

Mentoring Matters

November 2011

Come tour the local weather station

Have you ever wondered what causes a storm, or how technology can help predict severe weather? This month we will learn all that and more when we tour the National Weather Service office in North Platte.

Our weather station tour



will take place on **Thursday, Nov. 10, starting at 6:30 p.m.** Those interested in attending should plan on meeting at the weather station, which is located next to the airport terminal building at Lee Bird Field.

During the tour, we will learn about how storms are formed and the technology that weather forecasters use to predict changes in the weather. This activity is expected to take about one hour. If there is any severe weather on the day of our tour, we will likely have to reschedule because the weather station staff will be busy monitoring the storm



system. Therefore, it is important to RSVP for this event by Tuesday, Nov. 8, so that we know who to notify if the event gets postponed.

To RSVP or for more information, please call 308-696-0976 or e-mail us at mentor@communityconnectionsnc.org.

Skate party planned for Nov. 30

Our annual skate party at Camp Maranatha will take place on **Wednesday, Nov. 30, from 5:30-7:30 p.m.** This has become a favorite activity among our group. Activities at this event include not only roller skating but also rock wall climbing on the 30-foot climbing wall. Skates will be provided for this event, but kids must remember to wear socks for this event.

Typically, this activity has been scheduled in De-

cember in prior years. However, officials at Camp Maranatha have decided to shut down the camp during the months of December and January this year. Therefore, we are having our skate party a little earlier than usual this year.

Those who would like to drive out to Camp Maranatha together can meet at the McKinley Education Center parking lot at 5:15 p.m. You can also just meet us at the camp at 5:30 p.m.

that day. Please park on the south side of the Olsen Memorial Dining Hall (near the lake) and enter through the gym link door.

Youth participants must be accompanied by their mentor or other adult. Admission will be paid by Community Connections, and snacks will be provided. **Please remember to get your permission slips signed.** Please RSVP by Monday, Nov. 28 by calling 308-696-0976.

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Mentor training to focus on fitness

Our next training event for mentors will take place on Tuesday, Nov. 15. This quarter we will focus on health and fitness. We will explore activities that mentors can do with their mentees to promote a more healthy lifestyle through exercise and eating well.

Our guest speaker for this event will be Nicole Thompson of the North Platte Rec Center and Lyle Minshull, director of parks for the City of North Platte. Thompson will be speaking about different activities that mentors and mentees can participate in together at the Rec Center, while Minshull will talk about opportunities that are available at the many parks we have throughout the city.

In addition, those who attend will receive a free copy of the book "Eat Well, Stay Active, Have Fun: A

"The mentoring environment is an ideal place for mentors and mentees to learn about making healthy choices... This guide encourages mentors and mentees to share in the learning experience by trying out new foods and activities together, communicating through their relationship, and of course having fun at the same time."

—From "Eat Well, Stay Active, Have Fun: A Guide for Mentors"

Guide for Mentors" published by the Harvard School of Public Health. This book provides mentors with information and guidance on how to make healthy eating and physical activity natural parts of the mentor-mentee relationship.

The mentor training will take place at noon on **Tuesday, Nov. 15, in the central meeting room at McKinley Education Center.** We will meet in the central meeting

room, and lunch will be provided so that those who work that day can hopefully come during their lunch break.

If you are interested in attending this training session, please RSVP by Friday, Nov. 11, so we know how many to plan for lunch. For more information, or to RSVP, please call 308-696-0976 or send us an e-mail to mentor@communityconnectionsnc.org.

What: Mentor Training

When: Tuesday, Nov. 15, at noon

Where: Central Meeting Room at McKinley Education Center



Mentor newsletter goes digital

In an effort to cut printing costs and reduce our use of paper, we would like to start sending our monthly newsletter via e-mail for those who have that capability.

For those who sign up for our new electronic newsletter, it will be sent as an e-mail attachment in "pdf" format, which can be read using Adobe Reader. Most newer computers have Adobe Reader. However, if your computer doesn't have it, you can download it free at <http://get.adobe.com/reader>.

If you would like to continue to receive a paper

copy of our newsletter, let us know that and we will keep you on our newsletter mailing list. Those who would like to go paperless and sign-up for our new digital newsletter can call 308-696-0976 or send us a note to mentor@communityconnectionsnc.org. Be sure to let us know which e-mail address you would like us to use.

In addition, we will soon be posting our monthly newsletter to our website at www.communityconnectionsnc.org. This will provide you another way to stay informed about our upcoming events and activities.

And if you haven't already become a fan of our Facebook page, please consider doing so. We not only post information about our activities, but you can also browse hundreds of photos from our prior events. Just go to www.facebook.com/CCMentoring and click on the "like" button at the top of the page.

To receive the newsletter electronically, just send us your e-mail address:

mentor@communityconnectionsnc.org



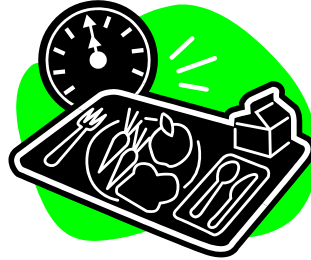
Help needed to deliver meals

For our service project this month, we will be helping to deliver meals again through the Meals on Wheels program at the North Platte Senior Center. We had a record number of participants at our meal delivery project in October. Not only did all of the drivers have someone from our program to help them, some of our kids stayed behind and helped the staff get things ready for the meal that was

served at the senior center.

