

# BIG & LITTLE



Big Brothers/Big Sisters  
of St. Thomas-Elgin



**New  
Matches**

**Andrew J.  
& Luke M.**

**Chloe B. &  
Sharron G.**

Welcome to new  
In-School Mentoring  
Matches:

Cristina Flipovic  
matched with  
Mackenzie & Caitlin

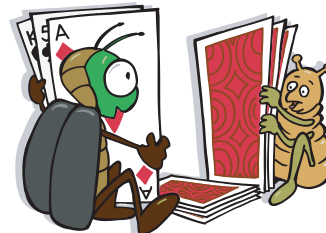
Gerald Henderson  
matched with  
Josh

Brandy Moore  
matched with  
Aidyn, Braydon & Tyler

**Board Games, Puzzles  
& Card Games Needed!**



We are collecting gently used games, puzzles (less than 200 pieces) and card games to stock the activity bins for our In-School Mentor programs. Age appropriate games for 6-13 years would be much appreciated! Please check for all pieces and instructions, and drop off your games at the BB/BS house, or give us a call to arrange for pick up. 519-633-3830



# Go Girls!

Healthy Bodies, Healthy Minds



## Big Welcome to new and returning Go Girls! mentors:

Jennifer Blanchard  
Katie Huisman  
April Kornaker

Stephanie Milner  
Brandy Moore  
Julie Rochefort

Karley Soper  
Laura Taylor  
Jennifer Wall

### BBBS St. Thomas-Elgin works in partnership with Elgin County schools

Our agency is once again grateful for Ministry of Education funding to deliver the Go Girls! program as well as grow the number of In-School Mentoring matches in Elgin County schools for the current school year.

This fall, nine wonderful mentors are sharing their time, passion, life experience and skills by facilitating the Go Girls! Healthy Bodies, Healthy Minds program with small groups of grade 7 & 8 girls. Fall Go Girls! programs are running in the following schools; June Rose Callwood, Elgin Court, Pierre Elliott Trudeau, John Wise, and West Elgin Senior Elementary (West Lorne). Each Go Girls! program runs for 90 minutes a week for seven weeks. Upcoming programs begin in late January and late April.

### Go Girls! mentors are women:

- between the ages of 18 and 30
- passionate about healthy, active living
- who enjoy working with 12 to 14 year old girls
- able to commit 2 hours per week (plus prep/travel time) for a seven week program

A seven week volunteer commitment is all that is needed and this can fit well with the schedules of university and college students as well as those with a two to three hour block of time during the school day. Call us for more information about this fun way to volunteer while helping teen girls navigate adolescence!

"Mentoring is a brain to pick, an ear to listen, and a push in the right direction." - John Crosby



Area schools have been asking for a program to provide boys with information and support to make informed choices about a range of healthy lifestyle practices. The Game On! Eat Smart, Play Smart, Live Smart program is the male equivalent of the Go Girls! program. Our agency is working in partnership with the Community Health Centre and area school with plans to pilot two Game On! programs this winter. We are currently recruiting male mentors to facilitate this activity-based program to boys in grade 7 & 8.

### Game On! mentors are men:

- between the ages of 18 and 30
- passionate about healthy, active living
- who enjoy working with 12 to 14 year old boys
- able to commit an hour and a half a week (plus prep/travel time) for a seven week program

Pass along this volunteer opportunity and help us 'start something new'. Call for more details

"A lot of people have gone further than they thought they could because someone else thought they could."

### In-School Mentoring Program

Our In-School Mentoring volunteers range in age from seventeen to the seventies. Meeting one on one with a child for one hour each week during the school year is the framework of the In-School Mentoring program. The strength of the program comes from the relationship each mentor builds with their mentee. Mentors report mentees grow in self confidence. Mentors also report In-School Mentoring as a lot of fun since they are able to put their adult world on the back burner for an hour a week and focus on being a kid again. Our agency goal is to further support children and schools by increasing our ISM matches from 20 to 30 this school year. An hour a week can make a huge difference in the life of a child... pass it along!!

# Birthdays



**N  
O  
V  
E  
M  
B  
E  
R**

Cassandra G.  
William P.  
Jacob U.  
Laura W.  
Craig B.  
Dawson C.  
Aaron K.

**D  
E  
C  
E  
M  
B  
E  
R**

Sara H.  
Helena K.  
Alexi S.  
Miranda B.  
Michelle C.  
Liam G.  
Matthew W.  
Sara H.  
Paige K.

# Match Anniversaries

## November

*Madison C. & Michele V. 3 Years*  
*Kayla F.A. & Carol M. 1 Year*  
*Ashlee H. & Melanie T. 7 Years*  
*Kennedy H. & Nicole M. 1 Year*  
*Henry K. & Will E. 2 Years*  
*Peter K. & Rodger M. 3 Years*

## December

*Ali P. & Allecia C. 1 Year*  
*Kayla S. & Brenda J. 2 Years*



**CONGRATULATIONS**

***From the desk of  
Barb Matthews,  
Executive Director  
519-633-3830***



The United Way Campaign is well under way and we encourage all members to support events and/or donate to the United Way. Big Brothers Big Sisters is a member agency and we rely heavily on the United Way to financially support our mentoring programs.

A special thank you to Terry Banghardt from Cox Cabs and Al Hughson from Williams funeral home for donating passes to our agency for the St. Thomas Stars home games. If you would like to use the passes for an outing with your little please contact the agency. This is a great opportunity to attend and support our Junior B hockey club.

## **November 18 - P.A. Day Event**

9:30 a.m. - 11:30 a.m. Jewellery making with Tammy Ford

Location: Agency office - Centre Street...519-633-3830

Cost: \$0.00 Space is **LIMITED**. Call to reserve your spot!

Adults are welcome as well....great time to make a Christmas gift or two.

We have received calls from families looking for financial support from our agency. Big Brothers Big Sisters is a not for profit organization that receives financial support from the United Way and our agency fundraisers to deliver our programs to the children and youth in our community who are in need of mentors. All opportunities that we are able to give to our families like back to school supplies, camp opportunities and hopefully upcoming Christmas gifts come to us out of the generosity of our community. Our staff are available to assist you with making referrals and/or connecting you with resources within our community but we are unable to provide funds to directly support our families.



# Christmas Party!



Our annual Christmas Party is set for Saturday, December 3<sup>rd</sup> at Cy's Lanes and Lounge in Aylmer from 1:00p.m. till 3:30p.m. We invite everyone to join in the fun as the bowling lanes will be open to us and the Talbot Trail Optimist members will once again be setting up some great crafts for everyone to enjoy. Buzz will be providing refreshments and light finger foods for all to enjoy. Please contact the agency to let us know you are coming. We need to know numbers to order food and so the Optimist ladies can prepare their special Christmas socks for all kids and plan for craft supplies.

"Do all the good you can, By all the means you can,  
In all the ways you can, In all the places you can,  
To all the people you can, As long as ever you can." - John Wesley

Want something fun, creative and meaningful to do with your "little"? Why not make a "happy" scrapbook together? Fill it with positive quotes (tons of them available for free on the internet) add some photos, drawings or images from your own collection (or again, look online) A scrapbook doesn't have to cost a fortune, and it is a "gift" that your "Little" will treasure and review for a great many years. Make it together or make it as your holiday gift for them.

Here are some title ideas:

Top 10 Reasons You're Cool  
10 Things I Want You To Know  
Life Lessons I'd Like To Share  
My Special Friend...

Make as few pages or as many as you like...it's even a gift you can add to over the years

