

HIGHLIGHTS

November 2000 **CYS / Project Together Newsletter** Vol.XV, No.11

For Your Information...

The face of downtown Santa Ana is ever changing. The newest shift in the landscape is the move of the Orange County High School for the Arts from Los Alamitos to a new campus in downtown Santa Ana. The school now includes a number of buildings along Sycamore and Main, as well as the conversion of the Church of Christ the Scientist to an administrative building and auditorium and the Masonic Temple into a theater for the performing arts. We welcome our new neighbors and are pleased to see the happy faces of a dynamic group of teenagers...

Now that school is in full swing, many mentors may be aware of issues their mentees may have in the academic arena. It may be a good time to discuss this with the child's therapist to see if there is any way you could be of assistance. Remember that a child who can read, can learn just about anything. Many of our local libraries have wonderful reading programs. If the child is reluctant to read with you, try finding a book at the library on his or her special interest, be it skateboarding or the latest pop music artist. Comic books have also served as a gateway to the reading arena. Learning disabilities play a big role in resistance to reading. This does not mean that the child cannot learn to read, it just means taking different paths to the same destination...

Congratulations to all at HCA for their efforts during the United Way Campaign. Many designated their contributions to go to health and social welfare organizations that benefit HCA clients.

Therapist Spotlight

Therapist Loves Her Mentors



*Susan Houseweart, LCSW Therapist
South Region/ Costa Mesa*

*By Jonathan Schiesel
Volunteer Coordinator
South Region/Costa Mesa*

Susan Houseweart, L.C.S.W., is a therapist in the CYS Redhill Office in Costa Mesa and at any one time supervises three to four mentors.

She has championed the CYS-Project Together Mentor Program and considers the mentor a member of her therapeutic team. Her depth of understanding makes her aware that the mentor provides the child with unconditional acceptance so critical to the development of positive self-esteem. Because each mentor is a part of her team, she encourages him or her to share their insights openly into the child's experiences in the community and at home.

Furthermore, by matching a child with a mentor, Susan demonstrates to each youngster their importance. Spending time with a mentor makes the child feel an extra degree of focus and importance. This wonderful feeling of trust and acceptance is transferred into the therapy sessions and helps the child connect more fully with the therapist.

As a Volunteer Coordinator, I have found working with Susan to be a dream come true. She is always responsive to my concerns and provides me with insights into the mentor relationship that allows me to continue to grow in my ability to contribute to the mentoring experience. The result is that the child understands that all members of the team are coordinated in the effort to provide the child with a positive experience with an adult.

Susan has extended herself by making the extra effort with the mentor and the results are striking in terms of attaining treatment goals for the benefit of the child. She is an excellent role model for other therapists and has served as a critical link in the success of CYS-Project Together.

INSIDE . . .

| | |
|--|---------------|
| Volunteer Believes In Community Service | Page 2 |
| Pat Lucas | Page 3 |
| Picnic Pictures | Page 5 |
| Calendar | Page 7 |

Volunteer Believes in Community Service

For Bill Lesser, "Anything in life that you give as a gift, you get back 10 fold." This is a message he would like others in the community to hear.

A trade painter for 12 years and owner for the past four years of his own business, Custom Coatings & Finishes of Laguna Niguel, Bill and his crew

"Anything in life that you give as a gift, you get back 10 fold."

have donated two major paint jobs, conservatively valued at \$3,200, to Children & Youth Services clinic sites. When CYS-Project Together Volunteer Coordinator Jeff Pedroza explained the need, Lesser could not refuse.

"I'll do anything for the benefit of

the children," explains Bill. "Kids are our future."

It is also noted that Bill and his crew organized and trained volunteers and teenagers for the City of Lake Forest Neighborhood Pride Volunteer Day. They painted 15 homes of elderly and disadvantaged residents, who could not afford to pay to have their houses painted. It is all part of Bill's philosophy of "It's kind of good to give back."

Bill will be the first to say that his profession, "Painting has been good to me."

As a teenager he learned that a person should either go to college and get an education or learn a trade. "Otherwise, you are in trouble. College was not an option for me because my family was splitting up. So I picked up a trade in high school. I started out working for different contractors and continued after high school."

