

HIGHLIGHTS

February 2000 *CYS / Project Together Newsletter* Vol. XIV, No. 2

For Your Information...

Did you ever wonder what the children think about the services provided by CYS? The good work of employees and volunteers of Children & Youth Services is remembered by the children they help. Just as an example, CYS-Project Together/West Region recently received a donation of baby items from a young woman, a former client and now a wife and a mother. During her teenage years, circumstances required that she be removed for a time from her family home to Orangewood. As an adult, she remembers the difficult time and the help she received and opted to donate to CYS-Project Together—to give back and to help someone else...

With the cooler winter months upon us and heaters being used, remember carbon monoxide safety. Signs that you should have your heater serviced by Southern California Edison are: yellow burner flames, soot around the heater, feelings of nausea, drowsiness, or flu-like symptoms, or moisture around the inside of your windows. Carbon monoxide poisoning is life threatening. Clean your heater burner compartment, clear heater vents and dampers and keep fresh air intakes and openings clear. Be safe!

With the first month of the millennium behind us and having not experienced any disaster inferred in "millennium madness" scenarios, we may look forward to an eventful February 2000 filled with thoughtful and hopeful events. Among these are the birthdays of Presidents George Washington and Abraham Lincoln, Valentine's Day, Black History Month and the Tet Festival celebrating the year 4698 with no millennium in sight for about 305 years...

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Volunteers Are Special!

Cecilia Wanted To Give Back To Her Community



Cecilia Iglesias wanted to give back to her community of Santa Ana.

*By Veronica Chavez
Volunteer Coordinator
East Region*

Cecilia Iglesias will tell you matter of factly, "I simply love kids."

She grew up in Santa Ana and because she was the youngest in the family, everyone was always taking care of her. After learning about CYS-Project Together from her older sister who had completed her fieldwork by serving as a mentor with the program, Cecilia decided that she would apply to become a volunteer as well.

"I knew I wanted to work with children and help them the way my family helped me when I was growing up, but I wanted to do it in Santa Ana so I could 'give back' to my community. By helping kids in Santa Ana, I could accomplish both goals," she said.

In reference to Project Together, Cecilia says, "The program helps you help someone else and helps you be more self-aware of who you are."

Cecilia was brought together with a young female adolescent, who had suffered many losses and had a strong need for acceptance. With the help of her mentor, the young girl has been guided and encouraged through her difficulties at school and in the home. By building trust, Cecilia has been able to see and enjoy the wonderful young lady inside, who is an outgoing and fun personality. The two have enjoyed planning outings and just talking and sharing. Over their 2-year relationship, she has had the opportunity to observe positive changes in the girl, who is now more mature, has better self-esteem and who is dealing effectively with teenage issues. The girl's therapist respects and admires Cecilia's endurance, patience and creativity.

Cecilia notes how her involvement with the CYS-Project Together program has created changes within herself as well. "I have become a better listener and I am far more open-minded, particularly to the issues of today's teenagers. The program is great. I love the total involvement of the volunteer coordinator, the therapist, the mentor and the child. Everyone has been upbeat and friendly. It's a wonderful way to help youth."

Recognized last year by the County of Orange Social Services Agency as one of their outstanding volunteers, Cecilia maintains a busy

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This Is What Project Together Kids Say

By Janice Sharon
Volunteer Mentor

I became curious at a recent CYS-Project Together outing about how the children participating in the mentoring program felt about the person who has been chosen as their mentor. Do they enjoy the relationship and feel that this person has made a difference in their lives?

Simone (fictitious name) has been in trouble at school and is experiencing a difficult relationship with her parents. Her therapist thought a match with a mentor might help her relate better to her peers and adults, create a willingness to learn from them and help her better deal with the real world.

During some quiet moments, Simone revealed that her mentor does not judge her or "should on" her like her parents do. Her mentor lets her be herself. "She allows me to be me and I think she likes me that way."

She realizes that her mentor has set boundaries and that there are consequences if she steps over them. However, there is not the constant judgement that comes with it. "It's nice to have a friend that cares and doesn't put me down," she said. "She tells me that I am beautiful and can be anything I set my mind to in life." Simone can be silly, dress crazy or paint her face with her mentor and still be "alright".

