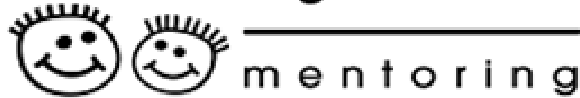


# Community Friends



## February 2010 Newsletter

### We Want YOU...!

...To be a part of our photography project! As we announced in our January newsletter, we are moving forward with the CFM Photo-Documentary project, led by photographer and mentor Ken Signorello. Ken has worked with a number of matches already, capturing poignant and candid moments.

The photos will eventually be used in an exhibition or public display of sorts to promote mentoring and the special relationships that form through mentoring matches. CFM is also using this project as an opportunity to carefully document the important work our mentors do. Annie, our AmeriCorps VISTA, is interviewing matches for audio documentation should those matches choose to participate.

If you would like to participate in this project, please contact Annie, [amcshiras@howardcenter.org](mailto:amcshiras@howardcenter.org) or 488-6651. We are still in need of more CFM matches as subjects, and would be thrilled to work with you to document the mentoring you do!



*A mentor and her mentee during a photo shoot for this project with Ken.*

### March and April Events: Save the Dates!

CFM has 2 exciting events in March and April: one for mentors and matches and one just for mentors. Save the dates!

In March, as winter blues have almost hit their worst, we are offering a night to remember summer with our Annual Pizza and Pool Party. The event will take place at UVM's Patrick Gymnasium pool on Tuesday, March 9, from 6-8 pm. The event is free, and matches have loved joining us in the past—it helps the winter go by faster! There will be a lifeguard on duty so you and your mentees can swim worry-free. Please RSVP to Annie: [amcshiras@howardcenter.org](mailto:amcshiras@howardcenter.org) or 488-6651 by Monday, March 8.

**Just for Mentors:** On Sunday, April 11, from 5-7 pm at the Baird School Gym, we are hosting our Annual Mentor Recognition Event. This year's event will be a potluck with support from the CFM Advisory Committee. More information and a formal invitation to follow.

### Fun things to do this month!

#### **Center for Technology Open House**

**Sat. 02/06/10, 10 am-2 pm**

CTE in Essex: an Open House for young people interested in a hands-on education. Contact us for more info. 3 Educational Dr, Essex Junction. **Free.** 879-5558.

#### **Winter Festivals Galore!**

**Sat. 02/06/10, 9 am-3 pm**

Burlington and Colchester host their annual Winter Festivals. Outdoor fun, crafts, food. Colchester HS (264-5640)/ Church St. Marketplace. ([www.enjoyburlington.com](http://www.enjoyburlington.com))

#### **Shelburne Farms Sleigh Ride**

**Sun. 02/07/10, 2-4:30 pm**

Horse-drawn sleigh rides, hot cocoa, games. Shelburne Farms Welcome Center. **Free.** RSVP: 488-6651.

#### **Family Beach Party!**

**Sun. 02/21/10, 2-5 pm**

Escape the winter weather with beach ball games, bounce castle, swimming, and smoothies! Bring beach towels and chairs. Burlington YMCA. \$5/person, 862-9622.

#### **I-HOP Free Pancakes!**

**Tues. 02/23/10, 7am-10 p**

Free short stack of pancakes at the I-HOP at the U-Mall in S. Burlington all day long.

**A Reminder: February Vacation for Chittenden County schools is coming up!**

**Sat. Feb 20– March 1st or March 3rd (depending on the district)**

## HowardCenter Curling Fundraiser: Why Watch When You Can Curl?

On March 20, HowardCenter is hosting a day-long Curling Challenge to raise money for its vital programs. CFM is helping to organize the event and get the word out about curling!

The day-long Curling Challenge will consist of 32 teams, with 4-members each. Teams will have two hours of scheduled ice time, including one hour of instruction from members of the Green Mountain Curling Club, prior to game time. The Club will provide all equipment needed: brooms, stones, and sliders to wear over your own sneakers.

If you've ever considered curling, now's your chance. Because the event is a fundraiser, it costs each team \$500 to register. However, Annie will be helping individuals raise money in order to form a team. Please be in touch with Annie (488-6651) if fundraising and curling sound exciting to you!

Of course, should you choose not to form a team you can always come to the event to watch and cheer. The final play-down is scheduled for 6:00 P.M on March 20 at Cairn's Arena in South Burlington and would be an interesting mentor-mentee outing. There will be food, prizes, and lots of curling.



### Fun Fitness for Friends

Starting February 8th, Community Friends can finally offer matches free access to two fitness facilities in Chittenden County: the *Sports and Fitness Edge* in Williston and the *Racquet's Edge* in Essex. Between these two clubs, CFM pairs will have the chance to enjoy swimming, a climbing wall, basketball, a running track and lots of other fitness options. With the exception of tennis, all the club facilities will be available for use. What a great resource for those cold winter match meetings.

**How it Works:** CFM matches will have access to the club through use of a shared punch card. A punch card will be kept at the front desk of each of the two clubs and mentors will ask for the cards under the Community Friends Mentoring name. Cards will be punched once a visit for each CFM mentoring pair. The program has received generous funding from the Maple Ridge Foundation to make this resource possible and will continue to replenish the cards (at \$7.50/visit/pair) for as long as we can.

There is some simple paperwork involved in using the clubs. Contact Annie or Kristen before you go and we can forward you a permission form for the mentee's parents to sign. To learn more about the different facilities and their schedules, go to <http://www.sfedge.com>.

### New Initiative Connects CFM Mentors to Each Other

Community Friends has recently compiled a contact list for those mentors who have expressed an interest in either receiving mentor support or being a resource for other mentors. So far, we have 13 mentors on the Mentor-to-Mentor contact list. In addition to names and email addresses, the list contains guidelines around confidentiality.

The point of the list is to provide our mentors an opportunity to communicate with one other. Those mentors might be interested in carpooling with one another, or seeking advice, or simply sharing experiences. Our mentors can be incredible resources and we want you to be able to offer or seek support from your fellow CFM volunteers should you so choose. As always, Community Friends staff will be available to provide more in-depth support.

We would like to offer mentors as resources to one another to any mentor interested. In the future, new mentors with CFM will be given the list as a way to get started in the mentoring community. If you would like to receive the list or to have your contact information on the list to share with other mentors, please contact Annie, [amcshiras@howardcenter.org](mailto:amcshiras@howardcenter.org).



(802) 488-6650  
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