



CHAUTAUQUA
STRIDERS
MENTORING & GUIDING YOUTH

Chautauqua Striders is dedicated to the mentoring & guidance of youth through education, advocacy, & athletics.

MAKING STRIDES NEWSLETTER

Winter 2010

From the Director's Desk

By Deb Kathman, Executive Director

You've heard me say it before and I will say it again, "Kasserian ingera?" How are the children?

Last spring Striders hosted a breakfast for community members on the benefits of mentoring. Our guest speaker was Larry Selnick, from Webster Bank in Norwalk, Connecticut, who is a strong proponent for business and mentoring. As Larry began his presentation he said, "Kasserian Ingera." This is a greeting he uses that comes from an ancient tribe in Africa.

Today, with so much conflicting information from Albany and Washington about health care, Medicaid, unemployment, and much more, we too, must ask, "How are the children?" While you may see health care reform as a disaster, others see it as necessary; while you may see Medicaid as a crutch, others see it as a safety-net. But, however you choose to view these programs, you/we, must never forget the children. As we enter what is to be a joyous season, a time for giving, there are many children in poverty with little hope for a better future, let alone a wonderful holiday. Please take time to ask yourself, "Kasserian ingera?" and then make this your season of giving by donating to great organizations like the Boys and Girls Club, JNP, the Salvation Army, Jamestown Community Learning Council, the YWCA and the "Y". Each and every day they ask, "Kasserian ingera?" They need your donations; they need your time and they need your talents so they can answer, "The children are well."

Striders Cares

CARE (Community Academics Reaching Everyone) is open to students, kindergarten through eighth grade, in any Chautauqua County school district. This program meets Tuesday and Thursday after school at Chautauqua Striders' offices on the second floor of the "The Y" in Jamestown. For more information please contact Julie Dudgeon at 488-2203 ext 221 or 88jdudgeon@jamestown.wnyric.org.

Did you know?

Chautauqua Striders served 2,111 youth during the 2009-2010 school year. Those young people came from 30 different communities from across Chautauqua & Cattaraugus Counties, as well as, Pennsylvania.



CARE tutor, Kevin Hurley, help fourth grader, Alyssa, with her social studies homework during an after school tutoring session.

Chautauqua Striders Contact Information

Chautauqua Striders Main Office
YMCA Building (second floor)
101 East Fourth Street
Jamestown, NY 14701
Phone 716-488-2203
Fax 716-487-1434
Tutoring Coordinators, Administration, Program Directors, Teen Center & Project Reach

Chautauqua Striders Mentoring Office
JPS Technology Academy
200 East Fourth Street
Jamestown, NY 14701
Phone 716-483-4384
Fax 716-483-7110

Chautauqua Striders North County Office
Boys & Girls Club of NCC
296 Lake Shore Drive East
Dunkirk, NY 14048
Phone 716-680-2358
Fax 716-366-2418

Chautauqua Striders Hispanic Outreach
Washington Middle School
159 Buffalo Street
Jamestown, NY 14701
Phone 716-640-5934
Fax 716-483-4268

Additional program information is available online at www.chautauqua-striders.org

Winter Closing Policy

Chautauqua Striders follows the Jamestown School District closings. In the case of inclement weather late in the day, please listen to the radio for cancellations.

In other school districts, we follow those district closings. If you are unsure of our availability, please contact our office at 488-2203 for more information.

Inside Making Strides

Lighted Schoolhouse Program	2
Elementary & Middle School Corners	2
SAFARI and County Programs	3
Outreach & Athletic Programs	4
Mentoring Programs	5
Friend of Chautauqua Striders	6

Tutoring Corner

Tutoring and more.....

By Julie Dudgeon, Middle School Coordinator

Tutoring for the YWCA Advantage Afterschool Programs at Thomas Jefferson and George Washington Middle schools and the Lighted Schoolhouse at George Persell Middle school takes place Monday through Thursday in the school libraries. Students in grades 5-8 must register at Jefferson and Washington and can sign up for Striders as one of their activities. At Persell, students are selected with input from guidance counselors and teachers. Abraham Lincoln Elementary tutoring encompasses grades 3 and 4; students chosen by the guidance counselor and teachers are assigned to Monday/Wednesday or Tuesday/Thursday sessions.

