

# MENTORING

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[www.helpingservices.org](http://www.helpingservices.org)

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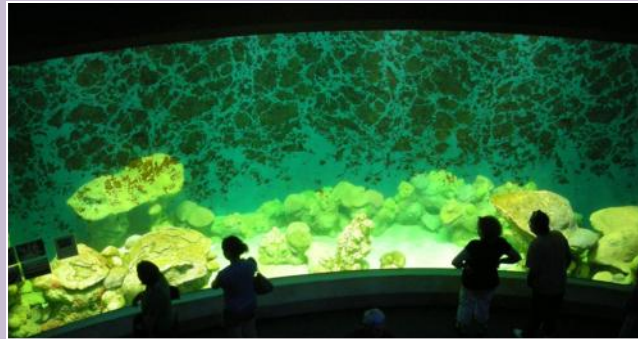
## News for August 2010

### Road Trip to the National Mississippi River Museum and Aquarium

On Saturday July 17, 46 people loaded onto the Hawkeye Stages bus and took the two-hour drive from Decorah to Dubuque to see the National Mississippi River Museum and Aquarium! Mentors, mentees, and mentees' families spent the day exploring the two museums and their featured exhibits. On the bus ride to Dubuque many matches and families enjoyed playing string games, worked on their

Sparks action plans, and delved into the new Modules of Mentoring.

Our first stop was the lunch buffet at the Pizza Ranch in Dubuque and then it was off to the museum. The Museum offers exhibits on the people, artifacts, culture, and animals that surround the Mississippi River. Many of the youth from Mentoring Programs who attended explored the hands-on activities that show how the river sustains different kinds of animal and



plant life. There was a variety of amazing fish to see, plus sharks, alligators, turtles, lizards, and river otters. Many participants were even able to pet snakes and fish!

Cole, Chris and Cody enjoying time together at the River Museum

The Ding Darling Days celebration also took place just outside of the Museum to honor the famous cartoonist and conservation activist from Iowa. The celebration offered sun printing, conservation agency presentations, wildlife and fish stations, and animal programs.

DJ Anderson was our mentee photographer for the day and he captured lots of good photos. Cole, Cody, and Heide loved seeing the giant catfish, and William, Alex, and Yadira got wet watching a 3-D shark movie! On the bus back to Decorah, some watched the movie *UP!* and others who were tired from all of the fun took a nap. We had a full day of fun things to see and explore!

### The Surveys Are Rolling In

In last month's newsletter, we sent a ballot for mentors and mentees to complete to vote on events they'd like to take part in during the upcoming year. The top vote getters are: pizza and a movie, going to Niagara Cave and Effigy Mounds, a swimming party, a roller skating party, sledding, and baking together. If you have not returned your ballot, please do so as soon as possible. These event votes will be taken to the Steering Committees in each county and they will decide which ones they want to host and plan for everyone.

Mentors had the opportunity to vote on the training topics they wish to have in the upcoming year. The most popular topics are: building social skills, guiding mentees with basic study skills, helping mentees with time management, recognizing and cultivating mentees' strengths, Sparks and Modules of Mentoring: exploring the possibilities, and strategies for coping with aggressive behaviors. These topics will also be taken to the Steering Committees in each county and will be offered in Allamakee, Howard, or Winnebago Counties for all mentors to attend.

DJ and Gene watching the fish at the aquarium

See more pictures on Facebook



### Parenting with Love and Logic Workshop

We invite parents and mentors to attend an upcoming offering of the popular workshop "Parenting with Love and Logic." (See *Upcoming Events* for details.) This workshop will begin Monday, August 23 in Lime Springs, and offers strategies for raising youth who are self-confident and motivated. The goal of "Parenting with Love and Logic" is to guide parents on how to help youth learn to solve their own problems while gaining the confidence they need to meet life's challenges. Teachers and counselors also use the Love and Logic method. Having multiple adults in a youth's life using a unified approach is powerful. Imagine having the ability to establish healthy control—without resorting to anger, threats, nagging or exhausting power struggles. Once parents attend a Love and Logic session they come back for more! Contact your mentoring coordinator to sign up for this free workshop.

Mentoring Programs are pleased to support multiple offerings of this series throughout our communities. Child care, transportation reimbursement, and meals are provided. If your interest is piqued, please visit this website and learn more about the series: <http://www.loveandlogic.com/>.

### Did you know...?

**Did you know** that the Decorah Middle School had a Super Sale in May and they gave a third of the proceeds to Mentoring Programs at Helping Services? We received a total of \$2,041.05! Thank you, Decorah Middle School!

**Did you know** that there are 29 matches in Winnebago County, 7 matches in Howard County, and 8 matches in Allamakee County?

**Did you know** that we have 16 mentees waiting for mentors? Mentees waiting for a mentor can come to events and request a Mentor For A Day!



