



# Big Times

## Big Brothers Big Sisters of the Sioux Empire



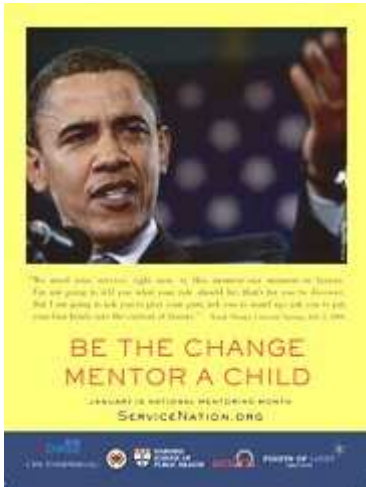
Little Moments. Big Magic.™

January 2009

Volume 7 Issue 1

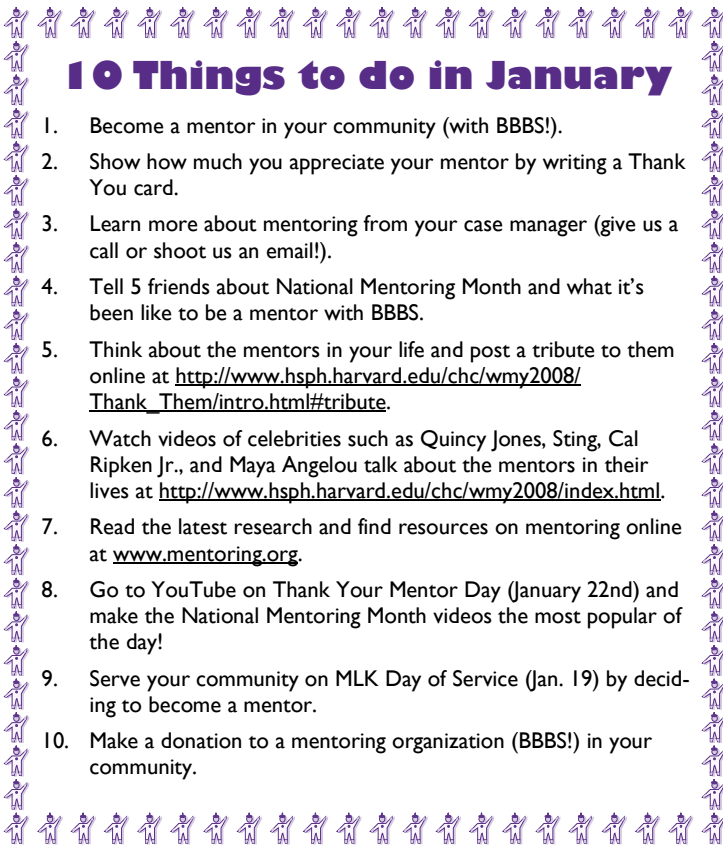
### National Mentoring Month Expand Your Universe Mentor a Child

National Mentoring Month is the time each year when our nation officially puts a well-deserved spotlight on the importance of mentors and the need for every child to have a caring adult in his or her life. When you serve as a mentor, you enrich your own life as much as you do the life of a child. Mentoring leads to new experiences, new connections, new insights, and new satisfactions. Don't delay. Become a mentor today!



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- New Matches
- Match Anniversaries
- Birthdays
- FREE Skyforce/Stampede Tickets
- Answers to: "Who's that Staffer?"



### 10 Things to do in January

1. Become a mentor in your community (with BBBS!).
2. Show how much you appreciate your mentor by writing a Thank You card.
3. Learn more about mentoring from your case manager (give us a call or shoot us an email!).
4. Tell 5 friends about National Mentoring Month and what it's been like to be a mentor with BBBS.
5. Think about the mentors in your life and post a tribute to them online at [http://www.hsph.harvard.edu/chc/wmy2008/Thank\\_Them/intro.html#tribute](http://www.hsph.harvard.edu/chc/wmy2008/Thank_Them/intro.html#tribute).
6. Watch videos of celebrities such as Quincy Jones, Sting, Cal Ripken Jr., and Maya Angelou talk about the mentors in their lives at <http://www.hsph.harvard.edu/chc/wmy2008/index.html>.
7. Read the latest research and find resources on mentoring online at [www.mentoring.org](http://www.mentoring.org).
8. Go to YouTube on Thank Your Mentor Day (January 22nd) and make the National Mentoring Month videos the most popular of the day!
9. Serve your community on MLK Day of Service (Jan. 19) by deciding to become a mentor.
10. Make a donation to a mentoring organization (BBBS!) in your community.



### Mentor Thank You Breakfast

BBBS would like to thank you for all the difference you have made in the lives of children.

**When:** Wednesday, Jan. 28th

**Time:** 7:30– 8:30 a.m.

Program at 7:45 a.m.