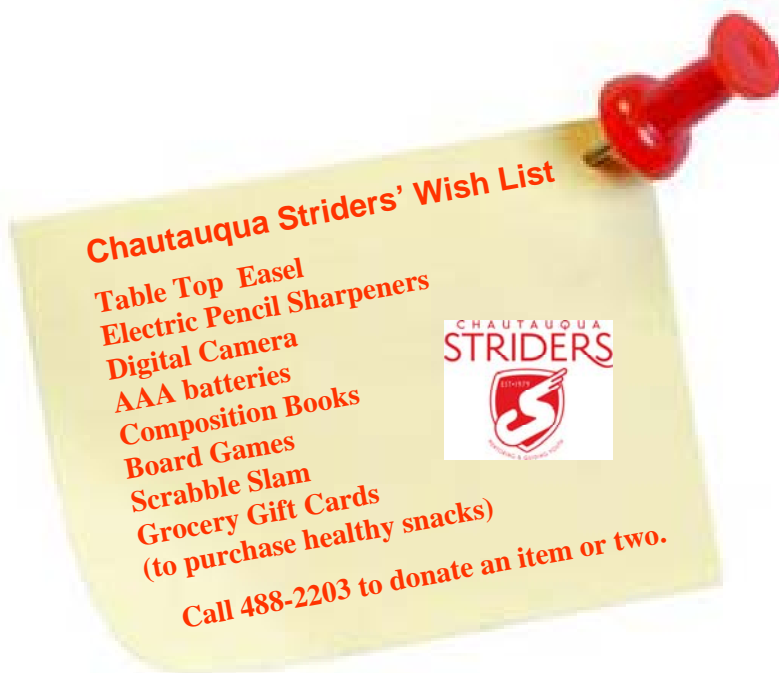
Tutors focus on homework but also recognize by the time they see them, students have already had a long day at school, so they provide many fun, academically based, projects and activities such as kite making, designing their own rooms, researching a chosen country and finding recipes particular to that country's culture (some of which the students will hopefully be able to make), playing Scrabble, and having math competitions. Times, costs (for Advantage Program), and registration requirements vary for each of these programs so please check www.chautauqua-striders.org for more information.

Special thanks to all the tutors and volunteers who make these programs run and who go above and beyond to mentor and educate the young people in them.

411 On Elementary Afterschool Programs

By Michelle Waterman, Elementary School Coordinator

Chautauqua Striders is proud to team up with the YMCA and YWCA Afterschool Programs at Bush, Fletcher, Love, Ring, and Rogers to bring the children of those schools homework help and enrichment activities in line with the school day curriculum. Our tutors are intelligent, experienced adults who enjoy spending time with the children in these programs. This year, Striders' tutors have helped almost 200 children during the hours of 3:00 pm to 6:00 pm, Monday through Thursday. To find out more or to enroll your child in the afterschool program at your school, contact the Main Office. The secretaries can point you in the right direction!



Lighted Schoolhouse Shines with Community Partnerships

By Pam Gustafson, High School Coordinator



Chautauqua Striders continues to work directly with the Jamestown YMCA, the Eastside Family YMCA, and the Boys & Girls Club of Jamestown to provide quality academic assistance for area students. At all three locations, tutors are available to help with homework, projects, research, study skills, and engage in other educational activities.

Students, grades two through twelve, at the Eastside Y work alongside tutors from 3:30 pm - 6:00 pm Monday through Thursday. A special "Binder Day" was held to give students a chance to get organized and acquire needed school supplies in order for them to be better prepared for class.

Tutors at the Boys & Girls Club will be working with club staff to present a unit from a Global Awareness curriculum being piloted nationally. This opportunity was made possible through our connection with the 21st Century Grant. Students will be looking at ecological sustainability in our community. Regular tutoring hours at the club are Monday through Wednesday, 4:00 pm - 6:00 pm.

