

MADERA YOUTH COMMISSION

RESOURCE &

ACTIVITY BOOK





WHO WE ARE



MADERA YOUTH COMMISSION

On September 5, 2018 the City of Madera unanimously voted to establish the first council recognized Youth Commission. Thanks to the powerful partnerships between city elected officials, Madera Unified School District, Youth Leadership Institute and other public and private partners, youth in Madera were officially invited to the design making table.

As a recognized entity of city government, the Madera Youth Commission (MYC) is responsible for advising City Council and the Mayor on policies and laws related to young people. The Commission is also charged with providing comments and recommendations on all proposed laws that would primarily affect youth before the City Council takes final action.

ALEXIA SANCHEZ

The Mayor's Office
19 years old
Madera Community College

JULIET OROZCO

District 1
17 years old
Madera High School

AVERY CORDERO

District 2
17 years old
Madera High School

ISABELLA VENTURA

District 4
18 years old
Fresno City College

ISHA BAINS

District 6
19 years old
UC Berkeley

XOCHI PINEDA

District 5
18 years old
Madera High School

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JOIN OUR TEAM!

*See the last page
for application*



STAYING HEALTHY:



"RONA"/COVID TIPS

With the vaccine on its way to you, staying healthy is more important than ever. As a way to honor the lives that have been affected by COVID-19 this page is a reminder to follow CDC health recommendations. It is within our power to keep ourselves and our community safe. To learn more about the Covid-19 Pandemic, scan the code to the right.



USE CAMERA TO SCAN

Stop the Spread

COVID-19 spreads from person to person when an uninfected person breathes in air droplets containing the virus. It can also spread through touching hands or certain surfaces. Regardless of how these droplets can enter your body, coming in contact with them puts you at risk for COVID-19. The following are some helpful tips to stay healthy.

The Four W's

1. **Wear a mask** especially in public. It can limit your exposure to potentially infectious droplets from others as well as protect others around you from yours.
2. **Watch your distance.** Practice physical distance (6-feet apart) from others to keep potentially infectious droplets from you and yours from others.
3. **Wash your hands.** Wash those germs off your hands with soap, water, and 20 seconds of your time.
4. **Wait your turn to be vaccinated.** Use the resources below to find Madera County vaccination sites or to find out more information about the pandemic.

Dial 311



Speak to a live person,
Available 7 days a week

Download "MadCo Services" App



Find in Apple and
Google Play Stores

Text MADERAVAX to 888777





STAYING HEALTHY: MENTAL HEALTH

Ways to Cope with the Stress

The struggle is real, we know. Coping looks different for everyone and there is no “right” way to do it. The following are some tips on how to cope communally and healthily.

Build Connections

Just because we have to physically distance ourselves does not mean we have to be emotionally distant. Connect with friends or family to help support each other during this time. Below are some virtual gathering ideas:

- Rant session (scan the link to the right for tips on hosting one!)
- Game/Movie/Netflix binge Night
- Cafecito/Afternoon Tea



Exercise!

Working out for 30 minutes a day can have positive effects on your mental health and immune system.

- Pro-tip: Do a 30 Day workout challenge with friends. Stay connected while working out. Send each other progress pictures, daily encouragement, and help keep each other motivated. See page 11 for more exercise tips.

Revisit Old Hobbies or Find New Ones

Screens are great, but try finding new ways of entertaining yourself. Much like screens, hobbies are great ways to relax and keep yourself entertained at the same time. Remember finger painting in elementary school? Maybe now that you can hold a brush, painting can be more fun. Remember playing with dirt? Maybe now you can play with some clay and make a pot. Regardless of what you end up doing, finding activities you enjoy will bring you some happiness to balance out the stress.

If you or anyone you know needs further support, we encourage you see page 7 for local resources or scan the code to the right for further resources in California.





RICE PUDDING 3 WAYS



Southern U.S. Rice Pudding

Also called Old-Fashioned Rice Pudding is so creamy with the perfect texture and sweetness. Only a handful of ingredients and a little patience are needed to make this old-time favorite dessert.

