

Teens High on Life & Making a Difference!



NEWS·NEWS·NEWS·NEWS·NEWS·NEWS

Volume 10, Issue 1

A Newsletter of ... The Willow Tree Teen Institute

Spring 2005



ADVISORS

*Mark
Your
Calendar*

Action Group Reports Due

1st: January 10

2nd: March 10

3rd & Final: May 10

Advisor Networking Meetings

at the Willow Tree Office

April 6 & June 1

Early Bird Registration Advantage

To receive the 2004 rate of
\$375, registration must be
received by June 30th

WTTI Reunion

Monday — May 16

You're Invited

9 am — 2 pm

Camp Mason, Hardwick, NJ

Free for 2004 Participants & Staff
\$25 for Guests

JOIN
US!



RSVP

by May 9th
973-682-8733

Call for Directions.

Come prepared to present at

Sunrise Sharing

& to share

What You've Done

to improve your school or community.

Featuring New WTTI Presenter

Tom Malloy



"Life is Not a Dress Rehearsal"

has been Tom's motto since he was in grade school.

He creates miracles in his everyday actions & continues to follow his life path, having fun at every step.

Tom is an actor, comedian, director, producer, writer, professional swing dancer, singer, computer expert & a former Coach of a martial art called Gracie Jiu-Jitsu. Adding to these talents, Tom is also one of the most energizing motivational speakers we've heard in a long time.

His topic at our Reunion is "Positive Choices." This presentation makes it loud and clear that being drug and alcohol free is a positive choice. Tom will take us on a fun & interactive journey. He shares his own personal stories of success and tells how he navigated socially and emotionally to stay drug-free throughout his life. He offers strategies and techniques illustrated through fun, interactive games that we can use to make positive and healthy choices and achieve success in our lives. You will walk away feeling like you can do anything in life!

WTTI Conference

Thank You Volunteers !

The Willow Tree Teen Institute (or WTTI) would not be possible were it not for the following adult volunteers who gave of their time, skills and heart to serve as Cabin Chaperones, Action Planning Facilitators, Family Group Facilitators, Recreation & Safety Team members, & Executive Staff (managing the behind-the-scenes details) from November 4 - 8, 2004 & all on 24 hour duty!

Once, long ago, volunteer staff member Ralph Ricci said,

*"I used to think this program was run by fairies and elves.
But now I know there are no fairies — and I'm an elf!"*

And that's just the kind of adult we look for ... one who celebrates that within every self there is an ELF!

Wendy Adi-Darko
Shari Barkin
Dave Baucom
Eric Beers
Charlie Berman
Camille Bloomberg
Bill Bradbury
Gail Bradbury
Michael Brand
Maryann Budzin
Ashley Coultas
Maureen Coultas
Tom Coultas
Brian Craig
Brian Cruse
Connie Dake
Kari Demeo
Jack Elsmore
Sharyn Fisher
Paul Fortunato
Tina Marie Golda
Larry Goldfarb
Ruth Gugliocciello
Joy Higgins
Rose Marie Hunter

Youth Staff Co-Coordinator
Brandywine School District
Clemont County MRDD
American Federation of Musicians
The Willow Tree, Inc.
Mercer Cty. Office on Addiction Services
Capitol Business Centres
Social Worker
Center for Schools and Communities
Student, Middlesex County College
Student, The College of New Jersey
The Willow Tree, Inc.
One Source Communications
Lawrence Erlbaum Associates
Manalapan Police Department
Market team/Doame
Student, Montclair State University
Verizon
Taylor Mills School
Harding Twp. Police
Student, East Stroudsburg University
Alternative Wellness Center
Community Volunteer
Miami County Recovery Council, Troy, Ohio
Nurse, Far Hill Country Day School

Megan Keegan
Lisa Kuhn
Liz McKenna
Mercedes Minaya
Will Moscaritolo
Micheline Nader
Francois Nader
Sue Nobleman
Liz Pasquale
Carole Patriquin
Barbara Pereyra
Michael Pritchard
Sandy Queen
Aimee' Rosania
Patricia Schwartz
Paul Seetoo
Denise Spaanstra
Marj Spangler
Russ Tybus
Sandy Vanderzee
Lenny Vitulli
Jennifer Wall
Katie White
Rick Zankel

Teacher, Linwood Middle School
The Willow Tree, Inc.
Student, Rutgers University
Teacher, Linwood Middle School
Student, Monclair State University
Blue Dolphin, Inc.
Aventis Pharmaceuticals
The Willow Tree, Inc.
Student, Fairleigh Dickinson University
Representative, Rhode Island Teen Institute
Nurse, Del Barton High School
Michael Pritchard Inc.
Lifeworks, Inc.
Youth Staff Co-Coordinator
Principal,
Manalapan Police Department
Student,
Teacher, Linwood Middle School
Student, William Paterson University
The Willow Tree, Inc.
Rock Market Records
Representative, Rhode Island Teen Institute
Student, Montclair State University

Thank You WTTTLs!

You're the Best!

WTTTL Leaders

Mike Allata	Morristown HS
Brianna Barone	Sayreville HS
Christina Borbas	No. Brunswick HS
Katie Breen	No. Brunswick HS
Kristen Brunello	Verona HS
Melissa Butts	Matawan HS
RJ Clawson	Henry Hudson HS
Courtney Donnelly	Morristown HS
Jenn Glancy	Henry Hudson HS
Heather Glenn	Madison HS
Sam Green	Henry Hudson HS
Katie Grimm	Sayreville HS
Hollee Johnson	Bernards HS
Matt Montville	No. Brunswick HS
Andrew Nazarian	Matawan HS
Neil Parikh	No. Brunswick HS
Christina Roedema	Matawan HS
Mike Squindo	Vermont
Michael Zankel	No. Brunswick HS
Nancy Zeng	Lawrenceville HS
Nicole Zirger	Morris Hills HS

2

Thanks to all the Employers & Schools

who gave our volunteers release time, enabling them to join us!



