

Upcoming Volunteer Opportunities

- Northridge Senior's Centre
- 'Social Media- Beyond Facebook & Twitter' Life Skills Development Workshop
- 'Homecoming' Life Skills Development Workshop
- Dance Ability

[Sign up
Online!](http://www.thecyan.org)

www.thecyan.org

Who we are!

CYAN is a network of committed youth and adults that wish to partner with numerous organizations in Oakville committed to increasing the quality and quantity of volunteer opportunities for students. Our mission is to promote more youth engagement in Oakville, while acting as a central hub for the youth to seek out volunteer opportunities. Our goal is to reach out to many high schools, youth groups, student councils, etc to promote CYAN in hopes that students find volunteer opportunities through our website and facebook page.

Want to get connected with CYAN?

The Community Youth in Action Network steering committee is comprised of students from grade 9 to 12, whose aim is to bring forth ideas and set the direction for the organization. Being on the committee allows for the students to work as a team, be creative, and most importantly represent the voice of the youth we aim to help. The youth steering committee members are responsible for meeting bi-monthly, deciding on the projects to undertake, assisting at fundraising events, and promoting the name of CYAN. The CYAN steering committee is always looking for new members to join. If you are interested and would like to apply, please follow the link provided: [Steering Committee Application Form](#). Fill it out and submit online!

Get your volunteer hours!

If you are between the ages of 13 and 25 and want to:

- Meet new people
- Explore new opportunities in your community
- Become a leader
- Build your resume
- Better qualify for scholarships and awards

Mission Statement:

To strengthen, expand and promote the impact of youth



CYAN is a registered not-for-profit organization that helps students earn their volunteer hours.



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WWIII

Written By: Keelee Buhlau

**We focus on ourselves a little too much
Not knowing what else is happening out there
Our mouths locked, allowing no words
Our eyes blind, allowing no sight
Our ears deaf, allowing no noise
Children dying by mines
Mothers crying, bending over bodies; lifeless
Soldiers die beneath the ground and decompose
For future generations to use and sell**

**I wonder what they'd say about us
If they look at us a hundred years from now
Are we Mother Nature's gift?
Have we lost all of our humanity?
Have we lost our worth?
Or are we specimens, aliens, or technology
For them to dig up and analyze**

**We keep burying our dead and bones in the ground
But no matter how much light or water we give them
They will not grow
If you look at WWI and WWII
We were prepared and noticed, but still it went on
Have you wondered if WWIII is inevitable?
Or that love is a lot like war?
Easy to start and hard to finish**

Random Act of Kindness

Today I decided to walk my dog around my neighbourhood. I went to Starbucks and actually ran into a classmate from school. I said hello and we exchanged kind smiles. A few seconds later, I realized the girl was searching through her purse and seemed to have misplaced something. I asked her what the issue was, and she explained how she left her wallet at home. Although I did not know the classmate on a personal basis, I figured the right thing to do was insist on purchasing a coffee for her. After all was said and done, I noticed the smile on the girl's face and the cashier, as well. Later on that week, the girl messaged me over the internet describing how she was so inspired by what I had done that she had done the same thing to another stranger! It struck me how little gestures of kindness to other people can really go a long way.

By: Carina Iskander

Tuesday, September 20, 2011

Want to change your community one person at a time? On November 4th, Oakville Community Foundation and CYAN challenge you to do a Random Act of Kindness. Check out the Oakville Community Foundation site for more information!

[RANDOM ACT OF KINDNESS DAY!](#)

Don't want to wait until November 4th? Do an act of kindness today then post the good deed onto our CYAN [Facebook](#) page. Why not introduce yourself to someone in your class you have never met before or help clean up a park. Take a picture and show CYAN how you made a neighbour smile!

CYAN in the community....



Kids in Motion



Lunch

CYAN



Act of Kindness



Workshops

By: Natalie Khoury

Surviving High School

Written By: Rebecca Kurtz

High school may seem intimidating at first, but it can really be the best time of your life. Here are a few tips that will help make your high school experience as enjoyable as possible.

1. Choose the right courses:

High school is very different from elementary school. In high school, students get to be more independent. Students start out being able to choose which arts and technology classes they take in grade 9, and have many more course options in higher grades. It is important to take courses you want to take, so never take a course just because your friends are taking it.

2. Choose the right level:

High schools offer courses for different academic levels, because everyone learns at different levels. So choose the one that is right for you! Don't feel you have to take an academic course if you find the material overly challenging. It is much better to earn a good mark in an applied class than it is to get a not so good mark in an academic class.