Four years ago, he felt he was

ready to start his own painting business and now has 25 employees. Most of their business is by word of mouth and their customer list includes residential properties, commercial buildings, designers, architects and contractors. He has trained at least 50 painters since he started out and this includes 90 percent of his crew. It's another way of giving back what others gave to him. He says it's a privilege to be a painter and it has its advantages too—after all, "You always have the satisfaction of seeing the finished product."

The employees and clients of R.H. Dana Clinic in Dana Point and Newhart Clinic in Mission Viejo thank Bill and his crew for donating their time and their expertise to make their environments pleasant and fresh.

Thank You Bill Lesser!!

Mentor's Mentor

Dear Mentor's Mentor,

The child I mentor is constantly asking me to buy her things and wants to go to expensive places. I am sure that her family cannot afford to provide her with these types of experiences, but neither can I. I am on a fixed income. However, when I tell her that I cannot afford the amusement park or the shrimp dinner, she gets mad and out of sorts.

I really want to continue being her mentor because I feel that we interact well as long as we are not bantering about places to go. What do I do? Do you have any suggestions as to how to handle this? It seems to come up on a weekly basis.

Mentor

Dear Mentor,

Your job as a mentor is to be a positive adult role model, to spend time interacting with the child in a positive and

meaningful manner and to work with the child's therapist in helping her meet treatment goals. Your position as a volunteer mentor is not to take the child to the most expensive restaurants in town, or to buy her toys or to take her to America's amusement parks. Rather, it is to show the child by example, healthy wholesome and enriching activities such as nature walks and visits to parks.

It sounds as if you have done everything you can to handle this in a tactful manner. I suggest that you meet with your Volunteer Coordinator and the therapist to discuss the matter and they can assist you in developing the best strategy to work with the child on this. You may also want to utilize our list of inexpensive or free activities published in this newsletter. The list is structured to include affordable enrichment experiences for the child and the mentor.

Also, please remind yourself that the most valuable things you give this

child are your time, your undivided attention, your caring, your values and your guidance. And, this is priceless!

Mentor's Mentor

"See always to do some good, somewhere. Every person has to seek in his own way to make his own self more noble and to realize his own true worth. You must give some time to your fellow man. Even if it's a little thing, do something for those who have a need of man's help, something for which you get no pay, but the privilege of doing it. For, remember, you don't live in a world all your own. Your brothers are here too."

- Albert Schweitzer,
Nobel Peace Prize winner, 1952

Volunteers Are Special!

Pat Lucas Sees A Child's World Open

By Adrienne Davalos

Volunteer Coordinator

Aspen Community Services/Santa Ana

Pat Lucas feels that the most rewarding experience as a mentor is "Seeing the child's world open up for them and being part of the change and improvement it has made in his or her life..."

A CYS-Project Together mentor for the past two and one half years with Aspen Community Services/Santa Ana, Pat volunteered after seeing a notice in the newspaper. She wanted to contribute to her community in a meaningful way by making a difference in a child's life.

She has more than accomplished this with the 10-year-old girl with whom she was matched. According to Therapist Paul Youngerman, M.F.T., "Pat is extremely committed to the child. She



Pat Lucas, Mentor

has the ability to see the good when others do not. She is self-confident, an excellent role model who takes care of herself and sets a good example...

Pat takes a very active role as a mentor. "I love our time together. It is always so exciting." The two have enjoyed the circus, movies, hiking, ceramics, making craft items and most recently the two enjoyed a bowling adventure. At first the child was reluctant to go and it took some time convincing her to try it. She turned out to be quite a good bowler and wants to go again.

As Therapist Youngerman says, "She (Pat) cares and believes in children and has a lot of passion.... She is always consistent and follows through with the child." Thank you Pat for being a wonderful example of the difference a caring and consistent mentor can make in a child's life.

Recycle For The Childrens Future Nov. 15

In what has become a disposable society over the past 50 years, consumers are learning to recycle all over again. In the past, everyone recycled almost everything out of necessity and common sense.

