

■ ST. CHARLES YOUTH COMMISSION ■

Monday, May 7, 2018 – 6:00 p.m.

St. Charles Police Department Conference Room
211 N. Riverside Avenue

J. Diorio – Youth Commissioner, Chair*	J. Burden, STC PD
S. Anderson – Youth Commissioner*	J. Keegan, Chief of Police
C. Denz – Youth Commissioner*	R. Rogina, Mayor*
C. Hime – Youth Commissioner, Treasurer*	STC Aldermen
D. Kelly – Youth Commissioner, Secretary*	M. Koenen, City Administrator
L. Kristofer – Youth Commissioner*	J. Bruggeman, STC Park District*
J. Muenz – Youth Commissioner*	J. Greenwald, STC Park District
D. Saylor – Youth Commissioner*	B. Buckley, STC Library*
M. Weick – Youth Commissioner*	J. O’Neal, TriCity*
J. Wong – Youth Commissioner*	P. Palagi, D303*

*Attended meeting

- I. Meeting called to order @ 6:00 p.m.
- II. **Mayor Raymond Rogina**
 - A. Topics of Discussion and Clarification with regard to the Youth Commission
 - i. Clarification on Youth Commission policy regarding funding of food requests for future funding requests;
 - ii. Discussion regarding youth driven funding requests;
 - iii. Discussion on flexibility, creativity, and respect for previous history;
 - iv. Mayor Rogina recommended spending all available funding in future budget years;
 - v. Discussion on a recommendation received from Chris Minnick, Director of Finance; he recommends setting deadlines for funding requests;
 - vi. Discussion on updating current Youth Commission funding application.
- III. **Secretary’s Report**
 - A. Approval of the minutes from the April 2018 meeting. Motion to approve; carried.
- IV. **Treasurer’s Report**
 - A. Approval of report carried; copy of report attached.
- V. **Correspondence**
 - A. Thank you letter from the St. Charles East High School PTO for funding support for the 2018 Post Prom celebration.
 - B. Thank you from Tri-City Family Services for funding support.
- VI. **Presentations – none**
- VII. **Liaison Reports**
 - A. **D303 – Patti Palagi**
 - i. Update on support available for grieving students and families;
 - ii. Update on Thompson building project.

B. Park District – Jennifer Bruggeman

- i. Update on STC Underground;
- ii. Update on Friday Night Live events.

C. Police Department – absent

D. Library Programs – Brandon Buckley

- i. Update on summer reading program;
- ii. Update on young adult events (attached);
- iii. Update on new circulation policy.

E. Tri-City Family Services – Jules O’Neal

- i. Update on the Wilderness Challenge (brochure attached);
- ii. Update on wellness program;
- iii. Update on program at Bethlehem Lutheran on mental health (attached).

VIII. Old Business – none

IX. New Business

- A. Election of new Youth Commission officers, including Chairperson, Treasurer, and Secretary.
 - i. Chairperson nomination – Cheryl Denz; motion to approve Cheryl Denz as Chairperson for 2018-2019, carried.
 - ii. Treasurer nomination – Cliff Hime; motion to approve Cliff Hime as Treasurer for 2018-2019, carried.
 - iii. Secretary nomination – Lara Kristofer; motion to approve Lara Kristofer as Secretary for 2018-2019, carried.
- B. Funding Request from the St. Charles Police Department for the Youth Academy in the amount of \$1,500, carried.
- C. Funding Request from St. Patrick’s Catholic Church for “Sack Summer Hunger” was tabled for next month’s meeting.

X. Announcements/Discussion – none

XI. Public Comment – none

XII. Adjournment

- A. Motion to adjourn at 7:00 p.m., carried.

The next Youth Commission meeting will be Monday, June 4, 2018 at 6:00 p.m. in the St. Charles Police Department Riverside Conference Room located at 211 N. Riverside Avenue. Note: the Youth Commission will not meet in July or August.

Minutes respectfully submitted,
Dan Kelly, Youth Commissioner



Mental Health Matters Hope Matters

MINI FILM FESTIVAL IN MAY

Mental Health Matters – Hope Matters, Bethlehem’s initiative on mental health matters is hosting a mini “film festival” during the month of May, Mental Health Awareness Month, with the goal of continuing to raise awareness, reduce stigma and promote wellness within our community.