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2004-05

What's a WTTTL?

WTTTLs are our volunteer youth staff. To be eligible, you need to: ♥ be in high school next year ♥ have been a participant at WTTI ♥ be drug free & ♥ be active in prevention activities.

How to become a WTTTL ...

Are you kind, drug-free & involved? Then see page 12 and follow all instructions — Exactly! Good Luck!

WTTI Conference

Thank You Advisors !

The following adults need to be congratulated for giving of their time and hearts to assist the kids from their schools and communities.



Our Brave Advisors:

Lynne Jackson & Matthew Daly, Frelinghuysen MS, Morristown; Linda Knapp, Hamilton-Crockett MS; Jennifer Wyers, Hamilton-Grice MS; Dawn Leto, Hamilton-Reynolds MS; Jane Bielejewski, Hamilton-St. Anthony; Jacqueline Hillmann, Henry Hudson Regional, Highlands; Megan Keegan & Mercedes Minaya, Linwood MS & No. Brunswick HS, No. Brunswick; Joyce Kirkland & Lisa Flint, Madison Jr. School; Maureen Coultas, Madison High School; David Miller, Matawan Ave. MS; Rose Tomeo-Rehn & Dawn Mareski, Mt. Olive HS; Ada Barcelo-Perez, Copland MS, Rockaway Twp; Amy Aguanno-McEntee & John Volger (Principal), Roosevelt MS, West Orange; Rosie Picazio, Joseph O'Donnell & Victoria Kilpatrick, Sayreville Middle School; Deirdre Klimcsak, South River Municipal Alliance; Lorri Carlin, Thomas Jefferson MS, Rockaway Borough; Eric Renfors, West Milford HS; Dirck McDowell, William Allen Middle School, Moorestown.

2004 - 2005

Participating Groups

1. Frelinghuysen MS, Morristown
2. Hamilton - Crockett Middle School
3. Hamilton - Grice Middle School
4. Hamilton - Reynolds Middle School
5. Hamilton - St. Anthony's
6. Henry Hudson Regional, Highlands
7. Linwood Middle School, North Brunswick
8. Madison Jr. School
9. Madison High School
10. Matawan Ave. Middle School
11. Mt. Olive High School
12. North Brunswick High School
13. Rockaway Twp - Copeland MS
14. Roosevelt MS, West Orange
15. Sayreville Middle School
16. South River Municipal Alliance
17. Thomas Jefferson MS, Rockaway Boro
18. West Milford High School
19. William Allen MS, Moorestown

WTTI Conference Fun !



Laughter from Mike Pritchard



Smiling Faces of WTTI



Squindo, Sam as Marj & Sandy



Sam, The Puppeteer



WTTI Coordinators Aimee & Sandy



Andrew took the Flamingo!

Words of

Entries from Neil Parikh:

*"By three methods we may learn wisdom:
First, by reflection, which is noblest;
Second, by imitation, which is easiest; and
third by experience, which is the bitterest. -Confucius



*You never really know a man until you stand in his shoes and walk around in them.
-Atticus Finch,
"To Kill A Mockingbird"



Entry from Courtney Donnelly:

*It is better to be hated for who you are than loved for who your not! -unknown
*I will do today what you won't, so tomorrow I can do what you can't! -unknown
*Today is the first day of the rest of my life. I'm gonna stop lookin' back and start movin' on, and learn how to face my fears. Love with all of my heart, make my mark, I wanna leave something here! -unknown

Entry from Kristen Brunello:

*Those who stand for nothing fall for anything. - Alexander Hamilton
*The world is made up of *almost perfect*, it's nothing but near misses and necessary compromises. -unknown



Entry from Matt Montville:

*Change is the law of life. And those who look only to the past or the present are certain to miss the future. -JFK
*When you get to the end of your rope, tie a knot and hang on.-FDR

Entry from Christina Borbas:

*Life is God's novel. Let him write it. -Isaac Bashevis, Singer, author
*God gave you a gift of 86,400 seconds today. Have you used one to say 'thank you?'
-William A. Ward, author



Entry from R.J. Clawson:

*Aspire to inspire, before you expire. -unknown

Entry from Hollee Johnson:

The Ages of Prejudice

written by: Hollee Johnson

Prejudice is a baby learning the hates of past generations.
Prejudice is a toddler being confined to think and act in the set ways of society.
Prejudice is a child pointing, laughing & finding the faults in every other child but itself.
Prejudice is an adolescent closing its mind to new ideas and blind to all of the thoughts and colors of the world.
Prejudice is an adult finding confidence and security in an unsure world by tearing down and hurting others.
Prejudice is a senior set in its ways, lost in the past, and afraid, afraid of its past actions, stereotypes, and dying.
Prejudice is gone, brightening the world full of colors and ideas that can all be shared, ending hatred and wars, and building friendships with no boundaries.



W T T L W i s d o m

Entry from Katie Breen:

*It doesn't matter how many years you have in your life, but how much life you have in your years. -unknown



Entry from Brianna Barone:

*You only live once...but if you live it right, once is enough. -unknown

*Knowledge talks, wisdom listens. -unknown

*Life isn't about finding yourself. Life is about creating yourself.

