

# YOUTH CLUB NEWS

February 2008

Volume I, No.1



## Members Form Committee to Oversee Club Operations

Various youth from Lake County have formed their own committee to oversee and make decisions about the Youth Club. President Jones and Vice President Calderon are both 12 years old and have initiated the leadership. This committee is an excellent opportunity for local youth to participate in leadership development activities to enhance their skills for future community participation.

The committee has taken on as a first project the planning of events and outreach to increase membership from across the county. Currently, youth host dances twice a month. The committee also oversees club activities, such as tutoring, computer learning, field trips, games, and educational competitions. Currently, they welcome all suggestions for new ideas!

Leadership Development programs encourage positive attitudes with measurable impacts. Leadership Development can be defined by three interconnected dimensions: (1) communication and interpersonal skills, (2) critical reflection, and (3) positive involvement in the community.

The programs have a demonstrative track record of improving youth self-esteem and values. Youth have an opportunity to do a job, earn peer respect, and reinforce leadership in other areas like keeping up with school to maintain high grades.

Eventually, youth can take on a wider range of issues affecting their communities. Leadership Development programs can address issues like improving community resources for youth, providing better transportation for students, reducing bullying, gang prevention, or school safety. By knowing their voices are valued, among their peers and adults, participants have a great chance to improve their communication skills. – Continued page 3.

## From Our Director:

*The Lake County Youth Club* is pleased to issue its first newsletter to keep the community informed of our progress. This is paralleled by a monthly bulletin that the youth will produce themselves for peers and parents. We're very excited to announce our 2008 agenda for organizational growth and new activities!

Lake County has over 9,500 youth under the age of 18 but has had very limited resources for daily programs. Consequently, we will need strong participation from our community to make our 2008 goals a reality. We hope the community will support us with contributions of equipment, volunteer support, and funding. Our primary goal for this year is long-range financial sustainability to secure our kids' futures.

Many residents in our county don't know how important the Youth Club is, not

– continued on page 2



**Program Director, Joan Moore**

# Lake County Youth Club!

*Raising the Bar for Youth Achievement!*

**Our Vision:** The Lake County Youth Club promotes the health, social, educational, and character development of our local youth. Our aim is to help young people improve their lives by building self-empowerment and developing values and skills during the critical periods of their lives. The Youth Club provides a safe environment for sports, games, homework, and mentoring.



## Benefiting Our Community

The Youth Club is a win-win for everyone. The Youth Activity Center, where activities are held, is a place where teens and pre-teens have the opportunity to socialize with their friends and learn in a supervised environment. Thanks to volunteers, we are able to provide great workshops. Guest speakers like law enforcement, environmentalists, and medical and literary professionals are providing hands-on learning for our kids.

As we continue to plan for our communities, we must prioritize cultural enrichment for our kids. A greater youth voice in our civic affairs will help guarantee this priority and train our future leaders.

At the club, we address character development because we know that this helps young people show moral and social commitment in their everyday lives. The Youth Club is a key resource to provide positive role models, with your help! ■

**From the Director continued part 1:** only for kids, but also for our neighborhoods, community groups, and people without kids! The U.S. has steadily reduced funds for youth programs over the past three decades only to match an unprecedented rise in gang activity, teen pregnancy, and many other extremely expensive and pervasive problems. Programs like the Lake County Youth Club make our neighborhoods safer (reducing juvenile crime), contribute qualified labor to our local economy (promoting academic achievement, sports, and college), and enrich our county through fostered development of our youth. Lake County's kids today are our future Supervisors, City Council members, School Board leaders, and business owners!

Our ongoing goal is to help our young members to rise rapidly through study and personal development. – continued on page 3



## Youth Club 2008 Events

DATE	EVENT
February 1, 2008	Youth Dance, Youth Activity Center 7-10pm. \$5.00
February 9, 2008	Bake Sale, Walmart, 10-3pm.
February 15, 2008	Youth Dance, Youth Activity Center 7-10pm. \$5.00
February 19, 2008	Guest speaker, Officer Adam Garcia, California Highway Patrol
February 2008 (TBD)	Guest speaker, Officer Hermann, Clearlake Police Department
February 2008 (TBD)	Guest speaker, Officer Sepada, Clearlake Fire Department
February 2008 (TBD)	Carnival, Youth Activity Center
March 2008 (TBD)	Joyce Overton Award Ceremony
May 2008 (TBD)	Youth Catfish Derby Competition

## VOLUNTEERS NEEDED!

We need help with events, supervision, and administration.

Please contact Director Joan Moore for more information.

## Our Club Improves Youth Health

Few residents realize the significant health benefits of establishing a strong youth club. A youth club can promote a healthy generation of local youth, who continue the cycle as healthy adults. Promoting their health impacts our entire county population. Our interconnected health is called "public health". It's a delicate balance requiring a heavy investment by our county Public Health Department. Healthy kids perform better in school, serve as more effective citizens, and can contribute more to family. – see chart on page 4

**Members Form Committee continued:** Youth Club management has long-range goals to increase Leadership Development opportunities by choosing a specific curriculum. Hopefully, with support from new volunteers and sponsors, the program will expand to meet its goals for all ages soon! ■

References: Gardner, J.W. (1990). *On leadership*. New York: Free Press.  
Kirshner, B. (2004). *Democracy Now: Activism and Learning in Youth Organizations*. Doctoral dissertation, Stanford University.



