

HIGHLIGHTS

January 2001 *CYS / Project Together Newsletter* Vol. XVI, No. 1

Happy New Year 2001!

On behalf of Alan Albright, Division Manager, Children and Youth Services, and the CYS-Project Together staff, I'd like to extend a sincere thank you to those of you who so generously supported our program during the past year. 2000 was a banner year for CYS-Project Together. During the year our volunteer caseload increased to 322 mentors who donated over 38,000 hours of service to the County. In the spring, CYS-PT mentors and volunteers were honored at a recognition dinner at the Old County Courthouse in Santa Ana. Over 150 volunteers and County staff attended this gala event giving us the opportunity to publicly acknowledge and thank those who have helped to make a difference one child at a time.

Thanks to our community partners and the success of our fundraising efforts, 36 CYS children had the opportunity to spend a week at summer camp. Later in the summer, our Back to School program was a huge success! Over 350 children and teens started school with new backpacks filled with school supplies.

Our annual CYS-PT Picnic was held in early October, and many mentors and clients came out to Mile Square Park in Fountain Valley to enjoy a barbecue, an exhibit from Pre-historic Pets and a presentation from the County Environmental Waste Management Unit. Through our partnership with LensCrafters, during the past year, over 100 children and teens were provided complimentary eye exams and prescription eye glasses.

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Volunteers Are Special

Mentor Believes in Total Commitment



Nancy Bresnan conspired with the Elks and Santa Claus to help make a great Christmas for some CYS children.

*By Ken Cornwell
Volunteer Coordinator -Aspen/Costa Mesa*

Nancy Bresnan is a CYS-Project Together /Aspen Community Services mentor for a 12-year-old girl and she decided she wanted to do more.

Aware that the holidays may be a "lean and mean" time for many of the children who are matched with mentors through CYS-Project Together, she decided to help out. A member of Elks Lodge in Huntington Beach, she proposed that CYS-Project Together be one of the three youth-oriented community organizations included in the Elks Holiday party. She diligently acquired the first names and ages of CYS-Project Together children attending the party and made sure a gift was provided for each.

Nancy is a first-time mentor, but a long-time community volunteer.

She has served as a tutor in a middle school and as a therapeutic riding instructor. She has also taught "Project Self-Esteem" for elementary school students and has been involved in activities with the Huntington Beach Youth Shelter. Her interests include bike riding, hiking, rollerblading, crafts, spending time in the park, at the gym or at the beach. Married for 28 years, she has two sons, one of whom is adopted. She and her husband have also opened their home as a Youth Shelter Interval House.

Nancy has incredible patience and "a go with the flow attitude". Her open-minded approach to communication means she always gets the "whole story" before offering her comments or taking action. She will tell you based on her own experience that sometimes children accept direction and input more readily from people other than their parents. She has immersed herself in her CYS-Project Together assignment and is enjoying the time and interests she shares with her match.

Nancy is not only helping one child at a time; she is working to make the world a little brighter for all of the children she works with through community service.

Thank you Nancy.

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Projects Corner

Make Your Own "Tres Reyes" Pinata



No Fiesta de Tres Reyes (Feast of the Three Kings) is complete without a pinata filled with candy. Traditionally, all of the children in the neighborhood gather for this event. A pinata is usually in the shape of a star to symbolize the star followed by the Three Wise Men to the place of the Nativity in Bethlehem. The pinata is filled with candy and even small toys. It is hung by a rope from a tree. The children take turns to be blindfolded and then try to hit the pinata with a bat. Eventually the pinata breaks open and all of the children clamor to get their share of the candy.

Many families make their own pinatas and all of the children join in the fun. It is a creative way to use common items found around the house. To follow is a tried and true method.

Happy New Year 2001

(continued)

Knott's Berry Farm, also one of our community partners, generously donated admission passes allowing many mentors and clients to enjoy a day at the amusement park.