You are invited to listen, learn and discuss as we hear different journeys and ways to navigate mental health and wellness. Each of these short “films” (TEDtalks, YouTube videos) will be hosted by Bethlehem disciples, some with their own stories to share. Whether you prefer to listen or join the conversation, we would love for you to come and get acquainted with others in our community around these interesting topics:

MAY 6

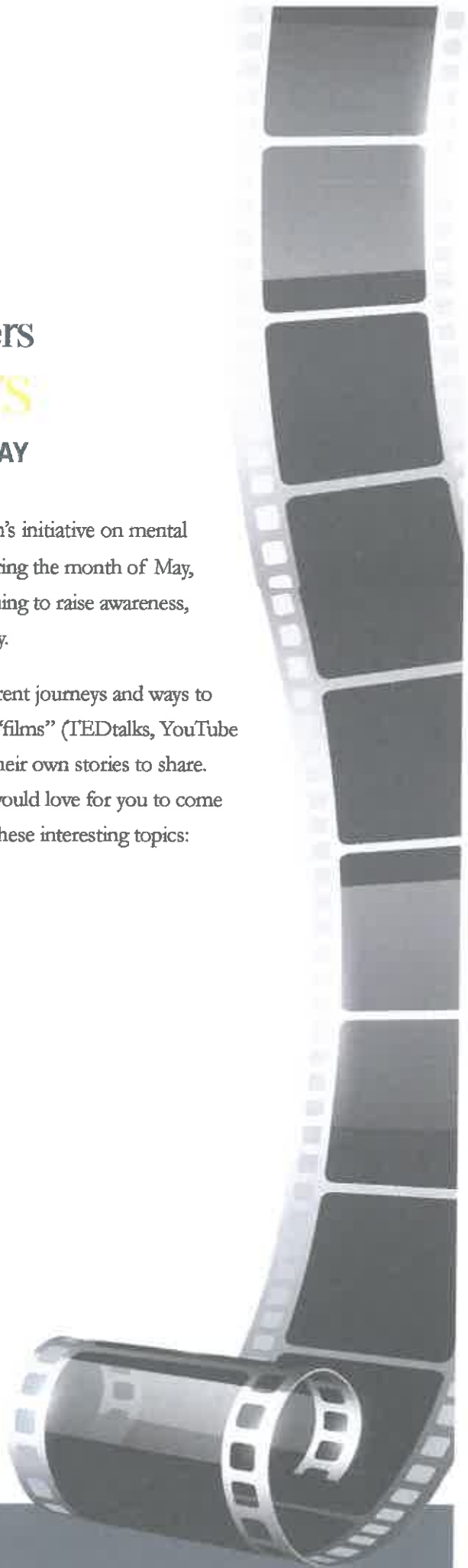
- 9:15am** **Anxiety, Alcoholism, Recovery, Hope**
Video: Elizabeth Vargas Story, Journalist for ABC
- 10:30am** **A Journey of Understanding in Aftermath of Tragedy**
Video: Sue Klebold Story, mother of Dylan Klebold

MAY 13

- 9:15am** **Training Grandmothers in Treating Depression**
Video: Dr. Dixon Chibanda Story, Zimbabwe Psychiatrist
- 10:30am** **Understanding Anxiety**
Video: Michael Phelps Story, Olympic Gold Medalist

MAY 20

- 9:15am** **Quitting Social Media**
Video: Dr. Cal Newport Story, Computer Scientist
- 10:30am** **Role of the Church in Mental Illness**
Video: Kay Warren Story, Mental Health Ministry, Saddleback Church



Film Fest Schedule

MAY 6

9:15a **Anxiety, Alcoholism, Recovery, Hope**

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YOUNG ADULT EVENTS

Exam Cram 2018

Thursday May 31 • 5:00–10:00 pm

Sunday June 3 • 12:00–5:00 pm

Monday June 4 • 5:00–10:00 pm

Study with us at the library. Free pizza, snacks and drinks courtesy of the Friends of St. Charles Public Library. **REGISTER**

Gaming Club

Thursdays

June 7 • 1:00-3:00 p.m. • Nintendo Labo

July 5 • 1:00-3:00 p.m. • Retro Consoles

August 9 • 1:00-3:00 p.m. • Injustice on PS4

Carnegie Community Room

Come game with your fellow teens. Each meeting will feature a different game and/or console. Bring your own handheld if you're so inclined. **DROP IN**

Teen Movie Night

Fridays • Huntley Meeting Room

Come catch a recent release on the big screen with your friends.