SCAN
FOR
RECIPE



Rice Kheer

Rice kheer is a one-pot traditional Indian sweet dessert made for festivals and celebrations. Chawal ki kheer or rice kheer is a traditional rice pudding made for most occasions in Indian homes. Rice kheer is made with full-fat milk, rice, sugar, and cardamom powder.

SCAN
FOR
RECIPE



Arroz Con Leche

This Arroz Con Leche recipe is perfectly creamy & sweet every time! Make it at home using 3 different types of milk that you can enjoy either warm or cold. Light, creamy, rich, and sweet, this easy Arroz Con Leche recipe goes perfectly with fruit or on its own! This recipe is made with milk - sweet condensed milk (lechera), evaporated milk, and 2% or whole milk - rice, and cinnamon.

SCAN FOR
RECIPE



OUR FAVORITE THINGS

ABOUT MADERA

1. *Madera = Unity*
2. *Lots of resources for kids*
3. *Madera is HOME*
4. *Our youth are passionate*
5. *Lots of opportunities for all ages*
6. *Opportunities for youth-owned small businesses*
7. *Lots of family/local businesses*
8. *Perkos!, TJ's, Phodera, Taco Express, Mejias Taco Shop*
9. *John Wells Youth Center*
10. *Investing in GREEN SPACE (parks)*
11. *Small community vibes*
12. *First responders*
13. *Lots of places to get caffeinated!*
14. *Adults support youth and their ideas*
15. *Madera High's student section*
16. *Expression of different cultures*
17. *Easy access to fresh fruits and vegetables*
18. *Acceptance of different cultures*
19. *Friends become family*
20. *The Fair (concerts, food, rides)*
21. *We stick up for one another and work together as one*
22. *Connections between people (everyone knows everyone)*
23. *Housing to help families in need of a home*
24. *The people that help others and give to others*
25. *For the most part, everyone is welcoming*

During difficult times, it's easy to focus on everything that is going wrong.

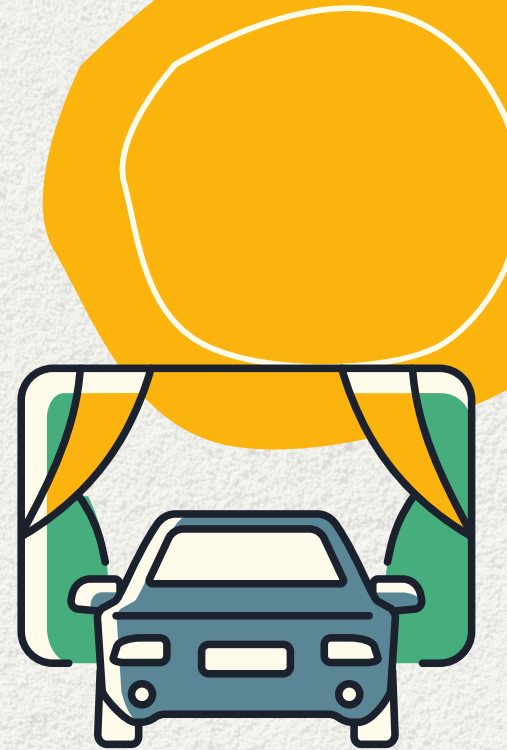
So here are a few of our favorite things to counter the bad vibes.



OUR FAVORITE THINGS

CONTINUED

26. *We provide shelters for the homeless*
27. *The fundraisers that the community puts on*
28. *We help with the Kids Day event*
29. *Access to food stamps*
30. *Our new Mayor Santos Garcia*
31. *Access to free schooling*
32. *The Drive-In (www.playingtoday.com/maderadrivein)*
33. *Diversity!*
34. *Safety and Security*
35. *We're close to the Children's Hospital*
36. *We provide food for the homeless*
37. *The Relay for Life event*
38. *Youth sport organizations*
39. *The views of the mountains*
40. *Downtown Madera*
41. *Friday Night Lights*
42. *Sunsets*
43. *The Cherry Blossom season*
44. *The flea market every Wednesday and Sunday*
45. *Different panaderias*
46. *YLI*
47. *Going to Sonic after football games*
48. *Youth hang out spots*
49. *We love Madera High School*
50. *Easy access to the mountains and/or beach*



SCAN THE CODE TO
SHARE YOUR FAVORITE
THINGS WITH US!



