

St. Joseph's Cupboard and Other Experiences

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CAS Project Essay

For my CAS project, Sanil and I built a Blessing Box which was installed outside of our high school. My role, as lead builder, was to design and build the physical box while Sanil's job was more on the logistics of the project. The box is designed to hold canned food and other non-perishable foods so that those who need the food and are walking by are able to take what they need. The food and other useful items (such as socks) would be kept in stock by Sanil and me and the St. Edward's community.

The design and building of the box required large amounts of creative effort and activity. The box itself, named "St. Joseph's Cupboard", will help mitigate the very real issue of hungry people and families in the Lakewood community which covers the service aspect. Sanil and I worked collaboratively throughout this project. Him and I spent a day building and designing the first part of the box. We both worked together on gathering canned goods to place within the box. Without him, this project would have been significantly more difficult and would not have turned out as well. In fact, the project might not have been completed as we both pushed each other and kept each other on track until it was completed.

This project was not easy. The building techniques were relatively new to me and required practice and critical thinking. The building of the box had its own failures, particularly in regard to budgeting of the project. It became clear early on that the building process would not be cheap and I quickly ran out of money. Even so, the project was extremely rewarding and I would do it again in an instant. With the knowledge I now have, I know that the building quality of the box would be significantly better and more efficient.

Although the box has not been installed for long, I can tell that it will have a significant impact upon the Lakewood community. St. Edward is already a large benefactor to the community as we hold monthly community meals and produce distributions which many people attend. I am positive that this box will contribute to this community assistance. This project took a lot of organization, planning, and initiative all throughout the long process. Many times, we encountered issues that were difficult to solve and overcome. There were periods where nothing got done and required new cooperation to get back on track. Overall, this project was extremely rewarding and the results were spectacular.

Experiences

Experience 1

4-13-17 What new challenges and skills are you undertaking by conducting your project?

As we have begun our project, Sanil and I have had to research other designs that people have made. Many have detailed instructions as to how to build the physical box but since we are using our own design, we are more looking at the building techniques. This research has given us insight into the challenges that may come up while building St. Joseph's cupboard. The techniques presented are not incredibly difficult to perform but it will be difficult to make sure that the box looks extremely presentable as it will be a representation of St. Edwards.

This research led us to talking more with our supervisor and Mr. Kubrak to help us make sure that our project will be able to be implemented on the school campus. Mr. Kubrak has expressed his support of our project and stated that it shouldn't be difficult to get the approval to place it on campus. We also met with the CAS organizer who gave us advice on people to talk to

and resources to look at to complete the project. So far, everything has been going to plan and now we will begin to create a detailed design of the box and a list of resources.

(See evidence #1)

Experience 2

4-24-17 What area of global importance is your project impacting (local, national or international community)?

Every month I have volunteered at a nearby nunnery/nursing home called River's Edge. A man named Mr. Reiling has organized a Taize prayer which is an hour of meditation, prayer, and chants designed to center the mind with regards to the body and to God. I go to these services and play my cello for the chants which make up 80% of the actual time. This service also acts to enhance my abilities as a cello player so in this way I am improving a skill of mine. This Taize service also acts as a time to get away from the stresses presented in school. The meditation during the service and the calming nature of the service acts as a good method for me to relax and it helps me to stay composed and calm as a person. This service project is a continuing activity that helps other people become closer to themselves and gives them time to pray.

The people that attend these services (usually 50-70 older people) enjoy my cello playing and have told me so on multiple occasions. This service project demonstrates how I am able to use my talents as a player in order to enhance the community there at River's Edge. My impact may be small, but anything that I can do to bring people closer to themselves and to God is a victory to me.

(See evidence #2)

Experience 3

5/25/17 How will you overcome possible obstacles for your project?

This 3D modeling process as shown in the images allowed us to get a preliminary idea of what the box would look like although the dimensions are likely to change to make it more aesthetic. I believe that the main obstacle in building this piece will be the visual aspect of it. Sanil and I both want it to look appealing as it will not only be representing us, but also the St. Edward community. This process also improved our skill together as a team as we had to decide which design would be best. There are still many improvements that could be made to this design as it is missing key components such as a door on the front of the box and the overall shape. This modeling also let us use an outside skill in our project which will ultimately better the community. This design is changing as I am sure it will change as we continue to research building techniques and processes which might alter the design.

(See Evidence #3-4)

Experience 4

July 11 2017 Explain your leadership role for this project such as planning and initiating activities?

It was approaching the middle of summer and I realized that the design of the build wasn't finalized yet. I decided that I would create a scale model of the build to the final dimensions of the build. This model would better explain how we were joining the sections of wood, the door design, the angle of the roof, and the overall dimensions of the box. I created this model out of foam board and hot glue and I also made miniature cans and boxes of food just to make sure that enough would fit. Since I was leading the build process, this mini-project helped

jump-start the process as it inspired me to make it and it gave a solid foundation for the actual build.

Important design notes: all of the side boards are resting on the base so that all the weight will be on the base and not on the screws. The post that will hold up the box will have two angled supports to add extra strength. On the actual build, we may or may not use the vertical shelf support depending on how strong the plywood is.

(See evidence #5-7)

Experience 5

July 17 2017 Explain your leadership role for this project such as planning and initiating activities?

