

Dryden Youth Programs

Youth Report for January 2016

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Iron Chef – Session 1 - Iron Chef is officially the most asked about program. Over the years I have offered, and continue to offer, programs that get kids excited and engaged with life. There is truly something special about Iron Chef. More kids inquire about Iron Chef than any other program. Thinking about all the goals and attributes that the Rural Youth Services Department aspires to help youth with, not only is Iron Chef fun but it encourages our goals in amazing and powerful ways. In every sense of the word this program encourages collaborative thinking, sharing, teamwork, compromise, creativity as well as self-responsibility.

In the most recent program two older students (8th graders) were the judges. (attempts have been made to run Iron Chef without the judging aspect but the groups insist upon it. The groups seem to really enjoy the anticipation of the judge’s decision as well as the constructive criticism.) Each group’s success is based on teamwork, creativity, presentation and cleanup. As each team works with the same ingredients to make something unique I walk around giving advice and encourage each team to ‘clean as you go’. I love hearing the friendly back and forth between team members as they work out how they are going use the given ingredients. For many participants the food that is provided is often foreign to them. I am proud to report that everyone ate Brussel sprouts this past winter. The use of smartphones to look up recipes is prohibited, however cooking advice provided from my own limited experience. This most often means that I ask them to turn the heat down and use medium to medium low temperatures. Judges keep a watchful eye as well, taking their job seriously. If someone seems to be going above and beyond expectations I am sure to point this out.

After everything is spotless and all sample dishes have been eaten the judges reveal the winners. In the most recent meeting a variety of fresh vegetables, local tortillas and ground beef were provided. The variety of concoctions made with these simple ingredients was quite impressive ranging from ‘chips and salsa, burritos and a stir fry. One individual even made a soup, which I personally thought was the best item of the day. Our judges went with the group that thought they would surly lose. Their “Sad Meal” was tasty, hot and well plated. The other groups did well too.

Program	Dates	# of Youth	Girls	Boys	Avg. Daily Attendance
Monday Makers	9/21 – 12/21	12	4	8	10
Community Helpers	10/21 -11/18	7	3	4	7
Nature Crafts	10/27 – 11/24	10	9	1	7
Primitive Pursuits - 2	11/5 – 12/17	13	5	8	10
Get Lost	12/1 – 12/22	8	3	5	7
Iron Chef - 1	12/2 & 12/9	12	8	4	10
Iron Chef - 2	12/16 & 12/23	10	8	2	10
Winter Hiking	1/12 – 2/23	9	3	6	Began on 1/12
Iron Chef - 1 winter	1/13 & 1/20	12	5	7	12
Primitive Pursuits - winter	1/13 – 3/31	10	4	6	Began on 1/14
Monday Makers - winter	1/25 – 3/21	11	9	2	Began on 1/25
Dryden Wellness Day	1/11	3 groups of 10	Approx.. 5	Approx.. 5	30