OUR FAVORITE THINGS

WORD SEARCH

KHQMCOMMUNITYGIZNUIATXLSLZSHD
UPFAEHZIUDCWQPUAGUZBCZBPJOCFIP
YIVTGPAGPPHXWLVZUPOQUJDJLPBRQNX
FUHNCYQIFAENUKCCLEWILQLQJLDXK
PCMJBOKNRRJBCHDURIUOECNAXJZYM
NQAKWUUYMKRFLAAMARKETBAMRBMZCS
GEGKLTFSXSYSRZKADIQDHMLUNVXYAWE
YQRLPHAGSVBWEYPIWGMGBGJIQXSEWJQ
EJEFGCMBDPLWITYSYAKZZGAJTGHBUG
IFEKAEIPAUKHWYUXAEQANLFFOAPWQ
BANDKNLCBSSKXEOVMOUNTAINS DMRJO
MDSNPTYULESUUPUKMAYORGARCIADZP
SZPSDEVKCKZODINTGWJOHNWELLSZPOA
NYAMTREBIUMZBVHMCLOYWRPKZCTQDN
XKCYVLTFLHLSGRPCZUFPPJJCXCKFQHNA
SGEUBQJROWVVYKOSRFLRRRTSVIWSHD
FUSXCNIHIEJLCDQMZCQRCZREOGJYWE
ULBJRXUETSNIIRIMMOOBBIUAJMLDGSR
UHQZZQUNCLJCDOIGYIQJMWUUPOGQI
NCZJCJWDJSAUBUSULJJFVAWDHSAPPA
TIURVRVSNSEVVR SXFDXACLOGYAMQPS
HRMFMXHABZXBGSIWSMDHPGRXMBISSU
OUPLEXBNGXKBLAOLWB YETKAYXNVTR
PYVODEBAIHNMFMNGMAJHAHLRQUVWJI
ODKKEAFVNLCKRRMU YDAOQNFOEYCRPG
MRMCRQIYLYXTAFOEREYMYTZA AZTNYH
IBCAJHRWDGYPBQNBHOJESJACTIVISM
KYOUTHLEADERSHIPRHBKYNOLNRZEQW
GVIKBVBYSUJVTVEKNC SRQQWKMLYFJK
DBOPTFHPQGF SWQJWOBBGHYKZLTGEEP

1. Madera
2. Community
3. Mountains
4. Flea Market
5. Parks
6. Youth Commission
7. John Wells
8. Youth Center
9. Home
10. Youth Leadership
11. Activism
12. Friends
13. Green Spaces
14. Mayor Garcia
15. Teamwork
16. Cherry Blossoms
17. Family
18. Panaderias

