



The Key

Issue #001 | Fall 2015

A Publication of The Happiness Project of Reading/Berks

CELEBRATING OUR
COMMUNITY'S YOUTH
*because "Children are the world's
most valuable resource and its best
hope for the future." JFK*

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Savoring the Moment

Mindfulness for Daily Living



Learning to "savor the moment" in life is a very effective way to increase our happiness and quality of life and reduce stress. Being aware and enjoying the moment will help us appreciate what we already have, rather than focusing on what we don't have. Sometimes as we go through everyday life, we forget to stop and enjoy the little things. We may spend an entire day either stuck in reliving the past or stressing about the future, and never really seizing the moment. We miss all those wonderful things that are happening right here and now. As we start to savor the moment, we notice the things that make our day special - a kind word from a friend, a smile from a stranger, the beauty of a sunrise or sunset, the laughter of a child, the playfulness of our pets, or even the silliness of a squirrel in the park! As we notice and enjoy what's all around us, and really savor each moment, it's almost impossible to experience stress in our lives. Life is meant to be enjoyed and savored. If we find ourselves dreading the day or not experiencing any pleasure, it's time to add an activity we enjoy and that makes us happy. We all have those gloomy days with tests, jobs that need to be completed, or people we would prefer not to encounter. It seems (we have no time) to add one more thing to the schedule, especially just to have fun. Now, consider how much extra energy and motivation we get when doing something we enjoy, and how redirecting that energy may help us with our everyday tasks. Finding a way to reschedule activities allows us time to re-energize and reset our perspective so we can view our priorities in a new light. Have fun and savor every moment... they sure fly by!.

Reading Playground

Creating Memories

by Nancy Clark

As summer winds down and comes to close, so do the activities of the Reading Recreation Commission Summer Playground Program. The end of the season was marked by the traditional celebration in City Park on August 5th, complete with games, food, a dance contest, and ending with the popular Lantern Parade.

This year there were seven areas which provided playground activities for almost 300 Reading youth. The activities included trips to the Schlegel pool, daily arts and crafts, and trips to the Reading Public Museum, just to name a few.

Recreation is seldom thought about in the context of what is formed when the word is broken down. Recreation becomes re-creation; through recreation we re-create ourselves, sometimes experiencing and finding a special hobby or sport which we excel at which then becomes our passion.

The social bonds we form through these programs are life enhancing and sometimes are the beginning of life long relationships. We find a way to let our guard down and be our true selves. Most importantly, we bring into balance mind, body spirit as we let go of stress and experience pure enjoyment and fun; re-energizing, renewing us to move forward in life.

Attending the celebration at City Park, one could truly realize how this experience re-created the lives of those involved; both staff and participants. The revitalizing energy of both the children and adults was undeniable. Everyone seemed to be smiling and laughing, enjoying the moment with friends and family. The youth who participated were excited and proud to show off their playground's banner and have others participate in the game they created.

In interviewing a few staff members, everyone expressed the multiple rewards they received through helping at playground.

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Daujen, a staff member at City Park Playground shared how great it was getting to know each child as an individual, respecting and bring out their uniqueness. The best experience, however, was as the kids were leaving, on little boy ran back to her with a crumpled up piece of paper with scribbling that read, ‘you are the best teacher.’ Through experiences such as this, we help re-create not only ourselves, but others as well. We cannot give without receiving in return. A family of five siblings attended Schlegel camp playground for the first time this year. Due to family financial restraints, they would not have been able to participant except by receiving scholarship money towards their tuition. Yany, a staff member, described the reaction of the children when they experienced many things for the first time, such as the trip to the Reading Museum. ‘It was so awesome to watch them, and the entire family expressed overwhelming gratitude for the gift of the scholarship so these children could experience these things – things many of us take for granted.’ She also shared the changes she recognized in many of the children over the eight weeks of playground, stating problems with anger management dissipated and some kids had their whole demeanor change.

Many of the changes exhibited in the participates can be linked back to the comments they made themselves regarding the staff. Angelo, from Keffer Playgound stated, ‘They helped make summer fun. I hope I can go back next year!.’ Leah, also from Keffer added, ‘I am going to miss them.’ Janyellys, age 12, participant at Schlegel’s Camp stated, ‘They [The staff] always wanted us to have fun. They even played with us.’ When staff really care and put the feelings and experience of the participants first, kids sense this and respond in the same way. What we give out, we get back from others.

