

# Mentoring Newsletter:

## December '09

W A S H I N G T O N C O U N T Y Y O U T H B U R E A U

### SPECIAL POINTS OF INTEREST:

- Dec. 5th: Breakfast with Santa at the Elks Lodge 7:30am to 11:30am! Call 518-692-9446 with any questions. Adults are \$5 and kids are \$4.
- Dec. 5th: Caroling in Mowry Park at 6pm at the gazebo! Call 518-692-7979 with any questions.
- Dec. 6th: Holiday Tree Lighting Memorial at 5pm in Greenwich! Call the town clerk at 518-692-7611 with any questions.
- Dec. 4th-7th: Christmas in Cambridge featuring a parade, caroling, and tree-lighting. Visit [www.cambridgenychamber.com](http://www.cambridgenychamber.com) for more details.
- Dec. 5th and 6th: Holiday open house. Alpacas of Easton, 11822 NYS Rt. 40. 10am to 5pm. For more information, call 518-692-8684.
- Nov. 27th 4pm-6pm, Dec. 6th 4pm-6pm, Dec. 12th noon-2pm there will be ornament decorating at The Municipal Building.

### THIS MONTH IN WASHINGTON COUNTY

• Want to get a picture with Santa but don't want to travel all the way to the North Pole? Well, here's your chance because he's traveled all this way early and wants to get a picture with everyone. He is also looking forward to eating pancakes with everyone from 7:30am to 11:30am.

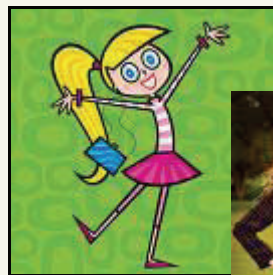
• Come shop in the fiber store, visit animals, and see spinning and dying demos at the Holiday Open House. Free admission.

• Come see the exciting tree lighting at the Town Commons in Greenwich. Academy Street Holiday tree lighting memorial. Free admission.



- Come to the Greenwich Free Library for the Festival of Trees held all throughout the month of December. The event is held during open library hours. There will be a display of miniature Christmas trees decorated by local businesses and artists in the Hedbring room. For more information, call 518-692-7157.
- There will be a spectacular event of caroling in Mowry Park, with hot beverages and cookies to follow at St. Pauls Parish Hall-Main St. This event will be sponsored by the Greater Greenwich Chamber of Commerce.

### AN EYE ON FASHION



## WANT 20 FREE THINGS TO DO?

Here is a simple list of twenty free things you can do on a day when you have nothing planned:

- 1) Learn a new skill.
- 2) Treat yourself to a pedicure.
- 3) Play games online. Go to [MapleStory.com](http://MapleStory.com) for a great time!
- 4) Start a photo project.
- 5) Take a nap!
- 6) Go camping in your back yard.
- 7) Make a music play list for someone special.
- 8) Visit a museum.
- 9) Go geocaching. Use a GPS to treasure hunt, go to [Geocaching.com](http://Geocaching.com)
- 10) Swap stuff.
- 11) Find your favorite student a scholarship.
- 12) Attend a home-improvement clinic.
- 13) Take in a local event.
- 14) Take a factory tour.
- 15) Go treasure hunting!
- 16) Set up a game tournament.
- 17) Volunteer somewhere.
- 18) Continue your education.
- 19) Catch up with your friends.



**Camping is always a great time, even if it's just in your back yard!** ☺

## EASY STRESS RELIEVERS.

Want to cut down on the amount of hair pulling and teeth grinding you do a day?

Here are some very easy possibilities for getting rid of that stress altogether:

- Avoid tight fitting clothes.
- Get up 15 minutes early.
- Prepare for the morning the night before.
- Avoid negative people.
- Tickle a baby!
- Take a bubble bath.
- Walk in the rain.
- Say "hello" to a stranger.
- Dance a jig!
- Sing really obnoxiously in the car...as long as no one is with you.
- Read a poem.
- Look up at the stars.
- Do it today, not tomorrow.
- Always have a plan B.
- Exercise every day.
- Go on a picnic.
- Get enough sleep!

*"Grab life by the hand and go on an adventure you only dreamed possible in fairy tales."*

## MENTORING IDEAS!

Here are some basic ideas you can do with your mentor or mentee:

- Go to the ASPCA!
- Take pictures of places.
- Make popcorn and talk.
- Go bargain hunting.
- Write a song.
- Make ice cream
- sculptures!
- Design a website home page.
- Begin a book club with other mentors/mentees.
- Play laser tag.
- Go on nature walks.
- Listen to music and discuss the different types you like.
- Celebrate a holiday.
- Tackle homework!

These may just be some simple ideas, but they can sure have a great effect on the relationship between the mentor and their mentee! The smallest activity can have the biggest impact!