The disposable era began with the paper cups at the water cooler in the 1950's, escalated with the onset of fast food establishments, frozen foods and ballpoint pens in the 1960's and seriously skyrocketed with disposable diapers, razors, electronic equipment and Styrofoam. As of the millenium, waste dumps are full, barges of garbage are floating at sea, fish are diseased, air and water pollution is the norm, cancer is on the increase and the hole in the ozone layer is as large as the United States. Within a matter of 50 years, people have amassed more garbage than in the previous 500 years. People are beginning to take notice of the need to recycle for themselves as well as for the future of their children, and by doing so, help clean up our environment.

Wednesday, Nov. 15, is America Recycles Day. The officials of the U.S. Environmental Protection Agency's (EPA) WasteWise Program hope that all Americans will buy recycled products, recycle items they formerly threw away and "close the loop" on this day. This is a great opportunity to teach children about recycling and protecting our environment and to "think green". To follow are some tips from the EPA and Earth 911:

1. Look for the "Recycled" logo on products. This includes writing paper, paper and plastic bags, fiber products such as clothing and carpeting, waste receptacles, plastic envelopes and binders.
2. Use rechargeable batteries.
3. Use calculators powered by solar cells
4. Take your own reusable grocery bags to the store.
5. Set up recycling bins for paper, plastic, glass and metal at your school and at home. If your com-

munity does not have a curbside recycling program, write a letter to your local waste management department and request that one be started

6. Recycle your motor oil or have your car's oil changed only at establishments that have a recycled oil program.
7. Clean the air and increase the oxygen level in your home with live house plants. Water your houseplants with water left in water glasses from dinner.
8. Only purchase reusable products, including diapers, razors, containers, cameras, and re-use paper grocery bags for trash.
9. Only use reusable cloth napkins, plastic or china plates, cups, glasses and flatware. When you eat out, ask the counter person to fill your coffee mug or thermos and to save the disposable cup. Count the pieces of paper and plastic when eating fast food.

November 1 - Mexican Day of the Dead

El Dia de los Muertos Is About Cycle of Life

This is an important Mexican family holiday which combines Indian customs of pre-hispanic Mexico and the Christian ritual of All Hallows Eve or All Saints Day on Nov. 1 and All Souls Day on Nov. 2. The ancient pre-Columbian custom of the Aztecs, which dates back to 300 B.C., honored the continuity of life by celebrating children and the dead. It was presided over by the goddess Mictecacihuatl, or Lady of the Dead, and also honored Huitzilopochtli, the deity of war. Spanish priests, in order to encourage conversion, changed this festival from July to November 2 in order to coincide with the Christian All Saints Day, during which the dead are remembered with prayers. The two celebrations were blended after the 1521 conquest of Mexico, resulting in today's spectacular and mysterious celebration.

The degree of celebration and types of observances vary according to region of Mexico with the most deeply seeded cultural and social celebrations taking place in southern Mexico. More urban and less aboriginal the populations, the more secular the observance becomes whereby it may be only celebrated with special foods in the cities.

The event is characterized by honoring deceased relatives whose spirits are expected to return home at this time. Gravesites are cleaned and decorated with zempasuchil or yellow marigolds (the color of death in the Aztec world), pathways to the front doors are strewn with marigold petals. Candles are lit, food, particularly pan de los muertos (bread of the dead) or sweet bread decorated with orange peel and skulls, incense to carry

prayers toward heaven and presents grace alters and gravesites. The ritual of blowing out and removing the candles from alters and gravesites marks the departure of the spirits.

This celebration is not morbid, but a ritual honoring the mystery of human existence, the cycle of life and death.

Mexican bakeries have a wonderful selection of sweets at this time and it is a great opportunity to experience part of the Mexican traditions of Southern California.



Thanksgiving

Work, Reap and Give Thanks!

Thanksgiving, traditionally celebrated in the United States on the fourth Thursday of November, will be Nov. 23 this year. While the holiday is celebrated in other countries such as Canada and Australia, it is of particular significance in the U.S. The Pilgrims would not have survived had it not been for the generosity and expertise of the Indians, who not only provided them with food and helped them build shelters, but also showed them what and how to plant in the new land.

