



# YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

November 2024

Vol 4 Issue 11



## Inside the Issue

National Hiking Day is November 17th. Embrace nature and all the benefits of hiking this month!

It's the Season of Gratitude! Learn why it matters and ways you can practice thankfulness.

### EVENTS

Check out this month's upcoming events for fun-filled seasonal activities!



**SLC Youth Bureau's**


# **ANNUAL HOLIDAY CARD DRIVE**

**SLC YOUTH BUREAU  
IN PARTNERSHIP WITH  
OFFICE FOR THE AGING**

Students of all ages are invited to make holiday cards, notes, or pictures for older adults this holiday season.  
Let's spread some cheer!



Mail (or drop off) cards by  
**Friday, December 13th**  
to SLC Youth Bureau 80 SH 310 Canton, NY 13617

 Contact us   
if your organization would like to receive cards



**Questions?**  
Email [achase@stlawco.gov](mailto:achase@stlawco.gov) or  
call 315.379.9464



# Celebrate National Hiking Day: Embrace Nature and Adventure



Every year on November 17th, nature enthusiasts and outdoor lovers come together to celebrate National Hiking Day. This special day encourages people of all ages to explore the great outdoors, reconnect with nature, and enjoy the many physical and mental benefits of hiking. Whether you're an experienced trekker or a novice, National Hiking Day is the perfect opportunity to lace up your boots and hit the trails!



## Hiking Benefits

Hiking offers a multitude of benefits that go beyond just physical fitness:

### 1 Physical Health

Hiking is an excellent cardiovascular exercise that strengthens your heart, tones muscles, and improves overall endurance. It's also a low-impact activity, making it suitable for various fitness levels.

### 2 Mental Well-Being

Spending time in nature has been shown to reduce stress, anxiety, and depression. The sights and sounds of the great outdoors can be incredibly calming, promoting mindfulness and a sense of peace.

### 3 Connection to Nature

Hiking allows you to immerse yourself in the natural world. Observing wildlife, enjoying breathtaking views, and breathing in fresh air fosters a deep appreciation for the environment.

### 4 Social Interaction

Hiking can be a fantastic way to spend quality time with family and friends. Whether it's a group hike or a solo adventure, the experience can strengthen relationships and create lasting memories.

## Hiking Tips:

### Choose a Trail:

Research local hiking trails suitable for your skill level. Whether it's a short nature walk or a challenging hike, there are options for everyone.

### Plan Ahead:

Check the weather and trail conditions before heading out. Make sure to pack essential items such as water, snacks, a first-aid kit, and appropriate clothing.

### Practice Leave No Trace:

As you enjoy your hike, remember to respect nature. Follow Leave No Trace principles by staying on designated trails, packing out what you bring in, and minimizing your impact on the environment.

### Reflect and Relax:

After your hike, take some time to reflect on your experience. Consider journaling about what you saw, how you felt, and what you appreciated about being in nature.



## Thanksgiving Gratitude: Embracing Appreciation as a Family

Thanksgiving is a time for reflection, connection, and, most importantly, gratitude. In the hustle and bustle of everyday life, it's easy to overlook the many blessings we have. This holiday presents a perfect opportunity for teens and families to come together and express appreciation for each other and their experiences. Here are some ways to cultivate gratitude this Thanksgiving.

### Why Gratitude Matters

Gratitude has numerous benefits, from improving mental health to strengthening relationships. Studies show that practicing gratitude can increase happiness, reduce stress, and even enhance physical health. By focusing on what we are thankful for, we shift our perspective from what we lack to the abundance in our lives.



### Tips for Practicing Gratitude as a Family

#### Create a Gratitude Jar:

Encourage each family member to write down what they're thankful for on slips of paper throughout November. On Thanksgiving Day, gather around and read them aloud. This simple activity can spark meaningful conversations and remind everyone of their blessings.

#### Share Gratitude at the Table:

Before enjoying your Thanksgiving meal, take a moment for each person to share one thing they are grateful for. This tradition can help set a positive tone for the gathering and strengthen family bonds.

#### Volunteer Together:

Giving back to the community is a powerful way to cultivate gratitude. Find local organizations that need help during the holiday season and volunteer as a family. This experience can open your eyes to the needs of others and remind you of the blessings you may take for granted.

#### Gratitude Journals:

Encourage your teen to keep a gratitude journal where they can jot down things they appreciate daily. This practice helps develop a habit of gratitude that can continue long after the holiday season.

