once a young kid interested in music production just 4 years ago and took a similar class which helped develop my passion for the subject. I am teaching my students exactly what I would want to know if I was in their shoes. I hope to inspire them to continue the subject if it is a passion or just a subject and to chase their passions in general.”

How did you view of the CBSL project change from Junior year to now?

“My appreciation for the project has grown immensely. Before senior year, I was excited about the project. But until I actually got to start working with the class, I didn’t how cool the experience is.”

How does your project go beyond volunteerism?

“... My project will have a lasting impact on both these students lives and the community in general because of my teaching and my gift of musical equipment that any student can use.”
ADVICE TO FUTURE SENIORS!

“Try to get your project as organized as possible as soon as possible!”
- Emmy Evans

“Don’t put off until tomorrow what you can do today.”
- Matthew Forsell

“Make sure when picking a mentor you find someone who is easy to communicate with.”
- Grace Cose

“Try to find the fun in your project even if it turns out to not be what you thought it would be.”
- Lauren Faust

“Stay organized. Make a friendship with your mentor.”
- Sammy Mayer

“Choose a project that you’re really interested in, have experience with, or have a personal connection to.”
- Maddie Craig

“Pick a project that you’re passionate about and the rest will be worth it.”
- Josh Thompson

“If you plan on doing a project that involves teaching, make sure to take lots of photos.”
- Porter Tett

“Find a project you are passionate about, not what is easy.”
- Noah Steverson

“Make sure it is something you really love because you will be spending a lot of time on your project!”
- Isabella Citti

“Stay on top of your work.”
- Lexi DeMarinis

“My best advice is to pick a project you are passionate about.”
- Lizzy Foley

“Find a good way to go beyond volunteerism.”
- Anthony Roman