Simone and her mentor have participated in many activities together since the beginning of their relationship. They have been to the Bowers Kidseum, where Simone had her face painted, dressed up in clothing from different countries and created her own work of art in a craft session. On another outing, she found herself at an ice skating rink and was quite surprised and amazed that her mentor skated so well and actually "held up" for a 2-hour period. Simone found this to be great fun, and because she did so well her first time on skates, would like to do this again.

However, Simone relates, on their way home from a recent outing to a lo-

cal eatery, Simone did learn that her mentor had a noise limit when the teen plugged in her favorite CD! Simone became thoughtful as she recalled her favorite outing with her mentor—Our first outing was a walk along the beach in Laguna and a visit to the Wildlife Rescue. "A mentor allows me to be me," she said.

What Other Children Say

To follow are some comments about their mentors from other children participating in the CYS-Project Together Mentor Program:

"She's a lot of fun. She holds no judgments and accepts me the way I am. I spend quality time with her."—Tamara

"I get a rest from my mom and get to meet new people."—Camisa

"When I get upset or when I get into trouble at school, or when I'm happy, I can call him."—John

Janice Sharon is a journalism student at Saddleback College. She is also a mentor in our South Region/Laguna Beach.

Tale of a Mentor

A good example is the best sermon.

Behavior is the mirror in which everyone shows their image.

A Friend is one who knows all about you and still likes you.

A smile is an inexpensive way to improve your looks.

Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skills. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we embrace for that day. We cannot change our pasts... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. ... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.

— Charles Swindell



HIGHLIGHTS

Calendar of Events

February 2000



The *CYS-Project Together* monthly calendar is a collection of affordable, fun, wholesome and interesting events in Orange County that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714)796-0100.

Saturday, February 5

T o Can ay

Santa Ana Zoo
1801 E. Chestnut
Santa Ana
(714)953-8555

Bring two aluminum cans to recycle per person for free admission to the zoo and arts and crafts activities.

Time: 10 a.m.-4 p.m.

Cost: 2 aluminum cans

Saturday, February 5

Black Hi tory arade

20 Civic Center Plaza
Santa Ana
(714)571-4200

Diversity Is Our Destiny" is the theme for the 20th annual Black History Parade, which will express the cultural diversity of Americans, including those of African, European, Native American, Asian and Latino decent. This year's route will be 1 ½ miles through beautiful downtown Santa Ana and feature over 100 entries, the most notable of which will be The New Buffalo Soldiers, Relampo De Cielo and Disney characters.

Time: 10 a.m.

Cost: Free

Saturday, February 5

Cultural Faire

20 Civic Center Plaza
Santa Ana

This event will feature over 100 vendors, cultural food, products, information services, Kidslane and Live gospel, jazz, Latin and reggae music, as well as po-

etry readings and performance by theatrical troupes. Entertainment, a special presentation by Kidseum and celebrities will emphasize cultural diversity and unity.

Time: After the parade

Cost: Free

Sunday, February 6

Super Sunday EcoArt

Discovery Museum
3101 W. Harvard St.
Santa Ana
(714)540-0404

Create art from re-usable materials.

Time: 11 a.m.-4 p.m.

Cost: \$5

Wednesday, February 9

alentine Craft

McFadden Branch Library
2627 W. McFadden Ave.
Santa Ana
(714)834-4085

Children ages 5 to 14 may make valentines and crafts.

Time: 3:30 p.m.

Cost: Free

Thursday, February 10

alentine Craft

Santa Ana Main Library
26 Civic Center Plaza
Santa Ana
(714)647-5250

Children ages 5 to 11 may make valentine cards for their favorite people.

Time: 3:30 p.m.

Cost: Free

Friday, February 11

alentine ay arty

El Salvador Center
1825 W. Civic Center Dr.
Santa Ana
(714)647-6558

This Valentine's Day party will feature food, arts and crafts

Time: 3-5:30 p.m.

Cost: Free

Sunday, February, 13
u er unday tory

Discovery Museum
3101 W. Harvard St.
Santa Ana
(714)540-0404

Listening to great stories is a wonderful way to spend the afternoon.