#### Create a Family Gratitude Collage:

Gather photos, drawings, or words that represent what your family is thankful for and create a collage. Display it in a common area as a daily reminder of your shared blessings.

This Thanksgiving, let's embrace gratitude as a family. By actively practicing appreciation, we can enhance our connections, improve our well-being, and foster a sense of community. Whether through sharing stories at the dinner table or engaging in acts of kindness, cultivating gratitude is a gift that lasts beyond the holiday. As you gather together, take a moment to reflect on the joy and abundance in your lives.

# VETERANS

# DAY



11.11.2024

**HONORING ALL WHO SERVED**

November 11, 2024

THANK YOU FOR YOUR SERVICE

# Pie Crust Recipe



## Ingredients :

- 2 cups all purpose flour
- 1 teaspoon salt
- 1 cup shortening, cut into small pieces and freeze for thirty minutes
- 1/2 cup ice-cold water, or as needed

## Procedure:

1. Whisk together flour and salt in a large bowl. Cut in chilled shortening with a pastry blender until the mixture resembles coarse, pea-sized crumbs.
2. Add 1/4 cup ice-cold water; use a fork to stir the flour up from the bottom, just until it's mixed in.

Prep Time : 20 Minutes

Total Time : 50 Minutes

Servings : 16

Yield : Two 9" Pies



Press down on any chunks and continue working the dough around the bowl. Continue to add ice-cold water, in 1 tablespoon increments, mixing just until dough is moist enough to hold together when molded; you will not need more than 4 tablespoons and in fact, may need less. Do not add too much water!

3. Gently gather dough together into a ball. Divide in half, and flatten each half into a 1-inch-thick disc. Wrap each disc in plastic wrap and chill in the refrigerator for at least 30 minutes. For best results, chill for 4 hours, or up to 2 days.

4. When ready to use, roll dough on a lightly floured surface, being careful not to overwork it.

5. Fit dough into a pie plate and cook as directed for filling!

# Apple Pie Filling



Prep Time : 20 Minutes

Cook Time : 20 Minutes

Servings : 40

Yield : Five 9" Pies

## Ingredients:

- Apples
- Lemon Juice
- 10 Cups Water
- 4.5 Cups Sugar
- 1 Cup Cornstarch
- Salt
- Ground Cinnamon

## Procedure:

1. Toss apple slices with lemon juice
2. Combine with remaining ingredients in dutch oven and bring to a boil
3. Add apples and return to boil then simmer until apples are tender

# Pumpkin Pie Filling

## Ingredients:

- 1 (15 ounce) can pumpkin puree
- 1 (14 ounce) can sweetened condensed milk
- 2 eggs
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground Ginger
- 1/2 Teaspoon Ground Nutmeg
- 1/2 Teaspoon Salt

## Procedure:

1. Gather all ingredients and preheat over to 425° F
2. Wisk all ingredients in bowl until smooth
3. Pour into crust and cook for 15 minutes
4. Reduce temp to 350° F and continue baking until knife comes out clean 30-40 minutes
5. Let cool before serving and enjoy



Prep Time : 10 Minutes

Cook Time : 50 Minutes

Servings : 8

Yield : One 9" Pie



# Fueling our Bodies Around the Holidays

We all know around the holidays cooking and baking is happening a lot more than usual. Here are some tips and tricks to make sure we are fueling our bodies the right way.

## *Eat Before*

Eat breakfast, lunch, and snacks throughout the day, and have a small snack before an event. This can help you avoid overeating and feeling hungry at the event.

## *Portion Control*

Put food on individual plates instead of large serving dishes, and use small containers for snacks. You can also try writing down what you're eating to help you track your portion sizes.

## *Mindful Eating*

Be aware of what and when you're eating. Eat slowly and check in with your fullness levels.

## *Hydration*

Carry a water bottle and drink even when you don't feel thirsty. Stay away from soda or carbonated drinks.



## *Stay Active*

Go for a walk, indoor or outdoor.



# Eating Disorder Awareness Tough Times Around the Holidays

## Treat Thanksgiving like any Other Meal

The Thanksgiving meal has often been thought of as a meal to "save up for" and eat past the point of satiety. Contrary to popular belief, Thanksgiving doesn't have to be this way. When preparing for the day, ensure you are still eating at the appropriate times as decided by you and your treatment team.