3. Get involved!

Probably the best way to have fun in high school is to get involved in your school community. Find a club, council, or team that interests you and you will be having fun while meeting new people with similar interests. Also, don't be afraid to try something new. Getting involved may put you a bit outside your comfort zone, but it is very worth it!

4. Work hard and don't procrastinate:

We are all guilty of procrastinating; it is human nature, but procrastinating in high school can be deadly. You do not want to get behind! So make sure you are staying on top of your homework and seek help as soon as possible if you don't understand something.

5. Enjoy!

Volunteering *By Emma Mogus*

Perhaps you've wondered how just one person could possibly make a difference in this world? Maybe you've told yourself, you just don't have the time or energy to help out a cause... I mean we do live in a very hectic world, so why should you give up those precious few hours to help others? Well, if you're the type of person who enjoys meeting new people, having fun, learning something new, making a positive difference in the lives of others, and making the world a better place... then why not? When you volunteer, you open the doors to so many benefits.

Let's start off with the fact that you need 40 hours to graduate high school, but wait... it doesn't have to stop there. Volunteering experience looks very appealing to university and college applications, including scholarships! When you apply for a job and you don't have very much work experience, it really does pump up your resume! Even if you're not in high school or looking for work, volunteering is an incredible life experience. At the age of 9, I started volunteering as a program assistant with Skate Canada and have taught hundreds of children and teens how to skate. After completing close to 300 volunteer hours in 3 years, I have to say it's been a phenomenal experience! There are so many volunteer opportunities in our community, and so many ways to make a difference in the lives of others. A few precious hours can mean the difference in the world to someone else.... why not volunteer....you won't regret it!



Emma and her sister Julia volunteering at the Oak Park Fair, Saturday September 10th!!

PICKS OF THE EDITION!

CYAN

Rocks



CYAN
Community Youth in Action Network

By Julia Mogus

Favourite
Hangout:
STARBUCKS
(Dessert in a cup)

WHAT GANDHI SAYS?

An ounce of practice is worth
more than tons of preaching!

YUMMY MANGO-PEACH SMOOTHIE

1 PEACH, SLICED
1 MANGO, PEELED & DICED
1/2 CUP VANILLA SOY MILK
1/2 CUP ORANGE JUICE

PLACE ALL THE INGREDIENTS IN
A BLENDER, COVER AND PUREE
TILL SMOOTH! POUR INTO
GLASSES AND VIOLA!

A MUST READ

Life of Pi by Yann
Martel

MOVIE PICK

Harry Potter
and the Deathly
Hallows Pt.2

Organize a
food drive in
your
neighbourhood!

A GOOD PLACE TO STUDY!

Sometimes, all you need to study more efficiently is a good study place.

Here are the **top ten characteristics of a good study place:**

1. It is used only for studying-nothing else!
2. You have at least one backup study place.



3. You have a comfortable chair you can sit in for hours.
4. It has a supply of clean air that is neither too hot nor too cold.
5. It has adequate, proper lighting.

6. You surround it with positive images and items.
7. It is free of distractions from music and TV.
8. You have study places arranged at home and on campus.



9. It has enough space to spread out all your study material.
 - a. 10. It is enriched with other comforts such as plants.

CYAN needs your help!

ATTENTION Oakville High Schools!!



Is your school looking for a charity to stand behind and support? If so, CYAN is looking for outgoing students who enjoy fundraising to help us with our toonie drive. Hold a toonie drive at your school during lunch hour to raise funds for a not-for-profit organization that caters to youth!

For more information on who we are check out our website at www.thecyan.org and 'like' us on facebook at www.facebook.com/cyan.org.

ATTENTION Oakville Businesses!!



Is your business looking for a reason to go casual on Fridays? If so, we ask that you think of CYAN for your next Denim Friday. Give a \$5 donation on a Friday of your choice to help support our monthly Life Skills Development and Service Learning Workshops.

For more information on our workshops please visit our website at www.thecyan.org, scroll down the page and click on either Service Learning or Life Skills Development.

For any school or business interested in supporting Community Youth in Action Network please contact [Madeleine Buhlau](mailto:madeleine@thecyan.org) at madeleine@thecyan.org.

For a copy of our Corporate Donor Package, Sponsorship Letter, and Code of Ethics follow the link provided: [DONATE!](#)

'Social Media- Beyond Facebook & Twitter' Life Skills Development Workshop→

Saturday, October 29, 2011 from 9:00am-noon. Register online [here!](#)



Social Media for Social Change: CYAN is excited to welcome Peter

West, a social media and public relations expert! An award-winning photojournalist and national magazine editor, Peter's career has been all about working in media, working with people and creating organizational change.