SUDOKU

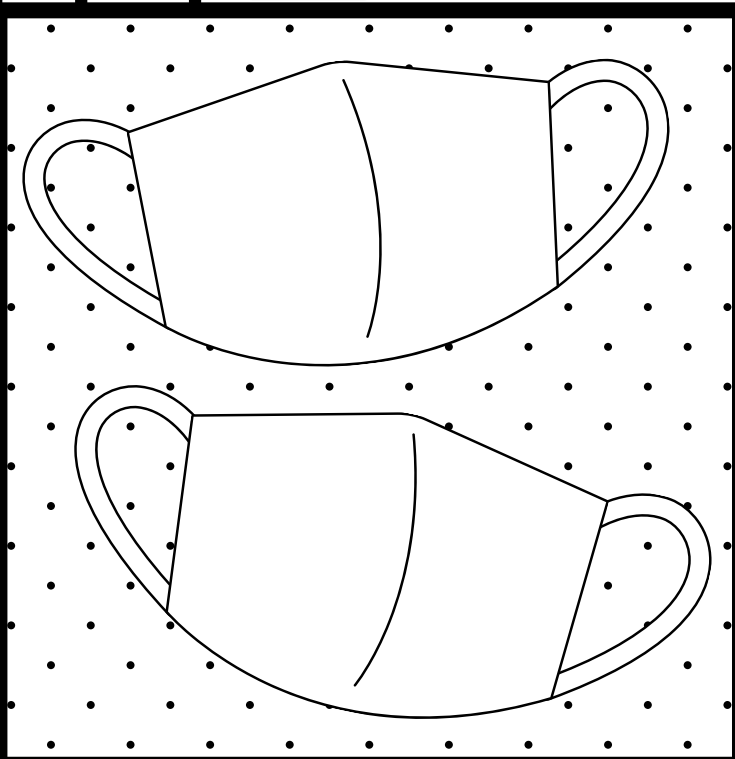
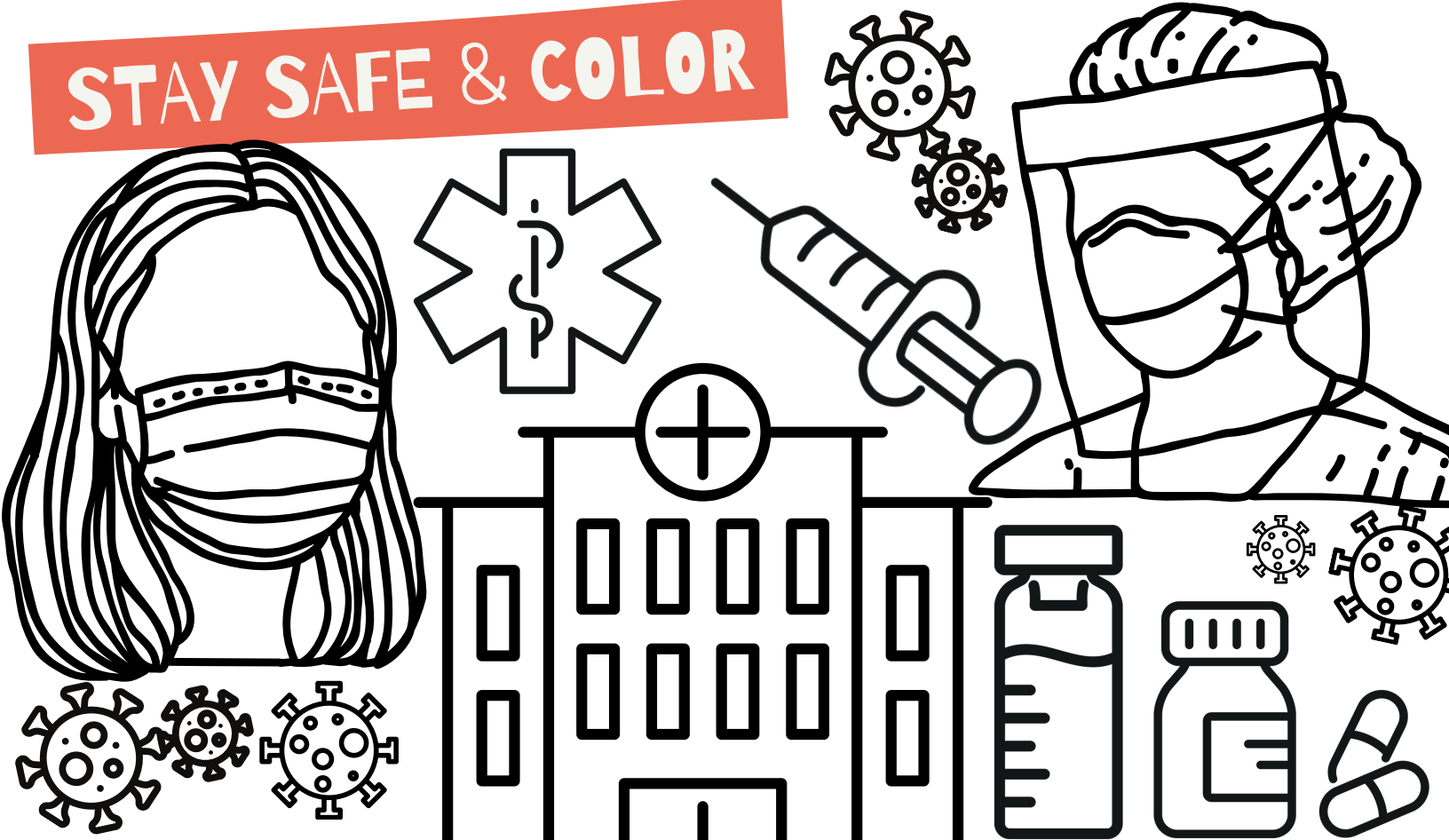
LEVEL 1 & 2