An un-mythic account from the Native American perspective as found in teacher education publications of the Fourth World Documentation Project indicates that the Thanksgiving festival was one of six thanksgiving festivals held during the year by the Algonkian tribes. They included the Maple Dance giving thanks to the Creator for the maple tree and its syrup in February, the Planting Feast in the Spring when the seeds were blessed, the Strawberry Festival to celebrate the first fruits of the season, the Green Corn Festival giving thanks for the ripening

corn in the summer, the Harvest Festival giving thanks for the food grown for the winter and the final Mid-Winter Festival. The Pilgrim's "First Thanksgiving" was really the fifth one for the year for the Indians.

The Pilgrims, political and religious fugitives in a strange land, decided to observe a November Thanksgiving as a religious obligation, just as they had done in England before coming to the New World. They were thankful to have survived in the new land.

When Capt. Miles Standish invited Indians Squanto, Somoset and Massasoit and their families, the Pilgrims were a bit overwhelmed by the 90 relatives who showed up. The Indians were expecting a traditional Indian thanksgiving festival. Seeing that the number of people might be a problem, Massasoit, leader of the Wamponoags, sent some of his men home for more food. They came back with 5 deer, many wild turkeys, fish, beans, squash, corn soup, corn bread and berries. The Indian women, who sat with the men to eat, were curious about the Pilgrim

custom of the Pilgrim women standing behind the table and waiting until after the Pilgrim men ate to participate in the feast.

The Pilgrim's "First Thanksgiving" was the beginning of the blending of cultures. Unlike the traditional Puritan religious celebration, the addition of the Indians to the celebration, meant that the feasting went on for three days.

At the time of the "First Thanksgiving", the Pilgrims had one European-style building made of logs used as a church community meeting place. The remainder of the dwellings were Indian-style wigwams, which they had been taught to build by the Indians.



Project Together Picnic Picture Page

CYS children and their mentors enjoyed their annual picnic that featured food, games, entertainment and an educational presentation in the beautiful setting of Mile Square Regional Park in Fountain Valley on Saturday, October 7. Thank you to the staff of Orange County's Harbors Beaches and Parks for their generosity and success in making this year's event a success.



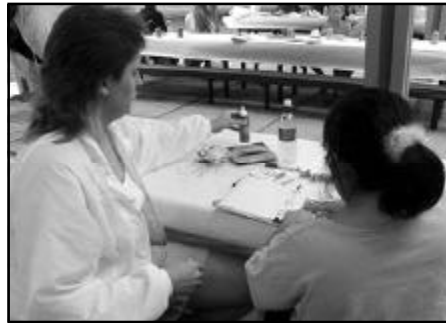
Behind The Snake Line

Mentors stand behind the "snake line" during the hands-on presentation by Prehistoric Pets at the annual CYS-Project Together Picnic at Mile Square Park on Saturday, October 7.



Sweet & Cuddly?

And who says millipedes aren't sweet and cuddly?



Making Memories

CYS client and her mentor, Anne Malinowski, enjoyed working on their memory book at the picnic craft table



All Wet!

CYS-Project Together Volunteer Coordinator Jonathan Schiesel believes in total involvement in all mentor activities. He is wet, very wet, from the water bottle game, an annual favorite at the picnic.



Save the Earth!

Steve Kim of Environmental Waste Management provided an educational and important presentation on the environment in Orange County and how we can all pitch in to make a difference!



Frog or Prince?

Ann Smith of Prehistoric Pets in Fountain Valley brought 20 live snakes, frogs, lizards, turtles, dragons and arachnids to the picnic to share with CYS children and their mentors. She is pictured here with a giant African frog!

Just dropped by for a Bite!

The children loved the 15-foot albino Burmese python.

VOLUNTEER TRAINING

All of our *Project Together* Volunteers are welcome to attend any training. Please call your Volunteer Coordinator for more information.

| | |
|--------------------------------|---|
| East | Last Tuesday of the month, Nov. 28, 5-5:30 p.m. (714)480-6756 |
| North | (714)577-5400 |
| South/ Costa Mesa | Call for appointment (949)722-7086 |
| South/ Laguna Beach | Individual sessions by appointment (949)499-5346 |
| West | Tuesdays 6:30-8:30 p.m. Please call for information (714)896-7556 |
| Aspen/ Santa Ana | Call for times (714)565-2830 |
| Aspen/ Costa Mesa | (949)515-5440 |