I believe one of the most profound statements, however, came when speaking with Dihovexy and Amanda, participants at Keffer playground. One of the most important things to them was, ‘Everyone was welcome.’ Isn’t that what we would love to hear more often about our community...’everyone is welcome’, no exclusion, no judgement, no stereotyping, no labels.

We asked Daphne Klahr, Executive Director of the Reading Recreation commission, why more youth did not attend playground and without skipping a beat the reply was, ‘lack of transportation’. She explained If a playground wasn’t in walking distance most times children could not attend as they had no means of transportation. This is something our community can help work on...coming up with ideas to allow ALL youth in our community the opportunity to attend these great programs!

Our kudos go out to the Reading Recreation Commission, especially the staff and volunteers who made playground such a positive experience for our youth. As Maya Angelou quoted: “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” These children will have lots to remember for years to come!



Study Tips: *Get a good night's sleep. Your brain needs sleep to store and process anything you've learned, therefore, staying up all night and cramming is less effective than studying early and getting sufficient sleep.*

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Tip for achievement: *"Whether you think you can, or you think you can't--you're right."* (Henry Ford).

Research is backing the self-fulfilling prophecy theory. What is it that you are telling yourself you are not good at or can't accomplish? Change your thinking and self-talk and watch amazing things happen!

Back to School:

Summer vacation was over and Little Johnny returned back to school.

Only two days later his teacher phoned his mother to tell her that he was misbehaving.

"Wait just a minute," she said. "I had Johnny with me for three months and I never called you once when he misbehaved!; couldn't you show me the same courtesy?"

Positivity is Power

by Nancy Clark

When we see a happy and successful person, we are fast to assume the success in their life is the cause of their found happiness. Where the misperception arises is that it is NOT the success that makes people happy, but happiness that opens the door for success. Studies illustrate that people who are happy first become more successful, have better relationships, tend to be and stay more happily married, and enjoy life more overall.

Why is this all possible? How does being happy make one more successful? Scientists have been backing the 'Broaden and Build' Theory of positivity for almost twenty years with massive amounts of evidence-based research. This research is showing us how a positive attitude and being happy actually broadens our minds and intellect.

A positive person does not necessarily create more possibilities, but a positive attitude opens one's mind to SEE the possibility already present. Studies confirm peripheral vision is enhanced in a person exhibiting a positive attitude. People that are happy and denote a positive attitude don't always have less crisis and problems in life, but they tend to move through crisis more optimistically, looking for the blessings in the situation and therefore creating a more positive outcome. Research shows positive and happy people live longer and are healthier overall as positive emotion is shown to boost one's immune system and promote a healthier lifestyle.

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Positivity is power (con't from p.4)

So, what does it all mean? How can I use this information in my life and in my business? Happiness and a positive attitude can be cultivated and enhanced through simple techniques. By learning these techniques, ANYONE can learn to be a happier, more optimistic person and move themselves towards a more successful and meaningful life. Employers who put programs in place to increase their workers happiness and wellbeing will acquire a more creative worker who provides better customer service and will maintain a better attendance record. Schools that use programs to increase both teachers' and students' happiness and well-being will promote better learning in students, better relationships and increased creativity. The rewards of learning techniques to increase happiness and well-being are astounding and are now evidence based through research. Remember, Success does not equal Happiness
– Happiness EQUALS success!

Youth Empowerment Program

The Happiness Project of Reading (HPR)** has developed a curriculum called the Youth Empowerment Program (YEP) which incorporates research and evidence based techniques and skills of positive psychology designed to increase happiness and well-being. This curriculum was piloted to a group of I-Lead students in an internship over a 12-week period during the end of the 2015 school year. The intended outcome of the Happiness Project curriculum is to provide students with the aspects of positive psychology and how applying these concepts could enhance their lives and community. The goal is to increase positivity, over-all happiness, and well-being; promote optimism for the future; stimulate positive choices; and increase affective communication skills.

