

MENTORING NEWSLETTER

Life Strategies for Teens

As adapted from *Life Strategies for Teens* by Jay McGraw

**Life Law 1:
Either you get
it, or you don't.**

Need to figure out why you do what you do and learn how to change it for something better.

How come others are more successful than you? Luck? Not really. They know if they don't want to miss an opportunity or really want something...THEY have to do something about it...to work for it. You need to work the system to your advantage in a positive way.

What is holding you back from success? What part/s of you are refusing to get with the system?

Seriously think about what you want in your life; what dreams do you have? Are you jotting these things down..you should be.

Do these exercises: Brain storm with your mentor or a friend, etc.

1. Name 3 people (peers) who have achieved something you would like to achieve (good grades, skill in sports, lots of friends). Write their name and the achievement. Then underneath list several ways you think they positively work

the system to their advantage in order to succeed. For example Joe Smo made the baseball team and plays well. How he worked the system was at the beginning of school he asked a current player to coach him in playing baseball. By the time tryouts came, he had improved his game and got to know other members of the team and the coaches—this is great networking and working the system!!!

We all dream....but we must take the steps to help our dreams happen. So stop complaining about what you don't have and do something about it!!!!

2. Think of up to 5 skills, talents or personal qualities you'd like most to develop in yourself. For each one list 5 specific actions you can take in order to acquire the skill or nurture a talent or quality. How can YOU work the system?

3. Relationships run according to a system as well. You have to "get it" about people too. How would you like your relationships (friends or family) to improve? What actions could you take to make a change?

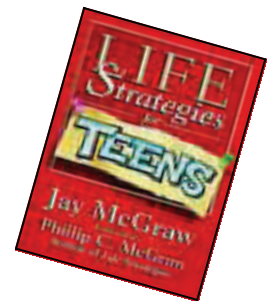
Now remember is it really that easy to change a behavior or begin a new one (such as beginning to exercise)? NO...so don't just do something once and expect an all new you...life is not that easy...BUT it is doable IF you really want to see a change. Be persistent.

4. What kind of behaviors do successful people engage in? Do you engage in the same behaviors in the same way?

Life is a give and take. What can you give or offer someone so that in return they can help you or give you what you need to be successful?

Knowing people, knowing the rules of the system and working it in the right ways to your advantage...can help you achieve and succeed.

What is the rules of the school system? The rules of society? The rules of a club? The rules of family?



Project Ideas.....



Reading Lamp:

Go to this website to make a tin can reading lamp...

<http://www.instructables.com/id/Tin-Can-Lamp/>



Shopping/tote bags:

Make bags you can use for what ever out of old T-shirts. Sew closed the bottom, cut most of the sleeves off. BUT leave enough to hem the arm wholes, which become the handles and the neck is the opening to the bag.

Vertical Vegetable Garden:

How about planting some easy to grow vegetables in an old over the door shoe holder.



Did You KNOW....

What is in a name?

Ever wonder how products got their names? Here are some of the stories behind the brands.

Fig Newtons: Created in the 1890's at the Kennedy Biscuit Works bakery in Cambridgeport, Mass., the treat was originally called Newtons because the plant manager liked to name products after surrounding towns—in this case, Newton, Mass.



Fig was added later.

WD-40: WD-40 was developed in 1953 for the aerospace industry. It took the Rocket Chemical Co. 40 tries to get the water displacement (WD) formula right.

Gatorade: The drink was formulated in 1965 after a University of Florida coach for the Gators football team asked researchers to figure out why so many players were being affected

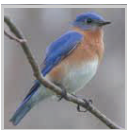
by the heat. (Get it? Gator Aid.)

Nike: Its name sake is the Greek winged goddess of victory.

Twinkies: A St. Louis billboard for Twinkle Toe shoes inspired the name of this treat, which was created by a Hostess bakery manager in 1930.



The Eastern Blue Bird was named our state bird in 1970. Bluebirds are among the first birds to return in the spring from southern wintering areas. They prefer open habitats like fields, orchards and gardens, where they find plenty of insects to eat.



Bluebirds are cavity nesters. They nest in trees in holes made by other birds, like woodpeckers, or in man-made nest boxes. Once considered rare, bluebirds are more common today because of people building & taking care of nest boxes.

- **Hey Mentees and Mentors!!!** June 21st was the official calendar day for the first day of summer. By the time you all get his newsletter school will be out and summer vacation will be beginning. So.....

What are you doing for the summer?

Why don't you set some goals and plans for your self to **do something different** that you have not done this summer.

Do a science experiment

Go to a museum

Learn to dive or water ski

Build or Grow something

Meet a new friends

Learn Skateboarding or Karate

11 Creative Ways to Get Your Kid to Play Outside

Kids today spend [55 hours a week indoors](#) using electronics, and less and less time outdoors. But how do you get your kid to experience the wonders of nature, develop creativity and learn to appreciate the virtues of quiet? Here, The Daily Green presents some ideas in conjunction with the National Wildlife Federation's Be Out There campaign, which urges parents to give their children a "Green Hour" each day: one hour outdoors engaging in unstructured play ([BeOutThere.org](#)).

