

February 2022
Vol 2 Issue 2

YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter



Inside the Issue

The Youth Bureau is currently recruiting teen ambassadors to be on our Youth Committee
Email
ABackus@stlawco.org
today.

Random Acts of Kindness Day is Thursday, February 17th. Let us know what you are doing to make someone smile this month!

The Youth Bureau Valentine's Card Drive wraps up on Thursday, February 10th. Please submit your homemade cards today.

A note from our Director:

Later this month, we will be launching a teen-led campaign, in partnership with the US Attorney's office, on Cyber Extortion and Suicide Prevention. It's going to be an impactful and insightful initiative which will help teens in St. Lawrence County. Now is a great time for county teens to join our Youth Committee. Feel free to contact me directly to learn about our programs. ABackus@stlawco.org

Alexa J. Backus, Youth Bureau Director





Be your school Ambassador for the St. Lawrence County Youth Committee

BE A LEADER

HAVE A VOICE

MAKE A DIFFERENCE

Now Recruiting from the
following schools:

- Canton
- Clifton Fine
- Edwards Knox
- Lisbon
- Madrid-Waddington
- Massena
- Gouverneur
- Hammond
- Harrisville
- Morristown
- Norwood-Norfolk
- Ogdensburg
- Parishville-Hopkinton
- St. Lawrence Central

Contact
Alexa Backus
ABackus@stlawco.org
315.379.9464



**St. Lawrence County
Students-Let's show
our COUNTY PRIDE!**

YEAH!

**I LOVE
MY COUNTY
BECAUSE...**

**ART
CONTEST
NACo.ORG/ART**



DEADLINE May 1st, 2022













**Details can be found by clicking the link
below or using the QR code!**



February -2022-

A few National Month observances:

- Black History Month
- American Heart Month
- Children's Dental Health Month
- Library Lovers Month
- **Random Acts of Kindness Week 14th-20th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Groundhog Day	2 	3	4 Thank a mail carrier day 	5 Chinese New Year Program 
6 Valentine's Cards for Seniors 	7	8 NATIONAL BOY SCOUTS DAY  4-H Animal Workshop 	9	10	11 Make a friend day 	12 Winter Book Walk & Craft Frosty Fest 
13 Superbowl SunDay 	14 Valentine's Day 	15	16	17 Random Acts of Kindness Day  4-H Activity Night Outdoor Winter Survival	18	19 MOONLIGHT SKI & SNOWSHOE 
20	21 PRESIDENTS DAY 	22	23	24	25	26
27 National Toothfairy Day 	28					

St. Lawrence County Calendar of Events For Families

FAMILY & YOUTH CALENDAR OF EVENTS

- 2/5-Chinese New Year Program
 - 11:00am - North Country Children's Museum
- 2/6-Valentine's Cards for Seniors
 - 11:00am-12:00pm North County Children's Museum
- 2/8-4-H Animal Workshop, Cats
 - 6:00pm-8:00pm Cornell Cooperative Extension
- 2/12-Frosty Fest
 - 11:00am-2:00pm Ives Park
More Info [HERE](#)
- 2/12-Winter Book Walk and Craft
 - 10:00am-12:00pm GCSD Elementary Cafeteria
- 2/17-4-H Activity Night
 - 6:00pm-8:00pm Cornell Cooperative Extension
- 2/19-Moonlight Ski & Snowshoe
 - 5:30pm-8:00pm Nicandri Nature Center

More Info [HERE](#)

SPECIAL INTEREST DATES

- 2/2-Groundhog Day
- 2/4-Thank a Mail Carrier Day
- 2/8-National Boy Scouts Day
- 2/11 Make A Friend Day
- 2/14-Valentine's Day
- 2/17 Random Acts of Kindness Day
- 2/21-Presidents Day
- 2/28 National Toothfairy Day

ST. LAWRENCE COUNTY
OFFICE FOR THE AGING
AND
YOUTH BUREAU

VALENTINE'S
CARD DRIVE

Students, of all ages, are invited to make cards, notes, or pictures for the elderly. Let's spread some love and happiness this Valentine's Day!

Please mail or deliver cards by Thursday, 2/10/22 to:
SLC Youth Bureau 80 SH 310 Suite 4 Canton, NY 13617
For more information, email ABackus@stlawco.org
or call 315.379.9464

CLASSROOMS & AGENCIES

We need
your
PHOTOS

of students making
Valentine cards for the
Youth Bureau Card Drive.