Dr. Martin E.P. Seligman is the Director of the Penn Positive Psychology Center. He has written more than 250 scholarly publications and 20 books. In his book, Flourish , Seligman stated, "I conclude that, were it possible, well-being should be taught in school because it would be an antidote to the runaway incidence of depression, a way to increase life satisfaction, and an aid to better learning and more creative thinking."

The 12-week mentoring and internship workshop at I-LEAD culminated with a half-hour presentation by nine students who stressed the power of positive psychology to uplift one's quality of life. The program featured a series of skits showcasing positive characteristics of Reading. Results of interviews of student participants were the most compelling tribute to the effectiveness of this program. Argenny, a 9th grade student, stated after this program he "feels like a happier person". He stated that he learned how positivity was important, sees himself as more optimistic and is applying these concepts to his friendships. He realizes now he sees not only the bad but also the good in a situation.

Max, a 12th grade student, stated he enjoyed the internship and as a result his mindset has changed. "I now have a different perspective on situations."

Rashid, 9th grader, who has been more introverted, stated, "I feel I now have a better connection with people. I have also learned to see the positive side of Reading."



Twelfth grader, Charlese agreed, she also feels like a happier person describing, "when I get into a bad situation, instead of getting upset I can calm down so I can look for the positives."

Senior student, Kevin, stated he sees himself as a more positive person and is able to use what he has learned not only in his own life but to help friends and family members. He commented, 'This program is great for people who go into the work force.'

Deanna, grade 12, stated she learned techniques she now uses to stop and relax when she is feeling stressed. She also noticed how being more positive and upbeat rubs off on those around her. "I know being mindful and positive will help me in taking college classes."

Grace, a 9th grade student, attended every session of the Happiness Project internship. Grace shared, "This program really influenced me. I discovered new things that are helping me in a variety of ways. I know I have changed and have learned to be more mindful about what I am doing. I learned what my strengths are, and I have started to use them to (con't on page 8)

Tips to do well on an exam: *SMILE prior to taking the exam. Smiling releases hormones to help you relax and feel happier. As you feel more positive your mind is able to retrieve the information needed for the exam and be more creative for essay questions. If you can't muster a smile, bite on a pencil; it uses the same muscles and your brain believes you are smiling!*



Girl's Leadership Program

by Camille Stock

We have so many inspiring stories to share with you and the community. We read and hear negative stories about our City youth, but as you know, there are so many more happy and positive stories to tell about kids in our community who want to make a difference, who are smart, hardworking, and talented and serve as positive role models.

One such example of inspiration is our Girls Leadership Program, which was implemented in fall of 2013 as a Reading Recreation Commission urban-focused program designed to empower young women in an urban environment to be leaders and visionaries, and gives them the tools to be healthy, successful, contributing members of society. In March of 2013, the Girls Leadership Program was recognized by the Pennsylvania Recreation and Park Society for Excellence in Recreation and Parks. One of only ten programming awards statewide, it was an extraordinary honor for the RRC and the City of Reading. The award helped to showcase, on a state level, the great things that the program is accomplishing in Reading.

The program has had other successes as well. One girl from the program attended college in the fall – the first person in her family to do so. Another went from being a discipline problem with poor grades and school attendance to being accepted into a college-preparation program with the goal of attending a four year college. One of our girls decided to run for class office after being in our program because she felt she had the ability to “be a leader.” At the end of the program, instead of celebrating with a party for themselves, the girls decide to perform a community service project for senior citizens.

The Girls Leadership Program meets once each week throughout the school year and focuses on positive identity, self-expression, life skills, career development and healthy life choices. Some meetings include roundtable discussions with local women leaders in the community, and the young women also visit local organizations and businesses to learn about careers and education paths. Additionally, the program includes field trips to the Reading Symphony, Philadelphia and New York. We welcome new members to our Girls Leadership Program and Reading Recreation Commission.

Teens Growing Through Adventure

by Sue Hain

Today, youth struggle more than ever with gaining a sense of self-worth, obtaining self-confidence, establishing their own identity, and understanding the world. As parents, we make every effort to help our children grow and develop into socially, emotionally, and physically healthy adults.

Jeff Schucker, age 47, and Leslie Blatt, age 50, of Kempton have welcomed the opportunity to help youth develop into healthy and happy adults in a unique and fun way.