Camp Out in the Back Yard

One idea? Camping. The outdoor vacation is making a comeback! Hiking and camping have been increasingly popular in recent years, and there's no better way to introduce your child to the wonders of the outdoors. But if your family's not quite ready for wilderness camping, organize a campout in your own backyard! It's cheap, fun and easier than you think. The [Great American Backyard Campout](#) is June 26. For more information, visit [BackyardCampout.org](#).

Watch (or Catch) Fireflies

Fireflies are one of the harbingers of summer — and an early inspiration for many people venturing outside. You can teach your child about the wonder of bioluminescence by simply punching some holes in the lid of a jar and sending him or her out into the night.

Or, you can go a step further by recording and sending your observations to scientists trying to understand more about the habits of these delightful but little-understood beetles. For more information about Firefly-Watch, visit [mos.org/fireflywatch](#).

Watch Wildlife

A recent Kaiser Family Foundation [study](#) found that kids spend, on average, more than seven hours per day with electronic media. The antidote for gamer's eye and texter's thumb is right outside the door, where neighborhood nature offers sights, sounds—even smells—to engage and recharge all of a child's senses.

One great way to start? A [citizen science project](#) like NestWatch ([www.birds.cornell.edu/birdhouse](#)), a program of the Cornell Lab of Ornithology that gathers valuable scientific data about nesting birds from neighborhood observers across the world. For more ideas, try the National Wildlife Federation's Wildlife Watch at [nwf.org/wildlifewatch](#) or The Daily Green's list of citizen science projects at [thedailygreen.com/science](#).

Turn your wildlife expedition into a "photo safari," or guide your child in the creation of a [nature notebook](#). For nature photography inspiration, check out [nwf.org/photozone](#) and to find a local park try [nwf.org/naturefind](#).

Check Out the Pigeons

Not every lover of the outdoors lives on a ranch in the countryside. Most of us live in cities, and that's why there's PigeonWatch. Perfect for kids, PigeonWatch is a Cornell Lab of Ornithology program that's nine parts education to every one part science. It's a good way for city kids to become familiar with a common — and surprisingly beautiful bird (really, give "flying rats" a second chance!).

Another of the lab's programs, Celebrate Urban Birds, goes further, asking participants to spend 10 minutes observing 16 urban birds and reporting their observations. It's a good way to get to know local crows, robins, orioles, swallows and even more exotic species, like the black-crowned night heron and the peregrine falcon. For more information, visit [birds.cornell.edu/pigeonwatch](#) or [birds.cornell.edu/celebration](#).

Tend a Garden

Gardening is a great family activity that can help teach children about so many things—life cycles, pollination, and nutrition, just to name a few. Whether it's in your own yard or a [community garden](#) plot, why not [plant a garden with your child](#)—one to benefit both humans and wildlife? The National Wildlife Federation has tips for making your garden friendly to birds, bees and other wildlife (nwf.org/gardenforwildlife). Research shows that children who plant vegetable gardens tend to make [healthier nutritional choices](#) as adults.

Join Monarch Watch

Monarch butterflies are among the most beautiful in the United States, and there are several programs set up for kids and adults to learn about their incredible lifecycles (including a migration to Mexico and back that unfolds over more than one generation) while helping scientists keep tabs on their fragile population.

You can start by identifying milkweed, which is a prime food source, and the colorful larvae, but most kids will reserve their excitement for MonarchWatch, a citizen science program that involves either carefully catching butterflies, collecting information about their weight and health or counting them as they flit by.

For more information, visit MonarchWatch.org.

Make Art from Nature

Stop to smell the roses—and to appreciate any of the wildflowers your family can find growing nearby. Make a keepsake of a favorite natural find: press your flowers or [make leaf prints](#). To press flowers, simply put them between pieces of wax paper and close them in a big book. To make leaf prints, ink a leaf with a sponge and press it into paper for an instant artistic creation!

Go on a Treasure Hunt

Ever try [letterboxing](#) or its high-tech counterpart, [geocaching](#)? Both involve hunting for objects or landmarks in the outdoors, both require some problem-solving skills and both encourage participants to explore new areas. These family-friendly activities are a great way to have fun together outdoors, get some exercise and work on skills such as problem solving, map reading and math. Another idea: Have your kids make a nature map of the neighborhood, so they learn to define their own special natural places.

For more information, visit Letterboxing.org or Geocaching.com.

Take a Night Hike

Exploring nature doesn't have to stop when the sun goes down. Spend some time with the moon, the stars and all the animals that like to be active at night. Go for a [moon walk](#), [trace the constellations](#) of stars, learn to identify [nocturnal insects](#) and have your child keep a [moon journal](#) that will help your child understand the phases of the moon. The darkness outside makes it more of an adventure!