**Where:** Mentors will receive a post card soon with this information.

**Who:** Mentors only

**Please RSVP**

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Sioux Falls, SD 57104

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### Watertown Office

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### THANK YOUR MENTOR DAY™

January 22, 2009, is Thank Your Mentor Day™. Take time to honor an important mentor in your life by posting an online tribute, sending a note and giving a phone call or some other accolade.



# Upcoming Events

## BBBS Calendar

Jan. 15, 2009

**GalaxyLAN** - Play the hottest video games on one of several dozen consuls, including X-Box, Wii and Nintendo! Due to space limitations, this activity is available to **matched Bigs and Littles only**, and matches must sign up for one of three, 45-minute timeslots (5:45-6:30, 6:35-7:20, or 7:25-8:10). Matches should come to their scheduled time 5-10 minutes early to create usernames and passwords necessary to play the games. GalaxyLAN is located near Panera Bread at 57th & Louise. Also nearby is CiCi's Pizza, which offers a great deal on your activity card, so Bigs and Littles can grab a bite before or after they play!

\*\*\*Please RSVP by calling Megan at 334-1632 or emailing Megan@bbsse.org

Jan. 22, 2009

**CSI Lab Tour** - See CSI-type work (Crime Scene Investigation) in action at Colorado Technical Institute's forensics lab and learn how fun a degree in criminal justice can be! This activity, which runs from 6-8 p.m., is open to all participants. The campus is located at 3901 W. 59th Street.

\*\*\*Please RSVP by calling Megan at 334-1632 or emailing Megan@bbsse.org

Jan. 27, 2009

**Mentor Training** - All mentors who haven't been trained by BBBS must sign up for a short session, which are held every month from 5:30-7 p.m. Please contact your Case Specialist to make other arrangements if you cannot make it to set up an alternate training date.

\*\*\*Please RSVP by calling Taté at 334-1632 or emailing tate@bbsse.org

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## Community Calendar

Jan. 16, 2009

**Family Nite Out** - Have fun at Kuehn Community Center with entertainment, carnival games and more for children of all ages! The FREE event begins at 6:30 p.m. Children must be accompanied by an adult. Registration is not required for this event.

Jan. 19, 2009

**Martin Luther King, Jr., Day** - Honor Dr. King and his teachings of nonviolence and social justice by celebrating it as the *Day of Service*, which was initiated by Congress in 1994 to transform the day from being just another day off school or work to one in which we come together to strengthen our "beloved community." Visit [www.mlkday.gov](http://www.mlkday.gov) for more information.

Jan. 20, 2009

**Inauguration** - See history in action as Barack Obama is sworn in as the United State's 44<sup>th</sup> president!

Jan. 22, 2009

**Thank Your Mentor Day** - Take time to honor an important mentor in your life by posting an online tribute, sending a note, making a phone call and more. Visit [http://www.hsph.harvard.edu/chc/wmy2009/Thank\\_Them/intro.html](http://www.hsph.harvard.edu/chc/wmy2009/Thank_Them/intro.html) for more information.

Jan. 24, 2009

**Frosty Frolics** - Enjoy FREE sleigh rides at Spencer Park from 1-4 p.m., and FREE ice-skating lessons (and free skate rentals) at Tuthill Park ice rink from 1-3 p.m. Ensure the event is still on by calling Sioux Falls Parks and Recreation at 367-8222.

Jan. 30 & 31, 2009

**Media One FunSki** - The 20<sup>th</sup> annual Media One FunSki Winter Carnival begins Friday at 5 p.m. and Saturday at 9 a.m. This is a community-wide fundraiser for Children's Inn. There will be activities for all skill levels, interests and ages, including kickball, snow tube races, downhill skiing, snowboarding, and snow sculpting. For more information call 339-0000 or visit [www.funski.org](http://www.funski.org).

### Activity Card Pick of the Month

#### Arby's Restaurant

East 10th Street

West 41st Street

North Cliff Avenue

Mentor buys an adult combo meal, mentee gets second combo meal of equal or lesser value FREE!

\*\*Remember to use your Activity Card and look at the participating businesses before you go on your outing. The Activity Card can also be found online at [www.bbsse.org/activitycard.php](http://www.bbsse.org/activitycard.php).



#### BIG THANKS

Have you and your Little been using your Activity Card? Our programs are supported by many local businesses that provide discounts to our Bigs and Littles. We appreciate their support and want your help in showing them our appreciation! Please think about sending a thank you note to the businesses you and your Little visit. It is a small way to thank them for their generosity and support!