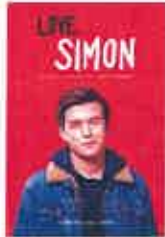
Drinks and snacks provided. **DROP IN**



5:00-7:30 p.m.
June 8
Thor: Ragnarok



5:00-7:30 p.m.
July 6
Fantastic Beasts and
Where to Find Them



5:30-7:30 p.m.
August 3
Love, Simon

High School Volunteers

Summer Session

Monday, June 11- Friday, August 10

Applications are due Friday, June 1

Are you looking for a way to gain experience for your first job, add to a college application or help in the community? Consider volunteering at your library. You will get the opportunity to work throughout the Library on a variety of projects to develop new skills and gain practical experience.

Assignments may include shelving materials, using the Library catalog, working from reports and selecting items for display. Applications online at scpld.org/teen-volunteers or at the Reference Desk. **REGISTER**



ANIME CLUB!

Tuesdays • 6:00–8:00 p.m. • Carnegie Community Room

June 12 • July 10 • August 14

Every second Tuesday of the month get loud and geek out! Watch anime, eat snacks and hang out with fellow otaku. On July 10, we will watch a full length anime movie. Cosplay always welcome. **DROP IN**

Fat 'n' Happy Cats Felting

Thursday, June 14 • 2:00-4:00 p.m.

Huntley Meeting Room

Make a roly polly cat in your choice of colors with needle felting techniques.

Presented by Natasha Lewis of Esther's Fibers. **REGISTER**



Henna Tattoo Workshop

Saturday, June 16 • 2:00-3:30 p.m.

Carnegie Community Room

Get a beautiful henna tattoo done by Hennamore Henna! You will learn the history, different uses and significance of henna art. Receive a step-by-step tutorial to develop henna design, information about use of henna on hair, a hands-on henna application activity and a free henna kit. Each tattoo should last 7-10 days. Limited to 15 participants. **REGISTER**



3D Printing 101 for Teens

Thursday, June 21 • 2:00-3:30 p.m.
Friday, June 22 • 2:00-3:30 p.m.
Technology Center

This is a two-part workshop for students who have finished grades 8-12. You must attend both sessions. Limited to 8 participants.

Part 1.

Welcome to the world of 3D Printing! We will examine the Library's new 3D printer, explore what makes a successful 3D print and dive into making an object using a simple online 3D design and print application.

Part 2.

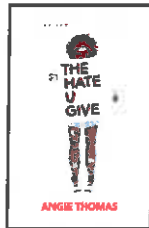
We will continue the conversation of 3D Printing and examine what makes a successful 3D print. We will delve into internet resources for print objects and create an object using a simple online 3D design and print application. **REGISTER**



Teen Book Club

Sundays • 2:00-3:00 p.m. • June 24 • July 29 • August 26
Carnegie Community Room

Run by high school students for high school students! A fun place to relax, have snacks and discuss the book. All ages 14-18 are welcome. June's book will be *The Hate U Give* by Angie Thomas. Get a copy of the book at the Reference Desk. Bring your suggestions for which books to read in July and August. **REGISTER**



Teen Pastry Boot Camp – Superhero Cupcakes

Thursday, July 12 • 2:00-3:30 p.m.
Huntley Meeting Room

Grab your cape and join the fun! In this super-charged event, you'll learn the secrets of tasty buttercream and rolled fondant from a professional cake decorator; plus use decorating and modeling tools to create your own sweet superhero cupcakes. **REGISTER**