Email photos to
ABackus@stlawco.org



Chinese New Year Program

Saturday, February 5, 2022

11:00 AM

Come celebrate the Chinese New Year with special guest presenter Guangming Yao. Learn about the customs your neighbors celebrate for this important day of the lunar calendar. Come make special New Year Dumplings and holiday crafts at the museum! Program included with membership and admission through the generous support of the VanNess Family Fund of the Northern New York Community Foundation. Geared for children 12 and under and their families. No need to preregister.



Valentine's Cards
for Seniors

February 6
11:00 am - 12:00 pm

The St. Lawrence County Youth Bureau, working with the Office for the Aging, has launched it's second annual Valentine's Day card drive to benefit senior citizens living in the county. Let's join in! Come design a one-of-a-kind card filled with love!

No need to preregister.
Program included with
membership and
admission.



福

FROSTY FEST

Ives Park, Potsdam
Saturday, February 12, 2022
11am - 2pm

'Tis the season for a snowman competition!

Bring items from home to make your snow creation special. Prizes for winners. Free hot chocolate and cookies in the gazebo. Marshmallow toasting and storytime around the campfire with Potsdam Public Library.



Snow date Saturday, Feb 19th, 11am

Sponsored by the North Country Children's Museum, SLIC Arts, Potsdam Chamber of Commerce, and Clarkson University. Sign up for a spot here:
facebook.com/nccchildrensmuseum



4-H'ers in St. Lawrence County are invited to participate in our monthly activity nights and animal workshops. Animal workshops will be offered on the 2nd Tuesday of each month and will focus on a different animal each session. Participating youth will learn about animal health, nutrition, care, showmanship, and more! Registration is required and the links are below. This is a first come first serve event, with a maximum of 20 participants.

4-H Animal Workshop *Cats*

Tuesday, February 8th
6 pm - 8 pm



Cornell Cooperative Extension | St. Lawrence County

**Register
HERE**

Our 4-H Activity Nights will be held the 3rd Thursday of every month from 6 pm-8 pm at Cornell. This month 4-H'ers will participate in an adventurous night including snowshoeing, building a snow shelter, and basic outdoor survival activities to include a fun survival snack. Registration is required and the deadline to do so is February 15, 2022. This is a first come first serve event, with a maximum of 30 participants

4-H Activity Night *Outdoor Winter Survival*

Thursday, February 17th
6 pm - 8 pm



**Register
HERE**



"I pledge my health to better living."

Cornell Cooperative Extension | St. Lawrence County



KIDS' BOOK CLUB

Kids ages 7-9yo

Book - *Dragon Masters: Rise of the Earth Dragon* By: Tracy West

This epic adventure features Worm the earth dragon, Drake his new dragon master, and a whole cast of new friends. Join in to find out more about Worm and why there are onions all over this paper. During the discussion we will be making dragon eggs to take home.



Kids 7-9yo

Registration required

Monday 21st February from 2 - 3pm

This will be in person. *In person meetings subject to change*
You will receive a copy of the book to check out upon registration.
Call 315-769-9914 or email vtatro@ncls.org for more information.



Winter Book Walk and Craft

Date: **Saturday, February 12th, 2022**

Time: **Anytime between 10:00 a.m. - 12:00 p.m.**

Location: **GCSD Elementary Cafeteria and Nature Trail**

Cost: **FREE**



Families are invited to make a pinecone bird feeder (peanut allergy friendly) prior to heading out to the nature trail for a story walk. Mounted book pages located around the trail will give families the experience of walking through a winter story while getting active and having fun. Hang the bird feeder in a tree as you make your way along the trail, or take it home for the birds to enjoy.

We will also have fitness challenges at each stop for those of you looking for an additional challenge. These **optional** challenges are a fun way to get active with the family. Several of our NHS Wildcats will be guiding these activities.

We will have snowshoes available, but snowshoes are not required. Winter boots will work just fine.

Sponsors: **GCSD Wellness Committee & Elementary PTO**



Canton Free Library

8 Park Street
315-386-3712

Beginning February 1st,

there will be a new

PRESCHOOL

TAKE & MAKE CRAFT

available each week!

- One per child, please & while supplies last.

- You may pick up in the children's room or request curbside!

TAKE TIME THURSDAY FEBRUARY 3, 2022

CALLING ALL COOKS!