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | 8 | | | | 7 | 5 | 3 |
| 3 | 2 | 4 | | 9 | | | 8 | |
| 7 | 1 | 5 | | | 3 | | | |
| 8 | | | 4 | 3 | | | | |
| 4 | 3 | 2 | | | | 1 | 9 | 8 |
| | | | | 8 | 2 | | | 4 |
| | | | 1 | | | 9 | 3 | 6 |
| | 8 | | | 5 | | 4 | 1 | 7 |
| 9 | 6 | 1 | | | | 8 | | 5 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | | 1 | 4 | 8 | | 3 | |
| | | | 2 | | | | 6 | 1 |
| | 8 | 2 | 3 | 6 | | | | |
| 4 | 2 | | 5 | 7 | | | | 3 |
| 8 | | | | | | | | 5 |
| 3 | | | | 8 | 2 | | 7 | 4 |
| | | | | 5 | 4 | 3 | 2 | |
| 2 | 7 | | | | 9 | | | |
| | 3 | | 6 | 2 | 1 | | | 7 |



STAY SAFE & COLOR



The art to the left was illustrated by Ulonie Garza and imagined by Alexia Sanchez. In memory of 2020, this piece symbolizes just a few of the hardships we have faced as a community. We hope to show that even after a hard year, youth voice will be leading the march to build a stronger community. Let's use the pain of our past to push us forward.



HUNGRY? TRY OUR

TO-GO ORDERS

Tacos El Amigo:

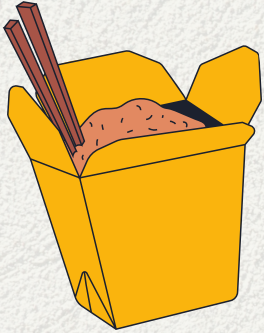
AN ASADA BURRITO & A LARGE HORCHATA



Rally's: the Fry Lover burger

Wingstop:

16 PIECE HABANERO MANGO WINGS WITH FRIES & A LEMONADE

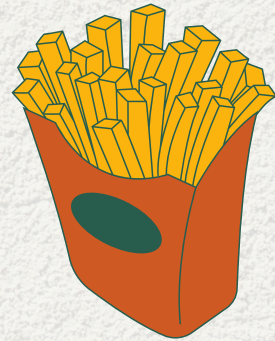


Panda Express:

CHOW MEIN, BEEF & BROCCOLI, & KUNG PAO CHICKEN

California Grill:

A CHEESEBURGER WITH PICKLES, A SIDE OF FRIES, & ONION RINGS



Burrito King:

CEVICHE & THE ENCHILADAS COMBO



Starbucks:

A DRAGON FRUIT REFRESHER WITH LEMONADE



List provided by Madera youth





STAY ACTIVE

AT HOME

Get creative!

- Find fun activity lists or videos to follow along with. Try Chloe Ting on Youtube.