Time: 1 p.m.

Cost: \$5

Friday, February 18

Geor eWa in ton
Birt day Celebration

Memorial Center
2102 S. Flower
Santa Ana
(714)571-4242

Honor the father of our country and participate in the party, arts and crafts

Time: 3:30 p.m.

Cost: Free

Sunday, February 20

u er unday
Black mit emon tration

Discovery Museum
3101 W. Harvard
Santa Ana
(714)540-0404

Children will learn how to a blacksmith makes everything from horseshoes to candlesticks in the stable.

Time: 11 a.m.-3 p.m.

Cost: Free with admission

Adults \$5

Children \$3

Saturday-Sunday

February 26-27 to March 4-5
Fe tival of t eW aler

24681 La Plaza
Dana Point

This street fair celebrating the migration of the whales will feature exhibits, art show, music and rides.

Time: 10 a.m.
Cost: Free

Saturday-Sunday

February 26-27

alibu Cat o

Building 12

Orange County Fairgrounds

88 Fair Dr. (Enter at Arlington Drive)

Costa Mesa

Time: 11 a.m.-5 p.m.

Cost: Adults \$5

Children under 12 \$4

Saturday-Sunday

February 26-27

Com uter o

Building 14

Orange County Fairgrounds

88 Fair Dr. (Enter at Arlington Drive)

Costa Mesa

Time: 11 a.m.-5 p.m.

Cost: Adults \$5

Children under 12 \$4

Sunday, February 27

u er unday ature Hike

Discovery Museum

3101 W. Harvard St.

Santa Ana

(714)540-0404

Children and adults will enjoy these guided hikes and learn about native California wilderness.

Time: 11 a.m. and 1 p.m.

Cost: \$5

Monday, February 28

occer e i tration

All Santa Ana Recreation Centers

(714)571-4254

Contact Jose Perez for more information.

Time: 2-6 p.m.

Cost: \$10

Sunday, February 27

ian Family Fe tival

Kidseum

1802 Main St.

Santa Ana

(714)480-1520



This is a special celebration of the Asian New Year. Children will have an opportunity to learn about this celebration, make dragon puppets and have dragons painted on their faces.

Time: 11 a.m.-4 p.m.

Cost: Adults \$8

Students \$6

Children \$4

Wednesdays

a ama tory Time

Orange Main Library

101 N. Center

Orange

(714)288-2422

Children 2 and up can wear their pajamas for this popular winter event.

Time: 7-7:30 p.m.

Cost: Free

Throughout February

id eum

1802 N. Main St.

Santa Ana

(714)480-1520

Children and adults will enjoy learning how other cultures celebrate winter.

Time: 11 a.m.-4 p.m.

Cost: Adults \$8

Seniors & Students . . . \$6

Children \$4

Membership \$50

Monday-Friday

any Brainy ctivitie

Zany Brainy

763 S. Main St.

Orange

(714)954-0075

Zany Brainy is an educational toy store that always serves food for thought offering programs at hours that are convenient for working parents. You may obtain a list of weekly activities from their web site at www.zanybrainy.com.

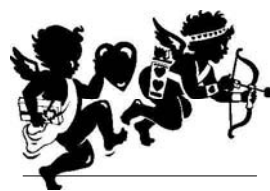
Mondays

Preschool Craft

Crafts for children ages 3 to 5 with a grown up.

Time: 10 a.m.

Cost: Free



Tuesdays

Board Book

This is a story time with interactive book display for children 4 and under.

Time: 10 a.m.

Cost: Free

Wednesdays

Little Learner

This weekly activity focuses on the development of learning skills through the process of utilizing knowledge for creative pursuits. Children 2 to 4 years of age may participate with a grown up.

Time: 10:30 a.m.

Cost: Free

Wednesdays

Yo Yo Club

Yo Yo Master Jason Gallagher is the teacher for this class.

Time: 6-8 p.m.

Cost: Free

Thursdays

Fun Stuff for Older Kids

For ages 7 years and up, this evening gathering will cover everything from fun math games to arts and crafts.

Time: 7 p.m.

