



A Tribute to...



Alissa Wigglesworth is now thirteen years old. To listen to Alissa, one would believe that they were speaking with a typical student who plays softball, performs with the theatre ensemble, is a cheerleader and likes gymnastics. She also enjoys swimming, snowmobiling, reading and spending time with her family and friends. **But..**

In second grade Alissa became a special partner to the Child Abuse Prevention Council of York County. One day watching the video of Martina McBride performing "Concrete Angel" about a young girl dying from child abuse, Alissa made a decision. She was upset by the video and believed that people should be aware of child abuse. She began raising money for the Council.

Each year Alissa conducts a fundraiser. She participates in the Annual Kennebunk Chocolate Extravaganza in February and all of her proceeds go to the Council. Alissa said, "I really like the Chocolate Extravaganza. There was a little girl who kept coming back and giving me more change. That was when I first started." Another time *Ocean Exposure* provided a disposable camera gift set for her to raffle. It attracted a lot of people. She has also had car-washes and participated in the craft fairs at Dorothy Stevens Center. Alissa enjoys counting the money and knowing that it is going for a good cause. To date, she has donated over \$500.

In 2006 Alissa was nominated for the Kennebunk Post Great Person Award. She has been recognized by the CAPC as a *Friend of York County's Children*.

Alissa is a dedicated young lady.

Thank you Alissa from all of us at the Council.



Veritas students with the puppets from Rick Charette's concert *I've Got Super Powers*. L to R: Ashley Lowell, Christopher Picard, Kate Moore, Sara Picard, Sara Higgins and Rebekah Risteen.

Veritas Academy, a newly formed private Christian high school located in Wells, approached the Council this year and offered to assist with events.

The students went above and beyond all expectations by raising money to purchase material and manufacture 900 baby bags for new parents in York County hospitals; supporting two Rick Charette concerts - *I've Got Super Powers* - in the public schools; making a baby quilt for the spring auction; and attending many April Child Abuse Prevention events.

All in all Veritas Academy students cut and sewed all 900 bags and through all of their efforts raised over \$1,600 for the Council's programs. "Not only did the kids learn about running an organization, they experienced the joys and struggles of working in the non-profit world where so much of your effort is dependent on the generosity of others and their belief in what you are doing," said Nancy Parsons, a teacher at the Academy.

Thank you to all the students who worked with the Council. We look forward to partnering with you again this year.



Kate Moore displays the finished flannel baby bag during a manufacturing day.

In the Works at the Child Abuse Prevention Council

Greetings from the Council,

June 16, 2008 was my first day as Executive Director of the Child Abuse Prevention Council of York County. Each day since, my excitement grows as I see the opportunities in York County unfold for the Council to partner with individuals and organizations.

Next month, we will be in the schools to continue bringing "Break the Silence" and "Baby, Think It Over" programs. A Nurturing Program will be scheduled this fall in the Cornish area and we will continue to offer mandated reporter training to schools and organizations.

The baby bags will soon be delivered to the three area hospitals: Biddeford, Sanford and York. They are currently being filled with small stuffed animals, materials on parenting, and resources to support every new baby born in York county.

The Council's *Child Abuse and Neglect: Recognizing, Responding, Reporting* reference booklets are heading to the press as I write. These

small 5 x 8" booklets provide mandated reporters information about the four types of abuse: emotional, physical, sexual and neglect.

In September our *Resource Directory for Children and Families in York County* will be published and available for distribution. This year we will be providing the printed copy and have the booklet in PDF format available on our website. Click on our website: kidsfreetogrow.org in October.

Once again, Rick Charette and the Bubble Gum Band will be performing a holiday concert on November 30 at Thornton Academy in Saco. Admission is free. Our favorite songs *I Love Mud* and *There's an Alligator in the Elevator* will have children singing and dancing in the auditorium.

As we head into the fall and winter months, all of us are concerned with our heating and basic necessities. This is a time for neighbors to be there for each other. Here at the Council we know that this could be a stressful time for families—if you see a family in need—reach out. For those who re-

member the ice storm, what comes to mind for me, is the heartwarming stories of neighbors helping neighbors. Let's be an example in York County.

I hope you enjoy this edition of Kidwise Courier. We will be publishing four issues this year. Our next edition will be in December.

We greatly appreciate all of the hard work our volunteers do for the Council. I have had the opportunity to meet many of you. If you would like to become a volunteer, please visit our website or call us at (207) 985-5975.

The staff and I are excited as the new school year approaches. We are ready and seeking new opportunities to reach out by educating, collaborating and advocating for the children and families of York County.

Sincerely,

Laurie DuPaul
Executive Director

Teach by living. Model a positive life by being positive yourself. (Kids Peace)

A new way to support the Child Abuse Prevention Council

Your searches can add up!

When surfing the Internet, choose **Good Search** as your search engine. By entering **Child Abuse Preven-**

tion Council of York County in the organization box, we receive approximately \$.01 per search. The more supporters who use this search en-

gine—the higher the potential funding for the Council.