- Or take this workout routine for a spin:

- Do 2-3 sets of this routine a day
 - 20 Bodyweight squats.
 - 10 Push-ups
 - 10 Walking lunges (each leg)
 - 10 Dumbbell rows (use a milk jug or a weight you already have at home)
 - 15 Second Plank
 - 30 jumping jacks

Exercise is a celebration of what your body can do. Not a punishment for what you ate!

Today I will love myself enough to exercise



LOCAL RESOURCES

- **John Wells Recreational Youth Center:** After School Programs, Sports Programs, K-9 Kids Summer & Winter Camps, Swim Lessons, Etc. — 559-661-5495
- **Madera Community Food Bank:** Commodities; Emergency Food Assistance; Community Assistance Program (CAP); Senior Nutrition Assistance & Produce Program (SNAPP) — 559-675-6771
- **Holy Family Table Soup Kitchen:** Open daily for breakfast — 559-673-3179
- **Women Infants and Children (WIC):** Supplemental foods & nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, & children 0-5 yrs. — 559-675-7623
- **Madera Coalition for Community Justice:** Food & clothing distributions done at Trinity Lutheran Church on Fridays 3:00-6:30 p.m. — 559-661-1879
- **Madera Rescue Mission:** Provides shelter for homeless males, females, and children; clothing for the needy & three meals daily — 559-675-8321
- **City of Madera Parks and Community Service:** Adult & Children's Sports, Skate Park, Festivals, and Seasonal Events — 559-661-5495
- **Ready, Set, Go Program (RSG):** After school work program for Madera youth 14-18 & Employability work program for youth 18-21 — 559-675-0105

**Madera High
Counseling
Staff Directory**



**Madera South
Counseling Staff
Directory**



**Madera County
Behavioral
Health**



LOCAL RESOURCES

- **Madera County Mental Health & Substance Abuse Counseling 24 HR Crisis Line:** 1-888-275-9779
- **Lideres Campesinas:** Assistance & referral for field workers that are victims of domestic violence, sexual assault, & human trafficking — (805) 486-7776, then dial 7
- **Information Regarding The Dangers Of Pesticides —** (805) 486-7776, then dial 5
- **California Suicide & Crisis Hotlines:** Find phone numbers and links to all suicide & crisis hotlines by county in California — bit.ly/CountyCrisisServices
- **California Youth Crisis Line:** Youth ages 12-24 can call or text 800-843-5200 or chat online for 24/7 crisis support
- **Teen Line:** Teens can talk to another teen by texting “TEEN” to 839863 from 6 – 9 p.m. or call 800-852-8336 from 6 - 10 p.m.
- **Lesbian, Gay, Bisexual, & Transgender National Hotline:** Call 800-273-8255 from 1 – 9 p.m. for support, info, or help finding resources
- **Madera Adult School:** Career & Technical Education, High School Diploma, General Education Development — 559-675-4425
- **Adolescence Family Life Program:** Assistance to teen parents; prenatal & health education and health services — 559-675-7893
- **Cal-Learn:** Assistance with child care, transportation & educational expenses for pregnant & parenting teens to attend & graduate from high school or its equivalent; available at MHS & Eastin-Arcola — 559-675-7893
- **Teen Success/Planned Parenthood:** Support group meetings for teen parents & pregnant teens in high school 559-441-2732

UNWIND WITH US

TIPS FROM MADERA YOUTH

Pamper yourself
with an at home
spa day

Pray

Sit back & watch
your favorite
Netflix show

Make some
peach tea & hang
out with your pet

Unplug from
the world &
listen to music

Do some
coloring (pg 9)

Try out
this Relax
& Unwind
Playlist!



Go for a walk
in the park

Paint with
siblings

Check out YLI's Covid-18
Podcast
here!