Schucker had been a Scout Master for 6 years and realizes the benefits and importance of a structured, value-based organization for children and teenagers.

Blatt, also involved in Scouts with her own two sons, shares the same appreciation for the benefits gained through being a scout. Realizing their mutual interests, passions and goals, they began a vigorous training program to become co-advisors of what is internationally known as, “Venturing”. Venturing is a branch of The Boy Scouts of America and is open to ALL youth, both girls and boys, from the ages 14-20.

(con't on Page 7)





Teens Growing Through Adventure (con't from page 6)

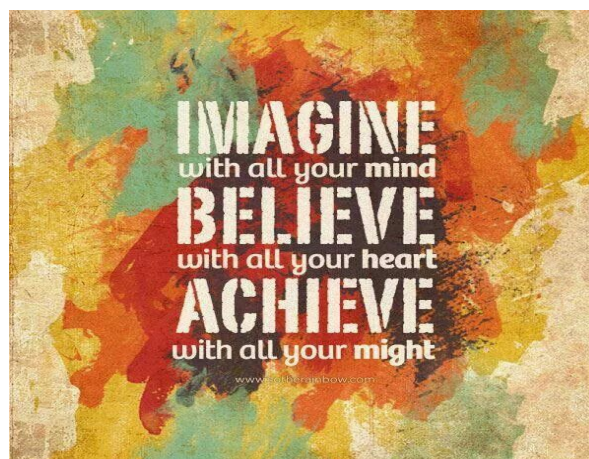
In January 2015, Venturing Crew 1934 of Hawk Mountain was established. The group's focus is giving back to Hawk Mountain through community service and conservation. The group also engages in high adventure activities. Schucker and Blatt emphasize, "you don't know what you don't know, so step out of your comfort zone and be open to experiencing new adventures in your life!" For many of us, we strive to be comfortable in our lives and in the things we do. However, we may not realize that by remaining in our comfort zone, we don't grow and our situations don't change. Life is meant to be fun and enjoyable. Change and adventure is all part of the journey of life.

The group has participated in many exciting adventures including hiking, back packing, rock climbing, ice climbing at Lake Placid, kayaking, and much more. Schucker explains that all decisions are made as a group. The group decides what adventures they want to pursue and what they need to do in order to achieve their goals. Schucker and Blatt offer a fun, safe environment for the group. They also act as mentors and encourage the group to be open to new activities and remind them that anything is possible. For their next adventure, the group is looking at learning to fly, which proves that the possibilities of this group are endless.



Through community service, conservation efforts, and engaging in these exciting activities, group members have gained leadership skills, learned about the natural beauties of the world, and have been given the opportunity to experience the opportunities life has to offer. The rewards and benefits of being a member of this group are extraordinary for any teenager or young adult. Blatt explains that one of the biggest rewards she has gained is being able to see the teens faces when they achieve their goals. For Schucker, one of the most important aspects of the group is giving youth a life lesson they won't forget. "Venturing" is helping to teach our youth life long values while having fun. We are all responsible for our own lives and we all have the opportunity to enjoy being the captain of our own ship!

For more information about these exciting opportunities, please contact Leslie Blatt at Shelovesowlsnducks@gmail.com or Jeff Schucker at jeff@baileywp.com.



On the lighter Side:

The children were lined up in the cafeteria of an elementary school for lunch. At the head of the table was a large pile of apples. A note was posted on the apple tray, "Take only one. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. One child whispered to another, "Take all you want. God is watching the apples."

Final Exam:

A math professor was administering the final exam to his students.

He handed out all of the tests and went back to his desk to wait.

Once the test was over the students all handed the tests back in.

The professor noticed that one of the students had attached a \$100 bill to his test with a note saying "A dollar per point."

The next class period, the professor handed the tests back out. This student got back his test and \$62 change.

Father to son after exam: "Let me see your report card."

Son: "My friend just borrowed it. He wants to scare his parents."



Youth Empowerment Program

(Con't from page 5)

help more people in my everyday life. I learned not to limit myself and knowing if I have goals and a plan I will be motivated to get there. I like how this has helped me see Reading in a more positive way. I know if others learned this, it would help our community. I learned how to make my relationships better and I know this will help me in the future."