# Match of the Month!

## January Match Spotlight On

Traci Smith & Heavenly  
 Program: Mentor Moms  
 Match time: 1 year

### Mentor Mom Traci Smith:

*1. Why did you become involved in the Mentor Mom Program?*

I saw something on the news that struck my attention, but I also work with at-risk children and so I see how important it is to have a support system in your life. This was a chance for me to make a difference and to try to guide or prevent a young mom from going down the wrong track.

*2. What do you like the best about having a Young Mom?*

Spending time together, feeling like I'm making a difference. I like being there for her and giving her a "safe haven," a place to come to without judgment.

*3. What is your favorite activity you have done together?*

Color Me Mine, which also happened to be our first outing.

*4. How has having a Young Mom helped you?*

It makes me slow down and see how lucky I am. I see how hard it is for others and this makes me realize even though you think you are struggling, there are others struggling more than me.

### Young Mom Heavenly

*1. What do you like best about being matched with your Mentor Mom?*

I like the fact she was coincidentally a family friend. But I also like that Traci understands what I am going through with my son.

*2. What is your favorite activity you have done with your Mentor Mom so far?*

Color Me Mine.

*3. What would you say to a young mom interested in the Mentor Mom Program?*

It is an awesome program that helps you out with questions, answers, and tips.

*4. How do you think having a Mentor Mom has helped you?*

There are people out there who aren't the best parents, but can be better. That makes me feel better as a person. I have also learned there are other mothers out there who want to help see someone grow as a person and succeed.

## Happy Birthday!



LB Karwo S.	1/1	LS Cheyenne Z.	1/20
LS Pamala M.	1/2	LS Alex R.	1/22
LS Mya C.	1/3	LB Sherwin D.	1/22
LS ArieOnna V.	1/3	LB Austin C.	1/23
LB Mason T.	1/4	LS Emily V.B.	1/23
LS Mariah S.	1/5	LS Jennalee	1/23
LS Sarah R.	1/5	LS Brianna G.	1/25
LB Darius K.	1/7	LB Kaleb P.	1/25
LB JR B.	1/8	LB Shawn S.	1/25
LS Christine B.	1/8	LS Bailee B.	1/25
YM Jenifer A.	1/9	LB Mitchel A.	1/25
LB Justin W.	1/9	LS Julissa G.	1/26
LS Palesa M.	1/9	LB Mathew R.	1/26
LS Kali K.	1/10	LB Cory P.	1/26
YM Evonne C.	1/10	LB Austin N.	1/27
YM Patty T.	1/10	LB Devion M.	1/27
LS Jamay B.	1/11	LB Justin H.	1/29
LS Amaya S.	1/13	LB Ryan V.	1/29
LS Kara S.	1/14	LS Alexandra F.	1/30
LS Belle L.	1/15	LS Amanda K.	1/31
LS Jackie H.	1/19	LB Christopher T.	1/31

## New Matches

- BS KC Estes & LS Katherine
- NAS BS Steff Liston & LS Chan'te
- NAS BS Monica Meendering & LB Jasim
- NAS BS Debbie Sneve & LS Mya
- NAS BS Charmaine Hovland & LS Vanessa
- BB Pat Adams & LB Talon
- BB Travis Scharnweber & LB Devon
- BC Randy, Deanna March & LB Derrick
- BS Macy Martinson & LS Hayley
- BB Zach Nebben & LB Tyler
- BS Jessica Leveille & LS Autumn

## December Incentive Winners

- Parent - Paula Hoy
  - BC - Travis & Bethany Jensen
  - LB - Luke
- Call or e-mail your Match Support Specialist to give an update on your match before the 15th of the month, and you could be next month's winner!

### KEY:

- BB = Big Brothers BS= Big Sister BC= Big Couple
- LB= Little Brother LS= Little Sister
- MM= Mentor Mom YM= Young Mom
- NAS= Native American Scholars

## 1 YEAR

## Match Anniversaries

## 2 YEARS

- BS Lexie Jacobsen & LS Sadie
- BS Kacey McCarthy & LS Lorraina
- BS Rachel Soyland & LS Gifti
- BS Stephanie Herman & LB Scott
- NAS BS Kate Telkamp & LS Rykel

BS Kristie Sullivan & LS Kali

- BS Katherine Johnson & LS Destiny
- MM Catherine Petersen & YM Jennifer
- MM Miranda Freesemann & YM Jackie
- MM Sara Garry & YM Jerri

## 7 YEARS

- BC Erick, Rhonda Anderson & LB Kaisean
- MM Beth DeVries & YM Becky

BS Emily Rogness & LS Star

## 8 YEARS

- MM Kim Wells & YM Michelle
- MM Traci Smith & YM Heavenly

BS Michelle Adrian & LB Kenny

## 9 YEARS

BS Holly Swedeen & LS Brittany

# EXTREME Office Makeover

Running a nonprofit can be difficult when there isn't enough funding for an effective work environment. Since nonprofits must focus their resources on fulfilling their mission, they can miss an opportunity to utilize their work environment as a tool for attracting and soliciting funds for their cause. *Office Elements* is offering an Extreme Office Makeover to assist one nonprofit organization within each of the following areas: Sioux City, Sioux Falls and Cedar Rapids.



