

Our Journey

Children need your



Joan & Cody

Justeen & Sue

presence more than



Jenn & Sage

Sam & Kevin

your presents.



Justin & Dalton
airborn!

Royce & Jessica

- Jesse Jackson

Mentor Roundtable



Have you ever experienced challenging situations while mentoring? Does your mentee have trouble focusing during sessions? Have you ever wondered how to open up a conversation about an issue that troubles your mentee? Bring your mentoring concerns and insights to a roundtable discussion on February 25th.

Mentor Roundtable discussion
February 25, 2010 – 5PM
Grand County Middle School Library

Resident expert Mary McGann and others will be on hand to help us work through our mentoring challenges. Mary has many years of teaching experience and is well loved by her students. There will be heaps of collective knowledge and experience available to you. Please bring your questions or just join us to listen. If you would like to e-mail concerns prior to the meeting, we could pass them on to Mary for topics of discussion. Drinks and snacks provided. Let us know if you might attend so we can buy the right amount of snack food. *Call 260-9646.*

This Month in Mentoring

- o **February 15:** (Monday) President's Day. No School; **NO MENTORING!**
- o **February 16:** End of 2nd trimester. Early out all grades. **NO MENTORING, unless by special arrangement!**



- o **February 25:** 5:00 PM, Middle School Library. **Mentor roundtable discussion.** Join us to talk about bullying, communicating with youth and other topics of interest to you. See box above right.

Idea of the Month #1: Make Valentines fudge.

Have fun and something sweet. You will need:

- 2 large Ziploc bags, 1 paper plate
- 1 lb. powdered sugar
- ½ Cup cocoa
- 3 oz. cream cheese, softened
- 1 stick of butter, softened
- 1 tsp. vanilla



Place all the ingredients in one bag. Knead the bag until fully mixed, up to 10-15 minutes. Remove fudge from bag and spread on paper plate. Place plate into second bag and give to your mentee to bring home.

Thanks to Joyce and Carol for this idea!

Grand Area Mentoring

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Mason & Jim



Riley & Lindsey



Yovani & Wendy

Idea of the Month #2: Build a Volcano! This exciting activity will put some pep in your mentoring session. Two boys have really enjoyed this activity already.

WHAT YOU NEED:

- white vinegar
- a plastic pop bottle
- 1/3 Cup dish washing liquid
- red food coloring
- duct tape or masking tape
- a piece of cardboard roughly 9 x 12 inches
- newspaper
- aluminum foil
- baking soda
- paper towel



As always, please be neat and clean.

INSTRUCTIONS:

1. Pour about ½ cup of white vinegar into the bottle
2. Add 1/3 cup of dishwashing liquid
3. Add a few drops of red food coloring
4. Make sure the bottom of the bottle is dry. Tape down the bottle in the center of the cardboard.
5. Ball up newspapers, and tape them around the bottle to build up a mountain-like shape. The mouth of the bottle should be slightly higher than the newspaper.
6. Place a sheet of aluminum foil over the bottle and the newspaper. Smooth it down.
7. Use your finger to poke through the foil into the mouth of the bottle. The bottle mouth should be completely open.

FOR THE ERUPTION: (OUTSIDE school buildings please!)

1. Wrap one tablespoon of baking soda in a paper towel.
2. Put the baking soda packet into the bottle and *stand back!*

WHAT'S GOING ON?

The baking soda and vinegar create carbon dioxide gas in the bottle. As the gas expands, there is suddenly not enough room in the bottle. The only place for the gas to go is out through the mouth of the bottle. Just as with a real volcano, the expanding gas in a confined space was powerful enough to cause an eruption. As the gas blows out, it forces some of the bottle's contents to flow like lava down a mountainside.

Mentee Bite, Installment 4 of 6: Be True.

Being true means being honest with yourself, listening to your conscience, and making a change if something isn't right. It also means taking responsibility for your actions. If you've done something you regret, instead of saying, "Everyone else is doing it" or "It's not a big deal," own up to what you've done and resolve to practice better habits.

Life is all about making good habits. Just like exercise and healthy eating, you have to make honesty and goodwill a routine. Start today, and enjoy the rewards for years.

