

HYSB's Battle of the Bands Set for April 26th

At press time, six bands were confirmed to compete at the 4th Annual Battle of the Bands. New this year are additional sponsors as well as a prize category for Best New Band. Joining Salisbury Bank & Trust are new sponsors Harney & Sons Fine Teas, Robert J. Bird, D.D.S., and Stop & Shop (Canaan). Tickets are sold at the door only -door opens at 6:30 p.m., April 26th at HVRHS. Watch for the press release, or, for information, visit www.hysb.org.

Drug Prevention Talk at Housy this Month

Nothing creates more stress and concern for parents than the prospect of their son or daughter using and abusing drugs. Despite the *war on drugs* over the last 40 years, there has been no let up in the incidence of drug use in our country. In Connecticut, the Number One drug of choice for high school kids who use is marijuana. However, hallucinogens, ecstasy, illegal prescription medications, cocaine, and heroin are all available as well.

On April 16th at 7:00 pm, the HYSB welcomes back to the area John Hamilton, LMFT, LADC, at Housatonic Valley Regional High School, room 133, to present **“Teens, Drug Use & Prevention.”** Mr. Hamilton has worked in the field of addiction prevention and treatment since 1981 and is currently the CEO for Regional Network of Programs, a non-profit behavioral health agency serving the greater Bridgeport community. Last April, he was featured at the **“In Our Own Backyard”** forum sponsored by Sharon Hospital, Mountainside Treatment Center and HYSB.

Mr. Hamilton is renowned nationally as an expert in the field of substance abuse and addiction. He is well versed on recent findings related to neuroscience and addiction, providing a better understanding of the dynamics of working with someone who may become drug/alcohol addicted. The free program is open to all parents and teens and community members. Contact HYSB at 860-824-4720 for information.



“Runaways” at Hotchkiss

Benefit Performance for HYSB on April 27th

The Hotchkiss Dramatic Association's spring production is the dramatic musical “Runaways,” written and composed by Elizabeth Swados and first performed in 1978 at Martinson Hall Public Theater and The Plymouth Theater on Broadway. A collection of songs and monologues created from workshops involving primarily runaway children from broken

homes, “Runaways” also comments on the larger world in which the children live. According to the *New York Times*, “Elizabeth Swados makes us eavesdrop on the sufferings of children. That sounds ominous but it isn't. ... The calligraphy of childhood is one of the wonders of nature even when the message it writes is heartbreaking.” Because

of its mature content, the show may not be appropriate for younger audiences.

Tickets are \$10 for adults and \$5 for senior citizens and students. There will be a special matinee performance in Walker Auditorium on Sunday, April 27, at 2:30 p.m. to benefit the Housatonic Youth

Service Bureau—all proceeds from that performance will go towards the agency's programs and services.

“An immensely affecting show.”

—Newsweek

Additional performances will be Friday and Saturday, April 25 and 26, at 7:30 p.m. Tickets may be purchased in advance by calling 860-435-3203 or at the door. The Hotchkiss School is a boarding and day school located at 11 Interlaken Road in Lakeville, CT.



Spring Jam Session Sponsored by HYSB

Singer/songwriter Eliot Osborn, of The Joint Chiefs and Project Troubadour, joins the HYSB to provide guitar lessons after school to high school students. A small but enthusiastic group occupy space at the Art Garage wednesday afternoons. Thanks to the Art Garage for their generosity and support!



A Word From Our Executive Director

Signs of spring are starting to emerge and we all seem eager to shed our winter coverings. It was the 18th century English poet, Alexander Pope that coined the phrase, “Hope springs eternal,” declaring that people always hope for the best, in the face of adversity. In over 25 years of working with youth and families, I have come to appreciate more and more that it

is our strengths that carry us as individuals to set and reach goals in life. It is also what makes people come alive to the world.

Childhood is the place where dreams are made and the skills required to reach them are developed and *nurtured*. The possibilities of life need to be shown and ignited with the understanding that challenges can be rewarding and are not indicators of failure. All of our programs at the YSB have one core ingredient: opportunities are offered for kids to experience success. Given the chance—to perform in front of an audience for the first time; to take up a secretly held desire to play the guitar; to use a hand tool and create a 3-legged stool; to write a poem; or to rock climb to the top of

some imposing summit—all of these activities create a sense of excitement and hope.

Our work with parents echoes the same core messages: don’t give up, celebrate your successes and *enjoy* your family life. There will always be hurdles to overcome, problems to deal with. In the end, it is about the connections we make with others and our experiences in life that enhance the world we live in. It’s not just families that provide the crucial developmental building blocks for kids. The community sets the cultural tone for opportunities and acceptance. So, reach out to others, encourage hope and enjoy spring!