Lastly, when interviewed about the internship program, Kimberly, a senior student and class valedictorian, stated, "I really enjoyed this program. I learned a lot of new information I never knew before. I changed as a result of this program, especially because of what I learned about myself, Reading, and others. I learned what my strengths are and how using them can help me the rest of my life. I am aware to be mindful and not mind full. Most of all, this program has helped me change my perspective on how I approach new situations and how I can approach them in a more positive way."

Tamara Smith, interim principal of the school at 401 Penn St., labeled the program "fantastic", adding that the importance of being happy in life should not be underestimated. "It is always those who find the rainbow who have the energy and power to be happy," she said. The goal of the Happiness Project is to have the opportunity to provide this curriculum for all the schools in our community, providing all youth the tools for success and happiness in life.



The Greatest Teacher

There is a story many years ago of an elementary teacher. Her name was Mrs. Thompson. And as she stood in front of her 5th grade class on the very first day of school, she told the children a lie. Like most teachers, she looked at her students and said that she loved them all the same. But that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he didn't play well with the other children, that his clothes were messy and that he constantly needed a bath. And Teddy could be unpleasant.

It got to the point where Mrs. Thompson would actually take delight in marking his papers with a broad red pen, making bold X's and then putting a big F at the top of his papers.

At the school where Mrs. Thompson taught, she was required to review each child's past records and she put Teddy's off until last.

However, when she reviewed his file, she was in for a surprise.

Teddy's first grade teacher wrote, "Teddy is a bright child with a ready laugh. He does his work neatly and has good manners...he is a joy to be around."

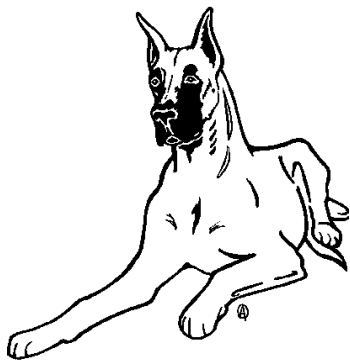
His second grade teacher wrote, "Teddy is an excellent student, well-liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle."

His third grade teacher wrote, "His mother's death has been hard on him. He tries to do his best but his father doesn't show much interest and his home life will soon affect him if some steps aren't taken."

Teddy's fourth grade teacher wrote, "Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and sometimes sleeps in class."

By now, Mrs. Thompson realized the problem and she was ashamed of herself. She felt even worse when her students brought her Christmas presents, wrapped in beautiful ribbons and bright paper, except for Teddy's.

His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag. Mrs. Thompson took pains to open it in the middle of the other presents. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing and a bottle that was one quarter full of perfume.
(con't on page 9)



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The Greatest Teacher *(con't from Page 8)*

But she stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her wrist.

Teddy Stoddard stayed after school that day just long enough to say, "Mrs. Thompson, today you smelled just like my Mom used to."

After the children left she cried for at least an hour. On that very day, she quit teaching reading, and writing, and arithmetic. Instead, she began to teach children. Mrs. Thompson paid particular attention to Teddy.

As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class and, despite her lie that she would love all the children the same, Teddy became one of her "teacher's pets."

A year later, she found a note under her door, from Teddy, telling her that she was still the best teacher he ever had in his whole life.

Six years went by before she got another note from Teddy. He then wrote that he had finished high school, third in his class, and she was still the best teacher he ever had in his whole life.

Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school, had stuck with it, and would soon graduate from college with the highest of honors. He assured Mrs. Thompson that she was still the best and favorite teacher he ever had in his whole life.

Then four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still the best and favorite teacher he ever had. But now his name was a little longer. The letter was signed, Theodore F. Stoddard, M.D.

The story doesn't end there. You see, there was yet another letter that spring. Teddy said he'd met this girl and was going to be married. He explained that his father had died a couple of years ago and he was wondering if Mrs. Thompson might agree to sit in the place at the wedding that was usually reserved for the mother of the groom.

Of course, Mrs. Thompson did. And guess what? She wore that bracelet, the one with several rhinestones missing. And she made sure she was wearing the perfume that Teddy remembered his mother wearing on their last Christmas together.

They hugged each other, and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you, Mrs. Thompson, for believing in me. Thank you so much for making me feel important and showing me that I could make a difference."

Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you."