2000 also marked the first year of the CYS-PT Mentor/Client outings, in which CYS-PT hosts an outing as a way for mentors and clients to get together for a day of fun and support. We also began our bi-monthly training workshops for mentors. Our first mentor training in October was a success and we look forward to presenting more workshops in 2001.

Also, during 2000 CYS-Project Together was selected as a proud recipient of the California State Association of Counties 2000 Challenge-Merit Award. This award honors excellence in County programs. We look forward to 2001 and as the saying goes "We couldn't have done this without you".

Wishing you a peaceful 2001,

The Staff of CYS/Project Together

Star Pinata

12-inch round balloon

Newspaper

Flour and water paste or wall paper paste

School glue

Roll of aluminum foil

Metallic ribbon in red, green, gold or silver

Aluminum or light gauge wire

Mailing tape

Rope

Scissors

Stapler

1. Spread layer of newspaper over a table for use as a work surface. Cut at least one section of the newspaper into strips about 2" wide.

2. Blow up balloon to 12 inches and tie it in a knot. Wet strips of newspaper with paste and cover the balloon, leaving a 4-inch area around the knot uncovered. Be sure to put at least three

layers of newspaper strips over the balloon. Allow to dry.

3. Construct five (5) cones (the points of your star) out of four (4) layers of newspaper that are 7 inches high and 8 inches around. Staple each cone together securely. Make 1-inch vertical cuts around the bottom of each cone and glue securely around the balloon to make it look like a star. Make cuts deeper when needed to allow the entire base of the cone to glue securely to the balloon. Do not cover bare spot around the knot of the balloon with a cone. Make sure the bare spot is at the top of the star or near the top.

4. Wrap wire from top to bottom and secure in the back and making a loop hanger for the rope. Secure the wire to the pinata with mailing tape. Wrap the entire pinata, including the points with aluminum foil. Cut strips of ribbon and glue to the points of the star.

5. Pop the balloon with a pin and fill the pinata with candy.

Fiesta de los Tres Reyes Feast of the Three Kings



Throughout Spanish, French and German speaking countries, the Christmas holiday observance is culminated on Jan. 6, the Feast of the Three Kings or Fiesta de los Tres Reyes. The 12 Days of Christmas begin with the birth of the Messiah on Dec. 25 and ends with the arrival of the Three Wise Men on Jan. 6. For these countries, the feast which ends the Christmas season also begins the new year in one of the most colorful and exciting events of the year. In the Philippines the fiesta is always held on the first Sunday.

According to Biblical teaching, three kings from the orient followed a star to Bethlehem to honor the birth of the new king of the Jews, Jesus. They brought him frankincense, gold and myrrh. In honor of this tradition, the people exchange gifts on Jan. 6, instead of Dec. 25, as is the practice in the United States.

Traditional events in all areas where the Feast of the Three Kings is celebrated include colorful parades, colorful costumes, and bestowal of gifts to children. The red star lantern will often be seen in California, Mexico and the Philippines to commemorate the bright star that guided the Three Kings on their way to Bethlehem. A traditional food is the cake or sweet bread, which contains a figurine of a king or a baby Jesus. The person who receives the king may be ruler of the house for the day and the person who receives the baby will be blessed for the year. Many bakeries throughout Orange County and the rest of California sell Tres Reyes cakes at this time. In Mexico a star shaped pinata filled with candy is a localized custom for this holiday. Children clamor for their turn to be blind-folded and attempt to break the pinata with a stick.

Kids and Mentors Greet Winter At Holiday Get Together

The annual Holiday Get Together held at Santiago Oaks Regional Park in Orange is a CYS-Project Together tradition.

Children and mentors brought their favorite holiday fare to share early in December and spent a day of fun in a wilderness setting. The focus is to create a relaxed, but festive environment in which all attending may honor their personal and ethnic traditions of the season. Over the past 17 years, the CYS-Project Together staff has created its own seasonal traditions for this event.

This year, mentors and children alike had a blast making "Kick-the-Can" Ice Cream and Pinecone Birdfeeders. While they had to work for their dessert, they felt it was worth it. Many will be watching out their windows to see which birds take advantage of their new food source.