These two photos showed the fruits of my shopping experience at Home Depot. I initiated this activity due to the fact that I am leading the build aspect of this project and because I have a truck which can fit all of the supplies. Supplies include: 3 2' x 4' of plywood, a 8' of mounting post, cement, caulk, acrylic, two hinges, a lock, foam tape, and push glaziers. This list is similar to a list that I found on instructables but I still have yet to get the paint and mount the door. Because I got the supplies, I had a sense of drive to get this project built which helped Sanil and myself get started on it not long after. This initial drive of motivation was a valuable tool to get a jump-start on the project. My only regret was not riding this wave of motivation a bit longer.

(See evidence #8-9)

Experience 6

July 25 2017 How will you work collaboratively with others in your project?

Today Sanil came down to my house and we started the build process. Sanil was pretty new to processes like this so I gave him a crash course of the tools and what the general plan was. Step one was to trace out all the pieces that we would need onto the plywood. Step two was to cut them out either using the skill saw or the table saw. With the skill saw we would clamp a straightedge to the wood to move the skill saw next to. This assured the cuts were straight and consistent. With all of the pieces cut out we then moved into drilling the pilot holes and screwing the pieces together. I wasn't sure how far we were going to get but I was happy with what we did and how far we got. Having Sanil there made everything go much faster.

(See evidence #10-14)

Experience 7

July 26 2017 What new challenges and skills are you undertaking by conducting your project?

My skill with power tools is minimal so being able to use the tools and get experience with them is a valuable life skill. This was the second day of building where I added a top piece under the roof for a better seal with the door and I added a shelf. To add the shelf I first added to small pieces of wood to hold up shelf. This would be much stronger than just drilling directly from the outside into the shelf as the plywood wouldn't hold. The shelf was extremely strong without the supporting shelf that was on the 3d model and the scale model so I decided to not include it. If it decides to bend from the weight of the cans then I can always add it later.

(See evidence #15)

Experience 8

9/4/17 What new challenges and skills are you undertaking by conducting your project?

I have never put any form of roofing on anything so undertaking this was a new challenge of its own. Since Home Depot didn't sell any small groups of regular asphalt shingles, I decided to use slate singles which were left over from the building of our house. Slate shingles have been known to last for many years and have a very special aesthetic which I think will add to the build. The slate slabs came in pre-cut rectangles that were just as wide as the roof which worked out perfectly. I had to use one and a half slabs with a half a slab on the bottom and the full one overlapping. I scored the bottom slab with a nail and a dremel and broke it cleanly. I then used a series of three drill bits to get through the slab. The first was just to get through the slab and was just wide enough for the screw. The second was a large masonry bit that widened just the top part of the hole to fit the head of the screw. The third but was just a pilot hole for the screw into the wood. The result was a screw that was flush to the stone. This part of the project required a lot of patience and ingenuity, and it tested my handiness.

(See evidence 16-19)

Experience 9

15 September 2017 What new challenges and skills are you undertaking by conducting your project?

Since the beginning of school, I have been practicing my cello more frequently. This practicing has been a way to take my mind off of schoolwork and to improve my cello playing. I have been learning to play a song called *Tarantella* by William Henry Squire. This piece for the most part isn't too challenging for me but there are parts that go into thumb position which I especially need to work on. Taking on this piece should help me to learn how to play quickly in thumb position which is an essential skill for any cellist. So far, I have been able to practice

about twice a week at 45 minute intervals each. I enjoy playing the piece so this does not feel like actual work as all art should. Hopefully, I will be able to continue this habit of practicing in order to better my cello abilities.

(See evidence #20)

Experience 10

8/4/2017 What new challenges and skills are you undertaking by conducting your project?

Yesterday, I went and performed with the Taize group out at Rivers Edge. During my time there, I met up with the other musicians at 6:30 and warmed up and practiced a few of the songs. Once people arrived, we began the service at 7 o'clock. Basically, us musicians will play a few songs and then the crowd will sing along and the repetition of the short songs gives a soothing a trance-like feeling to the thing. There are a few prayers interspersed within the songs but most of the time is spent in song. There is one section in the middle where there is a ten minute silence. I have been to a lot of these before and yesterday was the first time that I really focused on meditating and trying to keep my mind clear. It was the first time that I was able to keep my eyes closed for the whole duration of the ten minutes which honestly felt like forever. I purposefully challenged myself to meditate and reflect although I am not sure whether I accomplished this or not. I will take the small victory of maintaining focus throughout and go from there.

(See evidence #21)

Experience 11

8/24/2017 Explain your leadership role for this project such as planning and initiating activities?

Over the summer, I had been going to pick up ultimate games weekly up in Chagrin Falls and in Lakewood. I had a desire to play as I loved the sport and I had a desire to stay in shape. One day, while playing on an extremely gusty day at Lakewood park, a high schooler who had been walking by joined our pickup game. Turns out, he played for John Hay's ultimate team. I sparked conversation with him and discovered that Cleveland has its own High School League. Furthermore, there is a state competition which our rival school had won the year before.

Jump forward to the end of first quarter. The St. Edward Ultimate team has been to two tournament (performed admirably at both), had about ten practices, and hosted a friendly game against John Hay. Learning to lead while also trying to teach other how to play ultimate is a difficult balancing act. My Dad has told me, "you may have created it, but it isn't yours." This applies directly to what I am doing as I am trying to build up a lasting team the will be able to continue in excellence throughout the years.