This month's service project will take place on **Wednesday, Nov. 23**. Those interested in attending should meet **at the North Platte Senior Center (901 East 10th) at 10:30 a.m.** After the meals are delivered, we will stay and have lunch at the senior center. We will then play board games and card games at the center until about 2 p.m. If you are planning to

attend this event, please RSVP by Monday, Nov. 21, by calling 308-696-0976, or send us an e-mail to mentor@communityconnections.org.



Schedule change for Madison Life Skills

We have decided to make a slight change to our Life Skills schedule for the students at Madison Middle School. Instead of going to Linden Estates at 3:30 p.m. after our regular class, we will now be going to Linden Estates from 1:30-3:30 p.m., which is our regular weekly class time.

This means that Life Skills at Madison Middle School

will end at 3:30 p.m. every Wednesday. This change will take effect in November. If you have any questions, please don't hesitate to call us at 308-696-0976.

Again, all of our visits to Linden Estates will be from 1:30-3:30 p.m. during our regular class time rather than 3:30-5:00 p.m. as noted in the schedule that was given out at the beginning of the

school year.

Here is a list of the dates that we will be visiting Linden Estates:

- **November 2 & 16**
- **December 7**
- **January 4 & 18**
- **February 1 & 15**
- **March 1 & 15**
- **April 4 & 18**
- **May 2**



Reminder

Please RSVP by

- Tuesday, Nov. 8** for the Weather Station Tour
- Friday, Nov. 11** for Mentor Training: Focus on Fitness
- Monday, Nov. 21** for the Meals on Wheels Delivery
- Monday, Nov. 28** for the Skating Party at Camp Maranatha



We want to thank the North Platte Eagles Club for their donation of \$500 to our mentoring program. The local club donated \$250, and they got a matching \$250 donation from their state association. If you personally know a local Eagles Club member, be sure to thank them for their support.



November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Life Skills at Jefferson, 3:30-5:00 p.m.	2 Life Skills at Madison, Linden Estates visit from 1:30-3:30 p.m.	3	4 	5 Sports Card Show Platte River Mall Nov. 5-6
6	7	8 Life Skills at Lincoln, 3:30-5:00 p.m.	9 Life Skills at Madison, 1:30-3:30 p.m.	10 Weather Station Tour, 6:30-7:30 p.m. at the North Platte Airport	11 Veteran's Day Parade starts at 4:00 p.m. Family Skate Night, 7:00 p.m. Camp Maranatha	12
13 Sadie Hawkins Day	14	15 Life Skills at Jefferson, 3:30-5:00 p.m. Mentor Training, 12 noon at McKinley	16 Life Skills at Madison, Linden Estates visit from 1:30-3:30 p.m.	17	18 Family Skate Night, 7:00 p.m. Camp Maranatha	19
20	21	22 Life Skills at Lincoln, 3:30-5:00 p.m.	23 No Life Skills Meals on Wheels, 10:30 a.m. at Senior Center	24 Happy Thanksgiving 	25  Festival of Trees Sandhills Convention Center Nov. 25-27	26
27	28	29 Life Skills at Jefferson, 3:30-5:00 p.m.	30 Life Skills at Madison, 1:30-3:30 p.m. Skate Party 5:30-7:30 p.m. Camp Maranatha			

Events highlighted in yellow are sponsored by Community Connections Mentoring.

Permission Slip — November 2011

Community Connections Mentoring

YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE IF PERMISSION SLIP
IS NOT SIGNED and RETURNED PRIOR TO OR AT THE FIRST EVENT!

I acknowledge that my child/children _____, has/have voluntarily applied to participate in the following mentoring activities (please check all activities you are allowing your child to participate in):

- Weather Station Tour** on Thursday, Nov. 10, from 6:30-7:30 p.m. at the National Weather Service Office at the North Platte Airport. Activities will include a tour of the local weather forecasting facilities and information about related careers. Please RSVP by Tuesday, Nov. 8, by calling 308.696.0976.
- Meals on Wheels delivery** on Wednesday, Nov. 23, starting at 10:30 a.m. at the North Platte Senior Center. Mentoring pairs will help to deliver meals and then stay to play games. Lunch will be provided.
- Skate Party at Camp Maranatha** on Wednesday, Nov. 30, from 5:30-7:30 p.m. Activities will include roller skating and rock wall climbing. Snacks will be provided.

I'm aware that these activities may be hazardous and that my child could be injured. I'm voluntarily allowing my child to participate in these activities with knowledge of the risk involved, and agree to assume any and all risks of bodily injury, death, or property damage, whether these risks are known or unknown.

I forever release the sponsor of the activities and its agents, directors, officers, employees, volunteers, contractors, and representatives from any and all actions, claims, or demands that I, my assignees, heirs, guardians, spouse, and legal representative now have, or may have in the future, for injury, death, or property damage, related to my child's participation.

I also waive any claim of liability for any injury my child may receive arising out of the transportation to or from any event or activity by the agency, its sponsors, agents, employees, volunteers, or representatives in any fashion.

Parent/Guardian Signature: _____ Phone # _____

Emergency Contact Name: _____ Phone # _____

Date: _____

Please sign waiver and return to John Lindemberger either before or at the time of the first event your child is participating in. Without this signed form, your child or children will be sent home.

There are no exceptions to this rule.



Community Connections Mentoring

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**To the world you may be just one person,
but to one person you just may be the world.**

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