Manga Book Discussion

Thursday, July 19 • 4:00-5:00 p.m.
Carnegie Community Room

Join us for a special summer book discussion of an essential manga work. We will read *The Gods Lie* by Kaori Ozaki. Read the book before the discussion and bring your copy with you. Pick up a copy at the Reference Desk. **REGISTER**



Author Visit: Gene Ha Presents How To Draw Anything

Wednesday, July 25 • 4:00-6:00 p.m.
Huntley Meeting Room • Grades 6-12

Award-winning comic book author and artist Gene Ha knows that if you give a young artist simple drawing tools and principals, he or she can use their imagination to draw anything – from their lives, the faraway or the imaginary. What would you like to draw better? Stick around after for a signing. **REGISTER or DROP IN**



Teen Knits

Wednesdays • 2:00-3:30 p.m.
June 27 • July 25 • August 29
Carnegie Community Room

Whether you're a beginner, intermediate or advanced knitter, all levels are welcome. Bring what you're working on, or ideas for simple projects will be provided. Needles, yarn and basic instruction provided, but please bring any supplies you may have. **REGISTER**

Teen Trivia

Thursday, July 26 • 2:00-3:30 p.m. • Carnegie Community Room

Join us for a fun afternoon of showing off your knowledge and crushing the competition. Prizes will be awarded to the winners. Snacks and drinks will be provided for all. **REGISTER**

Teen Pastry Boot Camp – Mystery Pizza Cake

Thursday, August 2 • 4:00-5:30 p.m.
Huntley Meeting Room

Is it a pizza? Is it a cake? Come check out this mystery and learn to disguise your own mini cake as a pizza! Sweet! In this special class, a professional cake decorator will show you how to crumbcoat, drape fondant and create pizza toppings too. **REGISTER**



Mario Kart Gaming Tournament

Student entering grades 4-9
Monday, July 16 ■ 1:30-4:30 p.m.

Get in on the tournament where the biggest stars, Mario, Link, Pikachu and others will be on the big screen. General information and rules will be posted on the Library website. All participants must agree to Tournament rules. Maximum of 32 players. Register early to guarantee your spot. **REGISTER**

Game Changers: Sports in St. Charles

Students entering grades 3-5
Thursday, July 26 ■ 3:00-4:00 pm

Historically many different sports have been played in schools and by the general public. Alison Costanzo, Executive Director of the St. Charles History Museum, will speak about common sports like football and baseball and also the less familiar sports of rolle bolle and pigeon racing. Weather permitting, a game of water balloon baseball will be played. Parents are welcome to attend. Please make other arrangements for younger children/siblings. **REGISTER** or **DROP IN**



Welcome to Kindergarten

Students entering kindergarten & parent
Wednesday, August 15 ■ 1:30-3:30 p.m.

It's all about kindergarten and what to expect when school starts. Stories, songs and creative activities will get your child ready for that first day. Bring your St. Charles Library card or apply for one that day. Please make other arrangements for siblings. **REGISTER**



Birds & Flowers: A Multi-Cultural Drawing Workshop

A Russell Series Event for students entering Grades 1-9
Tuesday, July 31 ■ 2:00-3:30 p.m.

Christine Thornton will introduce you to beautiful Ukrainian folk art. In the workshop you will learn how to draw birds and flowers inspired by what you see. You will add finishing touches to your drawing using colored pencils and permanent markers. Participation is limited to 30 students. Adults may observe. **REGISTER**

This series was established by the William Russell family in memory of Karen G. Russell and continues with a grant from the Illinois State Library. Each February and July, Chicago-area experts, artists, authors and others introduce students to their art, craft or profession by providing an interactive experience.

I'm Melting! Shrinky-Dinks

Students entering grades 6-9
Tuesday, June 26 ■ 1:30-3:00 p.m.

What makes plastic melt? How hot is a hair dryer? Can markers and crayons melt? Find out as we make our own shrunken travel charms, melted crayon art and try out other melting magic.

REGISTER or **DROP IN**

Cupcake Decorating

Students entering grades 6-9
Friday, July 13 ■ 4:00-5:30 p.m.