(See evidence #22)

Experience 12

11/8/17 Explain your leadership role for this project such as planning and initiating activities?

I hold a position on the Ohio Junior Classical League board as the Northern Gubernator. One of my responsibilities is to organize and run a service event for the Latin studying High Schoolers in the area. This year, I am planning to take 25 students with their Latin teachers to help organize and distribute food to Lakewood families who won't have enough food to celebrate Thanksgiving. We will be working with the Lakewood Charitable Assistance Corporation to provide bags of food to around 300 families.

What will happen is that we will unload the turkeys and canned goods from the truck and then bag them up. Then, we will drive these bags around to the Lakewood families to personally deliver the food.

My role in this has been to work with Mr. Kubrak and the teachers at Cleveland High Schools to organize this event. I had to create a flyer to spread awareness. I had to create a form for people to fill out so that I know who is coming and so that I can make sure too many people don't come. Now, I just have to further organize the event and make sure the service project goes off without a hitch!

(See evidence #23)

Experience 13

12/3/17 What area of global importance is your project impacting (local, national or international community)?

The annual Christmas Story Race began at the Cleveland Public Square this past Saturday (2 December). Brandon Riley, Nolan Bird, and I were there in attendance, but not to run. We brought our instruments with Brandon on Trumpet, Nolan on Alto Saxophone, and myself on Electric Cello. We set up on the sidewalk with a book of Jazz iterations of Christmas songs and began playing.

Being the ones actually busking was a very different experience. You appreciate those that stop and listen. Although it was brutally cold and I couldn't feel my fingers as I played, I thoroughly enjoyed the experience. The impact of this was small, only a small part of the community heard us and even a smaller part took the time to enjoy our music. However, it felt good to spread some holiday cheer to those who heard.

(See evidence 24)

Experience 14

12/13/17 How will you overcome possible obstacles for your project?

Performing in front of an audience is a difficult skill to learn. Your heart begins to pump and you feel as if you forget how to even play. That was how I felt the past few years. Now, as I am more experienced at playing in front of audiences, I am more confident to get up there and strut my stuff.

This Sunday, I will be playing a few solos during the orchestra pieces and one piece which features a solo cellist. This piece, titled *The Hands that First Held Mary's Child* is rather difficult and I have been practicing it for about a week. I realize that every minute of practice before hand will help me not royally goof up during the concert. Overcoming the obstacle of nerves and the will to impress is the most difficult part. Nerves are a guarantee, they assure that your hands will shake and you will be afraid. But sometimes, this is what keeps you focused on the task ahead. I know that I will have family and friends at this concert so I will also want to make an impact upon them. This will add extra tension to my mind before I start playing. Articulating these feelings currently aids in my control of these emotions and will hopefully yield to a great performance.

(See evidence 25)

Experience 15

1/30/18 What new challenges and skills are you undertaking by conducting your project?

I recently auditioned for our school's spring production *The Hunchback of Notre Dame*. This audition experience was completely different for me as I had never really auditioned for a

lead role before. I had to memorize and perform a two minute selection of a Broadway piece entitled “Sante Fe” from *Newsies*. This piece was intentionally difficult as it tested my vocal range and my ability to project high notes. Although I consider myself a musician, I am not a singer. It took a lot of work to get to a point where I sounded decent while singing and an even longer time to learn the fundamentals of singing powerfully. I put many hours of work into the piece and was extremely prepared for when the audition came about. So much so, in fact, that I wasn’t nervous in the slightest even though the auditions were group auditions. Long story short, I got the part of Quasimodo who is the Hunchback of Notre Dame. Now, I am beginning a whole new process with new challenges and new skills. I am taking daily lessons and working extremely hard on this role to build these skills.

(See evidence #26)

Experience 16

3/14/18 What new challenges and skills are you undertaking by conducting your project?

Today, I built the door for the box. This was an immense challenge and took two attempts to actually complete. I attempted to create a border for the window out of wood, however, the chop saw that I was using did not have accurate angle markings and so the door was not a perfect rectangle. To overcome this challenge, I decided to go for a much simpler design. I mounted the plexiglass directly to one of the last pieces of wood that I had.

The results were not what I had initially planned, but I believe that it should work fine for our purposes. It was a challenge to think up a new solution to the problem at hand. I am sure that a more skilled craftsman would have found a much more durable and elegant solution (or

wouldn't have messed it up in the first place). However, it was a valuable learning experience for me to have to struggle a bit through the process.

(See evidence #27)

Experience 17

3/16/18 How will you overcome possible obstacles for your project?

I have never really painted anything on this scale before. I had no idea how I was going to go about painting the box. However, I knew that my Dad had painted houses during college as a summer job. I went to him and he was happy to help. He told me that I would want to put two layers of primer on the wood before painting it. He also suggested that I use scotch tape to get clean lines between the colors and to prevent paint from getting places that I didn't want it to. Without this advice, I would have had to jump through many more hoops in order to paint the box and make it look nice.

In conclusion, I was extremely happy with how the painting turned out and I was extremely glad that I was able to overcome that obstacle.

(See evidence #28-30)

Experience 18

Yet to be included. The final reflection on the installation of the box.