- George Bernard Shaw *My FAVORITE quote of ALL time!*



Entry from Sandy Vanderzee (WTTL Co-Advisor & WT Staff):

*Choose your friends carefully, Stay out of the fast lane and ignore the crowd, You were born God's original, Try not to become someone's copy. -Hindu proverb

*Life is not a race. Take it slower. Hear the music before the song is over.

Life is not measured by how many breaths we take, but by the moments that take our breath away! -unknown

*It is not in the stars to hold our destiny, but in ourselves. -Shakespeare

*Hand in Hand Together We Can! -unknown

*The best is ALL you can do...and it is ALWAYS good enough! -unknown



Entry from Aimee Rosania (WTTL Co-Advisor):

*I'm not lookin for a miracle, just a reason to believe. - Savage Garden

*Serious is something you have to do until you can get silly again. - Mike Meyers

*It does not do to dwell on dreams and forget to live.

- J.K. Rowling (in Harry Potter)



Quotes from WTTI Presenters:

*The shortest distance between two people is a smile. -Victor Borge

*Hurt people hurt people. -Michael Pritchard

*You are good stuff! -Sandy Queen



Psychologists and educators say to drug users,

"You know that drugs are bad for you, physically and mentally!
You've seen the damage that drugs have done to your friends!
But you keep doing it.

How can we convince you to stop?"

The young person takes it all in and quietly challenges,
"Show me something better!"

Willow Tree
shows you something better!

Tell Us, Please.

- We are in the process of planning follow-up programs for next year and need your help. Please tell us which events you would be interested in attending. Check all that apply.

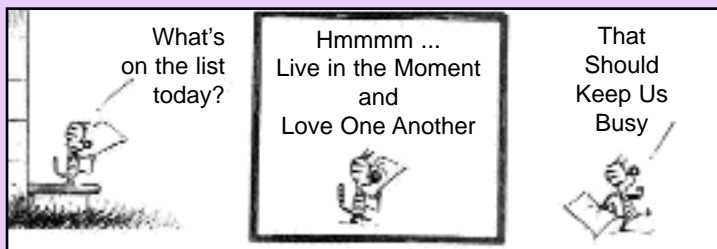
<input type="checkbox"/> Willow Palooza Concert	<input type="checkbox"/> A Day at Great Adventure	<input type="checkbox"/> A Volley Ball Competition
<input type="checkbox"/> Saturday with Sandy	<input type="checkbox"/> A Lock-In	<input type="checkbox"/> A December Holiday Party
<input type="checkbox"/> The Reunion	<input type="checkbox"/> Movie Nights	<input type="checkbox"/> Theme Parties: <i>Suggestions Please</i>
- What Willow Tree events have you attended since camp?
 - The Concert (Willow Palooza)
 - Advisor Get-Togethers in Morris Plains
- If we had not cancelled "Saturday with Sandy," would you have attended?
 - Yes No If you answered "No," please tell us why: _____
- If you have not attended some or any follow up events, please tell us why by checking all that apply:

<input type="checkbox"/> Not interested or not interesting.	<input type="checkbox"/> Not enough notice.
<input type="checkbox"/> Prior engagement.	<input type="checkbox"/> Cost — Too expensive.
<input type="checkbox"/> Friends unwilling to attend with you.	
<input type="checkbox"/> Day of the week chosen is a problem. Best days for follow up events: _____	
<input type="checkbox"/> Time of day is a problem. Please say more: _____	
<input type="checkbox"/> Location: Too far to travel. <input type="checkbox"/> Other transportation problem(s): _____	
<input type="checkbox"/> Other: _____	

Get Well Wishes
We canceled "Saturday with Sandy" because Sandy Queen was in a car accident. 35 stitches in her head later, she is recovering nicely. If you'd like to drop her note, here's how to contact her: sjqueen@verizon.net PO Box 2668, Columbia, MD 21045-2668
Get well, Sandy. We love you.

Again — Fully complete and be the 1st to return this form and you'll WIN one of our brand new black sparkle dogs.

Return to the following address by 4/15: *The Willow Tree Inc., 415 Speedwell Ave., Morris Plains, NJ 07950* or send by fax to: 973-682-8734. Thank you.



CARTOONS CAN SAY IT ALL!

by
 Charlie Berman
 Willow Tree's Associate Director

My favorite cartoon strip of all time is "MUTTS". Having 2 small dogs, Puff and Angel, that have become a part of my family, I find myself relating to the animal characters & to the humans responsible for their care.

Yes, I do relate to the non-human animals portrayed in MUTTS, and more often than not, they have a lot to say in very few captioned words. The three box strip copied in this newsletter has a commentary that is a worthy wish for all of us.

There is so much, so very much distrust and hate in the world, our country, our state and even our own neighborhoods, that I wish we could all read the "list" the small cat read & then put it into practice. Perhaps then all of the world's people would be able to see the wisdom in the concept of not only loving their own kind, — but everyone — everywhere. So then, that's my wish for the day and for the year.

Love to you all,
 Charlie

Natural Highs!

