



Teen Newsletter - For Teens, By Teens

Vol. II Issue I

Gilda's Club Westchester

January 2011

news
&
features

Season of Giving

Mary Trujillo

News Editor

Whatever religion, nationality or unique family traditions there may be, winter is nevertheless intimately associated as the season of giving. Although it is an exciting time for those receiving the much anticipated Hanukkah, Christmas, New Year's, or Kwanza presents, there is also a dread for those who feel the need to buy that 'perfect' gift. After all, how many of us have been stuck having to buy a present for someone we picked randomly out of a hat for Secret Santa? Or have to give a present to that cousin you never really talk to during family events? Have no fear, with these simple tips you will get yourself out of a sticky situation and able to enjoy the spirit of the season.

Tip Number One: Especially with a gift exchange such as Secret Santa, there will be ample time between when you find out who you have to buy a present for and when to give that present. If you truly do not know the person this is your time to find out a little bit more about them. Does she or he wear jewelry or scarves? Maybe they listen to one particular band or are huge fans of a certain author or painter. Little details like type of music he or she listens to, what they have a passion for (whether it is sports, musicals, or Glee) can help make your present be something he or she will truly appreciate. Giving something more personal than a gift card demonstrates that you actually put time and effort into giving something he or she would like. It is the thought that matters more than a \$100 gift card.

Tip Number Two: Do NOT wait until the last possible microsecond to buy your gift! It is human nature to avoid what we dread but you will not be able to find what you truly wish to buy if you do not give yourself time. Plus, you will only get more frustrated and stressed than normal with the rest of the frantic holiday shoppers trying to buy presents last minute.

Tip Number Three: Just because you like Jersey Shore does not mean everyone else does too. Understand that the shows, music, and extracurricular activities you enjoy, may not interest other people as

much as they do you. Remember, it is not your present (although it is perfectly okay to treat yourself to a little holiday present too).



Courtesy couponsaver.org

Tip Number Four: Stay focused while shopping. Do not deviate from your goal just because you see that Anthropologie is having a blow out sale and the dress you have been dreaming about is finally in your price range. Be strong and walk past the store.

Tip Number Five: Remember what the holidays truly mean. It is not the time to be materialistically focused and forget what friends and family are for. Do not be cranky and angry. Your friends will not



Courtesy Google Images

abandon you because your present was not the "ultimate" present, and your family will not disown you for a strange present. Just remember, keep the presents unique to the person that you are giving it to and do not forget that winter is the season of giving, not receiving. Find the joy in giving back and savor the magic of the season.

**The Gilda's Club
Youth Committee**

Newsletter

Staff

2010 - 2011

Amanda Puglise - Editor in Chief
Emma Adler - Layout Editor
Mary Trujillo - News Editor
Lauren Ryan - News Editor
Fiona Morrice - News Editor

Strides walk a resounding success

Fiona Morrice

News Editor



Courtesy Gilda's Club

On Sunday, October 17th, the Making Strides Against Breast Cancer walk took place at Mahattanville College. There was a band, dancers and a lot of pink balloons waving about before the walk began. Gilda's Club Youth Committee had ten members that participated and although few in numbers, the Youth Committee raised a lot of money. We went over our goal by \$800, to finish with a total of \$1800-which is amazing! One goal of the Youth Committee is to raise awareness about Gilda's Club Westchester and one way we do this is by attending events such as this. The Youth Committee (wearing

red and black in support of Gilda's Club) walked five miles with a lot of other people. It was really amazing to see the number of people that showed up to be supportive of the walk. On the walk we ran into fire fighters giving out fire hats and there weren't only people walking on this important day, there were dogs walking too! When the walk was completed the staff running the event provided apples, pretzels and water. This is

definitely an event that I would like to participate in next year, as it was an amazing experience!



This year's Strides team!

Courtesy Gilda's Club

GC Picnic earns rave review

Lauren Ryan

News Editor

The Gilda's Club Westchester Picnic was so much fun this year! I was there because my aunt, a cancer survivor, invited me to come. Everyone was so welcoming and they are the reason I was inspired to join Gilda's Club Westchester's Youth Committee. Hamburgers, hotdogs and a bunch of delicious snacks were available for everyone to eat. We played volleyball, basketball and softball and everyone was made to feel apart of the group. Everyone

came together as one, talking and socializing. Even though I just joined Gilda's Club Westchester, I have found it to be so fulfilling because of the kind people and the never failing support that is given. We all have a passion to help and make a difference, whether it be at picnics, fundraising or support groups. In all, the picnic was a huge success and I am so thankful it happened, or I never would have joined this amazing club!