Take Time Thursday is gearing up for a fun night of family time and competition! Please join us on February 3rd, 5pm-7pm, for Trinity Catholic School's Chili, and Macaroni and Cheese cook-off! We all know that everyone has their favorite chili or mac 'n' cheese recipe, now is your time to prove it!

To enter, please complete the entry form (sent home with students), and return to school by January 31st, with the \$5 entry fee (to benefit student activities).

To sample the entries and vote on your favorite, please attend our Take Time Thursday family night on February 3rd between 5pm and 6pm to vote for your favorite, then stay until 7pm for fun family games! Light snacks will be provided.

If you have any questions, please contact Kathy Behrens, Trinity's Family Support Coordinator, at kbehrens@rcdony.org.

We look forward to seeing you there!



How Random Acts of Kindness Can Boost Your Health During the Pandemic



By Joni Sweet
www.verywellmind.com

Amid the challenges of the pandemic, now more than ever is a time to be kind. Simply sending a thoughtful note to a faraway friend, shoveling snow from an elderly neighbor's driveway, or agreeing to an afternoon of free babysitting for a busy parent can make a huge difference in someone's day.

But random acts of kindness aren't only meaningful to the recipient—they provide important benefits to those who perform them, as well.

"Performing a selfless act increases one's sense of gratitude, as one is in a position to do something generous for another person," explains Desreen N. Dudley, PsyD, a licensed clinical psychologist at Teladoc. "Doing a kind act for another person can increase the sense of feeling connected to another person, which in turn helps people see the worth and value in their own lives." With National Random Acts of Kindness Day coming up on February 17, let's take a look at the science-backed health benefits of being kind to others and how these acts of service can offer extra emotional support during the pandemic.

Mental Health Benefits of being kind can go a long way toward improving your emotional wellbeing. A 2019 study in *The Journal of Social Psychology* found that people who performed kindness activities for seven days saw a boost in happiness. The degree to which their happiness increased was directly tied to the number of acts of kindness they performed.

"Giving back to society is not a purely altruistic concept—we feel better by giving or being kind, therefore the act benefits both parties," says Meghan Marcum, PsyD, chief psychologist at A Mission for Michael, a mental and behavioral health treatment center in Southern California.

There are a few reasons why being kind benefits our mental health, including biological and social effects. "Performing acts of kindness has measurable impacts on our mental health by increasing the neurotransmitters in the brain that make us feel satisfied and overall good: serotonin and dopamine," says Rachel Slick, LCSW, a behavioral health clinician at UCHealth, which recently launched a health initiative focused on random acts of kindness.

Read the full article here:

[CLICK HERE](#)



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Random Acts of Kindness Day
Thursday, February 17th





RANDOM Acts of Kindness



★ Do Your Sibling's Chores

★ Give A Stranger A Compliment

★ GIVE HUGS

★ LET SOMEONE GO IN FRONT OF YOU IN LINE

★ Make Dinner For Your Family



★ Shovel A Neighbor's Driveway

Kindness MATTERS

★ Take The Time To Listen To Someone

★ Write A Thank You Note To A Teacher

★ ASK SOMEONE HOW THEY ARE DOING

★ Say "Hello"

★ Smile, Even with a mask on



★ Send Flowers

★ Donate Clothing/Toys

★ Pay for Someone's Morning Coffee

★ OPEN/HOLD THE DOOR FOR SOMEONE

★ Brighten Someone's Day ★ WRITE POSITIVE STICKY NOTES

★ Be Helpful

★ Say "Please" And "Thank You"

keep CALM & be KIND

★ Encourage Your Friends

★ Volunteer

★ Commit Random Acts of Kindness Everyday ★

February 14th - 20th

LOOKING FOR POSITIVE YOUTH DEVELOPMENT WORKSHOPS FOR YOUR YOUTH GROUP OR CLASSROOM?



Contact the Health Initiative!

Kat Manierre
Health Educator Supervisor
Kat@gethealthyslc.org

Looking for sexual health education for your youth group or classroom?



Contact the Health Initiative!

Kat Manierre
Health Educator Supervisor
kat@gethealthyslc.org

Did you know that February is Teen Dating Violence Awareness Month? Dating violence is more common than people think, especially among teens and young adults: one in three teens in the US will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults. Want to learn more about healthy relationships and how you can be a relationship red flag finder? Join the TeensHELP team on 2/22 at 4pm! Email Kat@gethealthyslc.org or Jamey@gethealthyslc.org for the Zoom link. Teens will receive a \$25 gift card for participating.