**Going to see a kitten brightens up anyone's day!**

**A FANTASY CHRISTMAS TRADITION**

A fantasy Christmas tradition would be to get up at 6am and go to McD's in pajamas and have to wear Santa slippers. I would have pancakes with blueberries on top with chocolate syrup and snow flake sprinkles. I will be waited on by Taylor Swift dressed as an angel, glittery and glowing. Scott Swift, Taylor Swift's dad, is waiting on us. We get up and give them both ten dollars. Then we get on a plane and go to Disney Land and go swimming. We wear candy cane striped swimming suits with Santa elves on them. We

happily ride dolphins with Santa heads on them. Then they sang Christmas carols to us. Grandma asked them if they could sing "Love Story" by Taylor Swift. I helped them sing the song and they said I was a great singer. I said good bye and we hopped out of the water. We saw a dog for sale with red and white stripes and a big blue star on her back. Her tail was wagging a twenty four miles an hour. I asked if I could have her and the manager said yes, so I gave him the money and said bye. We got on a plane and went back

to New York. We went to my Uncle John's and then went deer hunting.

After we were done deer hunting, we went home and watched the television. Then we went to bed!



Written by  
Alison  
Chadwick!  
Hudson  
Falls, NY

**A 5TH GRADERS MOST POPULAR CHRISTMAS GIFT WISH...**

Alison was curious as to what were the most popular Christmas gift requests of other 5th graders like her self.....

Wonder what would be on the teenager's list?

Hmmmmmm.....

She decided to do a small poll...

Of the few kids she asked she found that the kids today love technology....well, who wouldn't!!!! There are some cool gadgets out there.

The two items that topped the list are: 1. I-Pod/mp3 players and 2. Portable DVD players.



*That you were Romeo, you were throwing pebbles  
and my daddy said stay away from Juliet.*

**Plug-Ins**

Form 7-letter words by rearranging the letters of each 6-letter word and plugging in one of the boxed letters. Each letter will be plugged into the same position of each 7-letter answer, and each boxed letter will be used once. Answers on page 254

**A P R I C O T**

- 1. TOUCAN \_\_\_\_\_
- 2. SPIDER \_\_\_\_\_
- 3. BEGGAR \_\_\_\_\_
- 4. NIMBUS \_\_\_\_\_
- 5. PARITY \_\_\_\_\_
- 6. TRUEST \_\_\_\_\_
- 7. MINGLE \_\_\_\_\_

PARENT & MENTOR  
CORNER



**Have Fun, Make a Difference  
-Be a Mentor!**

**WASHINGTON  
COUNTY YOUTH  
BUREAU**

Washington County Municipal Building  
383 Broadway  
Building B  
Fort Edward, NY 12828  
**Program Coordinator:** Tammy Jursza

Phone: 518-746-2317  
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E-mail: tjursza@co.washington.ny.us  
http://www.co.washington.ny.us/Departments/



**All they want (kids) for Christmas**

**(Jesamyn Go, Dateline Web senior producer)**

In the craziness of the season, parents should remember to emphasize that the holiday isn't about the presents. "Use the time as an opportunity to communicate," reminds Shankle. "They are out of school and you probably have some time off from work.

**Remember, you are a role model for your child at all times.** Help show them life -- as well as holidays-- is not about 'the stuff.'"

"You can also do something with your child that helps other people," she adds. "Make sure your teen understands that doing good work is about the people for whom you do it."

And listen. "If you spend enough time with them, just wait. They do actually want to talk to you about their lives, their friends, and their MySpace," adds Armand.

**PARENTING!!**

**CAUSES OF EARLY GRAY HAIR?**

With so much information available on parenting, how can anyone figure out what *really* works?

- How do you know whose advice to follow?
- Isn't parenting just common sense anyway?
- How can the experts know what it's like to be a parent in a real house?

One that is for certain is that each of our children are **UNIQUE**, with different :

- Needs
- Personality
- Maturity
- Etc

If each child is **DIFFERENT**, can you really parent each one the same way?

**RPM3** stands for:

**Responding** to your child in an appropriate manner.

**Preventing** risky behavior or problems before they arise.

**Monitoring** your child's contact with his or her surrounding world.

**Mentoring** your child to support and encourage desired behaviors.

**Modeling** your own behavior to provide a consistent, positive example for your child.

Check out the website for more details:

[http://www.nichd.nih.gov/publications/pubs/adv\\_in\\_parenting/table\\_of\\_contents.cfm](http://www.nichd.nih.gov/publications/pubs/adv_in_parenting/table_of_contents.cfm)

**6x6  
Sudoku**

Fill in the grid so that every row, column and 2x3 box contains the digits 1 through 6.

1		6			
2					3
3	5	2			
			6	2	1
4					5
			1		4



Christmas joy warms the heart

6x6 SUDOKU

6	2	5	1	3	4
4	1	3	2	6	5
5	3	4	6	2	1
3	5	2	4	1	6
2	6	1	5	4	3
1	4	6	3	5	2

- Plug-Ins Answers
1. Account 2. Striped,
  3. Garbage, 4. Minibus,
  5. Topiary, 6. Sputter,
  7. Gremlin