

HIGHLIGHTS

May 2002

CYS / Project Together Newsletter Vol. XVII, No. 5

For Your Information...

Bill Sauter, CYS-Project Together's "Bicycle Bill," has just refurbished more bicycles. These include 10-speed bicycles suitable for teenagers. If you know of a CYS client in need of self-propelled transportation, please call Curtis Livingston—(714)796-0100...

National Volunteer Week was observed the week of April 21. There were two Orange County events in April honoring people who have volunteered their time to County projects that make a difference in our communities. See the articles related to April 24 CYS-Project Together Volunteer Recognition and the April 17 County of Orange Volunteer Recognition...

Speaking of days and weeks of the year honoring different aspects of our society, Youth Service America sponsored a National Youth Service Day in April "to empower young people and highlight their ongoing contributions to their communities, to mobilize their energy, commitment and idealism through sustainable service." Youth Service recognizes that learning to make a difference at a young age through volunteer work, makes responsible productive adults of the future. Helping a youth become involved in service is a wonderful way a mentor can make a difference in the life of a child or teenager and in the world. Some ideas put forward this year included participation in beach and park clean ups, collecting grocery coupons to give to food banks, delivering groceries to elderly neighbors, creating a kids' neighborhood newspaper to boost a sense of community and filling a backpack with school supplies for a child without...

Volunteers Are Special!

Volunteers Help Children Soar

CYS-Project Together's 274 mentors and volunteers, who have donated 34,443 hours of their time and energy to benefit clients of Children & Youth Services, were honored at a dinner Wednesday, April 24, at the UCI University Club on the University of California Irvine campus.

Jane Dawson, County of Orange Manager of Volunteer/Intern Resources, and former CYS-Project Together Volunteer Coordinator for West Region, provided a salute to mentors and volunteers of CYS-Project Together.

She said, "I can't imagine the County without our volunteers. Volunteers are essential to meeting our community needs and challenges. Their

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Janet Peters (left), CYS-Project Together/Aspen Community Services/Tustin mentor, and West Region mentor Conrad Wilson accepted their Achievement and Distinguished Service awards respectively. Conrad spoke on his experience as a mentor.



Jonathan Schiesel (center), Volunteer Coordinator for South Region/Costa Mesa, and Redhill therapist Blancarosa Craig (right) congratulate CYS-Project Together mentor Anisha Gunaratne (left) for the time she has spent providing guidance as a mentor to a Children & Youth Services client.



Jane Dawson, County of Orange Manager of Volunteer/Intern Resources, spoke at the Volunteer Recognition about "The Ways Volunteers Help the County of Orange."

Three CYS-Project Together Mentors Honored

Grace Passage, Annette DeLuca and Dave DeLuca, three CYS-Project Together mentors, were honored April 17 along with 40 other County volunteers at the 6th Annual County-wide Volunteer Recognition held at the Hall of Administration.

"A Celebration of Volunteers" saluted the more than 21,000 volunteers who contributed 925,000 hours of service to County of Orange programs during 2001. This translated into \$28 million in avoided costs to County government due to volunteer participation by citizens. This partnership between the County of Orange and individuals in residence has helped build stronger and healthier communities.

Grace Passage of CYS-Project Together's South Region/Laguna Beach, was selected due to her support as a mentor of three children receiving mental health services. These children are now experiencing improved family and social life, as well as improved academic standing. Her work with the therapeutic team and her supportive and respectful relationships with the parents have contributed greatly to increasing family compliance with therapy and medication. For Grace, being a mentor is simply part of who she is.

Annette and Dave DeLuca are CYS-Project Together mentors through County of Orange Children and Youth Services contract agency, Aspen Community Services.

Dave, a pianist and songwriter, recruited his now 80-year-old mother who also wanted to make a difference one child at a time as well. Dave has mentored a boy suffering from low self-esteem and social and academic problems and has watched the metamorphosis of the troubled boy into a confident young man. Raised by his grandmother, the teenager responded well to a positive male role model. He continues to be committed to this boy and his growth.

Annette DeLuca is an actress, who can include "When Harry Met Sally" to her repertoire. She is also a hospice volunteer. She has served as a mentor to an 11-year-old girl being raised by her grandmother. She provided positive support and experiences for the girl until her mother could care for her once again. She asked for another assignment and is currently mentoring an 8-year-old boy, who is the youngest of five siblings being raised by their grandmother. Often lost in the shuffle at home, the boy is behind in school. Annette is providing him with the individual attention he needs and is also helping him with his reading. Both Annette and Dave will tell you that their experiences as mentors have been the most rewarding aspects of their lives.