Talk About It: Healthy Relationships & Teen Dating Violence

Tuesday,
2/22/2022
4-5pm
Zoom



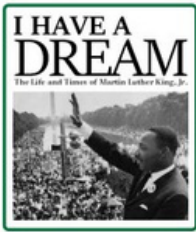
Get a \$25 gift card for participating!

**A LIFELONG LOVE OF THEATRE BEGINS HERE...
NOW, MORE THAN EVER,
CHILDREN NEED A CHANCE TO LAUGH**



2022 YOUTHEATRE: CLASS ACTS...

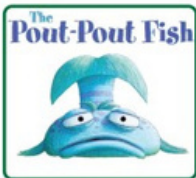
Order Right Away! Shows Fill-Up Quickly!
Reservations are processed in the order they are received!
[Performances will be canceled if OFA is closed]



I Have a Dream: The Life and Times of Martin Luther King, Jr.
March 8 - OFA - 9:15 & 11

A compelling dramatization of the life and times of one of the most influential and charismatic leaders of the Civil Rights movement. Students will be inspired as they experience this great leader's struggle and his dream of lifting "our nation from the quicksand of racial injustice to the solid rock of brotherhood." Trace Dr. King's life from his humble beginnings in Atlanta through his extraordinary evolution into one of the 20th century's foremost figures.

(Grades 7-12) \$3.50



The Pout Pout Fish
March 30 - OFA - 9:15 & 11

Swim along with pouty Mr. Fish and his friends in this new musical adventure. Utilizing live actors and puppets, this colorful adaptation of the New York Times bestseller is sure to turn the poutiest of frowns upside down. This brand new production is co-conceived and designed by the acclaimed puppeteers of the Acheson Walsh Studios.

(Grades preK-2) \$3.50



Charlotte's Web
May 17 - OFA - 9:15 & 11

Based on E.B. White's loving story of friendship between a pig named Wilbur and a spider named Charlotte. To help with Wilbur's problem: how to avoid winding up as pork chops, Charlotte will create a "miracle." Spinning the words "Some Pig" in her web, Charlotte weaves a solution which makes Wilbur a prize pig and ensures his place on the farm forever. This treasured tale, featuring madcap and endearing farm animals, explores bravery, selfless love, and the true meaning of friendship.

(Grades 3-6) \$3.50

This season is made possible with public funds from the New York State Council on the Arts and the New York State Legislature



THE YOUTHEATRE: CLASS ACTS series was created in 1992 to introduce North Country students to the magic of live theater as they watch historical and literary characters come to life, thus establishing a love of reading. A national study conducted by the National Endowment of the Arts states, "The arts not only have an academic impact on youth, but also a positive correlation to all achievement." The report concludes, "Socially and economically disadvantaged children who have high levels of arts engagement show more positive outcomes in a variety of areas than their low-arts engaged peers...These outcomes extend to school grades, test scores, honor society membership, high school graduation, college enrollment & success, volunteering, and participation in school or local politics."

During the 2019-20 Season despite having to cancel 11 performances, 6,770 students and their teachers from 49 schools from St. Lawrence, Jefferson, and Franklin Counties attended 9 Youtheatre performances.



Children anxiously waiting for the show to begin



Junie B. Jones



Pete the Cat



OCP Youtheatre Ushers

2021-2022 YOUTHEATRE SPONSORS

Children and educators of the North Country extend their thanks to Superintendents Kevin Kendall (Ogdensburg City School District), Patrick Brady (Massena Central School District), and Jackie Kelly (Gouverneur Central School District) for their generosity and support.

SENSATIONAL FRIENDS \$5000+

- 7 News-Fox 28 TV*
- City of Ogdensburg
- New York State Council on the Arts
- Shuttered Venue Operators Grant

FABULOUS FRIENDS \$2500 - \$4999

- Ogdensburg City School District*
- Dr. Manuel & Sally Palao**
- Stewart's Shops Foundation
- Clare & Lou Williams*

GREAT FRIENDS \$1000 - \$2499

- Dr. Ravinder & Barbara Agarwal
- America 1 Realty
- Corning Inc. Foundation
- Donaldson Funeral Home
- William Flynn
- Henderson Digital Marketing & Printing*
- North Country Savings Bank
- John Parcel, CPA*
- Pepsi Cola Ogdensburg Bottlers

