

WHISPERS IN THE WIND

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Every month "Whispers in the Wind" will be basing its articles on one of Turning Winds' ten virtues. This month's focus in "Whispers in the Wind" is verbal assertiveness. This is something that all our students and most adults can work on. Most of the students' problems came about because they were not verbally assertive. They could not stand up to their peers and tell them no. As the students progress they are able to vocalize their feelings. They encourage each other and support each other. Through this they find courage and gain confidence in themselves.



TREC

About three weeks ago TREC classes and training began. There were five of the girl residents and seven guys that prepared to go. For each class that was taught there is a test that followed. The classes are taught by the Junior Instructors (usually Graduates). Gary and John Sr. are the staff members that oversee classes and support us on our TREC's.

We do not take TREC lightly while we train because there are expectations to keep. TREC has such high expectations because it is such a life changing experience. If you take advantage of the opportunity you can learn a lot about yourself and develop some great leadership skills. One of the leadership skills that you learn is verbal assertiveness. We learn to speak up and express ourselves to those around us. Many of us did not have this skill to speak up to our peers and as a result we found ourselves in many difficult situations. As we learn to be leaders we will better be able to stand up to our peers in these negative situations

TREC Continues

On September 27th a group of 7 residents and 2 staff embarked on a journey that they will remember for a life time. They all had unique experiences on this TREC. Seth learned a lot about himself especially that he likes himself as a person and figured out where he is going.

The students and staff on this TREC hiked close to forty miles in five days. While hiking the forty miles the TRECers had some long days. One day the group hiked eleven miles in nine hours. This is the longest day out of any TREC group. Mother Nature was even on their side; she provided good weather for the group. The weather was sunny the entire time, but it was really cold at night. The group also had a solo day at Fish Lakes; this is where most of the emotional growth took place.

One thing we learn on TREC is verbal assertiveness which is a large part of TREC. You must be vocally assertive to keep the group safe. For example, people must call out obstacles in the trail or someone could break their leg. If this did happen you would have to carry him and his gear out. By being verbally assertive you can eliminate most unsafe situations. Also, being verbally assertive will help people get in gear and get things done.

-Seth, Jason W., Dory, Nikki

G.E.D Graduation

On October 13th Cody, Seth, James, T.J. and Steve graduated High School with their General Education Diplomas (G.E.D.). There was much preparation for this day with long hours of practicing speeches. The ceremony began at 11:00 am with a quiet time video to set the mood. The theme of the graduation was "it's not where your standing but in what direction you are moving" by -Gothe. This quote is a direct reflection of my past. I had been doing poorly for several years; I was standing in one place and stagnating. Now I am in a good place and moving in the right direction and that is what really matters. All the speeches were based on this theme and influenced all and will be remembered for the rest of the graduates' lives. It was very evident that these graduates not only learned academic material, but also how to be

verbally assertive. All the graduates were allowed to present a prepared speech on the theme. I would have never thought about getting in front of a group of people before I came to Turning Winds. Now after much practice it was easy and I think I did a good job.

Another set of students that jumped out of their comfort zones and practiced their verbal assertive skills were the four Zach B., Tommy, Jon, and Dillon who sang "Stand By Me". This took a lot of confidence and courage, but it was great and I know that they learned as much as we enjoyed it.

In the end we sent off the new graduates with a big party with pictures, cake and refreshments!
-Seth, Zack



Deep-fried Oreos

(My favorite Recipe here at Turning Winds)

Ingredients-

- Pancake batter
- Oreo's
- Canola oil

Directions-

- A. Add water to pancake batter, whisk until it is creamy
- B. Put canola oil into pan turn on the heat
- C. Dip Oreo's into the pancake batter
- D. Set it into the pan holding canola oil (Caution pan is hot and oil could splatter)
- E. Pull Oreo's out of pan when golden brown and crisp WITH TONGS!

-Zach

Field Trip to Ross Creek Cedars

This month the graduate guys, our one graduate girl, and one non-graduate girl all got to go on field trip to Ross Creek Cedars right outside of Troy. Everyone had a blast. We all went on a little 0.9 mile hike through the wilderness reading informational signs. We also gave prepared speeches about different aspects of the trees to help us learn about the forest we live in. Some of the trees that we saw were Western Red Cedars, Douglas Firs, Western Hemlocks, Ponderosa Pine, and many others. The characteristics of all these trees vary from specimen to specimen. The Western Red Cedars, that composed most of the forest that we were in, were 100-160 feet tall and 2-8 feet in diameter with an average age of 250 years, and some who have lived for more than 1,000 years. Some of these trees were burned out in the center which allowed us to climb in. In one massive tree we could fit four people comfortably into it.



We had a great time walking around in the damp forest and learning about it. To finish our field trip we stopped at the picnic area that is surrounded by huge old cedars, the patriarchs of the forest and ate lunch. To warm ourselves up we drank hot chocolate which was very refreshing after being in such a cold damp forest for so long.

By: Steve McManus