

October 2011



# Big Brothers Big Sisters Of Lethbridge & District

## 6th Annual Auction a Great Success



Richard Austin, Executive Director, presents travel voucher to WestJet winner Heather Peters.



South Lethbridge Store

Big Brothers Big Sisters of Lethbridge & District would like to thank our 6th Annual Big Auction partners, Canadian Tire Southside and Neu-Lite Electric Inc., and all participants, volunteers and donors for their generous and valued support in making the 2011 Big Auction our most successful year yet.

This years' auction was attended by 200 people and raised **\$44,000.00** to assist with the delivery of our programs to the youth of Lethbridge.

Congratulations to Heather Peters, winner of the WestJet flight for two to any WestJet destination, in our balloon raffle held at the Big Auction. Enjoy your second honeymoon Heather.



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## Volunteers needed

### Help us out by volunteering at Lucky's Bingo Hall

Volunteers are needed to assist with our bingos twice a month. If you are free any of these dates we could use your help for these fundraising events.

Friday, October 21st Tuesday November 8th

Saturday November 19th Monday December 12th

Monday December 26th Sunday January 15th

For info or to volunteer call the office at 403-328-9355

***We provide supper, great fun and good company.***

### Become an In School Mentor

Volunteers are needed for our ISM Program. This program only requires one hour commitment weekly to mentor a child during school hours. For more information or to volunteer please Cate at 403-328-9355

Join our Facebook page  
and follow us on Twitter  
@BBBSLethbridge for  
updates on all events!



Hello again everyone!

Autumn is here, and with the arrival of the cooler weather we have had some great fundraisers that are **sure to warm your spirits!**

### **Mr. Lethbridge's Birthday Bash!**

Although Mr. Lethbridge is a fictional mustachioed plastic doll, his annual birthday parties are known for good music and raising money for great causes. This year he had the Coal Creek Boys and Jesse Northey and the Dandelions headlining the entertainment for the night and Trevor Stuart hosting the event at the Slice bar and Grill October 7<sup>th</sup>, 2011. Together they were able to raise over \$500.00 for our programs!

THANK YOU Mr. Lethbridge and Trevor

### **anna banana & Big**

### **Brothers Big Sisters of Lethbridge Banana BOOST toy drive!**

On October 17<sup>th</sup> in partnership with anna banana we launched a new campaign to provide a "BIG" Christmas for our "Little's" this year. We are asking you to banana BOOST your community by donating in store today! 606 3rd Ave. South, Lethbridge, AB. Donations will enter you to win a \$100.00 Gift Card to anna banana and all proceeds go to the purchase of toys for the children in our programs.

If you would like to volun-

## Cate's Corner

teen to help deliver the toys in December please feel free to call me at 403.328.9355 or e mail me cate.currie@bigbrothersbigisters.ca.

### **Teen Mentoring and Healthy Lifestyles**

With the expansion of our Teen Mentoring program this year and the introduction of a lunch time session, we were very eager to take advantage of the role we could play in leading these children by example, to make healthy living choices. All meals and snacks are provided and planned by BBBS Lethbridge Staff who are committed to providing non-processed, real foods at no cost to the children in the program - and for good cause.

Clinicians have been screaming about the effect of food on behavior and attention for the past 30 years. Long ago Feingold and Connors, of the Connors' Attention Rating Scales, encouraged parents to delete the sugar, refined flour, and artificial chemicals from kids' diets. The value of this program was dramatically demonstrated at a small school for problem teens in Appleton, Wisconsin. The Appleton Central Alternative High School was established in 1996 for troubled kids who could not attend traditional high school because of discipline problems. Things were so bad at Appleton that a police officer was

stationed full time at the school to prevent violence and weapons violations.

Then the owners of Healthy Ovens Bakery donated \$100,000 over five years to build a kitchen and hire a staff to provide a natural foods breakfast and lunch at the school, and everything changed. After the food program was initiated the principal observed that students were calm, well-behaved, more receptive to learning, and happier. The school had no dropouts, no expulsions, no drug or weapons incidence, and no suicides in the three years since the program started.

To learn more about the link between real food and behavior and to view additional studies on the issue go to [www.foodforthebrian.org](http://www.foodforthebrian.org) To learn more about how you can help us keep our food fresh, homemade and at no cost to the children, call 403.328.9355 to talk about becoming a community sponsor of our Teen Mentoring Program!

Thank you all so much for your support over the past months in making a BIG difference in the lives of the families we serve! I look forward to working with and for you this holiday season!

Cate Currie  
Development & Volunteer  
Coordinator.  
cate.currie@bigbrothersbigisters.ca

## Update from Jen Visser

Hey Everyone,

I hope that you are enjoying your match. I would like to Welcome all the new matches and also congratulate all of those celebrating an anniversary. Good Job to you all!!!!!!!

Please make sure you are keeping in contact with the agency for your updates. I love hearing stories about what is going on in your match.

### Teen Mentoring

I am so happy with the level of success in this program. I would like to thank everyone for all their hard work. In September we held a Training Session for the Teens. The day consisted of Developmental Asset Training and Big Brother Big Sister Safety training. Good Job Teens!!!!