Ranger Sarah Girard took mentors and children on an informative and invigorating nature hike. Some of the children remembered some good in-



formation from last year's event, "Take only pictures. Leave only footprints." They surveyed the grounds around the recreation facility to make sure all trash was in the cans with the lids closed. Thank you to all at Orange County Harbors Beaches and Parks whose generosity and spirit make this event possible for us each year.



Many of the mentors requested copies of the directions for the ice cream included at the end of this article. For those who

want a winter experience as well as shorter "icing" period, you may put on some mittens and shake and roll the can with your hands instead of kicking the can.

Kick-the-Can Ice Cream

- 1 Small coffee can
- 1 Large coffee can
- 8-10 tablespoons rock salt
- Cracked ice
- Duct Tape
- 1 Egg
- ½ Cup sugar
- 2 Cups milk or half & half cream
- 1 teaspoon of vanilla or mint flavoring
- 1 Handful of cookie crumbs

1. Using the small coffee can as a mixing bowl, break egg into container and beat well.

2. Blend in sugar, then milk or cream and vanilla or mint. Mix well.

3. Place plastic top on can and seal tightly with duct tape (top to bottom and around the can).

4. Place small can into large coffee can and pack a layer of ice and then 2 tablespoons of rock salt. Do this three times or until small can is covered and large can is filled to the top. Place lid on large coffee can and seal tightly with duct tape top to bottom and around the can.

5. Kick can around the yard for 10 to 15 minutes. Then remove small can from large can. Wipe off salt and water from small can and open. Stir in a handful of cookie crumbs.

Mentor's Mentor

Dear Mentor's Mentor,

I have been a mentor for a teenage girl, who is now 15, for the past year. I am concerned about her dress, which seems inappropriate and even provocative. I do not consider myself to be a moralistic or judgmental person, but there have been times when I was embarrassed to take her out in public. Here are some examples. We made plans to go out for a light lunch and window shopping. When I picked her up, she was wearing a string bikini bathing suit top and a mini skirt shorter than short shorts. Another time we made plans to attend a nice party and she appeared at the door in ripped jeans and a very brief tank top, which meant her navel was exposed. I do not believe this is a matter of money, but appropriate choices. Please give me some suggestions for handling this or if I am to handle it at all.

Mentor

Dear Mentor,

Part of growing up, especially for teenagers, is "pushing the envelope" in terms of self-expression, personal identity and daring. Part of being a mentor is providing guidance regarding appropriate behavior in this self-expression. This is a great oppor-

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Mentor's Mentor

tunity to discuss "dressing for success" in order for her to experience success in her social and school life. Give her an opportunity to tell you what she likes and how she likes to dress and why. There is a chance that she dresses this way because her friends do; and that she is not aware of how it looks or the message it sends; or that it is even inappropriate.

When you go window shopping, suggest to her what outfits you think would be perfect for certain types of occasions and outings. It is great fun to work with a teenager in developing her personal palette of colors that look best on her and a scrap book of styles that compliment her look and personality.

As her mentor, it is okay to ask her to change her clothes so she will feel more comfortable when you arrive at your destination point. However, since you are dealing with a teenager in need of a mentor, it is a good idea to be very specific without being dictatorial. It is alright to suggest that she grab a shirt to put on over the bikini top. It is also in her best interest to comment that she must have misunderstood about the party. She might be more comfortable and less self-conscious if she wore something more appropriate for the occasion so she better fits in with the others attending the event.

It is possible to change behavior without being critical, especially if you view this as a growth experience exercise for the teen.

Mentor's Mentor



Asian Community To Mark New Year on January 24th

Southern California's Asian community is gearing up to celebrate the Year of the Snake, culminating on Jan. 24. During a snake year, you may expect wisdom and charm to grace your life. Delays and tight money can be expected. It will be a good year for teachers, writers and psychiatrists. In modern terms, it should be a "growth experience".