- Jane** & John Pinkerton
- Price Chopper Corporation
- Rhonda Roethel
- St. Lawrence County Youth Bureau

TRUE FRIENDS \$500 - \$999

- Patricia E. Bell**
- Canton Animal Clinic
- Claxton Hepburn Medical Center
- Community Health Center of North Country
- DeFelsko Inspection Instruments
- Diocese of Ogdensburg
- Irene Enslow
- Linda Griffin** & Tom Patterson
- Wendy Hamilton
- Tom & Debbie Hannan
- Howland Pump Supply
- Meyer Real Estate
- Mort Backus & Sons
- Jane McGrath
- Claudia Moulton
- Phillips Memorial Home
- Roxanne Pratt
- St. Lawrence Federal Credit Union
- Frank Schwartz
- Nancy Skiff
- Thousand Island Cruet
- Marian Tracy
- United Helpers Management Co.
- Cynthia** & Richard Wilson

* In-Kind Donation
** Board of Trustees

*To Register
Your School
Click **HERE***

4-H CAMP OVERLOOK IS A SUMMER RESIDENTIAL CAMP IN THE NORTHERN ADIRONDACKS ENVIRONMENT WHERE YOUTH, UNDER THE GUIDANCE OF POSITIVE ROLE MODELS, TAKE PART IN A PERSONAL GROWTH EXPERIENCE THAT EMPHASIZES COMMUNITY BUILDING, POSITIVE SOCIAL INTERACTIONS, ENVIRONMENTAL AWARENESS, SKILL BUILDING AND FUN. WE ARE HOPING YOU WILL JOIN US THIS SUMMER TO HAVE AN EXPERIENCE THAT WILL CREATE MEMORIES THAT WILL LAST A LIFETIME. OUR CIT PROGRAM IS AN INTENSIVE LEADERSHIP EXPERIENCE WITH THREE DIFFERENT LEVELS FOR AGES 14-16. THE PROGRAM FOCUSES ON SOFT SKILLS THAT ARE TRANSFERABLE TO ALL LIFE PATH OPTIONS WHILE ENJOYING THE OUTDOORS. WHILE OUR CIT PROGRAM PREPARES CAMPERS FOR FUTURE COUNSELOR POSITIONS IT IS NOT A NECESSARY REQUIREMENT FOR JOINING US AS A COUNSELOR THIS SUMMER. COUNSELORS ARE NORMALLY 17-19 YEARS OLD AND MAY HAVE RESPONSIBILITIES FROM ART CLASSES TO SHOOTING SPORTS WHILE BEING POSITIVE ROLE MODELS FOR OUR CAMPERS. IF YOU ARE INTERESTED IN EITHER OF THESE EXPERIENCES CHECK OUT MORE INFORMATION AT OUR QR CODES!

SUMMER CAMP

STAFF APPLICATION



SCAN ME

CAMPER REGISTRATION

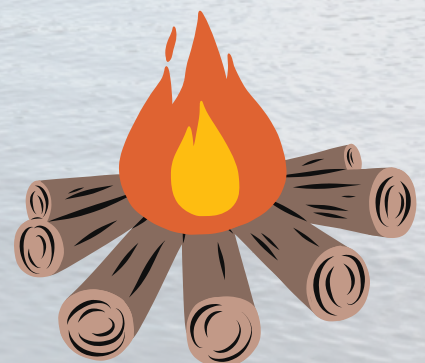


SCAN ME



70 BEACH ROAD
MOUNTAIN VIEW, NY 12969
518.483.4769

CAMPOVERLOOK@CORNELL.EDU



DISCOVER WALK EXPLORE

WALKING IS ONE OF THE BEST THINGS YOU CAN DO FOR YOUR HEALTH.

Take the Challenge

Visit: www.STLCtrails.com
Choose a Challenge.
Snap a picture.
Post to social media using
#STLCWWAD.



#STLCWWAD



Riverside Run

Water views, diverse terrain and the option for a long or short trail.



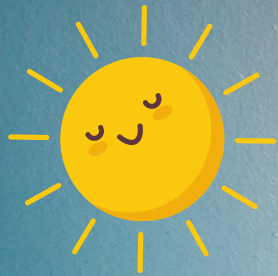
Nature Nuts

Explore GREAT nature-filled hikes.



Waterfall Crawl

Discover hikes where the foothills of the Adirondacks glisten year round with falling waters.



WORK FOR FUN THIS SUMMER!