*Even though this story is fictional, it is a great example of the quote by Stacia Tauscher: **"We worry what a child will become tomorrow, yet we forget he is someone today". We can ALL make a difference in the life of at least one child!***

"Most great people have attained their greatest success just one step beyond their greatest failure."
— Napoleon Hill

NEVER GIVE UP!

Many successful people have had extraordinary obstacles to overcome. Regardless of the obstacles, these people had an idea, a desire, or a dream and they never gave up but instead became **VERY** successful. The **KEY** is to not let appearance of failure stop you from your success. If **THEY** can do it, **SO CAN YOU!**

Oprah Winfrey gave birth at age 14 and lost her child. She is one of the most successful and richest people in the world today, but Winfrey didn't always have it so easy. She grew up in Milwaukee, Wis. and was repeatedly molested by her cousin, uncle and a family friend. She eventually ran away from home, and at age 14 gave birth to a baby boy who shortly died after. But Winfrey's tragic past didn't stop her from becoming the force she is today. She excelled as an honors student in high school, and won an oratory contest which secured her a full scholarship to college. Now the entrepreneur and personality has the admiration of millions and a net worth of \$2.9 billion.

Jay-Z couldn't get signed to any record labels. No one can stop Jay-Z. He came from a rough Brooklyn neighborhood and had big dreams to make it big as a rapper. Unfortunately, the rest of the world didn't agree with him at first. Not one record label would sign him. Yet that didn't stop him from creating his own music powerhouse. His label would eventually turn into the insanely lucrative Roc-A-Fella Records. Here's proof Jay-Z is on top: Forbes has estimated his net worth at \$500 million, and TIME ranked him at one of their 2013 Most Influential People In The World. And he's married to Beyoncé.
(continued on page 11)

POSITIVE PARENTING

by Happiness Project

Parenting can be an extremely fun and rewarding experience. However, along with this comes many challenges and frustrations. As parents, we want the best for our children, and we want to do the best we can to provide for them. Although we strive to be the best parents we can be, we may feel as if we fall short of our expectations. This is true for many of us. We were never trained about how to be good parents, and even if we were, parenting is unpredictable.

There has been much research conducted in order to better understand children’s learning and motivation, thinking and action. The results from this research are startling and can provide many great parenting tools to help our children thrive. For example, did you realize the type of praise we give our child can actually end up limiting their motivation instead of encouraging them? Were you aware that starting as early as age three children can lie? There are ways to communicate with children in order to encourage truthfulness; and no, threats of punishment for lying are not proven to be effective. What about teenagers who don’t think before they act? In reality, a teenager’s brain is not fully developed, making it much more difficult to think the way adults do.

Please join us as the Happiness Project presents Positive Parenting workshops. Regain the fun and rewarding experience of parenting. Understand your children better and re-establish a loving relationship with your child that will help them thrive! (see the ad on back page).



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The KEY is a publication of the Happiness Project of Reading. It is our intent to provide educational, inspirational, uplifting and fun articles, quotes and stories. We hope reading this publication will help you find THE KEY to happiness, success, opportunity, possibility and focus on the positives which already exist in your life as well as our community. We welcome any comments, positive articles, letters of gratitude to those who have touched your life, etc. We are also accepting donations as patrons and advertisers to maintain publication and free distribution of THE KEY. Please contact us at: 484-332-6732 or send to ThekeyofBerks@gmail.com

NEVER GIVE UP!

(con't from page 9)

Albert Einstein did not speak until age Four. Einstein didn't have the best childhood. In fact, many people thought he was just a dud. He never spoke for the first three years of his life, and throughout elementary school, many of his teachers thought he was lazy and wouldn't make anything of himself. He always received good marks, but his head was in the clouds, conjuring up abstract questions people couldn't understand. But he kept thinking and, well, he eventually developed the theory of relativity, which many of us still can't wrap our heads around.

Jim Carrey used to be homeless. Carrey revealed to James Lipton on "Inside the Actor's Studio" that when he was 15, he had to drop out of school to support his family. His father was an unemployed musician and as the family went from "lower middle class to poor," they eventually had to start living in a van. Carrey didn't let this stop him from achieving his dream of becoming a comedian: He went from having his dad drive him to comedy clubs in Toronto to starring in mega-blockbusters and being known as one of the best comedic actors of an era.