YC members enjoy the picnic.

Courtesy Gilda's Club



Courtesy Gilda's Club



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December 2010

Get *crafty* this holiday season

Emma Adler

Layout Editor

For all Youth Committee members who have little cousins to entertain this holiday season, here are two fun and simple holiday crafts sure to do the trick.

Reindeer Candy Canes

Materials: red or brown pipe-cleaners, googly eyes (the smaller ones generally work better), small red beads, red ribbon, a hot glue gun, and enough candy canes to go around.

Instructions:

1. Take a pipe-cleaner, fold it in half and twist it around the top of a candy cane so the ends of the pipe-cleaner look like antlers.
2. Secure the "antlers" with a drop of hot glue on the spot where the pipe-cleaner touches the candy cane.
3. Glue the red bead to the tip of the candy cane, and the googly eyes just below the antlers.



Courtesy dltk-holidays.com

4. Tie the red ribbon around the middle of the candy cane. If you don't trust your tying skills, glue it in place.
5. Save it, gift it or enjoy it yourself!

Bottle-Snowmen

Materials: Coffee creamer bottles (or any similarly sized white bottles), lots of beads, toothpicks, an orange marker, black pom-poms, glittery pom-poms, yarn, small twigs and tacky glue.

Instructions:

1. Remove the wrapper from the bottle and fill the bottle with beads (just enough to weigh it down).
2. Glue on the googly eyes and glue on the black beads to make a mouth.
3. Poke holes in the bottle for the nose and the arms.
4. Break the toothpick in half, color in the half you want to use orange and stick it in the bottle make the nose. Stick the twigs in to make the arms.
5. Glue the glittery pom-pom to the top

- of the bottle to make the hat and glue the black pom-poms onto the front of the bottle for the buttons.
6. Wrap the yarn around a piece of cardboard about three times and then wrap it around the neck of the bottle to make a scarf. Tie the ends together with another piece of yarn.
7. Put your snowman on the windowsill. Everyone who sees it will be very jealous.



Courtesy dltk-holidays.com

Keeping up with Teen Time

Amanda Puglise

Editor-in-chief

Teen Time is a monthly group for girls ages 13 to 17 held at Gilda's Club Westchester. Teens eat dinner, socialize and if they feel comfortable, talk about what it is like to be touched by cancer. The girls enjoy holiday dinners together and eat homemade treats such as mac n' cheese and brownies. Being a part of Teen Time myself, I find it an enjoyable experience. It is easy and welcoming to come into the group and before you know it, you have met your best friend. We have made artwork that has been put up in the clubhouse and are planning to do many other things, such as a movie night.

Whether you are a teen who has or had cancer, have a family member with cancer, or know someone who has died from cancer, you are welcome at Teen Time. If anyone is interested in joining Teen Time you can contact the Clubhouse at 914-644-8844 or email Jen Scully at jscully@gildasclubwestchester.org.



"I hereby resolve..."

YC gets set for the new year



The new year is fast approaching, and many have already started thinking about their new years resolutions. We asked several Youth Committee members to share their goals for 2011.

My new years resolution is to stay out of the senior slump!
- Stephanie Lamb

My new years resolution is to be a better student.
- Nicki Stein

My new years resolution is to enjoy the weekends, and work hard during the week. - Nina Stoupnitzky

My new years resolution is to stay focused on school and make good decisions
- Chloe Williams

My new years resolution is to be always impeccable with my work
- Cayla Pettinato

My new Years resolution is to eat healthier.
- Dani Brot

My new years resolution is to learn how to "dougie" and to not suffer from senioritis that badly.
- Evan Brot

My New Years Resolution is to make more of a difference and be prepared for graduation/leaving high school!
- Lauren Ryan

My new years resolution is to go green.
- Lauren Ciubotaru

My New Year's Resolution is to spend more time with my family.
- Kyle MacDonald



The 2010-2011 Youth Committee.

Courtesy Gilda's Club