Laughing so hard your face hurts. A hot shower or bath. Getting mail. Taking a drive on a pretty road. Hearing your favorite song on the radio. Lying in bed listening to the rain outside. Hot towels out of the dryer. Walking out of your last final exam. Finding the sweater or shirt you want is on sale for half price. A long distance phone call. Getting invited to a dance. A bubble bath. Uncontrollable giggling. Getting asked out by someone you like. A good conversation. A care package. The beach. Finding a \$20 bill in your coat from last winter. Laughing at yourself. Midnight phone calls that last for hours. Running through sprinklers. Laughing for absolutely no reason at all. Having someone tell you that you're beautiful or handsome. Laughing at an inside joke. Friends. Falling in love for the first time. Slumber parties. Accidentally overhearing someone say something nice about you. Waking up and realizing you still have a few hours left to sleep. Your first kiss. Being part of a team. Making new friends or spending time with old ones. Playing with a puppy. Great late night talks with a friend or parent. Having someone brush or play with your hair. Sweet dreams. Hot chocolate. Road trips with friends. Swinging on swings. Watching a good movie cuddled up on a couch with someone you love. Wrapping presents under the Christmas tree while eating cookies. Song lyrics printed inside your new CD so you can sing along without feeling silly. Going to a really awesome concert. Getting butterflies in your stomach. Making eye contact with a cute stranger. Winning a really competitive game. Making chocolate chip cookies. Spending time with close friends and family. Riding a bike downhill. The feeling after running a few miles—such an accomplishment. The feeling you get the first time you step on stage. Seeing smiles and hearing laughter from your friends. Holding hands with someone you care about. Running into an old friend and realizing that some things (good or bad) never change. Discovering that love is unconditional and stronger than time. Riding the best roller coasters over and over. Hugging a person you care about. Watching the expression on someone's face as they open a much-desired present from you. Kisses on your forehead. Watching the sunset while sitting on the beach. Waking up early to watch the sunrise. Watching a funny movie. Learning something new. Reading a good book or poem. Playing board games all night. Making something new. Eating a great meal. Going to the zoo. Smelling flowers. Drawing a picture. Looking through old photos. Smiling. Making someone else smile. Finishing a project. Solving a riddle or crossword puzzle. Jumping rope. Gathering seashells. Whistling. Flying a kite. Doing a selfless favor for someone. Surprising someone. Getting a hug. Wishing on a star. Helping a friend in need. Building a sandcastle. Drinking lemonade on a hot day. Blowing bubbles. Climbing a tree. Going on a field trip. Tickling. Talking to a baby. Cheering someone up. Rolling in the grass. Playing in crunchy leaves. Snuggling a stuffed animal. Eating ice cream. Walking barefoot in the sand. Playing with a little kid. Giving a gift. Playing hoops. Watching the clouds. Planting a garden. Playing an instrument or sport. Making a gift. Going on a nature walk. Achieving a goal. Thinking happy thoughts. Skipping rocks into a lake. Swimming. Going on a scavenger hunt. Making someone's day. Getting out of bed every morning and thanking God for another beautiful day.

The day on which one has not laughed is surely the most wasted!



For Your Information

FREE: 30 Computers, 19"-21" Monitors, Keyboards & Mice! Courtesy of Willow Tree Board Member Jim Kaufman & Domestic Securities, Inc., Montvale, NJ. Call the Willow Tree office for pick-up details.

SHOW YOUR SUPPORT & CONCERN: Write U.S. military personnel overseas! For more information, go to www.operationdearabby.net or www.patrioticpenpals.com!

We
Want
You!
Send
us
your
Poems &
Shout-
Outs
for

Willow Tree has taught me a lot and helped me a lot in many ways. For one, if it weren't for Willow Tree I would possibly be into the whole "doing drugs" scene and not caring about what anyone would say to me. It's also helped me by helping me trying to help my friends to stop doing drugs, to teach them that it's not the right thing to do and it will just hurt them in some way or it's hurting the people who care about them. Willow Tree has taught me that you can have more fun being drug-free & there are so many things you can do! They're also so many people who care about you that not only do you make yourself suffer but you also make them suffer as well.

My favorite thing about Willow Tree was teaching all the kids how to stay drug-free and also watching them all have such a good time. In my opinion, I think laughter and smiling are very important for kids and it just makes me feel so much more confident about myself when I see people smile or laugh. My job as a WTTL was to provide them with a safe and fun-learning environment and I hope I have succeeded. This is why, I love Willow Tree and how Willow Tree has made an impact on me.

Christina Roedema, Matawan



My favorite thing about Willow Tree is definitely seeing the presenters every year because they can get the messages across to everyone and at the same time they involve the group and make it very funny. WTTI has effected my life in many ways: For one its made me realize that 4 hours in a car isn't very long at all when your doing something you want to do. But looking at that in a bigger picture, its allowed me to see that even though as an individual or a group we can't stop the bad in the world, with dedication and lots of effort over a long course of time, we can help prevent it.

-Mike Squindo, Vermont



Hope

The word "Hope" — the learned say — is derived from the short one "Hop" and leads one into "Leap."

Plato, in his turn, says that the leaping of young creatures is the essence of play — So be it! To hope, then, means to take a playful leap into the future — to dare to spring from firm ground & to play trustingly — invest energy, laughter; One good leap encourages another.

On then with the dance!

-by Joan M. Erikson

Warm Words
from
one of our funders
The Cookie Jar Foundation

Y o u r P a g e !

Resistance Strategies

1. Walk away/leave
2. Give an excuse or a reason
3. Make a joke
4. Hang with others who choose not to use
5. Avoid possible problem situations
6. Simply say "no" — MEAN IT, and repeat it again & again as needed
7. Change the subject
9. Offer an alternative
8. Ignore it

The Most Memorable People in the World

Pop Quiz (and it doesn't count if you look up the answers):

1. Who were the highest paid CEOs for the past 3 years?
2. Who were the last 3 Heisman trophy winners?
3. Who were the last 3 winners of the Miss America pageant?
4. Who were the last 3 recipients of the Pulitzer Prize for Literature?
5. Who were the last 3 recipients of the Nobel Peace prize?
6. Who won the last 3 Academy Awards for Best Actress? Best Actor?