## Identify Coping Skills to Use Before, During & After Thanksgiving Dinner

To ensure Thanksgiving doesn't pass you by while your thoughts are on your meal plan or the food, come to the gathering equipped with coping methods to help you soothe your emotions and anxiety.



## Take a "Time Out" During the Holiday

Give yourself mini breaks from the stress of the food, possible diet and food talk and triggering conversations. Some ways to do this include going on a short walk with your support person, going into another room for 5-10 minutes to decompress or simply stepping outside and taking a few deep breaths.



## Identify a Support Person for the Meal

Ask someone who will be at the meal (or accessible by phone) ahead of time to support you at the Thanksgiving gathering. Your support person could help distract you from a triggering moment with relatives or help change the subject during an awkward dinner conversation about food or weight.





# HAPPY THANKS GIVING

## 28 November

Thanksgiving is a time to get with family and friends to eat lots of food, and reflect on the past year of what you are thankful for.

Thanksgiving dates back to 1621 when the Plymouth colonists from England, known as Pilgrims, and the Native American Wampanoag people shared an autumn harvest feast that is acknowledged as one of the first Thanksgiving celebrations in the colonies.

# Thanksgiving Traditions

## Volunteering



Around the holidays is a great time to spend volunteering. You can be grateful for what you have and help others that don't have as much as you.

## Breaking the Wishbone

A 20th century tradition that involved pulling apart the turkey's wishbone. Breaking the wishbone promoted patience and spending more time with family because only a dry wishbone would break.



## Thanksgiving Day Parade

The Macy's Thanksgiving Day Parade is now of the most famous holiday traditions in the United States. In New York City, thousands of people line the streets of Manhattan to watch. This particular parade is known for its giant inflatable balloons that float between the skyscrapers, high above the onlookers.



## Football

Football is the most popular sport to watch in the US and the idea of games played on Thanksgiving Day actually dates back as early as 1876, shortly after the game was invented. Families and friends gather around to watch their favorite teams compete in one of America's favorite sports. Or, to burn off some of those Thanksgiving calories, some families split into teams and play a game of football themselves.



## Turkey Trot

A popular race that can help burn calories before the big meal. Participants may dress up in turkey costumes or bundle up against the cold.

## Shopping

Stores all across the country have some of their biggest sales the day after Thanksgiving. Now known as Black Friday, this day is almost a holiday in itself. While this shopping tradition has changed with the rise of e-commerce, people still stand in line for hours early in the morning to get great discounts and start their Christmas shopping.

SALE

## Be grateful for the good things

Spend time with family and focus on the good in your lives. Look back on the year and talk about successes and memories.



zzzzzz

## Take a Nap

After an afternoon filled with cooking and eating delicious food, many retreat to the couch for a mid-day nap. Turkey is well known as the culprit of this sudden onset of sleepiness, with its high levels of the amino acid tryptophan. While tryptophan is known to help release chemicals like melatonin (which makes you drowsy), it's not entirely the turkey's fault. Eating other foods that are high in sugar (like pie) also increase your tiredness. But with all the business of the holiday, everyone deserves some rest!

zzzzzz



# STAY MINDFUL



## Let's talk

Contrary to common belief, one effective way to cope with the holiday madness is to **SLOW DOWN** and take a little time each day to cultivate and practice mindfulness.

Research has demonstrated that practicing mindfulness is associated with improvements in well-being, physical and mental health, relationship satisfaction, and attentional focus. In addition, the practice of mindfulness has been shown to help reduce stress and associated negative emotions such as anxiety and sadness.

## Love Family



WEBSITE - [ENJOY THE HOLIDAYS WITH MINDFULNESS](#)



# NOVEMBER HUMANS DON'T HIBERNATE CHALLENGES



## PHYSICAL HEALTH CHALLENGE

**Smile Mile:** Walk a mile someplace that brings you joy and/or with someone who makes you smile. Share a photo of your best smile after to complete this challenge.



## NUTRITIONAL CHALLENGE

**Meatless Monday:** Pick a Monday this month to have a meatless meal full of plant-based proteins like tofu or black beans. Share photo of your meal to complete this challenge.



## MENTAL HEALTH CHALLENGE

**Clutter Cleanse:** Pick one space (car, room, drawer) and completely declutter it. Share before and after photos or video of the process to complete this challenge.



# MACY'S DAY PARADE

**NOVEMBER 28, 2024**

The Macy's day Thanksgiving parade is an annual parade in New York City put on by the department store Macy's. It is a 2.5 mile route filled with floats, marching bands, music and so much more.