Evidence also to be included.

Profile: I am active in the extracurriculars of Ultimate Frisbee, Orchestra, Performing Arts and I build homemade rockets in some of my free time. For my project, I wished to expound upon the service that I do with my Cello playing and build my skills as a craftsman and a designer. The idea of building a Blessing Box fit perfectly into these categories. I hope that my building of the

box will provide a good outlet for helping the community in a tactile way and that the building process will help me as a designer and a builder.

Evidence

1. Photo of a preliminary sketch I made. (gotta find it)
2. An email sent from the coordinator about Taize.

Taize Practice next Tuesday, April 4 Inbox x

Ruth Anne Bruner <brunreil@sbcglobal.net>

to Margie, Duane, Chris44109, crohan2624, Laurie, me, Judy, Chris, Jan, Carol

3/27/17

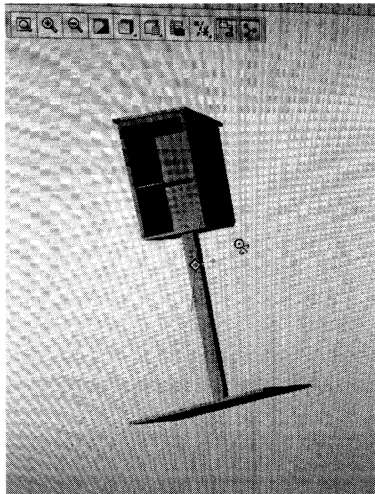
Hey, all,

We are on for practice next Tuesday, April 4 at 7 pm. I will send out a recording of We Should Glory on Wednesday (3 parts) and ask you to listen to it before we gather. I will also send out the soprano part for the Our Father we are using.

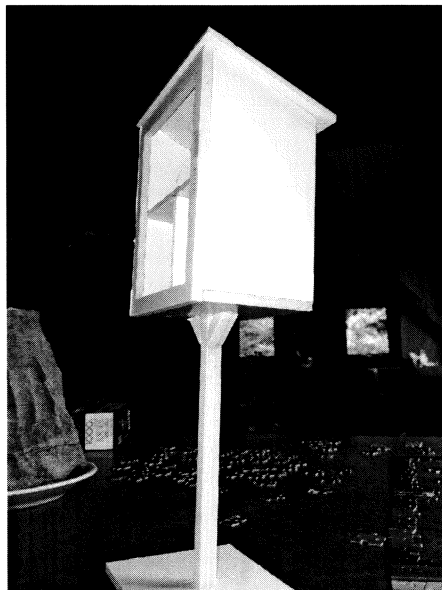
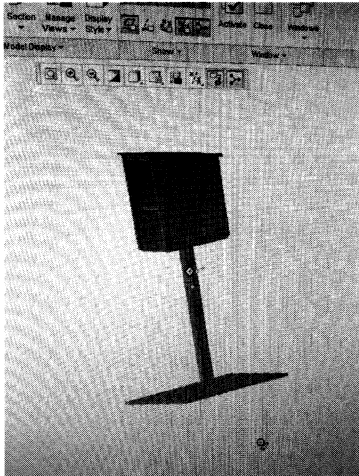
Our Holy Week Taize is Tuesday, April 11 at 7 pm.