So, how'd you do? You probably left more than a few answers blank. Well, don't worry--you're not alone. Few people remember yesterday's news. And that's what these folks are. Sure, they're the best & brightest in their fields, the wealthiest, the most attractive, the most successful. But sooner or later, the applause dies, and the beauty fades, the awards tarnish. And the wealth? Well, you really can't take it with you.

Okay, now try this quiz:

1. Name 3 teachers who helped you get through school.
2. Name 3 friends who helped you through tough times.
3. Name 3 people who have taught you valuable lessons.
4. Name 3 people who have made you feel loved and appreciated.
5. Name 3 people whose company you enjoy.
6. Name 3 personal heroes whose stories have inspired you.

Bet this quiz was easier. The people who truly make a difference in our lives are rarely the ones with the biggest names, the most money or the greatest number of accolades.

They're the ones who really care!

Changing

When I'm feeling down,
I just hold my head up high, and
I try to pretend I can fly.

I go to school pretending I don't care when I really do. I try to keep my self from crying but I just can't hold it in. When it happens, it really hurts, I know how she is feeling. I try to help but then I just get laughed at...

Don't care, don't listen. They might hurt you but you'll recover. Just try to fly. Don't care, doesn't matter, they're just trying to get you back from when you could do that.

I know it's hard but you could do better, just stand up for yourself. It's ok when you feel that way, it's ok. It happens to everyone. So what I'm sayin' is...

Don't care, don't listen. They might hurt you but you'll recover. Just try to fly. Don't care, doesn't matter, they're just tryin' to get you back, from when you could do that.

2nd grade, I told her she was fat. I made a mistake, I took it back. She didn't care, she's still mad at me. 5th grade, she makes fun of me.

We used to be best friends, don't know what happened. Now she's all like quote, unquote, popular. Don't care, doesn't matter.

One more time... When I'm feeling down,
I just hold my head up high, &
I try to pretend I can fly.

by Nicole Coultas,
Madison

Just Me

its me dad, you're daughter
the one you didn't want
the one you blamed
the one you shamed
the one you wish you forgot...

its me dad, your middle child
the one that changed your world
the reason you quit drinking
the one who got you thinking
about the life you wanted for your little girl...

its me dad, your spitting image
the one who would give everything she had
for a simple hug from dear old dad
the one who has tried for all these years
but her only response was anger or tears...

its me dad, sixteen years old
are you surprised at the young woman you see?
the one who moved on
the one who grew strong
no one else dad ... just me.

by
Sarah Stavrenos,
Rockaway



Addiction Recovery

Alcoholism is an equal opportunity employer — effecting people of all ages, races, religions, economic backgrounds and education levels. According to the National Council on Alcoholism and Drug Dependence, 1 in every 8 to 10 people is addicted to alcohol and/or drugs. Each of these people seriously impacts those around him/her: spouses, children, parents, siblings, extended family, co-workers and friends. 1 in every 4 to 5 people is the child of an alcoholic/addict...and children of alcoholics have no age limit. Addiction is chronic, progressive and too often, fatal. That's the bad news ... but the good news is that addicts & family members can recover.

This is where Willow Tree can help. In addition to offering prevention & education programs, we specialize in **Addiction Counseling**. Specifically, we provide addiction evaluations



& counseling for individuals, couples, parents & their children. Another area of counseling specialization is **Family Interventions**. This is a highly effective and intensive process to help family members, friends & employers to motivate those they care about — those in denial of their addiction — to seek treatment for their alcohol, tobacco and/or drug dependence. Interventions are also designed to help those around the addict to become healthier by discontinuing their enabling behaviors that allow the addiction to continue to flourish.

We are very proud of the compassion and thoroughness with which we organize Family Interventions. Specifically, a team of 5 to 7 people gather for nine to twelve, 2-3 hour sessions over a three month period of intensive preparation. Only when we are certain that the family is truly ready, will we proceed. People die from this disease, so this must be done well.

FUN-draisers

Tim Schafer Dinner/Demonstration

You're Invited to a fun Evening of Culinary Delights and preparation demonstration with Tim Schafer, a nationally recognized chef & graduate of The Culinary Institute of America.



Tim Schafer's Restaurant
82 Speedwell Avenue
Morristown, NJ 07960

Tuesday, May 3, 6-9:30 PM



\$100 per person with proceeds to benefit The Willow Tree. To receive an invitation, please call 973-682-8733.

Menu

<i>First Course</i>	<i>Sumptuous Spring Salad</i>
<i>Second Course</i>	<i>Duck Quesadilla</i>
<i>Main Course</i>	<i>Maine Salmon Filet</i>
<i>Final Course</i>	<i>Chocolate Creme Brullee</i>



**Chef,
Tim Schafer**



Join in the fun!

April 1st - June 30th

This flock may be coming to a yard near you!

"You've been Flocked"

is a

Fundraiser

Supporting The Willow Tree Inc.



How to play

For just \$50, you may "Flock a Friend." Tell us who & we will plant 12 plastic flamingos — leaving a note of explanation & encouraging good humor to continue in the play.

Your "flockie" may then ...

- ✓ Do nothing and within 48 hours, the birds will disappear as mysteriously as they arrived.
- ✓ Pay \$15 for a tee shirt saying "I Got Flocked!"
- ✓ Pay \$50 to "Flock" someone else.
- ✓ Pay \$75 to learn WHO flocked him/her.
- ✓ Pay \$10 more to learn WHO did this AND have the birds flown right back to this person!
- ✓ Pay \$150 for flocking insurance for a boomerang effect.

