

January 2010

Volume V, Issue VI

GrandAM January Newsletter

Grand Area Mentoring / 435-260-9646

Mentoring Month: Kick Off, 2010!

Happy New Year, and Happy Mentoring Month! January has been declared the 7th annual National Mentoring Month, four weeks to celebrate mentoring and help spread the message to potential volunteers.

Thank Your Mentor Day, "is a highlight of the campaign held each January to recruit volunteer mentors to help young people achieve their full potential. Lead spokespersons for this year's campaign are General Colin Powell, Grammy Award-winning R&B recording artist Usher, and music icon Quincy Jones. Other top celebrities supporting the effort include Maya Angelou, Tom Brokaw, Deepak Chopra, Senator Hillary Clinton, Walter Cronkite, Ray

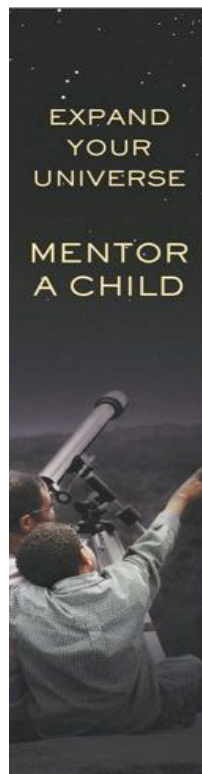
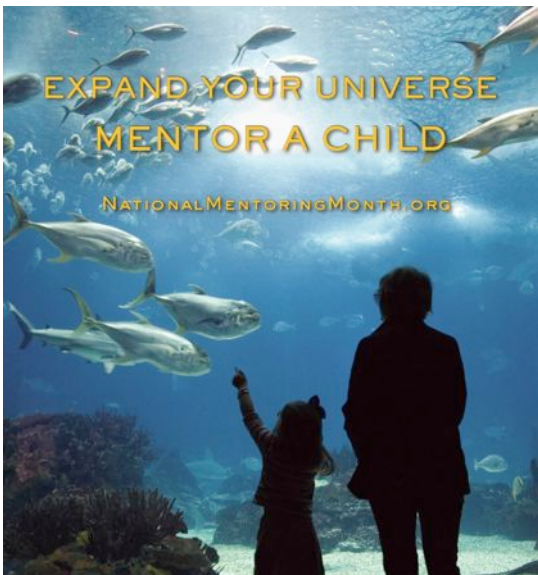


Charles, Gwen Ifill, Larry King, Senator John McCain, Edward James Olmos, Cal Ripken, Jr., Bill Russell, Tim Russert, Martin Sheen, and Mike Wallace."

-www.mentoring.org



You can find interviews and commentaries with these celebrities on the campaign's Web site, www.whomentoredyou.org. This year's theme: expand your universe.



This Month in Mentoring

- o **January 4:** School & mentoring resumes.
- o **January 14:** New Mentor Training, 4PM, District Office. Tell your friends. Call 260-9646 to register.
- o **January 18:** School in session. Make-up day for snow day.
- o **January 21: National Thank Your Mentor Day.** Call, email, or send an e-card to someone that touched your life.
- o **Also...January 21:** Grand Area Mentoring Thank Our Mentors Pizza Party! 5-6:30PM, Grand Center (on 500 West). More information below!

Pizza Party! January 21st



Start the year off right with an appreciation pizza party dinner on January 21, **National Thank Your Mentor Day**. For mentors only. We provide the pizza. You bring yourself.

Where: Grand Center (182 North 500 West)

When: January 21, 5-6:30PM

Why: We love you!

Food: By Paradox Pizza.

VERY IMPORTANT: So we know how much pizza to order for our volunteers, please RSVP! **Call 260-9646.**

Grand Area Mentoring

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Susan & Shadley

Idea of the Month #1: PB&J. Make a sandwich with a twist. *Have a laugh* while demonstrating the importance of communicating clearly. You need: PB&J, bread, plates, a butter knife, and paper towels (for cleanup). You say: "Tell me how to make a peanut and butter sandwich. I will follow your instructions EXACTLY." If he says, "Put some PB on the knife," use your finger to scoop a tiny amount of PB onto the knife. If he says, "Put the jelly on the bread," flip the same piece of bread over and use the opposite side. When your sandwich is finally finished (yum?), explain how this exercise reminds us that everyone sees things differently and we should be careful when communicating with others. Even though things may be clear to the speaker, sometimes the listener can misunderstand. In essence, choose your words with care and check for understanding when speaking with others. Goes in reverse, too.



Selina & Mary



Angela & Lynn



Auriana & Sarah



Melissa & Denise



Marilyn & Brian

Idea of the Month #2: Captioning. Try this weird little activity! 1) Before your mentoring session, cut out some G-rated comics from magazines or newspapers. Cut off or white out the captions. 2) Bring the cartoons to your mentoring session and ask your mentee to think up his or her own captions. 3) Glue or tape the cartoon to a piece of construction paper, and write the caption beneath. 4) Hang

(Example)



Kids racing to meet their mentors!

the cartoon in the mentoring room for everyone to see how funny, creative, and silly we can be. You may want to leave room for others to add their own captions beneath yours. Make sure the language is school-appropriate.



Idea of the Month #3: Build new skills.

Moab Toastmasters is an organization that can help you develop better speaking and leadership skills. Drop in on the weekly meeting, held on Wednesdays at noon in

the downstairs conference room in Zions Bank. At the meeting, you will see how the program is done in a low-pressure, friendly environment. An informative workbook leads your self-paced course of study. Kind peer support and critiques help you meet new people and learn from others. You will receive excellent resources from Toastmasters International, the most respected and affordable organization catering to improved public speaking and leadership. Toastmasters can improve your mentoring skills by helping you:

- express yourself more clearly
- feel more confident working with others
- organize your thoughts and think on your feet.



Find out more by attending the next meeting on January 6th. Make a New Years resolution: invest in yourself.

Mentee Bite, Installment 3 of 6: **Be Smart.**

Being smart is about more than getting good grades. It's about making smart choices. As you get older, the consequences of your actions will become more serious. And as you age, you take more responsibility for taking on and working through your own problems.

Albert Einstein said, "It's not that I'm so smart, it's just that I stay with problems longer."

Being smart is about working through your problems and remembering to avoid mistakes you've already made.