Mike

3. Photo of the 3D model we made.

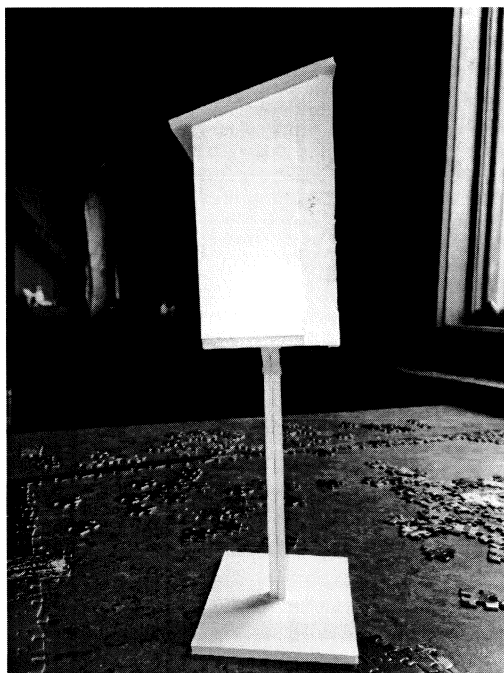


4. Another side of the 3D model.

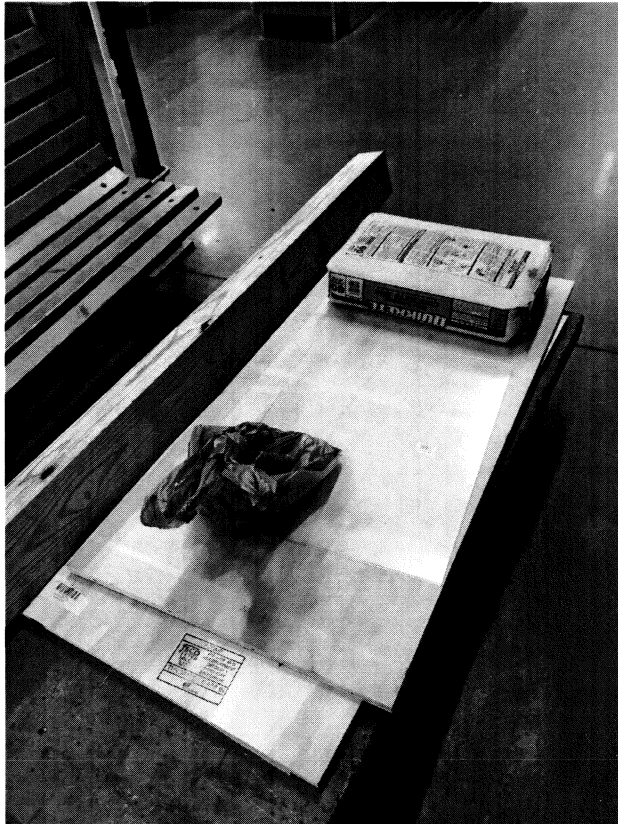


5. The physical model that I made.

6. Another angle.



7. Another angle.



8. Some of the supplies I purchased.

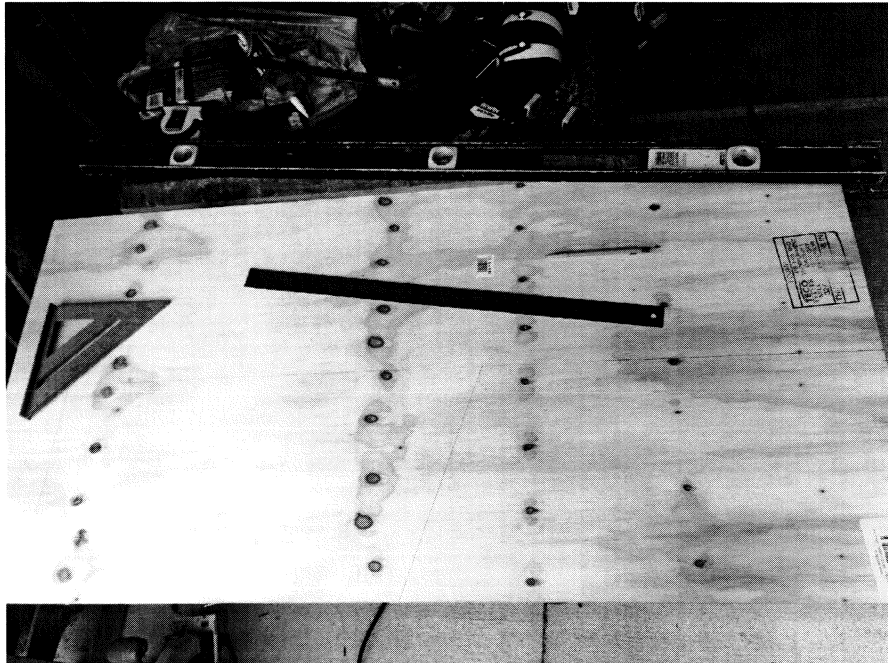


9. All of the supplies spread out.

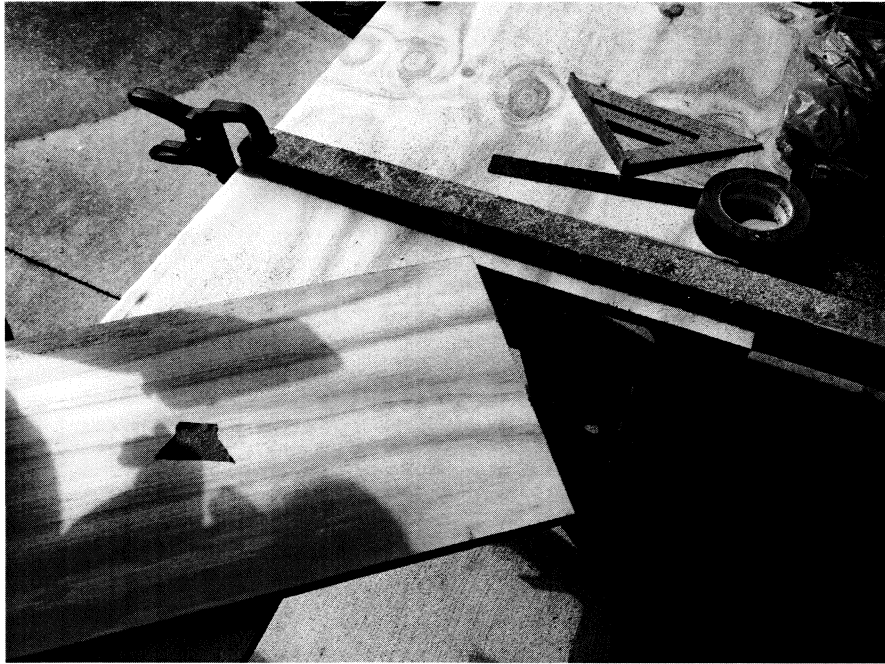


10. Sanil looking good.

11. You can faintly see the lines drawn on the board.

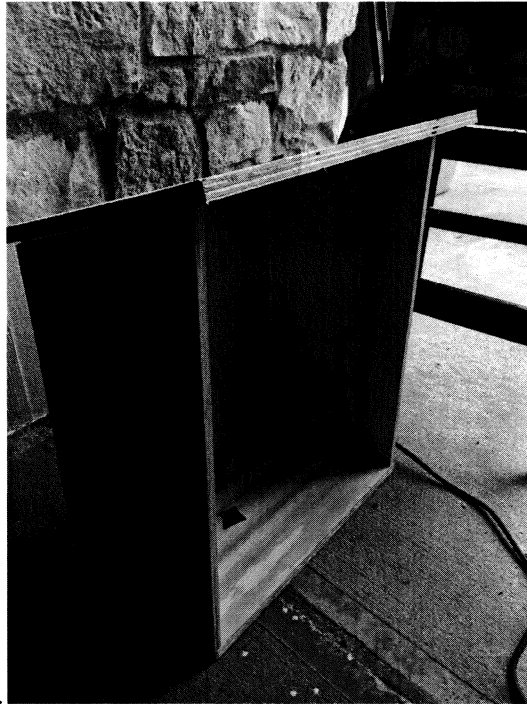


12. We clamped a guide to get straight cuts and for safety.



13. Sanil “drilling” a hole we totally needed.



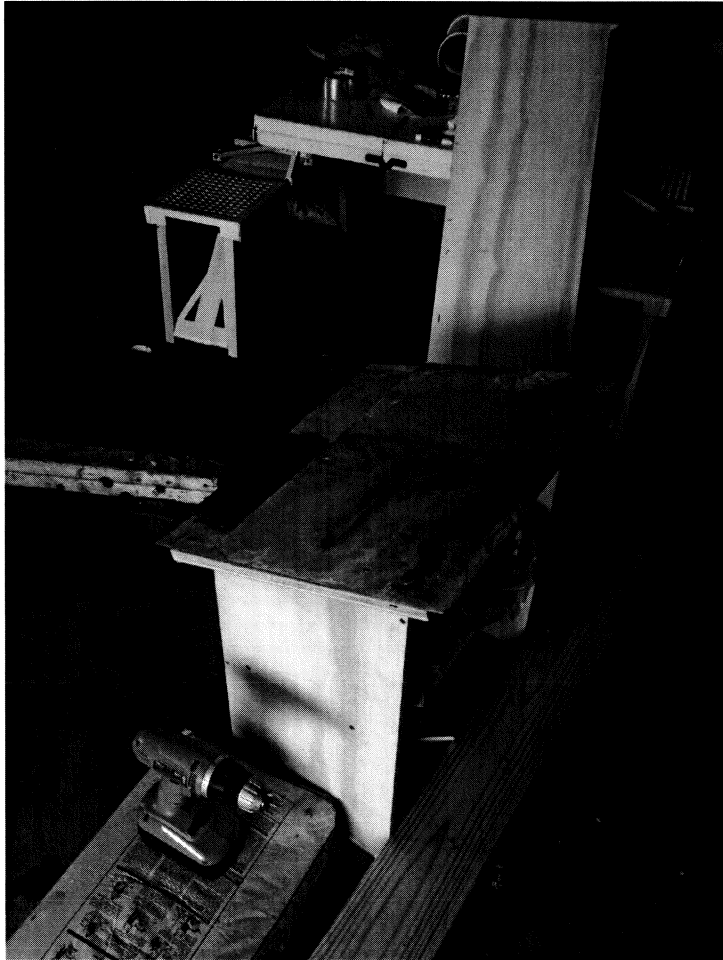


14. The fruits of our labor.

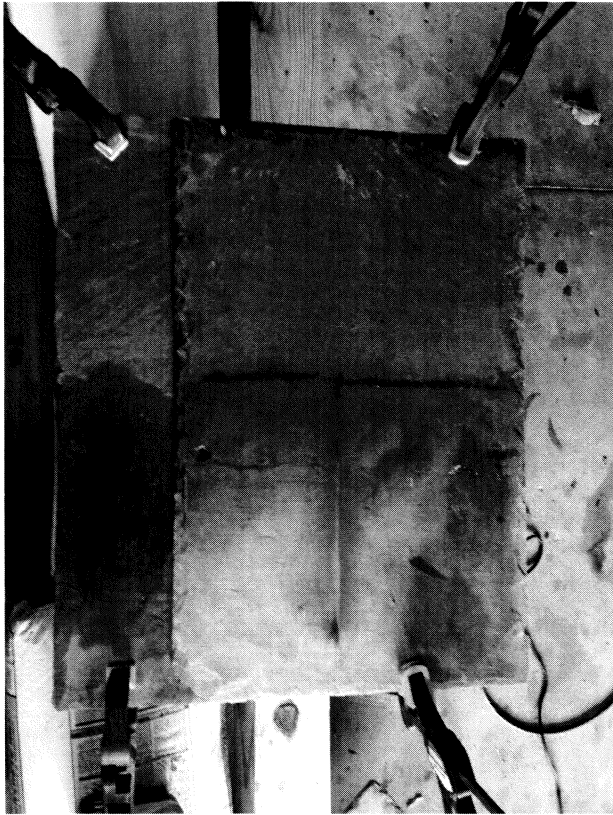


15. I added a middle shelf.

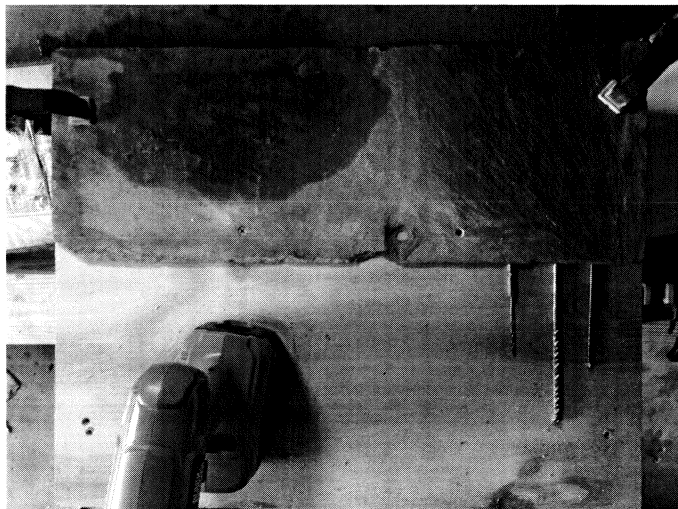
