

Written by the youth, for the youth

Fall 2012

The Movement

Center for Family Services Youth Advisory Board
Newsletter

Michaels House Dedication Ceremony

By: Kaysie G.



On October 2nd, 2012 Center For Family Services hosted a ribbon cutting ceremony for the relocation of the Youth Empowerment System (YES) facility. YES is now a part of our Healing Homes Campus, a peaceful 7 acre retreat in Clayton which includes a home for boys and girls. Michael's House, the boys home, was named in memory of donors Karen and Joe Petsch's son, Michael. Michael's House also includes Michael's Room which is filled with sports memorabilia and 3 different gaming systems for the youth. The girls house is named Carpenter House and has a beautiful sunroom where the girls learn activities such as sewing.

The day was filled with smiles and laughter! There were lots of important speakers as well as youth ambassadors from CFS who helped throughout the day.

Thanks to everyone that made the day a success!

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Safe and Supportive Housing

Center For Family Services provides safe and supportive housing for children who are in need of a safe place to live; moms and children who are homeless; and women and children escaping domestic violence. Services include temporary shelters, residential treatment facilities, transitional living programs, and permanent affordable housing for New Jersey children and families in need of a safe home environment.

Letter to Our Readers

Dear Youth Advisory Board Supporter,

Center For Family Services Youth Advisory Board (YAB) is proud of this second addition of "The Movement" written by the youth and for our youth. It is our hope that The Movement will make our youth at CFS feel important and know that they too have a voice.

We are very proud of the youth in all our programs. We continue to work together to find ways to include our youth in all opportunities within their individual living home, and also in the overall services CFS provides for all our teens and young adults.

The fall season has been a busy time for our YAB and for all of us at Center For Family Services. Many exciting things have taken place. The bright colors of the trees during the fall season encouraged us to stop and look at ourselves. We all have bright colors in our hearts and minds that need to be celebrated. Our bright colors shone through when we had a retreat for all of our youth where we made a quilt of success (check it out on page 7!) and when our youth led the celebration of our YES program and the dedication of Michael's House. These important events along with amazing poems, photos, recipes, and advice are described in this newsletter.

Wishing everyone a happy and healthy holiday season!

Eileen Henderson, Vice President, Center For Family Services

Kaysie Getty, YAB President

Poem By Dylan C.

Beauty in the face of a women, remarkable.

Beauty in the eyes of a liar, one mistake for ugly in the face of honest.

Yet beauty is sacred, it comes from the soul, beauty is not that of a women's structure, or that of her face.

Beauty is the way one moves about with such buoyant grace, walking from the garden tranquility, into gracious wonderland of hell on earth.

So many ugly that the beautiful shine bright, brighter than the brightest star glowing on the darkest night.

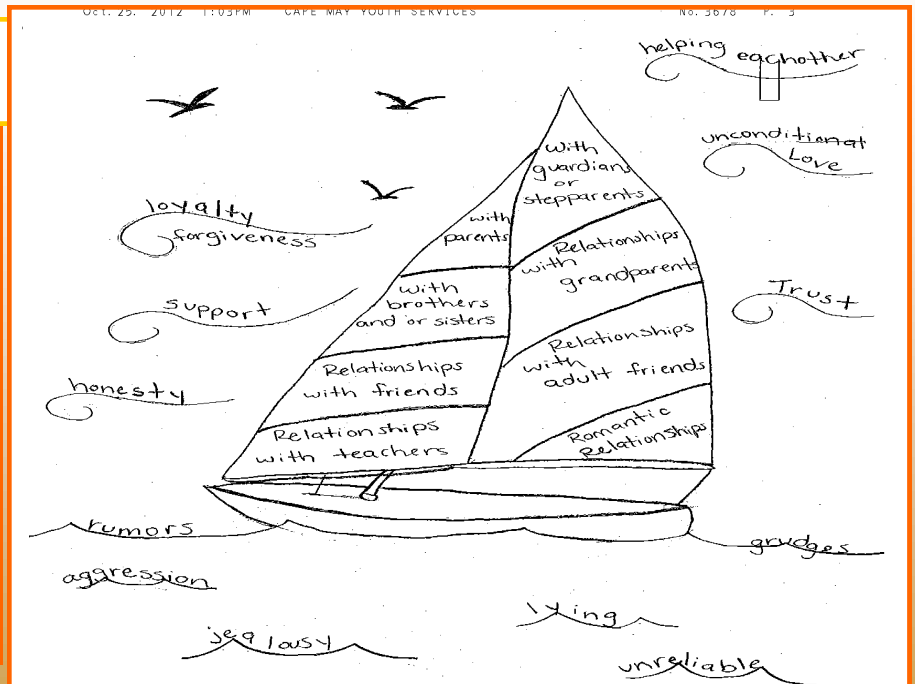
True beauty is unique in all ways, shapes and forms, true beauty is remarkable and hers astounding.

Her acceptance to others, her acceptance in this world, brings happiness and removes solitude from all the who try to intrude.

Picture By Joeylynn K.

This picture was drawn by Joeylynn who recently has done some exciting work in the way of writing to Senator Lautenberg about increasing the state funding for children's services as well as facilitating a group topic about maneuvering through different types of relationships.

This picture represents her self actualization exercise.



Ask Chris By: Elijah

Question: I have had days where I would feel stressed, what are some techniques for relieving stress?