Childhood is the place where dreams are made ...

Parents Learn Strength-Based Approach to Raising Teens

In a program entitled “**Responding Versus Reacting to Your Teens: Key Principles & Techniques for Effective Parenting,**” youth care trainer Charlie Appelstein led a well-received two-hour workshop for parents of teenagers and pre-teens at HVRHS last February. Cosponsored by the school and HYSB, the presentation offered parents tips on how to help teens self-manage their behaviors, foster self-esteem and maintain parental calm under pressure.

Misbehavior should be viewed as a message: “Something is wrong. I need help.”

As President of Appelstein Training Resources, LLC, Mr. Appelstein provides original, strength-based training, consultation, and youth care literature to individuals and groups seeking to better understand and respond to troubled children and youth. Strength-based practices begin with the belief that all children have strengths and past successes can be utilized to stop troublesome behavior. Misbehavior should be viewed as a message: “*Something is wrong. I need help.*” Practicing to *respond* rather than *react* can reinforce more easily the behaviors you are trying to establish. In other words, don’t say or do anything to a child that you wouldn’t want said or done to you.

Time for a Pose

The HYSB board attended a full-day working retreat at Noble Horizons. The agenda focused on “Creating a Vibrant Future” and one of the breakout groups has already implemented some of its goals to increase HYSB’s outreach to parents of pre-kindergarten children. Martey S. Rhine of Management Solutions & Resources facilitated the workshop, which was supported by the Foundation for Community Health. *Photo Right (front row from left): Instructor Martey Rhine and HYSB Board members Diane Johnstone, Jill Gibbons, Jeanne Wardell. Back row: HYSB Board members Bonnie Kinsman and Ron Dower.*



Honoring Our Community Heroes

Ella Clark was the recipient of the 2007 Donald T. Warner Community Service Award for her outstanding contribution to the community. The event took place at the Wake Robin Inn last December. *In the photo above (left to right), are: Phyllis Nauts, Ella Clark, Diane Hiemy, Cynthia Bianchi and Linda Sloane.*

Housatonic Youth Service Bureau

- Crisis intervention & counseling
- Parent support
- Information & referrals
- Resource library
- Seminars & workshops
- Quarterly Newsletter
- Special events & guest speakers

Located next to H.V.R.H.S. in the Pupil Service Center.

All services are free.

Consultations are confidential.

Appointments are flexible.

860-824-4720

To make a donation, please send a check made out to “HYSB” to: **Housatonic Youth Service Bureau, P.O. Box 356 Falls Village, CT 06031**

Or, visit www.hysb.org to make a secure online donation.



Local Poet Teaches Young Women

In November, Lakeville poet, writing teacher and author **Sharon Charde**, led a 2-part writing workshop for the “Empowering Young Women” Project. The teen girls were given “prompts” to begin writing and then had an opportunity to read their work. Sharon’s style and encouragement allowed the girls artistic expression for their experiences and feelings. In 2007, Sharon won the “Making a Difference for Women Award” from the Soroptimist International of Greater Waterbury.

Lost Arts Popular with Local Families

Father and son learn a new skill together at Joe Brien’s Rustic Furniture Workshop over winter break. The free workshop is part of HYSB’s on-going F.Y.I. (*For Your Information*) series, programs that employ local artists and craftsmen and offer fun, interactive learning experiences for children and their parents to do together. The program was so popular that the series is being repeated during this year’s spring break. The April 12th workshop will be held at Kent’s North Congregational Church.



Basketball Magic Happens at Housy

Ms. Izzy Decker of Salisbury, was honored for her birthday at the February 24th **Harlem MagicMasters** Basketball game against the YSB Stingers. Great fun was shared by the multi-generational crowd. The slam dunks and basketball wizardry of the MagicMasters kept the win just out of reach of the YSB Stingers. Maybe next year!