This parade started in 1924. Tune in all day of Thanksgiving to continue this tradition!



## UPCOMING EVENTS

[Click on Events for More Information](#)



Let Us Help You  
with YOUR  
HOLIDAY  
SHOPPING

## Craft and Vendor Fair

...To Benefit the Canton Booster Club

**Saturday, Nov. 9 • 9am-3pm**

Canton Central School, 99 State Street  
**FREE ADMITTANCE!**

**Over 40 Vendors & Talented Crafters**  
to help you with YOUR HOLIDAY SHOPPING!

**Photographer on Hand for Portraits!**

Concession Stand • Booster Club Apparel For Sale

Join us for Health  
Center Community  
Conversation

**Wednesday  
November 13  
4 pm to 6 pm**

Edwards Knox Central  
School Library  
(2512 CR 24, Hermon, NY)

**Wednesday  
November 20  
4 pm to 6 pm**

Community Health Center  
of the North Country  
Conference Room (102 Ford  
St, Ogdensburg, NY)

First 20 participants for each location will receive \$50 grocery card. Registration at QR code or 315-261-8054 or info@gardenshare.org



**GardenShare**  
HEALTHY FOOD. HEALTHY FARMS. EVERYBODY EATS.



On behalf of The Crane School of Music's West African Drum and Dance Ensemble, we invite you to our Fall 2024 concert

November 9th at 7:30 PM,  
Snell Music Theater at SUNY Potsdam

Our group has worked very hard this semester, and we cannot wait to showcase what we learned about West African culture through song and dance. This concert is also a fantastic opportunity to see what the ensemble is all about if you are interested in taking this course in the future.



**MORRISTOWN AUXILIARY CRAFT FAIR**

Crafters and Vendors Welcome!

8 ft. table  
space = \$30

**November 9th from 9am-3pm**

For more information: call/text Ann @ 315-778-9614 or email morristownauxiliarychief@gmail.com



**We're HIRING!**

## STEM Educator

### Requirements

- Degree in STEM Field
- 3 Years Teaching Experience
- Full Time
- Salary range \$60,000-\$65,000
- Retirement & Benefits



Contact:  
[director@northcountrychildrensmuseum.org](mailto:director@northcountrychildrensmuseum.org)

**NORTH COUNTRY  
CHILDREN'S MUSEUM**

## STEM-TASTIC WEEKEND!

WITH CLARKSON HONORS &  
CLARKSON INSTITUTE FOR STEM EDUCATION

NOV 16TH & 17TH, 10AM TO 5PM

Hands-on STEM activity stations at the Children's Museum! These drop-in family activities will run all weekend. No need to pre-register. Program included with the cost of admission and membership.







# Books and Beyond

Created for children in Kindergarten through 2nd grade. Each month, we'll explore a theme with books, activities, games, and art.



- Canton Free Library, 8 Park Street
- Meets each third Thursday afternoon from 3-4 pm. Registration for each month required by the Monday before.
- Questions? Ms. Val @ 386-3712 x 4  
vwhite@ncsl.org

PLEASE JOIN US FOR A

## Jingle & Mingle

LET'S KEEP THE HOLIDAY CHEER HERE!

Saturday, November 30, 2024

Celebrate the Spirit of the Holidays  
in Potsdam, NY

SHOP LOCAL THIS SEASON



CELEBRATE SMALL BUSINESS SATURDAY  
@ ST. LAWRENCE COUNTY ARTS  
6 RAYMOND STREET, POTSDAM



WITH LIVE MUSIC FROM  
ANDREW LAMORA  
12PM - 2PM

Remington's

## Merry Market

November 30th, 2021

11AM - 4PM



## Meet the Authors of "The Adirondack Kids"

Camp Trefoil welcomes the author and illustrator of "The Adirondack Kids" book series at a program for Girl Scouts and their families!

Learn about the 3 R's, reading, (w)riting and relationships, as author Gary VanRiper and author/illustrator Carol VanRiper talk about the "tools of the trade" they've used in the 20 books they've published. These include why reading is essential, where story ideas can be found, creating characters, outlining a story, "live" research, editing, proofing and practicing stick-to-itiveness!

This session will last about 50 minutes with time for a Q&A after. Youth in attendance will each earn a fun patch and receive one book from "The Adirondack Kids" series.



SLC Youth Bureau | 80 State Highway 310 | Canton, NY 13617 US

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