Answer: There are a variety of ways to relieving stress. You can self meditate, take time to yourself and you can either have the choice of listening to soft music or silence when you meditate. You can also write what your feeling, which helps relieve stress by getting your thoughts out of your head and onto paper.

Question: What are some ways to create myself in my fashion sense?

Answer: Well, take something you favor a lot and incorporate it in your outfit. Fashion is very popular and although other people sometimes may not like what you wear, the most important judgment is how you like it.

Question: What makes a good leader?

Answer: To be a good leader you have to have good listening skills because in order to help people and guide them you have to know their needs, wants, and concerns. A good personality is also a great factor in being a leader because you want people to be able to come talk to you and be around you.

If you have a question contact the Youth Advisory Board at cfsyouth@centerffs.org for your question to be answered in the next newsletter!

Finding Fashion

P	Z	T	A	F	L	I	A	Q	X	D	D	J	J	W
X	Q	I	F	L	L	E	D	L	Q	X	W	E	S	N
I	N	Q	B	L	Q	N	J	Y	L	S	C	T	K	X
Y	I	O	A	T	R	E	N	D	S	U	Y	F	Y	Q
G	S	V	L	A	C	B	A	D	R	L	R	S	Z	M
E	A	X	N	O	V	N	Y	L	E	I	P	E	F	L
C	K	L	H	Q	P	E	Z	I	M	O	T	S	U	C
K	Z	Q	A	R	W	S	X	V	G	X	T	U	D	Z
E	P	N	U	O	G	S	I	N	Y	G	F	O	B	K
J	R	N	T	J	G	E	V	M	O	O	U	I	H	Y
Z	A	U	E	N	O	R	L	V	P	E	M	I	V	L
R	T	P	T	J	R	P	S	B	C	P	C	S	W	D
D	Z	K	T	U	U	X	W	K	A	M	G	D	O	Y
Z	R	R	I	S	O	E	D	W	Q	N	Y	B	H	A
Z	K	E	W	H	G	C	E	U	G	O	V	P	C	N

Allure
Customize
Polo
Vogue

Cavalli
Style
Couture

Express
Haute
Trends

Fall Birthdays

Kaysie G.—October 2nd
Andre J.- October 11th
Joeylynn K.—November 2nd
Crystal D. -November 6th
Shrai W. - November 13th
Deanna- November 23rd



Fall Recipe- Pumpkin Banana Bread

Ingredients

- 2 cups sugar
- 2/3 cup cooking oil
- 4 eggs
- 3 1/3 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 2/3 cup water
- 1 15 - ounce can pumpkin
- 1/2 cup mashed ripe banana (1 large)
- 3/4 cup chopped pecans, toasted

Directions

1. Preheat oven to 350 degrees F. Grease the bottom and 1/2-inch up the sides of two 9x5x3-inch loaf pans; set aside. In a very large mixing bowl beat sugar and oil with an electric mixer on medium speed until combined. Add eggs, one at a time, beating well after each addition; set sugar mixture aside.
2. In a large bowl combine flour, baking soda, salt, baking powder, cinnamon, and ginger. Alternately add flour mixture and the water to the sugar mixture, beating on low speed after each addition just until combined. Beat in pumpkin and banana. Stir in pecans. Spoon batter into prepared pans.
3. Bake for 50 to 60 minutes or until a wooden toothpick inserted near centers comes out clean. Cool in pans on wire racks for 10 minutes. Remove from pans. Cool completely on wire racks. If you like, wrap and store overnight before slicing.



Poem of Empathy

By: Jada B.

Who will cry for the little girl?
A little girl she is
Who will cry for the little girl?
When she is only sixteen
Who will cry for the little girl?
When she is lonely and can't see
When she is dying of HIV
Who will cry for the little girl?
When she is in pain from her past hurts
Who will cry?
I will cry for the little girl.



One of the many informational signs at AIDs Walk Philly 2012

Aids Walk Philly Article

By: Deanna C.

On October 21, 2012, I participated in the AIDS walks with the Youth Advisory Board. My experience with the AIDS walk was fantastic. It was a beautiful Sunday morning, along with beautiful scenery in Philadelphia. I learned more facts with each mile that I walked. The walk was actually pretty educational to me. I learned about AIDS my senior year of high school and did a presentation on the topic in my senior health class (which I got an excellent score on!). I went to school to become a medical assistant and received training on this topic for a whole month because of the CDC (Center for Disease Control) chapter that was mandatory in our course (You can learn more educational facts on diseases @ www.cdc.gov).

My motivation for this walk was the beautiful weather, walking for the cause of the foundation and because it makes me feel dedicated to help those out in the need regardless of what they're suffering from. I care about those that are suffering from any illnesses and want to make a difference in their lives, which is why I am in the medical field.

Upcoming YAB Events

- National Runaway Prevention Month—November
- YAB Meeting/ Runaway Prevention Group—November 29th
- Ronald Mc Donald House Volunteer Opportunity—TBA

Thank you NJ Department of Children and Families for providing our youth with Ever Fi training! We have learned valuable banking and budgeting skills!

For details about upcoming events and how to get involved
email cfsyouth@centerffs.org



Come Join Us!

We want to hear from you!

**We are always seeking passionate, interesting,
and creative submissions!**

**If you are interested in sharing a poem, artwork,
article, or game in the next edition of**

"The Movement" please contact

cfsyouth@centerffs.org

Remember, we all have a voice!