According to Haiwang Yuan of the Chinese Historical and Cultural Project, the Western or Gregorian calendar is linear with the dates beginning with the birth of Christ. In the traditional Asian calendar, the year 2001 is really 4699. The new millennium in Asia will not begin until the Gregorian year 2002, which will be 4700 on the Asian calendar. Because the calendar is a lunar one, it is cyclical in increments of 12 years and 24 solar terms of 15 days each, which are closely related to the changes in nature. Yuan notes that this is very useful for farmers, because it provides the proper time for planting and harvesting.

Each of the years of the 12-year cycle is represented by an animal symbol. According to a Chinese legend, Buddah invited all of the animals of the world to come for a visit, but only 12 came. He honored their loyalty by naming a year after each. A second legend tells us about the order of the animals in the zodiac. The twelve argued as to who was to head the cycle of years. A contest was held and whoever reached the other side of the river first, would head the cycle and the rest would receive their years according to the order in which they finished. All twelve jumped in the river, but unknown to the ox, the rat had jumped on his back. As the ox was about to climb ashore, the rat jumped off the ox's back and won the race. That is why the rat is first, the ox is second and the pig is last.

In Asia, the New Year is known as the Spring Festival because it starts at

the beginning of Spring or the growth cycle in nature. Some of the most important traditions are cleaning the house thoroughly to sweep out ill-fortune and to make room for good luck; tribute to the ancestors; paying debts and resolving grudges; feasting and fire works. The New Year celebration lasts from three to 15 days, depending on the region, but always ends with the Lantern Festival.



Students Create Their Own Proverbs

A fun exercise or game for Asian students is to brainstorm proverbs or words of wisdom they would use for the coming year.

They first study existing words of wisdom and write down their favorite ones, so they may refer to them during the coming year. An example is "Patience is a virtue". Then they write their own words of wisdom on index cards. All of the cards are numbered in consecutive order. Then an equal number of Popsicle sticks are assigned the same numbers. The sticks are put in a jar and each student gets to choose a stick. Another student reads the proverb that has the same number as the stick.

Quotable Quote

"What the large print giveth, the small print taketh away."

—Fortune Cookie

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 & Sunday Jan. 20 & 21 Chinese New Year

Los Angeles Zoo
5333 Zoo Dr.
Los Angeles
(323)644-6400

This celebration featuring Kung-Fu demonstrations, folk dancers, crafts and ethnic food will ring in the Year of the Serpent.

Time: Call for times
Cost: Adults \$8.25
Children \$3.25
Discounts available

Sunday, Jan. 28 Lou Gerhig Did Not Die of Cancer

**Orange Coast College Play
Drama Lab**
2901 Fairview Rd.
Costa Mesa
(714)432-5640, X-1

This is a touching story of a floundering marriage and the search for understanding by two lonely people. The production delves into the effects of the past on the present and how we all weather life's passages.

Time: 2 p.m.
Cost: \$5 with advance purchase

Sunday, Jan. 28 Where Were You On Your 9th Birthday?

**Orange Coast College Play
Drama Lab**
2701 Fairview Rd.
Costa Mesa
(714)432-5640 X1

This play chronicles the playwright's escape from being sent to a holocaust concentration camp

Time: 2 p.m.
Cost: \$5 with advance purchase



1st Saturday of Month Bolsa Chica Wetlands Free Tour

**Bolsa Chica Ecological
Reserve Bridge**
Pacific Coast Highway between
Warner and Goldenwest
Huntington Beach
(714)840-1575

This is a free 2-hour tour across the wetlands and an opportunity to see delicate sea life developing in the marshland and almost extinct coming back to life. This is a hard won ecological reserve and one of the few remaining wetlands on the Pacific Coast. Pelicans, ducks, swans, herons, egrets and least terns abound, so bring you binoculars and a jacket. This is a California only experience.

Time: 9-10:30 a.m. Groups leave every 15 minutes
Cost: Free

Saturdays Family Story Time

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

Children ages 3 to 7 and their favorite grownups may join each other for dramatic storytelling and crafts.