"The Art of Mentoring : Lead, Follow and Get Out of the Way"

—Shirley Peddy



Annette DeLuca (left) and her son, Dave DeLuca, CYS-Project Together mentors with Aspen Community Services, were honored for their service and caring.



Lee Boon (left), Volunteer Coordinator for South Region/Laguna, congratulates CYS-Project Together mentor Grace Passage, who was one of 43 volunteers honored county-wide.

Therapist Spotlight

Mentors Provide Precious “Gift of Time”

Lynn Kleist, LCSW, is a West Region Clinic therapist who has found that CYS-Project Together mentors have contributed immensely to the welfare of some of her clients. The mentors give something that is very precious to the children, “the gift of time.”

“When parents or caregivers are unable to give the child individual attention, the mentors help the child know they are special. Matching a child with a mentor also gives him or her an opportunity to have different experiences and become involved in enrichment activities,” says Lynn. “In a way, the mentor helps to open a whole new world for the child.” She also finds that mentors can help provide respite for the child and the parents that is mutually beneficial.

Lynn is an asset to the CYS-Project Together program because she supports the mentor-child relationship by cordially providing guidance and clinical support to the family and mentor. Her philosophy is to help guide a child into being a more successful adult by nurturing the relationships in the child’s life. While the relationship between mentor and child can be somewhat awkward at first, she works with both to cultivate a caring relationship. She is committed to providing clear goals for the mentor and child and is always available to address any concerns.

Lynn views the mentor program as an “adjunct” to therapy that increases social interaction between the child and community. She also utilizes other CYS-Project Together components such as summer camp, gently used clothing and food when needed from the Resource Center and eye glasses through the LensCrafters program. As a matter of fact, Lynn has served as a catalyst in encouraging other therapists to obtain these types of resources for their clients.

Lynn is a highly regarded and well-respected therapist among her co-workers. Her compassion and understanding of the needs of children and their parents may be the key to her success.



She is an advocate for children and their families and is an inspiring example to others in her field.

A graduate of California State University at Long Beach with a Masters

in Social Work, she will tell you that she always knew her calling. She has always wanted to work with children in providing creative avenues to help them effectively deal with their issues.

According to Lynn, she loves a challenge and says, “I find people to be interesting and children are fascinating and fun to be with. What other profession could I have chosen that would allow me to play and help a child at the same time?” She welcomes the one-on-one companionship that a mentor provides a child.

We truly appreciate Lynn’s willingness to resource CYS-Project Together services and I am grateful for the opportunity to meet someone who has a genuine desire to help children and give them that extra needed support.

—By Diane Prescott, Volunteer Coordinator/West Region

Volunteers Help Children Soar

(continued from page 1)

work helps foster an environment in which citizen responsibility can be nurtured and flourish.

“What does it take to be a good volunteer? All the attributes engender the typical CYS-Project Together mentor. Your efforts make a dramatic difference in the lives of children and inspire others to volunteer,” she said.

Conrad Wilson, Distinguished Service Award recipient and long-time mentor with the program, shared his experiences and reasons for continuing to serve. Serving as a mentor to three boys, he recalls that when he started as a mentor, he had a fantasy that he would be able to perform magic and save the child and perhaps enjoy a shining moment when the boy grew up to be sports hero. “Well, I had no idea what was in store for me,” Conrad said. “The brother of the first boy I mentored used to spray me with a hose because

he could not come along on our outing.” The family moved unexpectedly and Conrad lost contact.

The second boy to whom he was assigned was 13 and plagued by family issues, the lack of a father figure, reckless behavior and problems with authority.

“I decided, this is the one I am going to save,” Conrad said. “I was not making a difference I wanted with him. It was when he was in the hospital after a suicide attempt that I saw him for the first time for what he was, not for what I wanted him to be. I realized that he was perfect and complete as he was and my real job as a mentor was to be the one person who accepted him as he was. Until that time, he was resisting everything in life and the moment I changed, he started to change,” Conrad said. “He is now in college and we still maintain contact.”

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MAY 2002

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, May 25
Surprise Mentor/Child Outing

(714)796-0100

This event is in the planning stages, so be on the look-out for a CYS-Project Together event flyer. Please mark your calendars!