Go to: www.goodsearch.com

Your Vote Counted

In the spring, **Kennebunk Savings Bank** conducts a **Community Investment Ballot**. Each customer of Kennebunk Savings, Morris Insurance and Kennebunk Financial Services has the opportunity to vote on an organization who they would like to see receive financial support to further the mission.

This year the bank received over 6,000 votes in support of over 200 area nonprofits.

Thank you to all of you who cast your ballot for the Council. Your vote counted. The Child Abuse Prevention Council received a check for \$2,838.

This money helps us continue to provide pro-

grams in local schools, materials on parenting, subsidizes the Project Prevention concerts and plays enjoyed by all ages, and sponsors the Nurturing Program provided to families.

We extend a special thank you to Kennebunk Savings Bank for your continued support.



LtoR: Marie Morin, Kennebunk Savings Bank & Laurie DuPaul, Child Abuse Prevention Council

Fatherhood Programs

David Champion, Fatherhood Educator, at the Child Abuse Prevention Council of York County provides dads with opportunities to meet and through multiple types of media gain ideas for interacting with their families.

The Fatherhood Initiative that David provides to dads is an opportunity for them to learn tools to use when parenting can become challenging. His classes are available throughout York County. Through discussions, a video, and training materials, David interacts with the dads to define gender roles; the impact of how dads were parented; discipline; conflict resolution; respect; how to balance work and children; co-parenting; and strategies to build stronger relationships with their children. *All Men Are Sons* is a DVD produced by John Badalament that David uses in his presentation. He had the opportunity recently to meet John at the Portsmouth Naval Shipyard and share how he is using the video in his classes.

John lectures and produces materials on the "Modern Dad".

A second *Nurturing Fathers Program* at the Portsmouth Naval Shipyard is scheduled to begin in September. These dads are engaged in the program and are learning strategies to connect with their children when some of the fathers are separated from their families through their work in the Navy.

David is currently providing programs for incarcerated dads at Two Bridges Regional Jail in Wiscasset and Long Creek Correctional Facility in Portland. He hopes to help these father's reach out to their children by developing skills that will nurture their relationships.

Baby, Think It Over had a new twist this year. Jen West, the Prevention Educator along with David modified the program to accommodate two

presenters. The students were able to explore gender roles and discuss both roles in parenting. Ken Sanborn, Community Educator, and Leah Pal-tanawick, School Based Educator, will be teaming up to present the program this year. Thanks to Jen and David for modifying the program.

David developed a well received program this year that he will be establishing at another school in York County. At Sacopee Valley High School, he introduced through the alternative education curriculum, a program on building self-esteem, communication, and goal-setting. One special guest, Diana Abbott, a former Council board member, shared her story and provided inspiration for the students.

Dads, if you are interested in participating in a "Fatherhood Initiative" workshop, please contact David at (207) 985-5975 or by e-mail at:

dchampion@kidsfreetogrow.org

A Simple Shoebox...

Years ago, a shoebox sat on a shelf at my grandmother's. It was an ordinary shoebox but it was special to me. Inside held treasures such as a small box of crayons, colored pencils, child scissors, a piece of ribbon, glue, odds and ends of paper, the front of a greeting card, buttons, a paper doily, a picture off a cereal box, and a ruler. I never knew when I visited my grandmother what I would find in my box. She never bought anything to put in the box. She just looked for things that were pretty, textured or colorful.

Children love to be creative. All you need to begin is a small pack of crayons, a shoebox and your imagination. Magazines, greeting cards, cereal boxes, gift wrap and junk mail all are fun items that can add to your box. Tape and child safe glue are a bonus. Sometimes even nature offers interest-

ing additions such as twigs, pine cones, and seashells.

If you want to be interactive with the child, you can help them do a collage, make a card for someone special, draw a picture or make a paper chain.

Being creative is fun!

HOW TO MAKE YOUR OWN PASTE

Basic Flour Paste

Blend whole wheat or white flour with cold water to make a liquid paste (about the consistency of pancake batter). Beat until the mixture is free of lumps, and then

gently heat until boiling, while constantly stirring. Allow to cool before using. Store in an air-tight container. If the paste hardens, soften by mixing in small amounts of warm water as needed. This can take a while to dry when used.

Recipe found on:
www.make-stuff.com/formulas/glue.html

No Cook Paste

1/2 cup flour
Water
Salt

In bowl, mix flour with enough water to make a mixture that's gooey, but not runny. Add a pinch of salt.

Recipe found on:
www.familyeducation.com



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Thank you for your support!

*The Child Abuse Prevention Council of York County
thanks you for partnering with us to
prevent child abuse and neglect!*

*As a result of strong support from people like you, CAPCYC was able to provide
prevention programs to over 9,940 local children, families and professionals!*

Please join us for our
Annual Meeting on September, 8th, 2008
at Jonathan's Restaurant in Ogunquit.
FMI Please call 985-5975.

Our Mission: The Child Abuse Prevention Council of York County is a non-profit organization committed to the prevention of all forms of child abuse and neglect. Central to our mission is the promotion of healthy, nurturing relationships between children and adults. Through education, collaboration and advocacy the Council provides programs and events which foster the well-being of children and families throughout York County.