FROM THE REGIONS**WELCOME NEW MENTORS**

| | |
|--------------------------------|--|
| East | Melissa Ferner Gus Munoz |
| North | Emily Ham Araceli Jaime Sarah Paton Kathleen Tangney Lee Tracy Yvonne Tracy |
| South/ Costa Mesa | Trudie Frankhauser Stan Holt Pamela Jaye Caroline Kreiss Cheryl Reyes Christine Rombouts Jehan Seirafi Satoko Shikata Tanya Thomas Marilyn Rift |
| South/ Laguna Beach | Odie Hernandez Jennifer Pierce |
| West | Marcella Michel |
| Aspen/ Costa Mesa | Nancy Bresnana Sue Garcia Lynette Glass |

Richard Hirth
Wendi Kjar
Shawna Lacher
Katharina Martinka
Samantha Nguyen
Ray Wong

THANKS TO THOSE WHO HAVE MOVED ON

| | |
|--------------------------------|--|
| East | Maria Galvan Louyie Olivos Brandon Ray James Smith |
| South/ Costa Mesa | Dino Daewar |
| South/ Laguna Beach | Adriana Bazan Joy Chiu Marta Chomontowicz Shannon Denny Jennifer Kuldeka Jenny Lam Monica Otto Stephen Ricker Sujata Shah Pamela Zedick |
| Aspen/ Costa Mesa | Angie Gregory Tina Patel |

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 sup-

port 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:

Anaheim Angels
Autry Museum
Avon, Inc.
Dr. Tom Ballard
San Juan Capistrano
Bowers Museum
Santa Ana
California Arboretum Foundation
Arcadia
Claim Jumper
Consolidated Restaurants of California, Inc.
Irvine

Cornwell Foods
Irvine
Custom Coatings and Finishes
Laguna Niguel
Dave & Buster's of Orange
4-H
Costa Mesa
Frito-Lay
Costa Mesa
Glacial Gardens
Anaheim
Lido Sailing Club
Newport Beach

Pasadena Historical Museum
Pasadena
Ralph's
Irvine
San Diego Natural History Museum
San Diego
Scarantino's
Lake Forest
South Coast YMCA
Laguna Niguel
Stonehouse Inn
Carmel

UC Irvine Bookstore
Vichy Springs Resort
Wriah
Villa Nova
Von's
Tustin
YMCA
Huntington Beach
YMCA
Orange
YMCA
Yorba Linda/Anaheim Hills

HIGHLIGHTS

Calendar of Events

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

Saturday, Nov. 4

Saturdays at South Coast Plaza - Progressive Prints

**Orange County Museum of Art Gallery
South Coast Plaza
Bristol at Carousel
Costa Mesa**

(949)759-1122, Ext. 204

This is one of the series of programs just for young artists sponsored by the museum and supports the exhibition "Women in Print" on view at the plaza location through Dec. 31. Children 6 to 10 will create three different relief prints from one Styrofoam block. Using the themes of nature, the seasons and growth, each young artist will learn how to express the idea of change over time. Registration is required.

Time: 2-4 p.m.

Cost: \$6 Mentors may call CYS-Project Together Central Office at (714)796-0100 for scholarship information.

Saturday, Nov. 4

Artist Village Open House

**2nd to 4th St. & Bush to Broadway
Santa Ana**

(714)571-4229

Downtown Santa Ana comes alive during this annual open house in Artist Village, Santa Ana's art colony. Locals and out-of-towners alike will get to see the latest works of the village residents.

Time: 7-10 p.m.

Cost: Free

Saturday, Nov. 4

Trots for Tots

**Dana Point Youth & Group Facility
34451 Ensenada Place
Dana Point Harbor
(949)661-7122**

Discover the unique environment with children 4-6 years of age.

Time: 10-11:30 a.m.

Cost: \$15 per child and adults are free

Sunday, Nov. 5

Craft Fair and Open Air Market

Downtown San Clemente

Artists, crafters and local growers line the streets with their booths in front local boutiques and shops, all featuring the earthy, the beautiful and the unusual. Prices are reasonable and many of the crafters and artists are working on pieces during the market. You can experience real homemade ice cream in a real waffle cone hot off the grill at the local Cawabunga Creamery, a aroma of freshest cuts from the flower fields and even an artist who will show you how to make a wind chime sculpture out of antique plates!