Cost: Free

Fridays

Fabulous Fridays

For children 8 and up, children may drop in at 7 for a movie, to play educational games, to learn fun activities or to make things like a journal pocket. Call or check the web site for activities.

Time: 7 p.m.

Cost: Free

Tuesday, Wednesday, Thursday,

Saturday & Sunday

tory Time

Borders Books & Music

25222 El Paseo

Mission Viejo

(949)367-0005

This is a story time for all ages.

Time: 11:30 a.m. Tuesday, Thursday, Saturday & Sunday

7 p.m. Wednesday

Cost: Free

Tet Nguyen Dan Enjoy Vietnamese Lunar New Year

Living in Orange County is a wonderful opportunity to experience other cultural traditions and the Vietnamese Lunar New Year is among the most exciting and colorful events of the year.

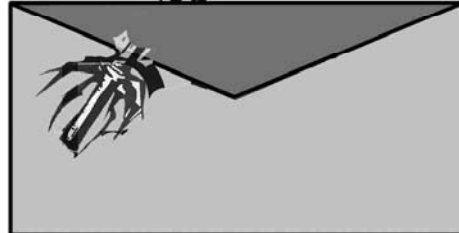
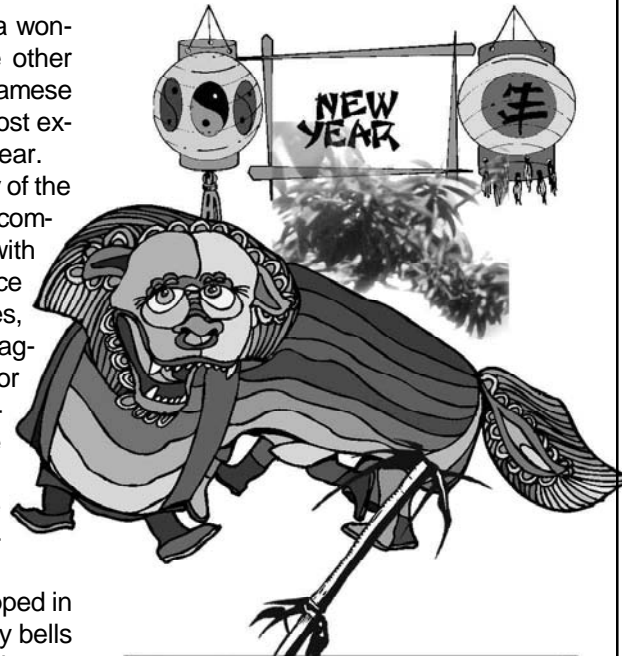
Tet Nguyen Dan, the first day of the new year, is February 5 and our communities will literally come alive with feasting, fireworks, family and office celebrations, lion or unicorn dances, beauty pageants and parade dragons. This year will be Canh Thin or the year of the dragon, which represents the ultimate forces of fire and water.

The many fine Vietnamese restaurants in the area will be serving traditional new year dishes. You may see bamboo poles wrapped in red paper and decorated with clay bells in front of homes to protect the house from evil spirits.

Before the new year, families are busy cleaning their homes, paying off debts, resolving disagreements, attending to ancestral graves and decorating their homes with yellow Hoa Mai and Hoa Dao blossoms, which represent the spring. Small Kumquat trees or Tet trees are pruned to ripen around the first day of the new year.

At midnight on new year's eve, the spirits of the old year are ushered out with drums, gongs and fire works. Traditional foods are Banh Day, a round rice cake which represents the sky and Banh Chung, a square rice cake with bean paste and meat, which represents the earth.

All must be very careful about what they do the first day of the new year because the events of this day determine their luck in the new year. As is the tradition, on this day, everyone wears new clothes, children receive red envelopes



of lucky money, gifts are exchanged and prayers are made at temple for the ancestors, health and prosperity. This is a day for visiting relatives and the first visitor of the day, the first words heard, written and uttered are very significant.

Things to be avoided at all costs are arguments, cooking, negative or foul language, children fighting or crying, sweeping, throwing out trash, cutting or breaking glass. One does not want to carry the negative energy that these represent into the new year.