16. The slate roofing adds a nice aesthetic to the box.



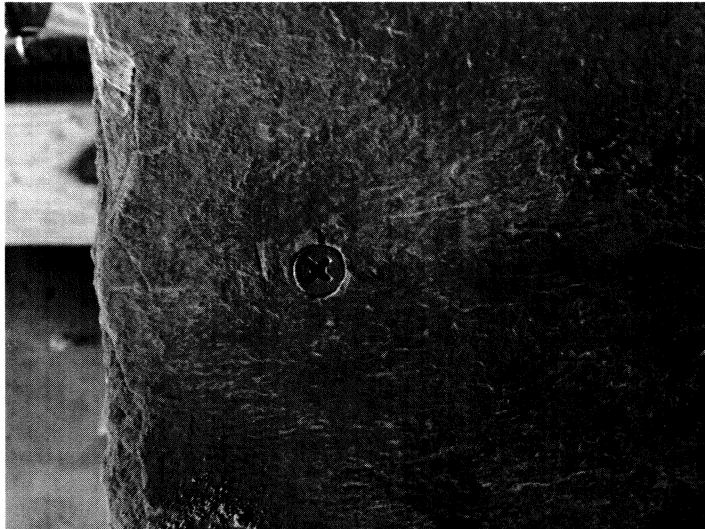
17. This is how I figured out where the slate would go.



18. The various drill bits I used to mount the slate.



19. I was really proud of how well the screws fit in and how flush they were.



20. A photo of the piece I am working on.

21. An email that the coordinator sent about Taize.

Taize - Fall Schedule Inbox x



8/10/15



Ruth Anne Bruner <brunreil@sbcglobal.net>

to lbeaudry, Judy, Margie, Robert, me, Paul, crohan2624

Singers and musicians,

Below is the schedule for the fall Taize services and practices at River's Edge. Let me know of your interest in participating in some or all of them.

Practices this year will be on Tuesdays, a week before the service. I will be getting the music and recordings for the October Taize out to you