Listen to a
podcast

Do some online
shopping

Read a book or
listen to an
audiobook

Write or
draw

Have a home
cooked meal
(pg 5)

Take a nap

Yoga



FOR MORE INFORMATION

"As fellow community members of Madera, we would like to remind you that we are all in this together. We have resources to move forward and overcome this struggle. COVID has not been easy for any of us, but if we work as a team to spread love instead of germs, we can move forward together to build a stronger community." - Madera Youth Commission

Visit yli.org or follow us on social media!   @ylinstitute

THANK YOU'S AND SHOUTOUTS

This project was completely youth lead during the pandemic. We would like to thank our adults allies at the Madera City Council, SH Cowell Foundation, and Youth Leadership Institute for their continued support of our work. And a special thank you to the S.A.C Leaders at Madera High & South High School for their contributions and support in creating this book.

Take Our Survey!

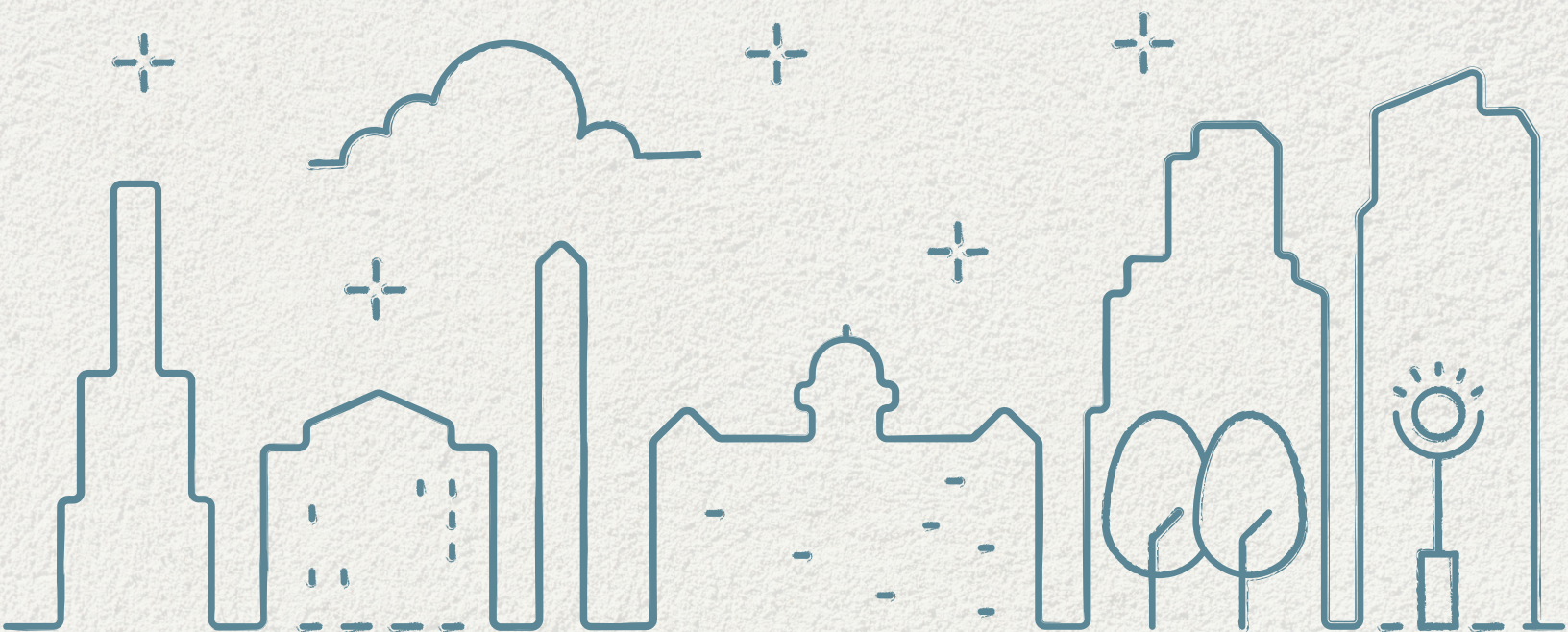


If you liked this book,
LET US KNOW!

Scan this code & take
our 10 question
feedback survey to
support this book and
our work.

Scan for Youth Commission Application





**WE ARE
MADERA**

**MADERA
STRONG**



YOUTH LEADERSHIP INSTITUTE
Use Your Voice