The Tet Festival in Orange County's Little Saigon is the largest in the United States and has been an annual event since 1982 to preserve the Vietnamese heritage. During this time, the members of the Vietnamese community raise funds to help members of the local Vietnamese community and those still in refugee camps overseas. There are also Tet festivals sponsored by student organizations at universities and colleges throughout Southern California.

The Essence of a New Day

This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever, in its place is something that you have left behind... let it be something good.

For Your Information

Continued...

Help your child develop a good memory. Choose a picture from a favorite story book and let the child study the picture. Then hold the book so the child cannot see the picture and ask questions about the picture, such as, "What color was the truck? Or what was the man wearing?" As the child develops skill in answering the questions, increase the complexity...

For those who want to know where you truly live in the Year 2000, California was given the same name as an imaginary island in a Spanish folk tale by the Spanish in 1542 and means "earthly paradise"...

Cecelia I le ia

Continued...

schedule as a full time eligibility specialist for the County's Social Services Agency and is also a student.

All of us recognize and deeply appreciate Cecilia's high level of concern, her positive attitude and great spirit.

The Tet Festival in Orange County's Little Saigon is the largest in the United States and has been an annual event since 1982

Projects Corner

If You Cared I Love Valentine

Valentine's Day has been observed for nearly 1800 years as the observance of love. Nearly one billion friends and lovers exchange cards and tokens on this day, which is observed today in the United States, Europe, Australia, Canada and Mexico.

It all began in the early days of Rome when Feb. 15 was celebrated as the Festival of Lupercalia, the official beginning of spring, at that time and the commemoration of Romulus and Remus, the founders of Rome. It was also a fertility festival to bless the planting of the crops and women. According to tradition, the young women of the city would place their names in a large urn and bachelors would choose a name and become paired with the chosen woman for a year. These matches often ended in marriage.

In 498, Pope Gelasius declared Feb. 14 to be St. Valentine's Day. According to church history, Valentine was an early Christian priest in Rome, who dared to marry Roman soldiers and their brides in secret after Claudius II ordered that the soldiers not to marry or become engaged. After all, they may want to stay home with their families instead of fight wars to expand the Roman Empire. For this, the hopeless romantic and philosopher of universal love, Valentine, spent time in prison where he wrote his treatises on the importance of love to mankind and eventually lost his head.

Friends and lovers exchanged tokens and letters. Americans began exchanging hand-made Valentines to their friends in the early 1700's. When greeting cards were mass produced in the 1840's, the ready-made cards and the drop in postage rates made it easier to let people know you cared.

Today's school children exchange valentines with their classmates, teachers and friends. Valentines that you make yourself are the most cherished by the receivers. Here are some ideas to make some lovely valentines for those you care about the most.



American Lace

5" round paper doilies
Red construction paper
Pink construction paper
Scissors
Hole puncher
Marking pens
School glue
Heart patterns
Pencil
¼" white satin ribbon



1. Trace large heart on to red paper and small heart on to pink paper. Cut out with scissors.
2. Write verse on pink heart with colored marker.
3. Glue large heart to doily.
4. Glue small heart to red heart
5. Punch two holes across 1" apart in red heart. Thread satin ribbon through holes and tie a bow on the front of your card. Proudly sign your name.

Verses

To follow are some verses to use on your valentines:

"... Love, it is a flower,
And you its only seed...
That with the sun's love,
In the spring becomes the rose."

"If a child lives with acceptance and friendship, he learns to find love in the world."

"Perhaps love is like a window, perhaps an open door."

"Imagine all the people sharing all the world."

Pillow of the Heart

Fabric Scrap
Heart Pattern
Thread
Needle
Straight pins
Sewing scissors
Cotton or Kapok
¼" satin ribbon



1. Pin heart to a double layer of fabric and cut out.
2. With right sides together, sew a ¼" seam around heart, leaving 2" open above the point.
3. Turn right side out and stuff with cotton or Kapok.
4. Make a small bow and sew to the heart.
5. Fold under raw edges ¼" and sew shut with a blind stitch.