Create your own cupcake masterpieces, learning from a professional cake decorator using techniques with both buttercream frosting and fondant. Learn and have fun decorating two cupcakes. All supplies provided. Maximum of 30 students. Registration closes at noon on Thursday, July 12. **REGISTER**

Author Visit: Gene Ha Presents How To Draw Anything

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Huntley Meeting Room

Grades 6-12

Award-winning comic book author and artist Gene Ha knows that if you give a young artist simple drawing tools and principals, he or she can use their imagination to draw anything – from their lives, the faraway or the imaginary. What would you like to draw better? Stick around after for a signing.

REGISTER or **DROP IN**



Night AT the Museum

Students entering grades 6-9
Tuesday, August 14 ■ 6:00-8:30 p.m.

215 E Main St, St. Charles, IL 60174

Discover what happens at the St. Charles History Museum after it closes for the night. Go on a scavenger hunt to discover St. Charles historical treasures, explore the exhibits and touch artifacts. This adventure filled event **AT THE MUSEUM** will give you a behind the scenes peek at St. Charles history. Event check-in and pick-up details at registration. Maximum of 30 students. Deadline to register is 9 p.m. on Monday, August 13. **REGISTER**



After Hours: Game Show

Students entering grades 6-9
Friday, August 17 ■ 7:00-10:30 p.m.

COME ON DOWN! You know the games – we have just added a library twist to popular game shows: Jeopardy; Name that Tune; Win, Lose or Draw and others. This and much more after the Library closes. It is sure to be a grand time – pizza served. Tell your friends and remember to register – last year's event filled early. Deadline to register is noon on Thursday, August 16 or when filled.

REGISTER IN PERSON – Parental signature required at registration.



Family Services

TriCity Family Services is committed to assuming a leadership role in providing community based, family centered, behavioral health services.

Our programs and services are offered through five main channels of concentration:

- Youth Crisis Intervention and Stabilization
- Early Intervention
- Prevention and Wellness
- Counseling
- Occupational Services



Hannah Kramer
TriCity Family Services
1120 Randall Court
Geneva, IL 60134



1120 Randall Court
Geneva, IL 60134

630.232.1070
Fax 630.232.1471



TriCityFamilyServices.org

Strengthening people - building community

wilderness challenge program

strengthening youth through the challenges of nature



TriCity Family Services
1120 Randall Court
Geneva, IL 60134

630.232.1070
fax 630.232.1471

TriCityFamilyServices.org

wilderness challenge program



The Wilderness Challenge Program was designed over 25 years ago for graduating 8th graders and 9th and 10th graders who wish to develop valuable life skills that can aid in preparing them for adjustment to high school and their young adult life.

Our canoeing and camping program takes place over eight days, (Thursday, June 14th—Thursday, June 21st) in the Boundary Waters Wilderness Canoe Area of Northern Minnesota. With the guidance of trained staff and through a multitude of natural challenges, the focus of the trip is to enable teens to develop peer relationships, team building, and problem solving skills.

No prior camping or wilderness experience is required. Program initiatives are designed to match each teen's physical and emotional readiness.

Visit our website at www.tricityfamilyservices.org and click on *Programs and Services* to watch the **Wilderness Challenge Video**

strength

— who can apply for the Program?

We are seeking teens, first and foremost, who feel ready to challenge themselves physically, mentally and spiritually via the challenges of nature. The program has proven effectiveness for teens that have struggled in some fashion, either academically, socially and behaviorally or who could benefit from developing sound personal leadership and problem solving skills.

- Must be a graduating 8th, 9th or 10th grader
- Must live within the service area of the agency (St. Charles, Batavia, Geneva and west to County Line Rd.)
- Must be able to swim or keep afloat in water
- Must be willing to engage in team building and group interaction
- Must attend a second interview consisting of team activities and a swim test

Save these MANDATORY dates

Thursday, May 3rd 6:30—9:00 PM

Video Presentation and Group Interview for teen and parents
 Geneva Methodist Church
 Hamilton & 2nd - Geneva
 (1 block north of Route 38)

Sunday, May 20th 11 AM—4:30 PM

Teams course and swim test
 Meet at TriCity Family Services
 1120 Randall Court - Geneva

There is NO COST for this program. Once accepted, a \$75 deposit is required.