Build a Fort

No batteries, no instructions—just a lot of fun and satisfaction. Bushes, trees, cardboard boxes, old blankets—you may have turned them into a secret play space when you were a child; don't let your kids miss the chance to exercise their imaginations and build a fort of their own. All you need is some fort-making materials: some long branches, an old appliance box, a sheet ... or any number of other materials. Let your child's imagination run wild.

Join Web Watch

Perfect for the young Spider-Man fan, WebWatch is a citizen science project designed to excite kids about the natural world while helping scientists keep tabs on nine species of spider (none of them venomous, of course). Scientists actually know very little about the 4,400 species of spiders in the world; your child can help!

For more information, visit SpiderWebWatch.org.

Parents Corner...The transition from work to home.

BUILDING BRIDGES MENTORING PROGRAM- WASHINGTON COUNTY YOUTH BUREAU

[http://www.co.washington.ny.us/
Departments/Youth/
yth_mentor.htm](http://www.co.washington.ny.us/Departments/Youth/yth_mentor.htm)

My first is in haby and also haboon:
My second and third are both found in moon.
My last is found in kangaroo
But definitely not in bugaboo.
I can take you anywhere,
But treat me kindly, I might tear!
Who or what am I? _____

Ideas for things to do

Aug. 1—Agriculture to Art.

Farmers market, outside Cambridge hotel, Cambridge.
Gourd artist Serena Kovaloski. 10am-2pm.

Aug.3—Mettawee River Theatre Company.

Georgi museum lawn, Shushan, Iroquois creation story with larger- than life puppets, actors, and live music. Bring lawn seating. Free. 7 p.m. 854-3773.

Aug. 5, 8, 12, 15 & 22nd—Granville town concerts.

Various bands. Free. Veterans Memorial Park. 7pm

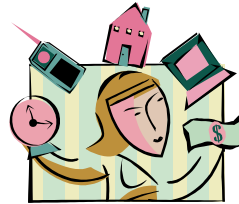
Aug. 6, 13, 20 & 27th—Whitehall town concerts.

Various bands. Free. Riverside Park Bandstand. 7pm

Aug. 7-8—Pow Wow Gathering of Spirits.

Canal Park, Whitehall. Native American dancing, drumming, singing & storytelling. Free. See webstie: whitehallpowwow@yahoo.com

It has been a long, hectic, exhausting day, and all you want to do is collapse, veg or watch mindless TV. But you can't of course. You've got to start the next shift, home duty. Switching gears to reconnect with your family isn't so easy. "After a tough day, you're worn thin and on the verge of losing it with your kids," notes Ingrid Schweiger, Ph.D. But blowing your top could mean blowing family time altogether, because research shows that the first 10 minutes after you walk through the door determines the tone and outcome of the rest of your evening.



You can make it through this witching hour without blowing if you take the time to re-enter family life right away. First, show your spouse and kids that you're there for them—say hello, making eye contact, hug them kiss them. Then grab a moment just for you, Schweiger suggests: "Change your clothes, sit down somewhere—whether in the bathroom, back porch or walk in closet, and for five minutes visualize a nice evening with your family. Breath and work to release any tensions from work. You'll be calmer, cooler and genuinely ready to really be with your family.

Exert from Redbook magazine.

REMINDER:

Minni Ha-Ha cruise is set for August 12th. We will meet near the dock at 6pm and have pizza along the shore before we board about 7pm.

Please call and confirm your attendance!! 746-2317

Aug. 11—Children's Mad Hatter Hat Making.

Hudson Falls Free Library. Free 2pm. 747-6406

Aug. 19th—Dan Mellon.

Juckett Park, Hudson Falls, Bring lawn seating. Plus Bubbles the clown. Free. 7pm.

Aug. 22—Children's Fishing Tournament.

Washington County Park, Lake Lauderdale. 8am. www.lakelauderdale.org

Aug. 23-29—Washington County Fair

Rte. 29 Greenwich. www.washingtoncountyfair.com

Aug. 19—Chalk Fest

5-8pm. Free. Lapham Place, Glens Falls (downtown) See area artists create artwork on the sidewalks while enjoying ADK Italian ice & live music.

LOWES Kids Clinic 10am. Free

August 14th Make a beetle bug box.

August 28th Make a school bus.

Hudson Falls Fitness Center

80 E. La Barge Street. Open to public Tuesday & Thursdays 7-8:15pm. 747-2121

Aug. 19th—Outdoor Cinema: The Wizard of Oz

Outside near Crandall Library. 8pm Free, though a donation is suggested. Bring own blanket/chair. If raining will be 7pm in Library.

Aug. 26th—Classic Car Cruise In

5-8pm. Downtown Glens Falls. Classic cars & music. Free.