The Lighted Schoolhouse program at the Jamestown Y provides tutoring to high school students Tuesday, Wednesday, and Thursday from 3:30 pm - 5:30 pm, as well as, Tuesday and Thursday evenings 6:30 pm - 8:30 pm. The varied session times allow students to fit tutoring into their busy schedules. Both students and parents appreciate our flexibility and consistency. Recently, one family whose four children attend Striders showed their gratitude by providing each tutor and staff member with a homemade cheesecake.



By Josh Aufflick,
SAFARI Program Coordinator

As we make our way into the winter months, SAFARI keeps an ever-watchful eye on the fast approaching Regents exams in January. These exams are crucial for on-time graduation, meaning it is never too early to start thinking about them. We work daily with



upperclassmen preparing for exams they had difficulty with in the past. At the same time, it is just as important we emphasize the significance of Regents exams to our incoming freshmen. Introducing them to the Regents exams is a central aspect of helping middle school students transition to high school level academics. The SAFARI staff is constantly developing new materials to help students review after they have finished their regularly assigned course-work. In January, SAFARI offers a number of Regents review sessions for students preparing for exams. Any students not currently enrolled in the SAFARI program can visit their guidance counselor for more information.

Northern Lights

By Michele D. Starwalt, North County Coordinator



While the office of North County Striders didn't leave on a jet plane, we surely packaged and boxed all of our important belongings and moved, along with the Boys & Girls Club of Northern Chautauqua County, to our new location at 296 Lake Shore Drive East, the former St. Hyacinth's School in Dunkirk. It is a beautiful building, modern, up to code, and pleasantly warm! The Learning Center is a superb open space that faces Route 5 and is filled with sunshine on a daily basis. Job Corps students and inmates from the Brocton Shock Prison assisted in this monumental move.

Brocton, Silver Creek, and Westfield tutoring programs continue to thrive and it is quite easy to see how smoothly our programs operate when seasoned tutors remain with Striders for many years. These tutors have an invested interest in the students and the youth appreciate familiar faces in whom they are able to confide and trust. Striders county-wide has made a profound effort to consistently address the 40 Developmental Assets with our youth. A perfect example of being a positive role model was Julie, a Silver Creek tutor, who stayed after hours to watch Striders' students perform in a play. During this upcoming Holiday Season of thanks and many blessings, we are so very grateful for our incredible tutors who not only enrich Striders' programming but the lives of so many students as well! Thank you to all of you and happiest of holidays to you and your families.

Panama and Ripley Updates!

By Annette Bittorf, Academic Program Coordinator

Panama: "Keep on Learning"

Chautauqua Striders partners with Chautauqua Opportunities, Inc., and provides academic support to over 60 youth who participate in Panama's afterschool program. Tutoring for middle/high school students started in May 2008. Last year, Striders helped Panama students with 1,630 assignments. This is the first year we have worked more consistently with their elementary students. We are encouraged by the communication and commitment from Panama teachers, counselors, and administration. Chautauqua Striders tutors are available Tuesday through Thursday from 3:00 pm to 5:15 pm.

Ripley Tutoring is back!

At the beginning of the school year, there was no funding in sight for Ripley. Chautauqua Opportunities (COI) was waiting to hear about possible grant funding but that wasn't going to get the students back into the tutoring room. With a little creativity, at least through December, students are now able to receive homework help and tutoring on Tuesday and Thursday afternoons in the school library. Striders, along with COI and the school administration, will continue to pursue opportunities to keep this program available for Ripley students.



2010 Board Members

- Kathy Bradshaw
- Susan Churchill
- Steve Deyo
- Ellen Ditonto
- Rich Dixon
- Michael Engdahl
- Connie Evans
- David Hedberg
- Rosary Kolivas
- Jeff Kresge
- Rob Liebers
- Mike McElrath
- Tim Shults
- Daryl Wadsworth
- Karl Wiggins
- John Zabrodsky



An Open Door for Hispanic Community

By Karisse Rotger-Gonzalez,
Hispanic Outreach Coordinator



The Hispanic Outreach Program started on a part-time basis in 2004 and due to the high demand for its services was converted to a full-time position in September 2005. The goal of the program is to increase Hispanic

family involvement in their children's education by serving as a bridge between home and school. The Hispanic Outreach Coordinator currently helps new and established families in the district with referrals to agencies that can assist them, supports school staff, administration, and parents with translation of documents, attends meetings, makes home visits, and places phone calls among other responsibilities.