You can also apply online at:
www.tricityfamilyservices.org

Wilderness Challenge Program Application

Teen Name: _____

Birthdate: _____

Parent(s) Name(s): _____

Address: _____

City: _____ Zip: _____

Phone #'s: Home: _____

Cell: _____ Whose: _____

Work: _____ Whose: _____

Email: _____

Print clearly and use proper case

School: _____

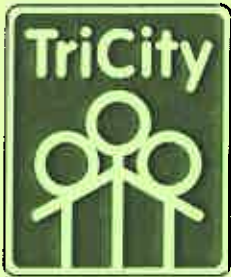
My Teen Can Swim: Yes No

Application Deadline May 1st

To submit your application:

- Cut at perforation, place stamp on reverse side and drop in the mail!
- Drop off at our office
- Fax to 630.232.1471

growth



Family Services

Strengthening People - Building Community

1120 Randall Court
Geneva, IL 60134

Phone: 630-232-1070

Fax: 630-232-1471

TCFS has a second office location:
2570 Foxfield Road, Suite 101
St. Charles, IL 60174

Learn more about our Emotional Wellness & Counseling programs, and join our email list at www.tricityfamilyservices.org. Find us on Facebook and Twitter.

SAFE & HEALTHY WAYS TO RESPOND TO STRESS

You can lower your stress level by changing what you do and by making different choices.

- Take slow, deep breaths that fill your lungs, letting your abdomen expand with each breath. Feel the difference between these calming breaths and the quick, shallow breaths that make your shoulders rise.
- Tense then relax your muscles in small groups from your toes to your facial muscles.
- Get enough sleep to keep your mind clear and to give you a better chance of staying healthy. Turn off any electronic devices that may be sending you alerts that disturb your sleep throughout the night.
- Walk, exercise, or dance to access your body's natural "feel good chemicals" (endorphins) to improve your mood.
- Eat fruits and vegetables as part of a balanced meal to give your body the nutrition it needs to give you energy.
- Use a calendar to schedule time for items on your "to do" list. Finish a small task to get you started.
- Divide a large project into small steps. Reward yourself with a few minutes of fun after each completed step.
- If social media posts are part of your stress, spend less time on social media and more time in-person with friends.

You can lower your stress level by changing your feelings and your thoughts.

- Look at art or doodle a picture that helps you feel happy.
- Notice any negative messages that repeat in your mind and try to replace them with more neutral and then more positive, uplifting thoughts. Then, smile and notice any positive change that you feel as a result of smiling.
- Try to focus on the good in the present moment rather than repeating negative memories or worries.
- Write your thoughts and feelings in a journal, so you can clear your mind and organize your thoughts.
- Close your eyes for a few minutes to imagine the sights, sounds, smells, and tastes of a wonderful memory or an imagined, calm scene. Feel yourself relax, and try to hold onto that feeling as you open your eyes.
- Watch a comedy or talk with someone who helps you laugh.
- Listen to some music that relaxes or inspires you.
- Try to put one moment into perspective by saying to yourself, "How much will this particular situation matter in a month, a year, or five years? Not as much as it seems to matter now. So, relax a little." Life is filled with challenges that seem huge in the moment and much smaller in the future. Everybody makes mistakes. Life is a journey of learning and growing.
- If you think you "always" make mistakes or "never" do things right, think hard to remember when you did *not* make a mistake and when you did things right. Think of many positive qualities about yourself.
- Try to think of something good about someone who bothers you, or try to imagine what personal struggles might lead that person to act a certain way or to say something that might come across as hurtful. Maybe that person feels hurt inside, too, and doesn't know how to ask for help to feel better.
- Each day, list three things for which you are grateful. Focusing on gratitude provides powerful emotional benefits.

You can lower your stress level by telling a trusted peer or adult when you are feeling stress. Ask for help.

- Ask for suggestions on time management, so you don't feel so overwhelmed by what you want to accomplish.
- Talk with a parent, guardian, other relative, friend, teacher, coach, counselor, social worker, or doctor about the stress that you feel, and problem-solve together. Keep asking people for help until you feel better.

Each challenge you work through brings you valuable experience. Remember that each day brings new opportunities.