Stephen King's first novel was rejected 30 times. If it weren't for King's wife, "Carrie" may not have ever existed. After being consistently rejected by publishing houses, King gave up and threw his first book in the trash. His wife, Tabitha, retrieved the manuscript and urged King to finish it. Now, King's books have sold over 350 million copies and have been made into countless major motion pictures.

As all these people have proved, nothing matters except your attitude and your passion. As quoted by Albert Schweitzer: ***"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."***

Opportunities for our Reading Youth

READING RECREATION CENTER:

After school program at 11th & Pike Recreation center. Children in grades 1-5. Opens Tues Sept 8. Hours of operation M-F 3-7:30pm. Membership required. \$25/school year. Dinner provided every day of operation at 5pm. Homework center, arts & crafts, athletic games, holiday activities, dances, trips, club activities.

3rd & Spruce recreation center: (all same as above except..... Grades 1-12 Hours: M-F 3:00-8:00)

Girls Leadership begins 1st week of October

Tuesdays at Southern middle 3:30-5

Wednesdays at 3rd & Spruce 5:30-7

Thursdays at Northwest MS 3:30-5

Concrete dates have not been updated on website yet but here are tentative dates:

Fall 16-18 basketball: beginning end of Sept.

Winter basketball: 10-12, 13-15 January

Fall soccer- Tuesdays & Thursdays at Egelman's park mid September

Girls Softball - Sundays

Swim lessons- TBD

Chef Sprout – urban-focused cooking program, days TBD

Tennis- all year

Please contact Reading Recreation Commission for more information

Olivet Boys and Girls Club:

Olivet BGC staff members provide caring guidance. Kids between six and 18 come to the Club to talk to the staff, hang out with their friends, and take advantage of various programs that allow them to positively develop mentally, emotionally, and physically.

Club programs address Berks County's most pressing youth issues, each one focusing on teaching youth the skills they need to succeed in life. They fall under five main areas: Character and Leadership Development; the Arts; Education and Career Development; Sports, Fitness and Recreation; and Health and Life Skills.

Contact Olivet for a list of current afterschool activities:

Olivet Boys & Girls Club

1161 Pershing Blvd

Reading PA 19611

P: 610-373-1314

F: 610-373-8815



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HAPPINESS PROJECT

of Reading, PA

COMMUNITY ACTIVITIES SUPPORTING READING AND BERKS' QUALITY OF LIVING AND POSITIVE LIFESTYLE CHOICES.. SINCE MARCH 2014!

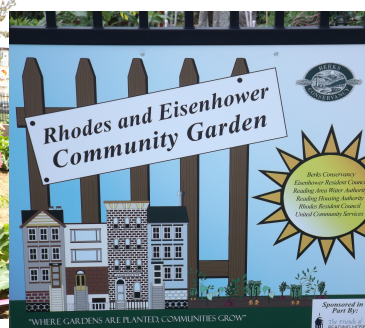
Happiness Project Kickoff
March 6, 2014

City Playgrounds Cleanup
Spring 2014

HPR donates Seeds to the Berks Conservancy for planting in city housing & public gardens
Spring '14

Garden Party showcasing Resident's Bounty:
Summer 2014

Adopt a Block, a Lot, or a Pot:
Planters Beautification
Summer '14



BCTV Monthly Happiness Project Local Broadcasts:
Began January 2015...

Positive Psychology Program & Internships at I-LEAD Charter School:
February - May 2015

Participated Great American Clean-Up:
Spring 2015

I-LEAD Interns Present Assembly to students & Mayor:
Positive Psychology in Reading
May 2015

Strengths



FOCUS



Mindful?



Beliefs vs Facts



First Newspaper Publication
October 2015



Upcoming Events:
Mark your Calendar:

Positive Parenting Classes:

November 3rd, 6:30-8:00 pm at 4443 10th Ave. in Temple, Pa or
November 5th, 6:30 -8:00 pm at 580 Willow St., City of Reading.
Cost \$20 per person or \$30 per couple

and...Remember: Tune In on the Fourth Monday of
Every Month for Happiness Project's Live Broadcast on
BCTV.....**Practical Applications of Positivity in Every Day Life**