For further information, to place a flock or to make an innocent, guilt-free donation, please call: 973-682-8733

Willow Palooza

Once upon a time (Saturday, January 29), a group of friends (WTTI participants, families, and friends) journeyed over the river and through the woods to get to this magical place (the Brookside Community Club in Mendham). They gathered together to listen to great music, fill their bellies with yummy food, and the older folks picked up some parenting advice along the way.

Ok, enough with the fairy tales, what really happened?

Well, *Willow Palooza*, formerly known as the Concert & Potluck Event, began by setting a "willowy" tone and reminding everyone about the guidelines at WTTI and WTTI's overall meaning and purpose. Then, as the lights dimmed, the rock band "Stanhope" took the stage and captured the audience's attention for over an hour. While the kids were being entertained, the parents got together to talk about issues they face with their teens and learn some great parenting tips from *Positive Parenting's* founder and director, Tom Palermo. Following the musical entertainment and parenting workshop, everyone joined together to enjoy lots of delicious food. Most importantly, family and friends had time to sit together and talk!

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Aimee Rosania & Lisa Kuhn
goofing off
at the registration table.



Andrew Sheldon
of Stanhope
jammin' for
the crowd!



A snap shot of
a few guests
who attended
**Willow
Palooza!**

It's
obvious that
Fun
was had
by all!

I A L A C : I A M L O V A B L E A N D C A P A B L E

A Teenager's Prayer

Each day brings new beginnings
Decisions I must make
I am the only one to choose
The road that I will take

I can choose to take the road of life
That leads to great success
Or travel down the darkened road
That leads to great distress

Please open up my eyes, dear friend
That I might clearly see
Help me stand for what is right
Bring out the best in me

Help me, dear friend, to just say "no"
When temptation comes my way
That I might keep my body clean
And fit for life each day

When my teenage years are over
I know that I will see
That life is lived its very best
With you walking next to me.

adapted from the poem by J. Morse

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Ramblings of Runway Rita

Hey guys and gals, it looks as though I've become a regular at the Willow Tree. Oh boy, what have I done! I have to thank everybody at camp for the warm reception you all gave me. I haven't been up on the runway in years ... it felt great! Sue has invited me to future Willow Tree events, so I'll be seeing everyone soon. Aren't you lucky! Now listen, I've been working out a lot lately (this usually consists of running for the bathroom, or from the clothing rack to the dressing room...but they both count). And I must say...I'm looking better than ever! Well enough about me.

Since Thanksgiving I've been wondering why you never hear about turkey eggs? Is there such a thing? I mean you would think so. But, since you never hear about them it makes you wonder, right! And if there are such things as turkey eggs, why don't we eat them? After all you hear about ostrich eggs, turtle eggs, fish eggs, robin eggs and even dinosaur eggs. Well, I asked these questions and got some answers: The average turkey lays about 100 eggs per year while our chicken friends lay about 300 or so. Chickens begin this process at about 19 weeks of age, turkeys begin at about 32 weeks. Turkeys also insist on sitting on their eggs to hatch, while chickens could care less; they'll just keep poppin' out eggs. Since turkeys are so much bigger than chickens, it would require more room. So raising turkeys for their eggs would not only take much more room & time but you would still get less eggs. So there you go! I know we'll all sleep much better now.



Look out for more random facts from Runway Rita!

Youth Staff Instructions

Each year, our conference youth staff, known as the Willow Tree Teen Leaders or WTTLs, make the job look easy ... but that's because they work hard in preparation. WTTLs commit to 30 hours of training (over 5 days), they live what they learn, and they practice ... practice ... practice!

Dear Potential Youth Staff (or WTTL) Member:

The success of WTTI depends on the enthusiasm & talents of it's Volunteer Youth Staff.

To be eligible, you must be a WTTI graduate who:

- (1) is alcohol, tobacco & drug free ... and a kind human being;
- (2) is a graduating eighth grader or older;
- (3) has served as a prevention advocate in your school or community.

Review the following criteria and if what follows below describes you or with training, the person you think you can be, please apply to be a WTTL.

The targeted tuition for WTTLs is \$150 per person. We will work as a team to raise tuition for the group — so please don't allow money concerns to stop you from applying.

Sincerely,

♡ The Staff of Willow Tree

If you think you want to be a WTTL ...

1. It's important that you be actively involved in Alcohol, Tobacco, Drug & Violence Prevention work in some way.
2. It's also important — in addition to being totally alcohol, tobacco and drug free - that you are KIND to others. (No put-downs or teasing, etc.)
3. WTTLs follow directions. Be sure to fill out the WTTL application, following the instructions exactly, and then mail it so it is received on time. Not following directions (like forgetting to attach a photograph of yourself) could end up making the difference between who is and who is not accepted — So don't let that happen!
4. If you've done all of the above, you will be invited to attend a group interview on **Sunday, June 5th** in Morris County (site to be determined). **New Applicants:** 2-4 pm; **Returning WTTL hopefuls:** 4:30 - 6:30 pm. This is mandatory - no exceptions.
5. If accepted, you will need to attend a series of mandatory training sessions. If you miss any sessions, you will become ineligible to be a WTTL, so it's important that you clear your calendar to attend these sessions. The training dates are as follows: **September 11 & 25, October 9 & 23, and November 6 from 1 - 7 pm.**
6. Know that from now on, it's mandatory for WTTLs to attend all WTTI activities (ie: Willow Palooza — 1/21/06 & snow date 1/28/06, Saturday with Sandy 3/4/06, Reunion 5/16/05 & 5/15/06). Becoming a WTTL is a year-round position.