This year will be very exciting having 8 schools involved in the program. So far we have made some healthy and delicious snacks, carved pumpkins, and made origami. I am looking forward to the sessions coming up around Christmas time, where we will be doing some baking and celebrating the season.

### New Traditional Matches

Nakota & Pam  
Kayla & Jeanine  
Braden & Mike  
Donald & Vince

### New ISM Matches

Anna & Phelicia  
Ben & Paul  
Kenneth & Jeff

### New Teen Mentoring Matches

#### Park Meadows & Winston Churchill

Kieran & Danny  
Arik & Tyler  
Megan & Cierra  
Maya & Cayli  
Philippe & Steven

#### Nicholas Sheran & Chinook

Braden & Taylor  
Katlyn & Mikayla  
Dawson & Hannah  
Braydon & Krista  
Jordan & Shea

Hunter & Sam  
Shayden & Sydnie  
Tiara & Alli  
Brody & Abby

#### Fleetwood Bawden & LCI

Zoli & Teran  
Aries & Brooklyn  
Crysta & Sydney  
Julie Anne & Nidhi  
Connor & James  
Josh & Jessika  
Erzsi & Becky  
Autumn & Catherine  
Leo & Jan  
Kyler & Kathryn  
Brent & Chenai

#### St Marys & CCHS

Keisha & Jocelyn  
Alyssa & Marris  
Taila & Dayan  
Jolissa & Nicole  
Emily & Snjezana  
Dalton & Taylor  
Madison & Makayla  
Jaimus & Nakota  
Jordan & Delanie  
Aidin & Rose

Riley & Jessie  
Aren & Kaskia  
Emelda & Charmaine  
Isaac & Samantha  
Cody & Avery

### Match Anniversaries

#### Traditional

#### October

Lindsey & Sophia - 2 years  
Amber & Shannon - 1 year  
Jesse & Mike - 2 years  
Dutch & Emily - 1 year

#### November

Christi & Vanessa - 3 years  
Marrisa & Lisa - 9 years  
Garrett & Clayton - 2 years  
Eric & Adam - 2 years  
Isaiah & Ryan - 1 year  
Arron & Aaron - 3 years  
Allison & Hailey - 1 year  
Cameron & Mike - 1 year

#### December

Jenna & Michelle - 1 year  
Bryden & David - 1 year

### Match Anniversaries

#### ISM

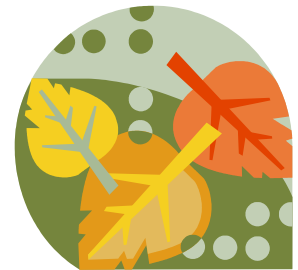
Carl & Rick - 2 years  
Jayden & Patrick - 2 years  
David and Jaime - 3 years  
Skylar & Lynn - 3 years  
Jen & Ricky - 1 year  
Sara & Makenzie - 1 year  
Anna & Kelsey - 1 year  
Sarah & Jodie - 2 years

### Match Anniversaries

#### Teen Mentoring

Valerie & Rikki - 1 year  
Alyssa & Bell - 1 year  
Devlin & Brayden - 1 year  
Ryan & Tad - 1 year

You can make a toddler laugh uproariously by simply sticking out your tongue.



"What matters in life is not what happens to you but what you remember and how you remember it" - Gabreil Garcia Marquez

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**Big Brothers Big Sisters  
of Lethbridge & District**



Stay up to date, visit us on line  
at [www.bbbslethbridge.ca](http://www.bbbslethbridge.ca)

#### Our Staff

Executive Director - Richard Austin

Caseworker - Jen Visser

Development/Intake Coordinator - Cate Currie

Office Manager - Darlene Mountney

#### Board of Directors

Jaime Johnston - President

Dan Pottage - 1st Vice President

Richard D. Huculiak - 2nd Vice President

Michael Zubach - Treasurer

Val Pinnock - Secretary

Kevin Hong - Director

James Mmbando - Director

David Price - Director



FUNDED



## UPCOMING AGENCY EVENTS



### Our Annual Santa Store will be held this year:

Thursday December 1st from 5pm till 8pm

Friday December 2nd from 5pm till 8pm

Saturday December 3rd from 10am till 2pm

At Save-on-Foods Community Room

The Santa store is open **only for children** of the community to shop , parents will be offered refreshments while they wait.

The success of this event relies on community businesses and residents donating new or gently used items to Big Brothers Big Sisters for our Santa Store.

Donations will be accepted starting in mid October.

If you wish to donate please call our Office Manager, Darlene, at 403-328-9355.

The 2011 Annual **Christmas** Party for Bigs, Littles and those on the waiting list will again be held at the Movie Mill on December 10th.

Doors will open at 9:30am with the movie to start at 10:30am. The title of the movie will be announced a week prior to the event.



Please mark this day on your calendar and plan to attend.

Our office will be closed: Friday November 11th for Remembrance Day  
December 26th till January 3rd for the Christmas Holidays

**Enjoy the Holiday Season**