Time: TBA

Cost: Free

Friday, May 3
Voices of the Future

Bowers Kidseum

1802 Main St.

Santa Ana

(714)480-1524

Students from all over Orange County will gather to perform and entertain with folktales, fables, fairytales and original stories. The South Coast Storytellers Guild celebrates the oral tradition by teaching children the art of storytelling.

Time: 7 p.m. curtain

Cost: Free

Friday, May 3
Cinco de Mayo Carnival

Tustin Family & Youth Center

14722 Newport Ave.

Tustin

(714)573-3370

There will be food booths, entertainment and games for the whole family.

Time: 3-10 p.m.

Cost: Free

Friday-Sunday, May 3-5
Cinco de Mayo

Centennial Regional Park

3000 Centennial

Santa Ana

(714)554-5000

Music, food booths, and entertainment are on the agenda for this weekend-long celebration of Mexican independence.

Time: Friday, 4-10 p.m.

Saturday & Sunday

Noon-10 p.m.

Cost: Free

Saturday, May 4
Brea-Olinda District
School Festival

Brea Civic and Cultural Center

1 Civic Center Dr.

Brea

(714)990-7500

This all-day event features local school bands, choirs and performing art groups. See visual art pieces put on display by students, visit the Brea Gallery and take the "Art in Public Places" tour.

Time: 10 a.m.-6 p.m.

Cost: Free

Saturday, May 4
Art-A-Fair

Festival Grounds

Laguna Canyon Rd.

Laguna Beach

(949)855-0202

This is a hands-on art activities event taught by juried artists.

Time: 10 a.m.-1 p.m.

Cost: Free

Saturday, May 11
Hands-On Dance

Anaheim Ballet

280 E. Lincoln Ave.

Anaheim

(714)520-0904

This is predicted to be a unique event including fun and participation in performances, storytelling, crafts and a "pointe shoe" corral filled with point shoes and tutus to try on.

Time: 3-5 p.m.

Cost: Free

Saturday, May 11
Imagine It! Create It!

Festival of the Arts &

Pageant of the Masters

650 Laguna Canyon Rd.

Laguna Beach

(949)494-1145

Children of all ages are invited to discover their creativity in hands-on art

workshops led by Festival of Arts artists in a beautiful outdoor setting. Also Pageant technicians will be on hand to demonstrate how a tableaux vivant (living picture) is created.

Time: Noon-4 p.m.

Cost: Free

Saturday, May 11
An Invitation to Dance

Southland Ballet Academy

9527 Garfield

Fountain Valley

(714)962-5440

Participants age 8 to adult may participate in the free dance classes taught by professional faculty. Classes offered include ballet, tap, jazz, hip hop and character. Please call for reservations.

Time: Noon-5 p.m.

Cost: Free

Saturday, May 18
Pancake Breakfast &
Community Yard Sale

Tustin Area Senior Center

200 S. "C" St.

Tustin

(714)573-3326

Time: 7 a.m.

Cost: \$5

Friday—Monday, May 23-27
Garden Grove Annual
Strawberry Festival

Main and Century

Garden Grove

(714)638-0981

A tradition since 1958, this famous event features a community parade, carnival, games, arts and crafts booths, vendors, stage events, music and contests, including reddest hair and the best strawberry shortcake in America. All proceeds benefit local charities, scholarship funds and non-profit organizations. This is a family event.

Time: Call the number above for each day's hours

Cost: Free

Every 3rd Sunday Stanley Ranch Museum

12174 Euclid St.
Garden Grove
(714)530-8871

This museum, which protects the historical roots of Garden Grove's first settlers during the 1870's Village Era, is run by volunteers from the Garden Grove Historical Society, who provide a guided tour every third Sunday of the month. You can see vintage farm equipment, restored house and barn, explore the 17 buildings on the 2-acre site, and step back into yesteryear.

Time: 1:30-4 p.m.
Cost: \$1-2 donation

Saturdays Story Time

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

For youngsters 12 and under, this story hour features wonderful books from new releases to old favorites.

Time: 10 a.m.
Cost: Free

Saturdays International Speedway Racing

Grandstand Arena
Orange County Fair & Exposition Center
88 Fair Dr.
Costa Mesa
(949)492-9933

Park in the main lot off of Fair Drive. This is an exciting Saturday night, especially for teenagers.

Time: 7:30 p.m.
Cost: Adults \$10
Seniors and teens
13-17 years of age \$6
Children 6-12 \$3

3rd Weekend Free Train Rides

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

The Orange County Model Engineers Club set up a kiddie-sized train and nearly 2 miles of track for youth and children to enjoy.