If you successfully complete all training dates, you will become a WTTL.

But what does that really mean?

To successfully complete all of the trainings, you must do more than attend all of the training dates. You must live the skills taught - which means that you ... 1. Follow the rules of being a WTTL; 2. Practice not teasing or putting others down; 3. Reach out to others (even if you're shy); 4. Come prepared to training sessions; 5. Arrive on time; 6. Practice & become proficient at public speaking skills; etc.

Youth Staff Application

For Office Use

Date Rec'd.: _____

Photo attached: _____

**Attach a current
Wallet Size Photo
of yourself to application.**

These will be used for the staff photo board.

For Office Use

Reference attached: _____

Interview Rating: _____

Name _____

Address _____

street

city

State

zip code

county

Phone () _____

E-mail address: _____

Age: _____

Birth Date: _____

Sex: M - F

Grade *Next* School Year: _____

School you're from: _____

Advisor's Name: _____

Advisor's School Phone No.: () _____

Advisor's Summer Phone: () _____

(Circle one)

I am a:

(1) New WTTL Applicant

(2) A Returning WTTL Hopeful

Reference: (An adult not related to you who has knowledge of your leadership - or potential leadership - abilities)

I am attaching a letter of recommendation from the following person:

Name of Reference: _____

Relationship to you: _____

Ref. Home Phone () _____

Ref. Work Phone () _____

Attach a separate sheet of paper to this application responding to the following. Please type!

New Applicants:

1. What do you think a WTTL does? What qualities do you think we're looking for in our WTTLs? In what ways are you like — or not like — these qualities? Why do you want to be a WTTL?
2. How do you feel about teens drinking alcohol? Smoking cigarettes? Being bullies? What responsibility do you hold when you observe teens drinking? Smoking? Bullying?
3. Tell us about your friends: What do they value? What are they into? Do any of them drink, smoke or put others down? How do you feel about this? Why?

Returning Applicants:

1. What qualities do you think we're looking for in our returning WTTLs? In what ways are you like this? In what ways do you need to improve?
2. If some WTTLs leave their cabins after lights out to socialize in the dining hall, would this be okay? How could we deal with your need to socialize while at WTTL?
3. Willow Tree expects you be WTTLs (following Willow Tree values) not only at camp, but in your everyday actions throughout the year as well. How do you feel about this? We need WTTLs to help at our fundraisers. Are you available?

2 Questions for Everyone!

4. The 2005 conference will run from Nov. 10 - 13th. Are you available for the entire conference?
5. Will you commit to attend the following? The INTERVIEW on 6/5/05; TRAINING on Sept. 11 & 25, Oct. 9 & 23, & Nov. 6 from 1-7 pm; Arrive at camp by 5 pm or earlier on Wed. 11/9/05; Attend The Willow Palooza on 1/21/06 with a snow date on 1/28/06; Saturday with Sandy on 3/4/06; The Reunion this year & next: 5/16/05 & 5/15/06.

Return (1) this application sheet, (2) your answers to the above questions, (3) a photo & (4) your letter of reference to Willow Tree Inc., 415 Speedwell Ave., Morris Plains, NJ 07950, to be received no later than **May 16th (Reunion Date)**.

Tell us what you think!

Be the 1st to return this completed form and you'll WIN one of our brand new sparkle dogs ... before they even go on sale!

Adults & Teens: We'd be very grateful for your feedback regarding our agency, services and staff. Please be honest & specific ... then return to the following address by March 31st: *The Willow Tree Inc., 415 Speedwell Ave., Morris Plains, NJ 07950 or by fax 973-682-8734.*

Thank you for helping us to better serve you and others.

1. In which Willow Tree role(s) and/or program(s) are you involved? (check all that apply)

<input type="checkbox"/> Board of Directors	<input type="checkbox"/> Willow Tree Teen Institute or WTTI.	<input type="checkbox"/> Fundraiser(s) Which ones?
<input type="checkbox"/> Agency Volunteer	<input type="checkbox"/> Keys to Innervations	<input type="radio"/> Tim Schafer Dinner
<input type="checkbox"/> Client	<input type="checkbox"/> Custom Designed Programs	<input type="radio"/> Flock a Friend
<input type="checkbox"/> WTTI Volunteer Staff	<input type="checkbox"/> Counseling:	<input type="radio"/> Other
<input type="checkbox"/> WTTI Participant	<input type="radio"/> Individual	<input type="checkbox"/> Other: _____
<input type="checkbox"/> WTTI Youth Staff	<input type="radio"/> Family Counseling	_____
<input type="checkbox"/> School Advisor/Admin.	<input type="radio"/> Family Intervention	_____
<input type="checkbox"/> Financial Supporter	<input type="radio"/> Evaluation or Education	

2. What image comes to mind when you think of Willow Tree Inc.? What key words do you think of?

3. How well are we meeting your needs? _____

4. What do you see as Willow Tree's STRENGTHS? _____

5. What do you see as Willow Tree's WEAKNESSES? _____

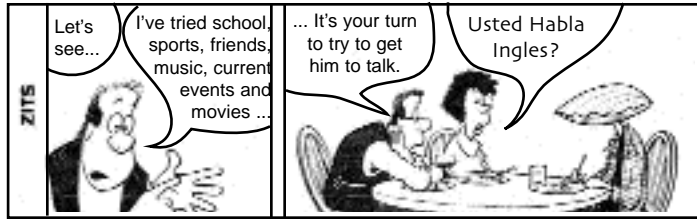
6. How responsive is our staff? What could our staff do better? _____

7. How can we better serve you? _____

8. Why are you involved in our organization? _____

Name (optional) _____

Now Hear This ...