Positions Available:

- Camp Director (must be 21 yrs old)
- Activity Leader (Must be 21 yrs old)
- Camp Counselors (must be 16 yrs old)

For More Information:

<https://bit.ly/NWFDC2022>
or contact Jackie at
jtc292@cornell.edu



Valentine's Day Chocolate-Covered Strawberries

20-24 Strawberries

Materials :

20-24 Strawberries

16 Oz White, milk, or dark chocolate

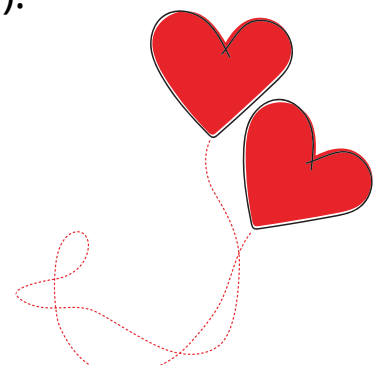
2 Tbsp Finely Crushed Freeze Dried Raspberries

1/4 C Finely Crushed Graham Crackers



Steps :

1. Rinse and pat dry your strawberries.
2. Microwave chocolate in 10 second increments and stir. It will seem like nothing is happening in the beginning but you just have to be patient. Chocolate needs to melt slowly to get the right shine and consistency. After about 60-90 seconds your chocolate should be ready.
3. Divide the chocolate evenly between 2 small bowls. In one bowl mix in the freeze dried raspberries.
4. Line a baking sheet with parchment paper.
5. Take a strawberry and grasp it by the leaves. Dip the strawberry into the chocolate. Shake off any excess chocolate, you want the chocolate to stop running off the strawberry. Place it on the sheet pan to cool and harden. If your chocolate starts to solidify in the process just pop it into the microwave for 10 seconds.
6. Get creative with decorating! Dip the strawberries into the graham crackers immediately after the chocolate for a cheesecake style. Drizzle in alternating colors for a classic effect. Or do a double dip in each color (let the first layer harden first before the second dip).
7. Let cool and harden. Share with someone you love!



	Sun	Mon	Tue	Wed	Thu	Fri	Sat
F E B R U A R Y 2022		Mr. Casey Canell Rec. Director	Gouverneur Recreation Center 315.287.0524	Mr. Jeff Burt Head Attendant			
			1 After School  Chinese New Year Grades: UPK-1	2 After School  Grades: 2-4	3 After School STEAM Studio Grades:UPK-1	4 Senior Citizen Bingo Social 10am - 12pm	5
	6	7 After School STEAM Studio Grades: 2-4	8 After School STEAM Studio Grades: UPK-1	9 After School STEAM Studio Grades: 2-4	10 After School STEAM Studio Grades:UPK-1	11 Senior Citizen 10am - 12pm 	12 
	13	14 After School STEAM Studio 	15 After School STEAM Studio 	16 After School STEAM Studio Grades: 2-4	17 After School STEAM Studio Grades:UPK-1	18 Senior Citizen Bingo Social 10am - 12pm	19
	20	21 	22 No School YOUTH OPEN STUDIO 1pm - 3pm	23 No School YOUTH OPEN STUDIO 1pm - 3pm	24 No School YOUTH OPEN STUDIO 1pm - 3pm	25 Senior Citizen Bingo Social 10am - 12pm	26 
	27	28 After School STEAM					

Gouverneur Recreation Department
Corner of Clinton Street & Trinity Avenue
{315.287.0524}

After-School Recreation

 Enrichment Program



Recreation Center Studio

{Bus transportation from school to Rec. Center}

Monday & Wednesday: Grades 2-4

Tuesday & Thursday: Grades UPK-1

After School: until 6:00pm

STEM + Art
STEAM

Participant Information Required

Only \$2.00 per session

Payments accepted weekly or monthly at Rec. Center.

Cash or Checks Payable:

Gouverneur Recreation Department

33 Clinton Street - Gouverneur, New York 13642

Attention Mr. Casey Canell, Recreation Director

{Parent pick-up at Recreation Center}

Gouverneur Recreation Center
8 Trinity Avenue: 315.287.0524



WINTER

**YOUTH
OPEN
STUDIO**

Fun & Festive Youth Enrichment STEAM Activities

NO SCHOOL: Feb. 22nd 23rd 24th

Youth Welcome 1:00pm - 3:00pm

Advance Sign-Up Encouraged - Limited Seating: First Come, First Serve

**WINTER
BREAK**