Times: 10:30 a.m.
Cost: Free



Mondays Pajama Story Time

Newport Beach Public Library
1000 Avocado Ave.
Newport Beach

(949)717-3800

Children 3 to 7 may bring their stuffed animals and enjoy a bedtime story.

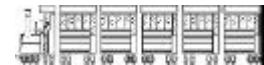
Times: 7 p.m.
Cost: Free

Mondays-Fridays Kidscene After School Program

Vincent Jorgensen Community Center
Adjacent to Mariners Branch Library
2005 Dover Dr.
Newport Beach
(949)717-3800

First through sixth graders may study and play at this enhanced drop-in program that also provides staffed Homework Center. Registration required.

Time: 2-5 p.m.
Cost: Free



Third Weekend of the Month Free Train Rides

Fairview Regional Park
2525 Placentia
Costa Mesa
(714)54T-RAIN

Orange County Model Engineers Club operates a small train on nearly 2 miles of track for young children.

Time: 10 a.m.-3:30 p.m.
Cost: Free

Saturdays Children's Workshops

Lakeshore Learning Center
18679 Brookhurst
Fountain Valley
(714)963-8255

Children 3 years and older may attend these workshops which provide arts and crafts experiences. No reservation is necessary.

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

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Calendar of Events *(continued)*
Saturdays
Nature Walk

Carbon Canyon Regional Park
4442 Carbon Canyon Rd.

Brea
(714)996-5252

Take a walk among the beautiful coastal Redwood trees and discover the secret of Carbon Canyon Creek. The 8:30 a.m. ranger-led 1.1-mile tour is the only one that is free and lasts about one and one half hours.

Time: 8:30 a.m.

Cost: Tour is free
 Parking is \$4 per vehicle


Saturday Nights
Campfire Night

O'Neill Regional Park
30892 Trabuco Canyon Rd.
Trabuco Canyon
(949)858-9365

Gather around the campfire after sundown and listen to the stories the ranger tells every Saturday night under the stars. Bring a jacket, a blanket and an open mind. You will be surprised at the things you learn. This is an activity that is fun for any age. Meet at the Nature Center.

Time: 8 p.m.

Cost: Parking is \$4 per vehicle

Saturdays
Free "Make & Take"
Workshops

Lake Shore Learning Materials
18679 Brookhurst St. (S. of 405)
Fountain Valley
(714)963-8255

Children 3 and older are welcome to attend the free "Make & Take" workshops where children create their own art and toys while learning new skills.

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

Cost: Free


Canoe Tours

Upper Newport Bay Regional Park
Shellmaker Island

600 Shellmaker
Newport
(949)640-6746

Meet at Shellmaker Island for this guided tour of the Back Bay in canoes on loan from the Boy Scouts of America. An adult must accompany those under 18. Reservations are required.

Time: 8:30 a.m.

Cost: \$13


Sundays
Kayak Tours

Upper Newport Bay Regional Park
Shellmaker Island

600 Shellmaker
Newport
(949)640-6746

Explore the Back Bay with a trained naturalist in a kayak. Reservations are required and may be made by calling (800)585-0747.

Time: 10 a.m.

Cost: \$15

Sundays
Morning Tracker Hike

O'Neill Regional Park
30892 Trabuco Canyon Rd.
Trabuco Canyon
(949)858-9365

Learn how to identify tracks of nocturnal animals. Join the ranger for the morning hike and check out the clues left behind. Group should meet at the Nature Center.

Time: 9 a.m.

Cost: \$4 for parking

Giving Is A Personal Business

During the holiday season, the staff of Gregory Stevens Salon in Laguna Beach, let their halos and wings show brightly. They heard through customer, and CYS staff member, Frank Grimaldi, MFT, about Mission Hospital's donation of Thanksgiving turkeys to needy CYS families.

The staff was so moved when they heard about the families that they decided to become involved and help complete the holiday dinners. They dug into their pockets and donated funds totaling more than \$100 to CYS so that all of the wonderful trimmings that go along with a turkey could be enjoyed. They didn't expect anything in return except for the good feeling they received knowing they helped someone less fortunate.