Photo submitted by Roz Weis

Alison Schwartzhoff, Natalie King, Crystal Mensen, and Peggy Beatty presenting a check to Kathy Schwartzhoff

## An Afternoon at the Fair

On Thursday, July 8, Mentoring Programs at Helping Services presented at the Winneshiek County Fair to approximately 35 fair goers! Mentoring coordinators, Kathy and Jill, presented "Discover Your Spark" with the help of mentors Martha Ludeking and Kathi Wild, and mentee Kayla Knapp. The interactive presentation helped participants discover what "sparks" excitement in their lives. Participants blew bubbles, shared things they enjoy, and chatted with others about their passions. Martha shared that her mentee discovered that she loves Laura Ingalls Wilder. They decided to read the books and go to the museum to explore her spark. Kathi and Kayla talked about how they explored Kayla's spark through scrapbooking. This fun activity has led to a community service project where Kathi and Kayla will make creative tray favors each month for residents at Aase Haugen Home in Decorah.



Kayla and Kathi sharing their "spark" at the Fair

### Mentoring Steering Committee Meeting Dates

**Monday, August 23** – MY Club, 5:00 p.m., Cresco Public Library, lower level meeting room

**Monday, September 13** – Allamakee Mentoring Program, 4:00 p.m., Waukon Wellness Center/NICC, room 109

**Tuesday, October 12** – Building Bridges Through Mentoring 4:00 p.m., Iowa Workforce Development office, 1111 Paine St., Decorah

**Saturday, August 7 or Saturday, August 21**  
**Go-Karting in La Crosse**, 8:30 a.m.-3:00 p.m.  
 Riverside Amusement Park and Copeland Park  
 Bus will leave from Helping Services office.

**Tuesday, August 10 - Mentor Break**  
 12 noon- 1:00 p.m., Helping Services office,  
 805 E. Main St., Decorah. Bring your own lunch.  
 Drinks will be provided.

**Monday, August 23 - Workshop: Parenting with Love and Logic**  
 Six-week workshop meeting on Mondays, 6:00-8:00 p.m., Lime Springs Elementary School. Dinner and child care provided.

**Tuesday, September 21 - Mentor Training: Understanding Family Dynamics**, 6:00-8:00 p.m., West Union Public Library

Upcoming Events

## Mentoring Program Is Growing

Mentoring Programs at Helping Services is expanding to include Delaware County! The new program in Delaware County is called Mentoring Connection for Delaware County, which was formerly supported by Big Brothers Big Sisters. Helping Services for Northeast Iowa and Mentoring Connection for Delaware County are transitioning to support the need for mentoring in Delaware County. The mentoring options available in Delaware County are community-based mentoring, school based mentoring, a combination of school and community-based mentoring, and an after-school program. If you know someone in Delaware County that you would like to refer to mentoring, have them contact Ellen Krogmann, the Mentoring Connection Coordinator. She can be reached at 563-379-3454 or [ekrogmann@helpingservices.org](mailto:ekrogmann@helpingservices.org). Or visit our website at [www.helpingservices.org](http://www.helpingservices.org). We are excited to welcome a new program to Mentoring Programs at Helping Services!

Ellen Krogmann,  
 Mentoring  
 Connection  
 Coordinator



## Mentors, You Are Invited!

**Mentor Break**  
**Tuesday, August 10**  
 12 Noon—1:00 p.m.

Helping Services Office, 805 East Main Street, Decorah  
 Bring your own lunch (beverages provided)

Please join us for our next **Mentor Break**. The purpose of the Mentor Break is to encourage mentors to network and share ideas. The first Mentor Breaks were a great success, and we are ready to do it again! The August Mentor Break will be during lunch and is open to all mentors from Allamakee, Howard and Winneshiek counties. Many new mentors have joined us this year and we want to make sure they receive the support they need from more experienced mentors and mentoring staff.

Mark your calendars! We will meet the second Tuesday of each month, so watch for upcoming details for a September gathering in Allamakee County and an October gathering in Howard County. We have gathered in Decorah, Lansing and Cresco so far. We are open to your suggestions about locations and times to hold these gatherings. We are also hoping for your first impressions of the new career exploration modules distributed during July. Thank you for your continued support of Mentoring Programs!

## Go-Karting Fun in August

Our August mentoring event is for mentors, mentees, youth that are waiting for a mentor, and Mentors For A Day. Two separate days are reserved for this event: Saturday, August 7 and Saturday, August 21 from 8:30 a.m. to 3:00 p.m. Please sign up for the date that works best for you. We have scheduled two days because the number of karts available is limited.

We will meet at Helping Services' office, 805 East Main Street in Decorah, and will travel to Riverside Amusement Park in La Crosse, Wisconsin. We will spend the morning go-karting, playing miniature golf, and batting at their batting cages. The park has three different kinds of go-karts. One is for licensed drivers, another is for youth ages 10 and older, and there is a two-seat kart to be driven by an adult with a youth beside them. Everyone will be given a wristband that will allow them to choose which activities they would like to participate in.

After a morning of fun, we will venture to Copeland Park and enjoy a picnic lunch with fun activities afterward. The day will also include hearing from a local race car driver about safety issues, terms of racing, and the science involved in racing.

Please contact your mentoring coordinator and let them know what date works for you to attend. If your mentor cannot attend or you haven't been matched yet, please call and request a Mentor For A Day.

Enclosed with this mailing is a permission slip that all mentees must have filled out and bring with them the day of the event. Funding for this event is from proceeds of the Decorah



Middle School Mega Sale.  
 Thank you DMS!

Mentor For A Day, Amanda Schwartzhoff, enjoying go-karting time with Clarissa



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**[www.helpingservices.org](http://www.helpingservices.org)**

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