



Match Times

THE NEWSLETTER OF BIG BROTHERS BIG SISTERS
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Sources of Stress in Kids

To adults, childhood can seem like carefree time, but kids do experience stress. Things like school and social life can sometimes create pressures that can feel overwhelming for kids. As kids get older, academic and social pressures (especially from trying to fit in) create stress. As a parent, you can't protect your kids from stress, but you can help them develop healthy ways to cope with stress and solve everyday problems. Many kids are too busy to have time to play creatively or relax after school. Kids who complain about their activities or refuse to go to them might be overscheduled. Talk with your kids about how they feel about extracurricular activities. Discuss the pros and cons of stopping one activity. If stopping isn't an option, explore

Kids' stress may be intensified or increased by what they overhear their parents discussing - troubles at work, worrying about a relative's illness or arguing with your spouse or partner about financial matters. Parents should be careful of when and where they discuss such issues because children will pick up on their anxieties and start to worry themselves. Then news can also cause stress. Kids who see disturbing images on TV or hear talk of natural disasters, war and terrorism may worry about their own safety and that of the people they love. Talk to your kids about what they see and hear and monitor what they watch on TV, so you can help them understand what's going on. Also be aware of



Bowl for Kids' Sake: Calling all Superheroes

ZOOM! Dust off your bowling balls, put on your X-Ray vision glasses, don your crime fighting cape and join the fun at our 35th Annual Superheroes themed Bowl for Kids' Sake! Matches and supporters are asked to consider participating in this fun event. Our Littles are encouraged, but not required, to collect the minimum \$75 pledge. Support received from Bowl for Kids' Sake directly impacts the lives of youth in our community.

The Details:
Friday, February 22
5:00pm (Reserved for Schreiber Partners), 7:30pm
Saturday, February 23
11am, 1:15pm, 3:30pm
Ashwaubenon Bowling Alley
Register soon at bbbsnew.com.



Letter from the Executive Director

It's a new year full of hope and opportunity...a chance to "Start Something." I spent time this morning talking with a volunteer Big Brother from outside our service area. He shared his perspective about influencing the lives of youth within a community and how important mentors are for our children. He spent his childhood in a very rough neighborhood in the south side of Chicago, IL. He shared some of his experiences trying to stay safe living in a rough area. Just like a new year, this Big Brother credited a few people who mentored him to help shape his life and give him hope for a new beginning. Without those mentors, he believes his life would have been different, much less productive and perhaps much shorter. I already respected this Big Brother but as he shared his story, my respect grew even more. It's amazing how much impact each of us make

when we invest time and energy in children. As I listened to his various recollections, I was reminded how important our agency work is for so many youth. This Big Brother is an example of our vision that all children achieve success in life. He is a very successful business man today and sharing his good fortune by serving as a Big Brother. Big Brothers Big Sisters mentoring efforts definitely "Start Something" and impact generations into the future helping make Northeastern Wisconsin a more vibrant place to live. As always, I want to remind everyone, we still have a lengthy list of youth on our ready-to-be-matched list, and each could benefit from a volunteer mentor. I believe there is nothing that benefits me more than to help another. So, please share how rewarding it is to serve as a Big Brother, Big Sister or a Big Couple and promote it to your friends, co-workers, family members and other acquaintances. More information can be found on our website www.bbbsnew.org or contact our office 920-498-

Match Activities

Valentine's Day Card Making

Join us as we use scrapbooking techniques to make Valentine's Day cards. We will provide all the supplies and a light snack. Feel free to bring your own supplies to use and share!

When/Where:
February 12th,
6:00 - 7:00pm
at the Big Brothers Big Sisters office

RSVP: Call Reva at 920-498-2227 ext. 226 to sign up. Limited to 8 matches.



Milwaukee Bucks Game

Hop on a bus with us to Milwaukee to watch the Milwaukee Bucks take on the Orlando Magic.

When/Where: Sunday, March 17th. Bus loads at 9:15am and promptly leaves at 9:30am from Big Brothers Big Sisters office. Game starts at noon

and we will come right back when the game is over.