Time: 10 a.m.-3 p.m.
Cost: Free on 3rd Weekend

Saturdays Nature Conservancy Guided Hikes and Bike Rides

Santiago Canyon Rd. &
San Joaquin Hills
Laguna Coast Wilderness Park Area
Laguna Beach
(714)832-7478

Guided hikes and mountain bike rides are conducted on Saturdays and range from moderately easy to more rigorous. It is a wonderful way to become acquainted with nature. Please call for information on times and other activities.

Time: Please call for times
Cost: Free

Saturdays and Sundays Orange County Marketplace

Orange County Fair &
Exposition Center
Main Lot
88 Fair Dr.
Costa Mesa
(949)723-6616

One of the largest array of new and used items in the world is available here.

Time: 7 a.m.-4 p.m.
Cost: Adults \$2
Children under 12 Free

1st Saturday of Month Bolsa Chica Wetlands Free Tour

Bolsa Chica Ecological Reserve Bridge
Pacific Coast Highway South of Warner
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 aquatic wildlife coming back to life. This is an 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.

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

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

Saturdays Family Story Time

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

Children 3 to 7 and adults may join each other for dramatic storytelling and crafts.

Time: 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.

Time: 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

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

Mentoring Matters

WELCOME NEW MENTORS

- South/ Costa Mesa** Leah Crain
Erin Hitzelberger
Molly Powell
Satoko Shikata (Rematch)
Angela Shuta
- South/Laguna** Michael Sweenie
- North** Amber Yoray
- West** Catherine Navetta
- Aspen/ Santa Ana** Denise Nguyen (Rematch)
Sylvia Rissler
- Aspen/Tustin** Jesse Bowman
Mary Gore

THANKS TO THOSE WHO HAVE MOVED ON

- East** Saeko Anan
Adrianna Cota
Ashlie Milford
Misty Roman
- North** Zoraya Silva
- West** Tam Nghiem
Sandra Perez
- South/ Costa Mesa** Toni Acosta
Caroline Kreiss
- South/Laguna** Robert Baker
Julie Daw
James Hutchcraft
Paula Staff
- Aspen/ Santa Ana** Amanda Podesta

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

The staff and clients of Children & Youth Services (CYS) and CYS-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 for the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Books Are Fun
Mission Viejo

Coby Byerly
Dana Point

Mighty Ducks
Anaheim

Ralphs Grocery
Walnut

Vicki Ramsdell
Huntington Beach

Red Lobster
Brea

Knott's Berry Farm
Buena Park

St. Pious V School
Buena Park

Jody Spellmeyer
Costa Mesa

Statek Corp.
Santa Ana

Bernice Tucker
Lake Forest



Volunteers Help

(continued from page 3)



Guest Marylou Booth (left) came in from Murrieta to attend the Volunteer Recognition with her sister, Melanie Lamoureux, who received a Merit Award for 1-3 years of service as a mentor. Melanie has been matched numerous times and currently mentors two boys, who, due to her involvement, are participating in soccer and other enrichment activities. Melanie gets together for a group outing about once a month with another mentor, Henry Ciudad Real, who works with the brother of her two boys.

"My third match is a young boy whose father died before he was born and his mother is non-English speaking. I have learned through him that my joys as a mentor are phenomenal. I simply allow myself to be present and be authentic. Set an example for them and they will know this is an invitation to do the right thing."

Sharon Modaff, CYS-Project Together Service Chief, also acknowledged Distinguished Service Award recipients Bill Sauter and Tom Healey, who were not able to attend.

Mentors and volunteers received recognition in the form of Appreciation Awards, Merit Awards, Ambassador Awards, Inaugural Awards and Distinguished Service.

Happy Birthday

Melody St. John	5/3
Ronald Graves	5/7
Christine Ruby	5/9
Robert Walters	5/9
Sofia Martinez	5/10
Lisa Voigt	5/12
Caroline Kreiss	5/13
Sarah Skirvin	5/14
Nicole Mardaresco	5/17
Henry Ciudad Real	5/20
Melanie Lamoureux	5/21
Anne Sullivan	5/22
Satoko Shikata	5/22
Dave De Luca	5/25
Julie Yrigollen	5/30

Projects Corner

Net Bugs for Fun and Learning

Anyone who has cleaned out a child's pockets before dropping clothing into the washer has probably retrieved more bugs than one would ever want to handle.