## ComMuNiTy iNVoLvEmEnT

Check One:

- ☐ Donate sports equipment.
- ☐ Demand new, indoor sports facilities for kids.
- ☐ Become a Sponsor below!
- ☐ Make more transportation available to youth.
- ☐ Promote Youth Advocacy and their input in your community!
- ☐ All of the above

## Overton Achievement Award

The Youth Club is awarding winning members with special academic achievement awards. Winners of the competition will receive savings bond at the awards ceremony!

Clearlake Councilwoman Joyce Overton was the driving force in keeping the Youth Club alive. Councilwoman Overton is a Board member of the Lake County Community Action Agency, which is the fiscal sponsor for the Youth Club. She was also past Mayor of the City of Clearlake.

We attribute the Overton Youth Achievement Award to express honor and appreciation to Councilwoman Overton for her dedicated leadership to the youth of Lake County. Youth will compete in three categories:

- (1\*) Best Achievement Award for a high grades.
- (2\*) Most Improved Academics Award for significant improvements over report card period.
- (3\*) Essay Excellence Award for best essay.

To sign up, contact our office! ■

**From the Director continued part 2:** And, more than ever, we strive to help them to create a world better than the one they are inheriting. Toward that goal, we seek the active involvement of residents to advance our ambition.

Thank you for your interest in the Youth Club. It's a great honor to have an opportunity to rally the county around our kids! I'm looking forward to your participation! ■

– Joan Moore, Youth Club Program Director

## ✂ Help Us Out! Sponsor the Youth Club! ✂

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone(s): \_\_\_\_\_ / \_\_\_\_\_ E-mail: \_\_\_\_\_

☐ Send me a membership form ☐ I can volunteer ☐ I can donate stuff, call me! ☐ I can host a youth event

**SPONSOR LEVELS - Make checks payable to Lake County Youth Club (LCCAA)**

☐ \$20 Supporter ☐ \$50 Contributor ☐ \$100 Small Business ☐ \$200 Model Leader ☐ \$500 Honorable Community Leader

**How did you find out about us?** ☐ Radio ☐ TV ☐ Friend ☐ Flier ☐ Work ☐ Newspaper ☐ Other \_\_\_\_\_



# Lake County Youth Club Improves Health!

Continued from page 3

CLUB ACTIVITY	HEALTH BENEFIT	DID YOU KNOW...
<b>Nutrition and diet education classes</b>	<ul style="list-style-type: none"> <li>Increases cognitive/ brain development.</li> <li>Reduce colds and flu.</li> <li>Reduces obesity and impacts family diet.</li> <li>Increases longevity.</li> </ul>	The <b>spurt in height</b> for boys is ages 12-15 and for girls ages 10 –13. Nutritional deficiencies can limit their full growth in height (especially in zinc, calcium, and iron).
<b>Provide enriching activities from 2 - 6pm</b>	<ul style="list-style-type: none"> <li>Reduces substance abuse, accidents, and teen pregnancy.</li> <li>Reduces risk of youth as crime victims.</li> </ul>	From 3 to 6 PM, kids are most likely to be: • Victims of <u>violent</u> crime; • In a car crash; • Killed by household or other accidents; •Experiment with dangerous drugs.
<b>Encourage sports + 30 minutes of moderate physical activity a day</b>	<ul style="list-style-type: none"> <li>Reduces stress and depression.</li> <li>Reduces anxiety and cardio risks.</li> <li>Reduces risk of cancer.</li> <li>Reduces obesity.</li> <li>Increases overall health and longevity.</li> </ul>	People who exercise regularly throughout life <b>live three to seven years longer</b> than non-exercisers. Physical fitness is preventive for diseases and injuries. Daily activity strengthens adolescents to build bones and muscles, control weight, and prevent high blood pressure.
<b>Improve social skills and relationship building</b>	<ul style="list-style-type: none"> <li>Reduces serious emotional difficulties, depression, and fighting.</li> <li>Prevents suicide and runaway risks.</li> <li>Increases self-esteem.</li> <li>Increases ability to resolve conflicts.</li> </ul>	Social skills affect academic performance; peer relationships affect children's development; and friendships affect emotional growth. Research indicates that 25% of low-accepted children drop out of school (Parker & Asher, 1987). Peer rejection is <b>predictive of later life problems</b> , such as juvenile delinquency and mental health.
<b>Teach safety skills workshops</b>	<ul style="list-style-type: none"> <li>Reduces unintentional injury.</li> <li>Reduces alcohol related auto accidents.</li> <li>Increases wearing helmets.</li> <li>Reduces substance abuse mistakes.</li> </ul>	The CDC reports nearly <b>3/4 of youth deaths</b> are caused by unintentional injuries or violence attributed to four major causes: car crashes (31%), homicide (15%), suicide (%12), and other injuries (12%).
<b>Engage principles of non-violence and gang prevention</b>	<ul style="list-style-type: none"> <li>Reduces unintentional and intentional injuries and exposure to the criminal justice system and its health risks.</li> </ul>	In many areas, gangs can account for up to 50% of homicides.

*Lake County Youth Club*  
 4750 Golf Avenue  
 Clearlake, CA 95422

Hours: Mon–Fri 2 - 6:00pm

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**Mail to:**

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