Big Brothers Big Sisters of the Sioux Empire (pertinent information):

- Current office space measured at 1,300 square feet;
- Increased number of matches over past few years by over 40 percent;
- Increased staff numbers;
- Recognized for quality of service and growth by Big Brothers Big Sisters of America with Gold Standard Award;
- We are thrifty with our office purchases;
- Need creative ways to organize office desks, decorate in family-friendly styles, store supplies and get rid of clutter.

## HOW TO ENTER

1. Nominations will be accepted through the Office Elements site ([http://www.iowaofficesupply.com/office\\_makeover\\_contest.html](http://www.iowaofficesupply.com/office_makeover_contest.html)), mail and fax.
2. Nominations may be made by the nonprofit organization's members, volunteers, employees, donors, beneficiaries or anyone else with knowledge about the nominee's nonprofit work and good deeds.
3. **Multiple nominations** for the same nonprofit are welcomed and encouraged.
4. Nomination deadline: **Jan. 15, 2009.**

## “Who’s that BBBS staff member?”

We bet you’ve been itching to know the answers!

This staffer loves Hello Kitty.

- Wendy

This staffer will beat anyone in a Tyler Perry trivia challenge.

- Melissa

This staffer once traveled 20 hours to an Asian country to visit the place her son and step-daughter were born.

- Deb

This staffer begins listening to Christmas music the day after Halloween.

- Megan

This staffer recently said hello to her family’s newest addition, Baby Lincoln.

- Jolene

This staffer has a passion for good, frivolous books, such as “Harry Potter” and “Twilight.”

- Taté

This staffer is fixated on felines: she would cuddle any tabby or tiger.

- Penny



# Amachi, NAS & Mentor Moms



## “I Hear You!”

### A Mentor’s Role as a Listener



Active listening is the most important skill of a good mentor. When you talk with your mentee, remember to:

- Clear your mind of unnecessary thoughts and distractions, so you can give her or him your undivided attention.
- If your mentee is a child much smaller than you, sit when you talk, so you are t about the same level.
- Make eye contact.
- Be aware of your body language.
- Pay attention to your mentee’s facial expressions, gestures and body language.
- Ask questions when you do not understand.
- Read between the lines for your mentee’s feelings, learn to say, “How did that make you feel?”
- Ask open ended questions then follow up with non-threatening questions.
- Put yourself in your mentee’s “shoes” and try to understand the world from his or her perspective.
- Put aside preconceived ideas and refrain from passing judgment.
- Give your mentee the same respect that you desire for yourself when you are talking to someone.

## FREE Tickets to Sporting Events!

Do you or your Little  
enjoy basketball or hockey?

BBBS received a generous donation of **SKYFORCE** basketball tickets and we have several dozen remaining for the rest of this season’s home games. Call Megan at 334-1632 or email [megan@bbbsse.org](mailto:megan@bbbsse.org) to get your **FREE** tickets today (first come, first served)!



Also, if you’re already matched, your activity card gets you **FREE Stampede** tickets. Just call Wendy (with Stampede) at 336-6060 ext. 201 for your tickets!

## You Shop (or search), We Earn Money!

Help Big Brothers Big Sisters raise money simply by searching the internet or shopping online using the GoodSearch™ or GoodShop™ Web site. Every time you shop at your favorite online retailer we receive money that can be used for upcoming events, planning activities and much more! Simply go to [www.goodshop.com](http://www.goodshop.com), find our agency (**Big Brothers Big Sisters - Sioux Empire**) and find your retailer. Some participating retailers include: Amazon, Best Buy, iTunes, Macy’s, Petsmart, Walmart, Sears, Target, Staples, and hundreds more!



## Contact Us!

Phone: 605-334-1632  
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### Big Brothers Big Sisters Staff:

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**Deb Tornow**, Office Manager  
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Upcoming BBBS events. Mark your Calendar!

## BBBS Events

### January 2009

**Jan. 15**, 5:40-8:15 p.m.: GalaxyLAN (matches only)

Play video games, including X-Box 360 and Rock Band!

**Jan. 22**, 6-8 p.m.: Colorado Tech Forensic Lab Tour  
See CSI-type investigations in action!

**Jan 28**, 7:30-8:30am: Mentor Thank You Breakfast

### February 2009

**Feb. 19**, 6-8 p.m.: "I Hate Winter Party!"

Have fun with indoor activities as we pine for warmer weather.

\*\*\* All participants are invited to ALL events unless noted.\*\*\*



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