in early September. At the request of River's Edge, we are adding a service right before Christmas. I understand that is a very active time of the year, and so I understand if you beg off on that one! But I like the idea of preparing for the celebration of Christmas, so I thought we would schedule it.

T 9/29 Practice 7 P.M.

T 10/6 October Service 7 P.M.

T 10/27 Practice 7 P.M.

T 11/3 November Service 7 P.M.

T 11/24 Practice 7 P.M.

T 12/1 December Advent Service 7 P.M.

T 12/15 Practice 7 P.M.

T 12/22 Christmas Vigil Service 7 P.M.

As in the past, Taize Service is an hour in length. Practices last 90 minutes. Practices and services are both held in the worship space at River's Edge, 3430 Rocky River Drive.

Blessings!

Mike Reiling

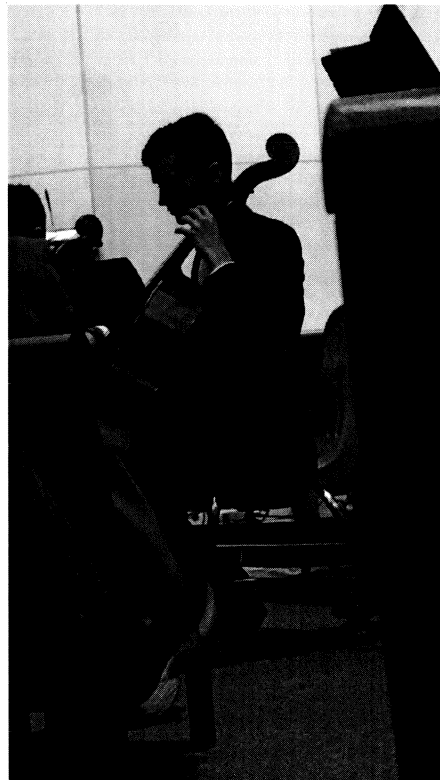
22. The Ultimate team at our first tournament.