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

Cost: Free

Thursday, Nov. 9

Art Walk

**Old Town Orange
(714)538-3581**

This is an ideal opportunity to enjoy a pleasant evening in Orange. You don't have to be high brow to appreciate the art, the musical entertainment and ambiance. Patrons may tour Old Towne and stroll to the galleries. A free shuttle is provided with service from the parking lot at the Wells Fargo Bank.

Time: 6-9 p.m.

Cost: Free

Tuesdays, Nov. 7 & 14

Terrific

El Modena Library

**380 Hewes St., Orange
(714)288-2454**

For boys and girls in grades 1 to 5, this multicultural storytime is an hour-long program featuring folktales from around the world. There are also world games and crafts.

Time: Call for times

Cost: Free

Saturday, Nov. 11

Discovery Trail

**Aliso & Wood Canyons
Wilderness Park
2837 Alicia Parkway, Laguna Niguel
(949)831-2790**

Hike with the park ranger on an easy trail and learn about plants and animals in the park.

Time: Noon to 12:30 p.m. Meet at the park entrance.

Cost: \$2

Saturday, Nov. 11

Saturdays at South Coast Plaza Exploring Texture

**Orange County Museum of Art Gallery
South Coast Plaza
Bristol at Carousel, Costa Mesa
(949)759-1122, Ext. 204**

This is one of the series of programs just for young artists sponsored by the museum and supports the exhibition "Women in Print" on view at the plaza location through Dec. 31. Children 6 to 10 may explore the textures in nature and touch natural objects, then create a richly textured abstract print from a collage block. Registration is required.

Time: 2-4 p.m.

Cost: \$6 Mentors may call CYS-Project Together Central Office at (714) 796-0100 for scholarship information.

Nov. 1-30

Journey's Beginnings

**Newport Beach Public Library
1000 Avocado Ave., Newport Beach
(949)717-3800**

This Nicholas Wilde exhibition features land and sea scapes from La Jolla to Carmel in oil.

Times: Call library for hours

Cost: Free



Collectors: Be Ready for The "Twelve Days" Super Collection!

Jeanne Brown (left) of the Embroiderers' Guild of America (EGA) Orange County Chapter invited Sylvia Valles, CYS-Project Together Staff Aide, and Sharon Modaff, Service Chief I, into her home to present the handmade Twelve Days of Christmas Collection and a dozen additional exquisite decorations. The OC EGA, which has nationally and world renowned stitchers and designers among their ranks, adopted CYS-Project Together as a charitable project this year. The Twelve Days of Christmas is a one-of-a-kind collection of 12 hand-stitched tree ornaments made by EGA members and donated to Project Together for the annual BouTEAque.

HIGHLIGHTS

November 2000 *CYS / Project Together Newsletter* Vol.XV, No.11

Published by:
 County of Orange Health Care Agency/Behavioral Health Services
 Children and Youth Services/*Project Together*
 405 W. 5th St., Suite 436
 Santa Ana, CA 92701
 (714)796-0100

Sharon Modaff, Service Chief I
 Nancy Robins, Program Supervisor I
 Martha Murphy, Editor

Volunteer Coordinators

| | | |
|------------------------|-------------------------|---------------|
| Central | Peggy Evans | (714)796-0100 |
| | Martha Murphy | (714)796-0100 |
| East | Veronica Chavez | (714)480-6756 |
| North | | (714)577-5400 |
| South/Costa Mesa | Jonathan Schiesel | (949)722-7086 |
| South/Laguna | Jeffrey Pedroza | (949)499-5346 |
| West | Samantha Roberts | (714)896-7556 |
| Aspen/Santa Ana | Adrienne Davalos | (714)565-2830 |
| Aspen/Costa Mesa | Ken Cornwell | (949)515-5440 |

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals.



County of Orange Health Care Agency
 Behavioral Health Services/Children & Youth Services
CYS/Project Together HIGHLIGHTS

405 W. 5th Street, Suite 436
 Santa Ana, California 92701

Address Correction Requested