To better serve our students, three groups have been established in which we provide life experience, character building, and celebrate our Hispanic heritage. The **ESL Divas at Washington Middle School** are teamed up with ESL teacher, Mrs. Linda Smith; **Futuro Latino** meets in collaboration with Ignacio Parra, Kirsten Samuelson, and Stacy Childress at Jamestown High School, and **Let's Share Lunch**, also at Washington Middle School, provides the opportunity for groups of two to five students for sharing ideas, conversing, receiving counseling, discussing the dynamics of peer pressure, and more.

The Hispanic Outreach office is located at Washington Middle School and the door is always open or you can contact me at (716) 640-5934 or by email at 88kgonzalez@jamestown.wnyric.

Discover Greatness



By Arrick Davis,
Project REACH Coordinator

The most gratifying reward I have as Project Reach Coordinator is being in a position to inspire the youth in our community; helping each child discover his or her special interests and dreams. All kids have their own unique style, gifts, and talents to showcase. Youth need to have a vision to keep them on track. Setting goals is difficult but, they help young people to be accountable. Attaining goals makes them feel proud and gives them courage to be adventurous. It is essential that each child recognizes he or she has the seeds of greatness inside him/herself. "Greatness does what mediocrity doesn't feel like doing." (Chappale Linn Burton) Through discovery, students have the courage to excel in academics, try out for a team sport, or begin to play an instrument of choice.

Runners of the Year



Men's ROY winner, Mariuz Klimczuk won four of the ten series races.

The inaugural 10 race Chautauqua Striders Runner of the Year series recently completed with the Amy King Memorial 5 K Run. The overall male champion was Mariusz Klimczuk with Kathy Gustafson leading the way for the women. The purpose of the series was to recognize the leaders and promote races in the running community.

Bemus Point 15 K Race Director, Robert Rappole said of the series, "I think it's just great. We saw an increase of participants this year and they were mostly series participants."

Complete series results and age group leaders can be found on our website at www.chautauqua-striders.org.

Overall Standings Male

Place	Name	Points
1	Mariusz Klimczuk	63
2	Adam Rowe	58
3	Michael Engdahl	42
4	Tony Dolce	36
5	John Gustafson	28
6	Dan Mueller	27
7	Travis Prejean	20
8	Joseph Ver	17
9	Joe Campbell	16
10	Jordan Johnson	14
10	Daniel Cable	14

Overall Standings Female

Place	Name	Points
1	Kathy Gustafson	84
2	Melissa Sohl	52
3	Lydia Samuelson	47
4	Patty Gabreski	45
5	Melinda Lawson-Crabtree	34
6	Lauren Reyda	17
6	Diane Kling	17
8	Caryn Nicosia	15
9	Sherri McCall	14
10	Stephanie Goot	12

APP Success With A Smile

By Sharon Matson and Wayne Stewart, Transition Team/APP Coordinators

This is the season to give thanks and to think about the little things in life that give us reason to smile. Heidi is one of those reasons. She would be the first to admit that as a 9th grader transitioning into Jamestown High School (in Spring 2008), this was not an easy time for her. She remembers her days of truancy, disrespectful attitude towards teachers, and disruptive classroom behavior. According to Heidi, "I was hanging out with the wrong crowds, leaving and skipping school; I was really bad." Her behaviors led to detentions, suspensions, and finally, the Alternative Placement Program (APP). She was in this program from November 2008 to February 2009. Having successfully completed it, she credits her guidance counselor, Mrs. Duncanson, who talked to her everyday, telling her she could achieve more than she was accomplishing in school at that time.

Today Heidi is a senior at JHS, and she is a student in the BOCES Criminal Justice Program. She will graduate in June 2011 and her goal is to attend college (she has applied to several) to pursue either a profession in the criminal justice field or to become an English teacher. Heidi has so many options! She states, "Now everything is different; I have changed a lot." She gives thanks for the fact that she is almost done with high school and she is making it. THANK YOU, HEIDI.

Mentoring at Striders

Community and School Based Mentoring Programs

Did You Know?