From the Regions**VOLUNTEER TRAINING**

Aspen/ Santa Ana	Ongoing (714)665-2830
Aspen/ Tustin	Ongoing (714)665-6850
East	Last Thursday of month 5:30-7 p.m. (714)480-6756
North	Call to schedule (714)577-5400
South/ Costa Mesa	Call for schedule (949)631-7540
South/ Laguna	Call for schedule (949)499-5346
West	Call for schedule (714)896-7556

WELCOME NEW VOLUNTEERS

Aspen/ Santa Ana	Miriam Valdovinos
East	Aurelia Murillo Marcela Pinzon Maria Sevilla Jessica Villeda
South/ Costa Mesa	Martha Roaper
South/ Laguna	Grace Passage Ludis Sanchez
West	Marcela Michel Hong-Ngoc Pham

**WELCOME NEW MATCHES**

Aspen/ Tustin	Nancy Colin Mai Kwan
East	Maria Galvan Louie Olivos Angie Ramirez
South/ Laguna	Jennifer Reza Pamela Zedick
West	Dana Nguyen Victoria Siegel

THANKS TO THOSE WHO HAVE MOVED ON

Aspen/ Tustin	Debra Choe Jeremy Dutton Julie Optiveros Elaine Falatico
East	Lindsey Rock Rocio Rosales

**Happy Birthday Volunteers!
February 2000**

Kimberley Braziel	2/11
Carla Castro	2/2
Marta Chomontowicz	2/22
Lovene Coleman	2/23
Allen Deshler	2/17
Nini Do	2/21
Beth Ercolini	2/9
Jennifer Farrell	2/4
Maine Galvante	2/29
Loretta Golleher	2/16
Larry Herschler	2/25
Frances Hool	2/18
Shonna Jordan	2/13
Mary Ann Pazkowski	2/1
Bill Rabschutz	2/17
Hila Raen	2/9
Linsey Robertson	2/7
Judi Roznos	2/22
Janice Sharon	2/12
Cheri Smith	2/18
Sallee Smith	2/21
Patricia Wynn	2/13

There's More than One Way to Hug a Child . . .

Those of us at Children and Youth Services (CYS) and Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Your generosity allows community resources to become an important asset in the therapeutic process. Each month, we extend our thanks and give recognition to our caring donors:

Aref Association**David Beckstead****Susan Brue****California Heritage Museum****Jim Carson****Centaur Employees****Farmers Insurance Employees****Sena Johnson****Susan & Dennis Leibel****Janet Leitch****Anna's Linens****Lorenzo's****Los Alamitos High School****Jane Lyons****McKensey & Co.****Mercury Insurance****PCM & Associates****Jeffrey Pedroza****Ralph's Grocery****Statek Corp.****Tazanetos & Russina****Philippakos****Carolyn & Ruben Reyes****John Salas****Angela Winchenbach****Roger Zeno****Wei Zhang**



Face of the Holiday

Sharon Modaff, Service Chief I of CYS-Project Together, serves as one of the cashiers for the first CYS-Project Together Holiday BouTEAque for County employees and friends. Donna Scherer, Program Supervisor I for Children & Youth Services, and Denise Martinez, Office Technician for Central Quality Improvement, make their choices of gift items. The event was a smashing success and made it possible for CYS-Project Together to provide food certificates for needy clients during the holiday season. Shoppers were delighted with the merchandise, which included gift theme baskets, an array of decorations, angels, magical trees, wreaths, and, of course tea, and company.

County of Orange Health Care Agency
 Behavioral Health/Children & Youth Services
CYS/Project Together HIGHLIGHTS
 405 W. 5th Street, Suite 436
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Address Correction Requested

HIGHLIGHTS

February 2000 CYS / Project Together Newsletter Vol. XIV. No. 2

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South/Laguna	Jeffrey Pedroza	(949)499-5346
West		(714)896-7556
Aspen/Santa Ana	Adrienne Davalos	(714)565-2830
Aspen/Tustin	Ken Cornwell	(714)665-6850

The Health Care Agency/Behavioral Health/Children and Youth Services provides mental health treatment for emotionally disturbed youth and their families throughout Orange County. Project Together provides support services, resources and volunteer mentors for children, teens and their families to help them achieve treatment goals.