However, that all changed when a young boy, whose family benefited from the holiday dinner, wrote to the salon and told the staff how, with the money that was donated, his family was able to complete a dinner, the likes they hadn't had in years. There was even a little money left over to give to the boy so he could start saving for a bicycle...something he has wanted for a long time.

Again the staff was moved to action. They decided to adopt the boy's family for Christmas and donated an additional \$140 for the family. A customer, who couldn't help but overhear what was going on, joined in and also made a generous donation.

A very special thank you to Greg Lombardi, owner of Gregory Stevens, and hair stylists, Andi Anderson, Margie Gutierrez-Moline, Brad Morrison, Terry Redding, Tracy Pendry and Lisa Williams who exemplify our programs motto "There's More Than One Way to Hug a Child!"

VOLUNTEER TRAINING

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

<p>CYS-Project Together Mentor Training Workshop</p> <p>Tuesday, Jan. 23 - 6:30-8:30 p.m. Central Office 405 W. 5th St., Santa Ana All mentors are invited to attend our bi-monthly workshop. A light dinner will be served. R.S.V.P. (714)796-0100</p>
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East Tuesday, Jan. 30th,
5:30-7p.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 Call for times
(714)896-7556

FROM THE REGIONS

**Aspen/
Santa Ana** Call for times
(714)565-2830

**Aspen/
Costa Mesa** Call For Appointment
(949)515-5440

WELCOME NEW MENTORS

North Mayte Ortega
South/ Christina DeMoss
Costa Mesa Georgia Messemer
Kristin Stanley
Uishin Yi

West Alida Fiametta
My Le
Marcella Michel

**Aspen/
Santa Ana** Danielle Howard
May Sandy

THANKS TO THOSE WHO'VE MOVED ON

East Dana Arebal
Mario Juarez
Jessica Villeda
Hoainam Vo

North Gonya Faltas
Carlyn Moreno
Ana Perez
Jenna Reyes
**South/
Costa Mesa** Fawzia Ali
Theresa Tiliaia

**South/
Laguna Beach
West** Gael O'Neil
Jennifer Pierce
Van Vo
**Aspen/
Santa Ana** Allen Deshler

Happy Birthday Volunteers!

Wendy Meyers	1/2
Cheryl Reyes	1/6
Raymond Wong	1/9
Lyn Bergdahl	1/10
Susan Raybould	1/11
Veena Grover	1/12
Elaine Kim	1/12
Masao Kamiyama	1/13
Ande Godard	1/15
Michele Ritz	1/16
Annette DeLuca	1/18
Christa Armstrong	1/23
Wendy Cordero	1/26
Lilliana Juniper/Rodriguez	1/27
Jennifer Johnson	1/28
Denise Nguyen	1/28
Hong-Ngoc Pham	1/30

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:

Arrowhead Pond
Anaheim

Anne Marie Bielicki
Huntington Beach

California Cushion
Orange

Farmers Insurance
Fountain Valley

Farmers Insurance
Orange

LENSCRAFTERS

Mission Hospital
Mission Viejo

Ralph's Grocery
Irvine

Vicki Ramsdell
Huntington Beach

Randy's Interiors
Santa Ana

Statek Corp.
Orange

Gregory Stevens Salon
Laguna Beach

Tarsadia Hotels
Santa Ana

Lynn Toma
Irvine

Robert Zafiratos
Fountain Valley

The Back Page

Giving Is A Personal Business!



Owner of Gregory Stevens Salon, Greg Lombardi (not in the photo) and hair stylists (left to right) Tracy Pendry, Terry Redding, Brad Morrison, Margie Gutierrez-Moline, Andi Anderson and Lisa Williams, heard there was a family in need and stepped forward to help. (See story on page 4).

HIGHLIGHTS

January 2001 *CYS / Project Together Newsletter* Vol. XVI, No. 1

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Children and Youth Services/*Project Together*
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- 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