By Amanda Gesing and
Alexandra Caldwell



Chautauqua Striders Mentoring Program is currently serving over 100 students attending 12 area schools in grades 3-12?

Chautauqua Striders has mentees in community and school-based mentoring who attend Jefferson, Persell, and Washington Middle Schools, Ring, Love, Fletcher, Bush, and Lincoln Elementary Schools, and Jamestown High School. In addition, Chautauqua Striders has mentees in the community based program who attend Southwestern Elementary School, Southwestern Middle School, Falconer Middle School, and Frewsberg Middle School.



Mentoring at George Washington Middle School

Each of these students is matched with a caring, adult mentor who spends time with them shooting hoops at the park, reading, baking, or just hanging out and talking.

Promising Futures

By Lorraine Walker

A mentor is a member of the community willing to volunteer time with a young person to assist in achieving academic, career, and personal goals. Project ME mentoring students, with support and guidance from their mentors, are on the path to successful futures.

# of Students	Post Graduation Plans
20	Jamestown Community College
1	Mercyhurst
2	SUNY College/University
2	Jamestown Business College
3	Armed Services
1	Undecided

A special thanks to the mentors and mentees that volunteered for the Salvation Army Red Kettle Campaign and "rang the bell" on December 4th at Sam's Club.

Enjoy a stroll in our beautiful downtown and take in the windows at Cooper's Cyber Cafe, M & T Bank, and Best Western. A group of our mentoring students, with guidance from Stephanie Cutrona, JHS art teacher, and Gary Peters, painter of the Lucy murals, are dressing up Jamestown for the holidays. I think you'll find the artistic abilities of these young people astounding!

We all have our "comfort zones." They are places where we live, feel safe, and are free from conflict, confusion, and chaos. These internal boundaries provide a sense of security but they can also inhibit potential. I believe the hopes and dreams of our youth should not be limited by their unwillingness to journey beyond their comfort zones.



One important life lesson we teach and share with young people is to encourage them to move outside their comfort zones. Young people often struggle making new friends or may feel uncomfortable if they don't see a familiar face in math class, for instance. Sometimes placing a child in a new social position is needed for them to stretch their boundaries. The more opportunities young people have to connect with others and share experiences with them, the wider their comfort zones expand.

I've coached high jumpers for over twenty years and I use a practice drill during the season aimed at stretching athlete's thoughts about their abilities. I use a one foot box at the takeoff position to help the jumper gain more height at bar. The sensation of pushing off the box gives athletes the feeling of jumping higher and beyond their normal ability. The added height and landing is a new and sometimes uncomfortable sensation. By coaching the athletes through this drill, their fears are reduced and they are given the confidence to jump higher without the box.

We took a group of middle and high school students to the University of Buffalo a few weeks ago for their annual "UB Discovery Day" and for many, this was their first college experience, though we hope not their last. The students toured the campus, met with department representatives, participated in an admissions session, and "hung out" in the student union. We wanted to take them out of their comfort zones such as the Teen Center, YMCA, and the City of Jamestown itself and show them what their future could be. It became more evident to them their academics and athletics needed more attention. Until they left their comfort zones, they had no idea of the possible boundaries and obstacles in front of them.

So how comfortable are you? Have you maximized your potential or is there room for improvement? Each day brings new opportunities; find new challenges and don't let your self-imposed comfort zone limit your potential.

Are You In A Zone?

By David Reinhardt, Program Director

Chautauqua Striders
101 East Fourth Street
Jamestown, NY 14701

ADDRESS SERVICE REQUESTED

**Non-Profit
Organization
U.S. Postage Paid
Jamestown, NY
14701
Permit # 220**



CHAUTAUQUA
STRIDERS
MENTORING & GUIDING YOUTH

**Friends of
Chautauqua Striders
Pledge Card**

Name

Phone Number

Address

Signature

Enclosed is my check in the amount of \$_____representing my 2010 pledge.

I pledge to contribute \$ _____ to Chautauqua Striders . Please bill me in 2011.

**Please complete this PLEDGE CARD and send it to:
Friends of Chautauqua Striders
101 East Fourth Street
Jamestown, NY 14701**