Calendar

- **APRIL 16, 2008. Teens, Drug Use & Prevention: A Presentation by John Hamilton, LMFT, LADC.** Wednesday, 7 to 9 p.m. at the Housatonic Valley Regional High School, Room 133. Free. No Reservations.
- **APRIL 19, 2008. Tom Hanford’s Musical Menagerie.** Saturday, 11 a.m. in the Hollenbeck Room, Geer Village, North Canaan, CT. A rollicking collection of songs about our furry friends; ideal for ages 3 & up. Goshen resident Tom Hanford is a musician, artist, storyteller and performer extraordinaire! A free TV Turnoff Week event. No reservations.
- **APRIL 20, 2008. Family Hike on Mt. Brace in Salisbury.** Join HYSB’s Wilderness Club leader Ed Thorney and Parent Education Coordinator Jill Gibbons for a multi-generational outdoor experience. A free TV Turnoff week event. Call 824-4720 for details.
- **April 26, 2008. Live Bird Program** at Sharon Audubon Center. Saturday, 10 a.m. Celebrate James Audubon’s birthday! A free TV Turnoff Week event. No reservations.
- **APRIL 26, 2008. 4th Annual Battle of the Bands.** Saturday, 7-10 p.m. at Housatonic Valley Regional High School, Falls Village, CT. Tickets on sale at the door, which opens at 6:30.
- **APRIL 27. “Runaways.”** Sunday, 2:30 p.m. matinee benefit performance by Hotchkiss Dramatic Association at The Hotchkiss School’s Walker Auditorium. Tickets at the door or by calling 860-435-3203.
- **JUNE 23, 2008. Annual Golf Outing.** Monday, at The Club at River Oaks, Sherman, CT. Golfer’s registrations and sponsors are now being accepted. Details: visit www.hysb.org.

HYSB Presents “Screen-Free” Activities for T.V. Turnoff Week

Kids who are spending too many hours in front of the T.V. are missing out on some of life’s most important lessons: how to interact with peers; how to compromise; and how to share in a world full of real people. In recognition of national T.V. Turnoff Week (April 21-27, 2008) HYSB “Family Solutions” is sponsoring a variety of “screen-free” activities for families to do together at

home and in the community! Consult the Calendar for a snap shot glimpse of these free programs—and then visit www.hysb.org for more details. For the school nights during the week, there are suggested additional activities families can do together at home, such as reading a book, writing a story, or playing a game. For information call Jill Gibbons, Parent Education Coordinator, at 860-824-4720.

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About HYSB

Housatonic Youth Service Bureau has served youth and their families in North Canaan, Falls Village, Salisbury, Sharon, Cornwall and Kent since 1991. It is a public, community-based, volunteer-driven, not-for-profit organization whose mission is to assist, advocate, treat and provide services for children, young adults, and their families. HYSB is located in the "White House" next to the Housatonic Valley Regional High School in Falls Village.

Newsletter produced with funds provided by the Foundation for Community Health.

HYSB VOLUNTEER PROFILE: Lynn Kearcher

A dedicated member of the HYSB Auxiliary Board, Lynn Kearcher has strong ties to our region and a strong commitment to the HYSB mission. Lynn was born in Sharon and graduated from Housatonic Valley Regional High School. She attended San Francisco State University (along with HYSB Director Cynthia Bianchi) and enjoyed a multifaceted career in publishing before returning to the Northwest Corner and her hometown of Sharon.

Lynn was a magazine editor for over twenty years and also wrote articles on food and wine, automobiles, fashion, fine arts, and personality profiles. With her husband, Carl Chaiet, Lynn began writing her first children's book in 1983. Their series featuring Telford, a dictionary author, and Earnest, his wacky bird-butler, is noted for its fascinating, thought-provoking, and entertaining ideas and illustrations. (Lynn and Carl will present their new book, "Man's First Word" at a signing at Oblong Books in Millerton on April 19th, 11 a.m.)

Active in the community, Lynn began the Sharon Lake Association with Sherie Berk in 1996, received a large grant from the DEP,

*"...the efforts of all organizations in our area are so crucially linked to the quality of living."
-L. Kearcher*



published a Mudge Pond Primer and served on the Sharon Youth and Recreation Board for several years. She is currently a member of the Inland Wetlands Commission. In her spare time (!), Lynn loves to swim, make art boxes, and cook.

Lynn's commitment to community service is well-illustrated by the many volunteer hours she enthusiastically gives to local organizations. Her participation in HYSB stems from her recognition of HYSB as "truly a far reaching resource for this area, which goes beyond its mission of helping youth in a changing world." Lynn believes in cheering on "every and all local organizations, because the efforts of all organizations in our area are so crucially linked to the quality of living."



Housatonic Youth Service Bureau & Sharon Hospital
proudly present the

ANNUAL GOLF OUTING

Monday, June 23, 2008

The Club at River Oaks
Sherman, CT

To register now to play golf or become a sponsor contact HYSB at: 860-824-4720 or www.hysb.org.
Proceeds benefit the HYSB.

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