

DECEMBER 2024 | YAK

SERVICE

LENDING A HAND TO HELP
SOMEONE ELSE



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Service DECEMBER 2024



SAY IT:

Service: Lending a hand to help someone else

KNOW IT:

ASK A GROWN-UP:

- Describe a service project you participated in as a kid or teenager.
- What are some ways you would be interested in serving our community now?

ASK A KID:

- What are some ways you would like to see us serve in our community?
- Do you know of any service projects or clubs at your school you could get involved in?

SEE IT:

Sometimes the key to serving others is to remember a time when someone lent a hand to help us instead. Remember a time when you needed a helping hand? Maybe you were feeling sick, or couldn't do something all by yourself, or maybe you didn't know how to do something in school. We can all relate to a time when we needed someone to help us out. Check out this read aloud on YouTube: <https://www.youtube.com/watch?v=svHkcJWr6mo> and remember how you've been helped in the past so you can help others now!

BE IT:

Make a list of service project ideas and people in your community you can serve. You may want to reach out to some local non-profit organizations to see how and when you can serve with their organization. Take the first step and schedule an outreach project in December. Start small and see how you can make a positive difference in the world, one service project at a time.

PHASE

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By the time kids hit upper elementary, they begin to realize their first major crisis: **Friendship.**

This isn't just something that happens to our fourth and fifth graders. Believe it or not, research is beginning to show that by kindergarten many kids are testing the power of their influence and seeking connections with friends at any cost.

Meaning, as soon as they become aware there are other people in the world besides them, they start making decisions based on the sort of friends they want to attract.

Here are a few ways you can help your elementary kids develop friendships.

- Help them develop self-confidence.
- Widen the circle of people around them to include adults you trust.
- Ask questions about what's happening in their friendships.
- Don't freak out! Every Phase is new for your child and you as a parent, so there will be some bumps in the road.

So don't miss it. Developing friendships is a part of being a kid, and each one is learning as they go.

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SERVICE // YAK // DENIM BLUE

In the Himalayan mountains, the large, shaggy yak was domesticated by ancient herders, perhaps 10,000 years ago. Archeologists and DNA researchers have confirmed physical evidence of such a transformation at least 2,500 years ago.

Cousins to domestic cattle, these sturdy animals have provided much of what people need to survive – safe passage for heavy loads, fiber to keep warm, milk, fuel, and sometimes, meat.

Approximately 10,000 wild yaks remain, grazing from Kashmir along the Tibet-China border to China's Qinghai province. They used to number in the millions. Wild yaks eat grass, herbs, and lichens, and with stocky bodies, bulls can weigh a ton or more. Domestic males are much smaller, and females of either kind are smaller than males. The horns of wild yaks are stronger than those of their domestic counterparts.

Domesticated yaks number in the millions, found in countries including Pakistan, Nepal, China, India, Kyrgyzstan, Russia, Tajikistan, Afghanistan, Bhutan, and Mongolia. They work hard on a simple diet of grasses and sedges. With triple the lung capacity of domesticated cattle, yaks are suited to breathe the thinner air at higher elevations.

Yaks are still prized and vital to nomadic Tibetan herders, who sometimes decorate their handlebar horns in vibrant colors. Wool from the long hair of yaks is soft and strong. It provides great insulation and wicks away moisture. It is not easy to dye, so it is sold in natural colors. Yak milk, and especially, butter made from it, are important sources of nutrition for families who herd these animals in one of the world's harshest environments.

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Yaks help humans survive in the harsh Himalayan environment.

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The color blue suggests honesty and responsibility. The word “denim” comes from France, dating back to the 1600s. “Serge de Nimes” was a cotton twill cloth, later known simply as “denim”. Levi Strauss & Company added rivets and natural indigo dye to their stiff work pants back in the late 1800s to make them softer, and voilà – jeans! That was a long time ago. Speaking of which, ever wonder about that tiny little pocket in jeans? It was for men’s pocket watches! Sherwin-Williams chose “Upward” for its Color of 2024 – described as a “denim blue with calm gray undertones”.

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