

SPJST YOUTH

P.O. Box 100 - Temple, Texas 76501 |(800)727-7578 | (254)931-0639

District Fall Fun Fall Dates

District 1 - October 8 hosted by Lodge 186, Caldwell

District 3 - October 22 hosted by Lodge 183, Arlington

District 4 - October 7 hosted by Lodge 215, South Plains

District 6 - October 21 hosted by Lodge 30, Taiton

District 7 - October 22 hosted by Lodge 185, New Braunfels.

Save the Date!

Youth Leaders Workshop

March 24, 2018

2018 LIT Camp

June 15 - 17, 2018

Districts 2 and 6 Camp

June 20 - 24, 2018

Districts 3 and 5 Camp

June 27 - July 1, 2018

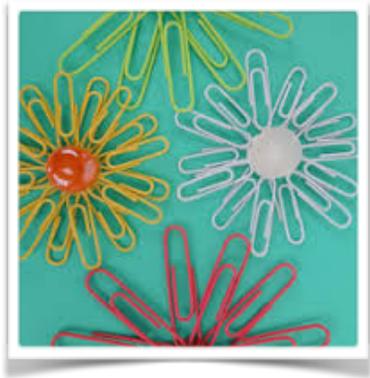
Districts 1 and 7 Camp

July 18 - 22, 2018



Thank you to all seven District Youth Counselors for attending the Fall DYC meeting held in Fort Worth. This is a time when the DYCs get together to review the last youth year. They discuss what worked and what may need some improvements. This is also a time to plan for the upcoming year and share ideas. This group of ladies care about the SPJST youth program and the lives they touch. Be sure and thank your DYC and their assistants for their dedication to the youth of SPJST.

The 2018-2019 youth theme will be "Out of this World With SPJST". SPJST has plans to utilize the resources the American Camping Association and the Johnson Space Center to bring some exciting and new experiences to the SPJST youth program. *Space - it's what's all around us - in the natural world as well as the heavens above!* Youth can start planning their t-shirt designs and royalty speeches as soon as they read this!



November *Vestnik* Project

The November *Vestnik* Project is about Recycling. Be sure to talk about what is recyclable in your area and what is not. Consider a recyclable craft or charity project - collect old blankets for a local animal shelter. **Prep for next month: Plan a Christmas program for your lodges annual Christmas party.**

Czech Heritage Month

All youth clubs are encouraged to observe - and celebrate - Czech Heritage Month at their October meeting. Since 1999 the month of October has annually been observed as Czech Heritage Month in Texas to commemorate the contributions of Texans or Czech ancestry.



Please mark your calendars with the 2018 Youth Leaders Workshop and SPJST Summer Camp dates. We will need physically active adult chaperones as well. Please check the dates and start planning today.

Remember if your youth is not able to attend their own district camp they are still able to attend any of the camping sessions. SPJST Summer Camp is open to all SPJST youth members.

Christmas Ornament Contest Time

It is Christmas ornament contest time! Please see your districts fall fun day dates on page one of this newsletter. The Christmas ornament contest will be held at your fall district fun day.

The four winning ornaments from each district will be sent to the SPJST Home Office in Temple where they will be displayed on the SPJST Youth Christmas tree. Christmas Ornament contest rules appear on page 37 of the current SPJST Youth Club Handbook. The online version of the handbook may be accessed at <http://www.spjst.org/youthforms.html.com>





100 Pennies Scholarship Drive

The 100 Pennies Scholarship Drive begins October 1. All youth club members who donate \$2 or more will receive 2 merit points. Youth club members who donate \$5 or more will receive a certificate acknowledging their gift. This is such an easy way to earn merit points while making a difference in the future of our young members



Make a Difference Day

Make a Difference Day is October 28, 2017. Young and old, individuals and groups can carry out a volunteer project for the homeless, or as a personal as spending an afternoon helping an elderly neighbor or relative. For more detailed information, please refer to www.makeadifferenceday.com. All members who participate will earn 2 points on the merit point systems.

“Live The Adventure” Membership Drive

Only three months to go in this year’s 2017 membership drive. There’s still time for youth club members to make new member referrals and have them count towards your club’s 2017 youth application quota.

Goals to Achieve

- Host one district youth membership rally
- Meet requirements needed to qualify for Youth Program Incentives.

Award

\$100 for each youth club in respective district that achieves its youth club goal. Funds must be used for the benefit of the youth in the respective district.

Live the Adventure Youth Club Incentives

- \$10 for each certificate issued, ages 0 - 17, in the respective lodge.
- Additional \$10 for each certificate issued that joins the youth club. (\$20 total)

“Top Youth Club in District”

Top active youth club with most certificates issued in 2017 that remain in force. Must meet the minimum of certificates listed on page 67 of the current Youth Club Handbook.

Award

Pizza, swimming, etc. party for youth leaders and youth members. Cost not to exceed \$200.

If you have any questions regarding the incentive programs, camp, or any other aspect of the SPJST Youth Program please feel free to contact me (254) 931-0639.



SPJST October Vestnik Project - National Child Health Day

This project earns a maximum of 1 point in the SPJST Youth Clubs Merit Points System. Mail completed project no later than **November 15, 2017** to:
SPJST Youth Program c/o SPJST Home Office • P.O. Box 100 • Temple, Texas 76503

Name _____ Age _____ Lodge _____

National Child Health Day

National Child Health Day is a United States Federal Observance Day held each year on the first Monday in October. Each child deserves to be the healthiest he or she can be. On National Child Health Day, we are reminded of all the ways children grow healthy and strong. From the food they eat to the words they hear, children require support and opportunities to grow.

Each year since 1928, under a joint Resolution of Congress, the President of the United States has proclaimed National Child Health Day. This day was originally observed on each May 1 until 1960 when the date was changed to the first Monday in October of each calendar year.

How Can You Stay Healthy?

Diet and exercise is a very important part in keeping your body healthy. The American Heart Association statistics show that one out of three young people in the U.S. are overweight. If you choose healthier foods for snacks such as, whole-grain crackers, fruit, low fat cheese sticks, 100 percent fruit juice, or water, instead of chips, candy and sugar-sweetened beverages, you will be making healthier choices and you will have life long benefits.

It's Not Just About Diet and Exercise

National Child Health Day is not just about diet and exercise. While this is a major component in a healthy lifestyle there are other factors to help create a cleaner, greener, and safer place to grow up in. Accomplishing this task is easy if everyone participates. Simple things like recycling, picking up trash, bringing your own bag to the grocery store, and using a refillable water bottle all help to create healthy lifestyle. Every little bit helps and it can start with you.

<https://nationaldaycalendar.com/national-child-health-day-first-monday-in-october>



Below you will find the five food groups for heart - healthy eating. Draw a line connecting the foods to their correct food groups.

<i>Foods:</i>	<i>5 Food Groups:</i>	<i>Foods:</i>
Carrot	Grains	Fish
Wheatgerm	Vegetables	Apple
Milk	Fruits	Broccoli
Beef	Dairy	Yogurt
Banana	Protein Foods	Oatmeal
Cheese		Chicken
Brown Rice		Orange