Many children and teenagers love to watch insects and spiders. Some may even grow up to become entomologists, biologists, pathologists or exterminators. For grown up bug hounds, the study almost always begins at 17 and under, according to the Entomological Society of America.

So if the interest is there, why not capitalize on it? Youngsters can learn a great deal about their environment, biology and themselves by observing and studying bugs. Southern California may not have the infestations of flying and crawling creatures as the Everglades, but it has an abundance of interesting and useful bugs. The Orange County Park system's Nature Centers have displays of bugs and insects that can be found in the environment and, in some areas, the park rangers have even planted butterfly gardens.

Mentors may want to consider spending an outing exploring the bug world with the children or teenagers with whom they are matched.

Since bugs are such an important part of our lives on earth, you may want to do your bug collecting in an environmentally-conscious manner by catching the bugs live and then returning them safely to their homes after exploring their purpose, habits and world. How do you do this?

Sarah Girard Wilson, a ranger at Santiago Oaks in north Orange County, like many of our County Park Rangers, knows a few things about the insects and spiders that favor their park habitat. She always informs those on park tours to not squash the bugs they see because of their importance to our environment. Instead she suggests some harmless ways to catch and/or observe some of earth's smaller creatures.

But first some definitions: Within



the non-technical category of "bugs" are insects and spiders. Insects, winged or wingless, usually have segmented bodies with 6 legs. Spiders usually have 2-part bodies, eight legs and spinnerets to make silk for nests, cocoons or webs. The technical term of "bug" is a winged or wingless insect with a mouth adapted for piercing or sucking.

Our first "bug catcher" has already been built by the spiders. Many spiders build webs for nesting and catching their food. So finding spider webs in the wild or in your yard, may give you an opportunity to observe other bugs as well. The webs are sticky and great labor-free collectors of winged bugs that spiders use for food.

"Please note," says Sarah, "Spiders are our friends. If it weren't for spiders, the world would be over-populated with insects. Crops would be damaged and there would be very little greenery left. Spiders eat a huge amount of insects," she said. Lady bugs, often the favorite of humans of all ages, are also our friends, says Sarah. "They eat aphids and other soft-bodied insects that eat our plants." As a matter of fact, many nurseries carry lady bugs and lady bugs for fleas, so gardeners and pet owners may release them into their yards. "The

praying mantis is really an interesting insect in our environment. They eat only bugs and don't touch plants," according to Sarah.

Another harmless bug catcher is a plain white sheet and a white light, says Sarah. "Simply rig the sheet with a white light behind it to catch whatever flies by," she advised. Some bugs are attracted to light and will fly toward the light and get caught on the sheet. Once you have taken a look and identified your catch, simply shake the sheet and they are free again. Usually, more bugs are caught this way after dark, including moths, mosquitoes, gnats and even butterflies.

Sarah also encourages people to look for butterflies. Most don't know that "They pollinate flowers and other plants just as bees do. The Monarch and Swallowtail butterflies are common to our area and pollinate sages, salvia, columbine and many other plants," she said.

"Be on the lookout for cocoons or egg cases in the wild and try to determine which spider or insect it belonged to," Sarah said. Once you can recognize various types of cocoons, you may want to launch a project by collecting a chrysalis or cocoon and then watch the butterfly hatch. "Once hatched, release it back to its home environment so it can survive to do its work for us," she said.

Another more "traditional" way to collect flying creatures is with a butterfly net, designed specifically to catch butterflies, but not harm them. This is also useful for catching some of the larger night-flying insects such as moths.

Sarah also suggests that using a camera is a wonderful way to capture bugs. She encourages people to keep a book or "bug diary" where pictures, identification of the bug and observations can be placed. Is the bug eating anything? Where is it? On a plant or the ground or airborne? What do you think the bug's purpose is? You may look this information up on the Internet or at a local library. There are also bug encyclopedias with pictures for identification and information in the library or bookstore.

The Back Page



AHOY MATES!

Grace and Bob Passage sign in at the Ahoy Mates! Mentor/child outing on Sunday, April 7. Some 35 mentors and youth of CYS-Project Together enjoyed exploring the tall ship "Pilgrim" and marine life at the Ocean Institute Lab at Dana Point Harbor.

HIGHLIGHTS

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- Aspen/Tustin Ken Cornwell (714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and 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*

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Address Correction Requested