23. Us helping load cars with goods.



24. Photo of us at the race if I can find one.



25. Photo of me playing at the concert.

26. A photo of me up on stage during a rehearsal.

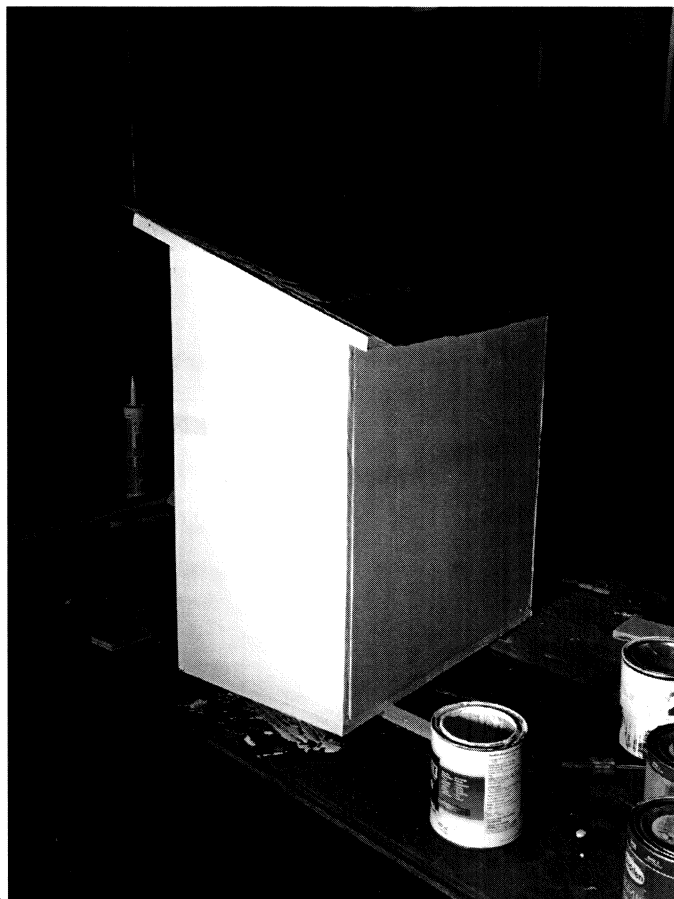




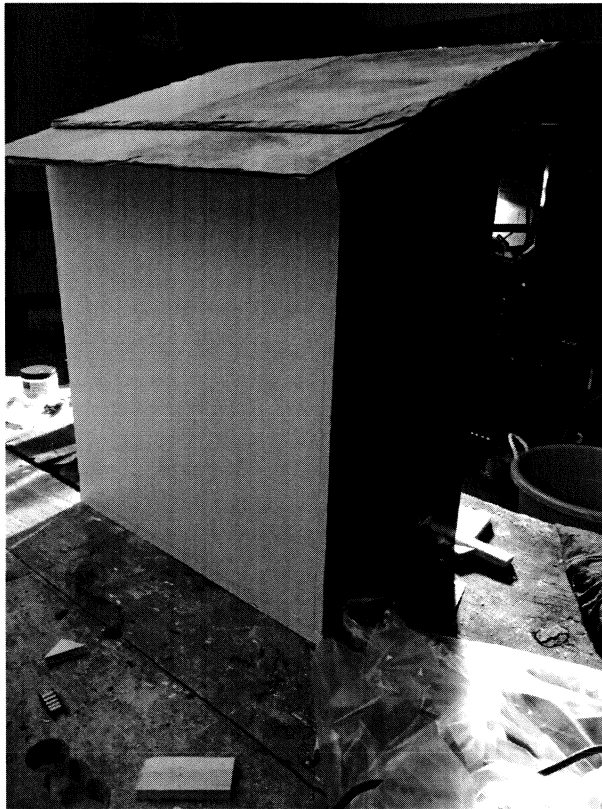
27. The door for the box.



28. Beginning to paint.



29. Put two layers of primer on.



30. Fully painted.

The Third Interview Reflection (200 word min)

How you have achieved the learning outcomes for CAS?

As a result of the CAS experience as a whole, how have you:

- **Increased your awareness of your own strengths and areas of growth?**
 - You are able to see yourself as an individual with various skills and abilities, some more developed than others, and understand that you can make choices about how you wish to move forward.
- **Undertaken new challenges?**
 - A new challenge may be an unfamiliar activity, or an extension to an existing one.
- **Planned and initiated activities?**

- Planning and initiation will often be in collaboration with others. It can be shown in activities that are part of larger projects, for example, ongoing school activities in the local community, as well as in small student- led activities.
- **Worked collaboratively with others?**
 - Collaboration can be shown in many different activities, such as team sports, playing music in a band, or helping in a kindergarten. At least one project, involving collaboration and the integration of at least two of creativity, action, and service, is required.
- **Shown perseverance and commitment in their activities?**
 - At a minimum, this applies attending regularly and accepting a share of the responsibility for dealing with problems that arise in the course of activities.
- **Engaged with issues of global importance?**
 - You may be involved in international projects but there are many global issues that can be acted upon locally or nationally (for example, environmental concerns, caring for the elderly).
- **Considered the ethical implications of your actions?**
 - Ethical decisions arise in almost any CAS activity (for example, on the sports field, in musical composition, in relationships with others involved in service activities). Evidence of thinking about ethical issues can be shown in various ways, including journal entries and conversations with CAS advisors.
- **Developed new skills?**

- As with new challenges, new skills may be shown in activities that the student has not previously undertaken, or in increased expertise in an established area
- Discuss and evaluate your overall CAS programme (project + experiences) while reflecting on personal growth