Now Peter is sharing his expertise with CYAN, speaking on social media and its influence on society and the workplace. Peter will be showing us how to edit and publish our own writing, a necessary skill to have when writing reports for school. Peter will also be showing us how to take radically better photos and videos from our smart phones or simple point and shoot cameras. We encourage everyone to bring their own digital camera for this workshop!

'Homecoming' Life Skills Development Workshop→ Saturday, November 26, 2011 from 9:00am-noon. Register online [here!](#)



Feeling overwhelmed and confused about university? Need

questions answered? Let us help! Join us at our 'Homecoming' workshop and take the opportunity to have your questions answered by university grads that have gone through it all before.

On Saturday, November 26, CYAN is bringing in university graduates and current university students to speak about their experiences at university. They will be covering topics such as applying to university, residence life, academic courses, athletics, scholarships and more key areas that affected their time away from home. After the presentations we will be holding a Q&A portion. We are really excited for this workshop as many of our youth will be preparing for university applications at this time!

***Join us at 95 Oak Walk Dr. (In the Community Room at the Halton Regional Police Station, near Dundas St. and Oak Park Blvd.)**

***Help support our Diaper Drive for Safetynet Children's Charities- all attendees are asked to please donate one bag of diapers to support families in need.**

SPECIAL THANKS & FALL AT A GLANCE



Special Thanks!

Thank you to GlaxoSmithKline for their donation towards our 'Afternoon Tea' program at Northridge Long Term Care Facility!



Thank you to Cora's Restaurant for their continued support with our monthly workshops and 'Afternoon Tea' program. We are very grateful for the delicious food donated each month!



Fall at a Glance!

Mentorship Opportunities:

Are you interested in becoming a CYAN Mentor?

As a CYAN Mentor you are a:

- Positive Role Model
- Friend
- Coach
- Advisor
- Self-Esteem Builder
- Career Counselor
- Advocate

As a mentor you can help youth grow, not just by offering friendship and guidance, but also by sharing new experiences, personally and professionally through everyday activities. The value of having an adult from the community who shows genuine care, concern and affection cannot be over-stated. You perform an invaluable role in teaching youth values, responsibility, and most importantly, how to have **FUN**.



Here are some ways in which you can become a mentor:

→**Share your professional knowledge** – be a regular speaker at our *Life Skills Sessions*. Topics would include but are not limited to:

- Project management
- Financial management
- Career development
- Resume writing
- Communication
- Time management
- Interviewing
- Scholarship applications
- Professional experiences

→**Share your volunteer experiences** – be a regular speaker at our *Service Learning Sessions*. Come and share information about your community service organization. Discuss ways in which the youth of our community can become engaged.

→ **Become a Community Service Project Partner** – come and join our youth and become a project partner. You can assist by:

- Providing materials for special projects
- Providing in-kind donations
- Share your talents, be it musical or artistic

For other ways to get involved and more information on our mentorship program please visit our website at <http://www.thecyan.org/education/mentorship/>. Fill out the form on our Mentorship page if you are interested in connecting with us and someone will contact you within 5 working days.

*All volunteers must provide **two references** and a **criminal reference check** before being permitted to volunteer.

Volunteer Opportunities:

Now that the youth are back in school, it is about this time that they are reminded of having to volunteer. Our goal is that they contribute their volunteer time to worthy causes and organizations. If your organization is in need of volunteers, we invite you to fill out our **Community Organizer Event Sheet** to let us know the details of your volunteer opportunity and we will post it on our website for the youth! Follow this link to download the form and email to Michelle Siler at michelle@thecyan.org.

Community Organizer Event Sheet

*We also ask that you email a jpeg version of your logo for our use on the website.



CYAN School Clubs

This coming fall CYAN is working on establishing CYAN School Clubs within the high schools in Oakville! We are so excited about this opportunity to create a smaller network that could relay information and events from CYAN directly to a large student body. The school clubs would act as a liaison between CYAN and the students and to help promote CYAN based events amongst schools. Having CYAN established within the schools would make it a lot easier to make share information, put up posters and register students with volunteer opportunities. We are hoping that with this initiative, CYAN can raise more awareness and increase student activism, while getting more youth becoming passionate about their community.



The school clubs would consist of 2 Co-Chairs, 1 Secretary, 1 Treasurer, 1 Communications Rep and 2 Social Media Reps. Each with their own tasks and responsibilities this student based

club will be required to meet once a week, hold a monthly toonie drive, recruit more students to our facebook page, attend CYAN workshops and contribute to the monthly newsletter.

If anyone has interest of becoming part of a CYAN club at their high school please email Madeleine Buhlau at madeleine@thecyan.org