RSVP: Call Reva at 920-498-2227 ext. 226 to sign up. 40 tickets available.

Cost: \$15 per match (covers cost of tickets and bus). Money due by March 1st. Feel free to bring a lunch along

Site-Based News

Site-Based Reminders:

- Remember to contact the school prior to each meeting to see if your Little is in attendance.
- Check the school calendar (provided at the beginning of the year) for days off, late-starts and half-days. Let us know if you need a new calendar!
- Complete the weekly sign-in sheet with your Little at the end of each meeting. Discuss and record what you learned about each other this week, what activities you did and what activities you plan to do next week.
- Communicate with your Little about any upcoming vacations, planned breaks, as well as spring break.
- Consider participating in Bowl For Kids' Sake with your Little! We can arrange for you to meet your Little at the bowling alley on Saturday, February 23rd at 11:00am. Contact Stacie (stacieb@bbbsnew.org) for more information.

Tips for Strengthening Communication:

- Nod in agreement or use simple neutral responses –“uh-huh,” “I see,” or “yeah.”
- Paraphrase (without judgment) –“Are you saying you don't like school?”
- Open doors –“Tell me more about that.”
- Probe –“How did you feel when she said that?”
- Help identify possible feelings –“It sounds like you might be feeling frustrated.”
- Validate feelings –“It's ok and normal to feel frustrated.”

Roadblocks to Avoid:

- Minimizing feelings –“Don't worry... you'll get over it” or “It's not so bad.”
- Directing –“You need to...”
- Preaching –“You should...” or “You shouldn't have...”
- Making false statements –“I know exactly how you feel”
- Interrogating –“Why did you do that?”

Match of the Month

Mentor's Name: Karla Delima

Youth's Name: Gloria

How long have you been matched? What do you like about being matched?

It'll be 2 years on March 28th. Gloria likes the one-on-one time. Her parents often split their time between work and her siblings, so it's nice to have someone to focus specifically on her. I like being able to give her one-on-one time and give her advice and suggestions on questions she might have about school, her friends and what she would like to do for herself in the future.

What are your favorite activities/hobbies to do with each other?

Arts and crafts, playing games together on my Nintendo-Wii console and baking.



Tell us about a funny moment you shared together.

Around Christmas we tried making a “gingerbread house” using a kit that contained melting chocolate and molds used to make the walls and roof of the house. We got so caught up in the TV show we were simultaneously watching, that we used the wrong mold for one of the walls causing our house to slant. We thought it looked so funny that we decided to leave it as is. We laughed over what poor construction workers we were.

Anything else you would like to say or include?

Spending this time with Gloria has been great; it's given me a better understanding of what kids these days are up against and challenged me to find different ways to meet Gloria's needs in a way she would enjoy and be interested in.

Happy Anniversary

8 Years

Nancy Ledvina & Morgan
Amy Reineking & Amanda

7 Years

Michelle Landreman & Arianna

6 Years

Ashley Huebscher & Victoria
Rick & Sarah Zellner & Caleb

5 Years

Jake Underwood & Anthony

3 Years

Craig Diener & Macario
Jeanna Matuszak & Emily
Karen Petasek & Fantasia
Richard & Joan Swigert & Juan
Sarah Umentum & Paige

2 Years

Casey Ausloos & Dontavian
Marsha Bellin & Taylor
Marge Carpenter & Deneisha
Karla Delima & Gloria
Nicole Gast & Grace
Tammy Huettl & Tiffany
Michael Scheller & Alex
Sarah VandenLangenberg & Cassidy
Christopher VanLanen & Benny

1 Year

Jennifer Binsfeld & Savannah
Nicole Bowers & Victoria
Melissa Hernandez-Steiner & Prisila
Kim Klubertanz & Shaylynn
Lindsay Nienas & Amber
Mallory Nickerson & Emily
Tiffany Nosgovitz & Brian
Nathan Prissel & Romero-Donte
Daniel Quiram & Dylan
Angela Raleigh & Jasmine



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