Your parents need your help, so don't clam up!

by Charlie Berman
Willow Tree's Associate Director

At the Willow Tree Conference last November, we all learned, and sometimes relearned, just how important it is to have open communication with those around us. Not only good speaking skills that are learn in school, but also how to listen and the best ways to respond.

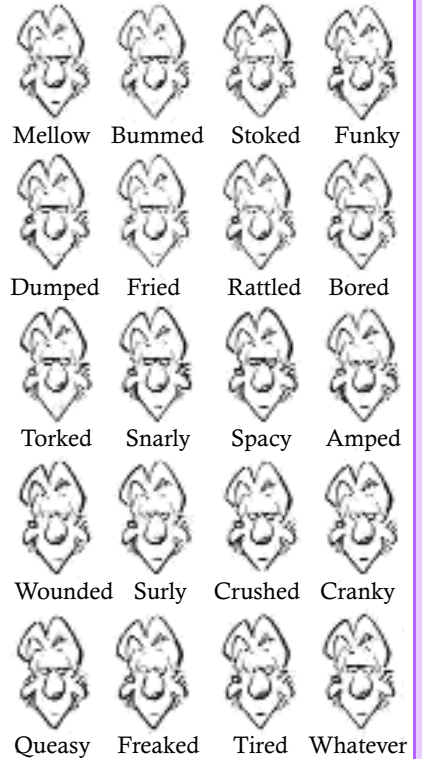
We all know that when we are ignored, just how much that can hurt. Sure it's easy to say that this person or that won't understand me anyway, so why bother trying. Sometimes that person may be your parent who REALLY WANTS TO KNOW. Wow, talk about frustrating!

There will be times that each of you will probably want to talk with an adult, and those of you who are lucky enough to have a parent, aunt, uncle, guardian or teacher who cares, will be glad to have that person there. But, the time to start isn't necessarily then - it's NOW! The more you practice, the better you get - and that goes for communication as well as sports.

So, good luck at being better at something tomorrow than you are today.

How is Your Teenager Feeling Today?

A parent's guide to the facial expressions of the species.



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Check out Willow Tree's Website

Willow Tree Store



Cozy Comfy Stuffed Animals

Plush Bears: Brown, Green, Purple \$12



Hangin' Monkey with Green Willow Tree Bandana \$9



Autograph Dogs \$12



Green & Purple Dogs \$15

& So Much More

Check it out at www.willowtree.org

Cool Tees



Hats



Visit our website at www.willowtree.org

and check out The Willow Tree Store! You can view all the merchandise we sell and then place your order. It's so simple!

Just print out the order form, fill in the required information, & mail the order form, with a check, to The Willow Tree, Inc. office & we'll get your stuff out to you as soon as we can!

We're in the process of updating our website ... be patient, but come back often to participate in our new, fun features!

What's WTTI?

What is WTTI? WTTI is a year-round peer leadership training program for Middle & High School students that begins with a 4 day conference each November. Through WTTI, teens become empowered to serve as alcohol, tobacco, drug and bullying PREVENTION ADVOCATES for their schools and communities.

The Conference: The WTTI school year begins with a 4 day residential conference held at YMCA Camp Ralph Mason in Hardwick, NJ. Young people in grades 6 through 12 register in teams or "Action Groups" of at least 5 students plus one adult from their school or community. At the WTTI Kick-Off Conference, participants attend exciting interactive workshops where they learn how to (1) be effective prevention advocates, (2) create natural highs (positive, satisfying experiences) through laughter and play, (3) deal effectively with bullies, teasing and put-downs, and (4) to proudly avoid alcohol and tobacco usage. Meeting with their Action Groups every day, participants learn how to develop a Prevention Focused Action Plan for implementation during the school year. Specifically, they acquire the skills needed to analyze problems, brainstorm solutions, prioritize strategies and take the action steps to implement a prevention program. Each Action Group leaves WTTI with an Action Plan that is ready to go!

Follow-up Services: WTTI provides support services throughout the year to help sustain the energy created at the Kick-Off Conference & to help the students to spread this energy to a larger group of youngsters. This is accomplished in three ways.

1st, WTTI maintains ongoing contact through monthly networking meetings for Advisors, regular phone & e-mail conversations, a "members only" chat room, written reports & on-site visits with each Action Group & Advisor.

2nd, WTTI produces a 16 page newsletter at least twice per year highlighting prevention activities, providing resources & information, publishing teen, advisor & parent contributions, announcing drug-free programs & events, & generally keeping our "High on Life" spirits alive.

3rd, WTTI offers the following natural high & skill building opportunities for students every other month following camp. **(A)** In January, we hold a concert for teens, a workshop for their parents & a pot-luck dinner for all. **(B)** In March, we hold an intensive leadership development workshop called Saturday with Sandy. Open to both WTTI & non-WTTI participants, SWS provides a wonderful opportunity to expand Willow Tree Clubs. **(C)** In May, we hold a Reunion to renew friendships & strengthen support systems for continuing as alcohol, tobacco, drug & violence prevention advocates.

The Willow Tree, Inc.
415 Speedwell Ave.
Morris Plains, NJ 07950

For More Information, contact
Sue Nobleman, MA, CADC, CPS
Executive Director
973-682-TREE (8733)

website: www.willowtree.org



e-mail: sue@willowtree.org

I Am
Loveable & Capable
I A L A C
And so are you!