

# TEAMMATES OF COUNCIL BLUFFS

Council Bluffs Community School District



## "The Power of One"

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**NEW MENTOR  
TRAINING:**

*Wednesday, March 23  
11am – 1pm*

*Location: Educational  
Service Center (ESC)  
12 Scott Street CB, IA*

Great news! The current recruitment campaign for TeamMates has been extended through April 2011. This means, we have more opportunities to grow our team together this year! The Power of One Recruitment Campaign is we are asking our current team of mentors to help us with one of our hardest challenges.....There are so many kids who want to meet with a mentor! The problem? There simply aren't enough adults volunteering in our community to meet the demand. We need YOU to recruit one additional volunteer for our chapter. Youth in our community can benefit from having a mentor to listen when they say...this is what I think...this is what I believe...this is what I fear...this is what I dream. Just think if every TeamMates mentor in Council Bluffs recruited just one new mentor – we could be serving 170 kids in our community! Prizes and incentives will be awarded by TeamMates and our local chapter. Council Bluffs incentives include Walmart gift cards, one night stays at Hilton Garden Inn, Hampton Inn, and Holiday Inn motels. All of these wonderful prizes have been generously donated to the Council Bluffs TeamMates for this campaign! A special, "Thank you" to those who have donated!

We ask that you talk about your experience and hand out an application. Ask friends, family or coworkers to join the team! Pick up applications at your school or print them from [www.teammates.org](http://www.teammates.org).

## JANUARY “POWER OF ONE” WINNER

Mary Hume was the winner for the January “Power of One Recruitment Campaign”. Mary was awarded a \$25.00 gift card to Wal-Mart for her efforts of recruiting one new mentor for our team! Mary has been involved with TeamMates for the past four years. Mary has served as a realtor / builder for the past 35 years and prior to that she served as a surgical nurse for 16 years. When asked how she heard about TeamMates or got involved she said she watched a TeamMates presentation at one of her company’s sales meetings and knew it was something she wanted to do. Mary has enjoyed her time mentoring so much that by her sharing stories about her experiences is how she was able to recruit her friend / co-worker this last month. Her advice to all mentors is to share your experiences to others in our community and hopefully they will see the power of the program. Mary has had several people from her hometown that have made significant impressions on her life growing up. She is currently writing a book about them and hopes to publish it this year! Mary’s favorite thing to do with her mentee is a variety of

crafts. Overall, Mary has had many good experiences with the program. Mary’s favorite memory so far is that her mentee is not afraid to step out and be a friend to others in need. Her mentee has seen the power of what friendship has done in her life so she wanted to do the same. Mary’s mentee has decided to take her lunch to the nurses office each week to eat lunch with another little girl who has to eat through a feeding tube each meal. This young ladies service of friendship to her classmates at school is powerful!



Pictured above: Mary Hume and her mentee.

## FEBRUARY “POWER OF ONE” WINNERS

Catherine Hubbard, Martha Bruckner, and Ron Diimig were the winners for the February “Power of One Recruitment Campaign”. All were awarded a gift certificate for a one night stay at a motel in Council Bluffs (Hampton Inn, Hilton Garden Inn, or Holiday Inn) for their efforts of recruiting one new mentor for our team! Catherine has been involved with TeamMates for the past year. Catherine’s professional career includes marketing for Blue Bunny and now currently she is the Benefits Specialist for the Council Bluffs School District. She was recruited by a friend and decided it was something she wanted to do because she wanted to have a special bond with a little girl. She is a mother of two boys and she thought this would allow her time to spend with a special girl. Catherine had success recruiting a new mentor by making friendships and sharing the information about the rewarding program. The person she recruited was recently in a job change and went from spending time with kids every day to very minimal contact with children and it seemed like a perfect fit! Catherine’s favorite thing to do with her mentee includes playing games and making art projects. She states, “We both are creative and work well together.”



Pictured to the left: Catherine Hubbard and her mentee.

Ron Diimig has been involved with TeamMates for the past two years, currently in his first year of mentoring. His profession ranges from teacher of various subjects, assistant principal of middle and high school students, and now District Sped and Student Service Director for the Council Bluffs School District. Ron was recruited by some of the people he works with and he decided to mentor because he truly enjoys working with kids. Ron was successful in recruiting another mentor thru patience and persistence. He found that people are interested in mentoring it just takes persistence in getting the paperwork completed due to everyone’s busy lives. His advice to other mentors is to be patient, sincere, and persistent one on one. Focus on what to expect and making an individual difference in an increasingly impersonal world. Ron states he came from a strong 2 parent family and did not have a mentor growing up, however in his 5<sup>th</sup> thru 12<sup>th</sup> grade year’s life got tough. He states that at many points through those years a mentor would have been a benefit to him. Ron typically talks with his mentee about sports, family, future goals and aspirations and some school related stuff. Overall, Ron feels it’s just a wonderful opportunity to connect personally with a young person, share experiences and help shape a life.



Pictured to the left: Ron Diimig and his mentee.

## BI-WEEKLY ASSET PROGRAM

### February "Asset Week 10"

February 14 - 25

#### Topic:

Asset # 37 Personal Power – Kids feel they have control over many things that happen to them.

#### Suggested Activities / Conversation Starters:

- Talk with your mentee about times they felt powerful and times when they felt powerless. Were there choices to be made? Do they feel they made the right choices?
- Discuss someone present or in history who they feel had a great deal of personal power and why? Maybe research in the library or on the computer about this person.
- What are some ways they feel they have power in their school? How else might they wish or want to have power within their school?
- Brainstorm positive ways they can gain more power and in what situations.
- Discuss ways the youth have power within TeamMates.
- Make a cartoon about "Personal Power". Make sure it has a theme to it. Submit it to the Building Coordinator for possible submission into upcoming newsletters.
- Write a song about youth with power. Submit to the Building Coordinator for possible submission into upcoming newsletters and or a chance to perform it at a TeamMates event!

### March "Asset Week 11"

February 28 - March 10

#### Topic:

Asset # 38 Self-Esteem – Kids feel good about themselves.

#### Suggested Activities / Conversation Starters:

- Find a self-esteem quiz online and each of you take it and share your findings with one another.
- Make a collage about yourselves. Make sure to capture positive words that describe you/them. Share with each other.
- Read an article out of a magazine about self esteem. Discuss the article.
- Write a letter to each other explaining everything you like about them.
- Discuss different accomplishments they have had throughout their lives. Share some accomplishments you have had.
- Talk about ways to accept criticism and respond in constructive ways. Discuss how this can help your self-esteem.

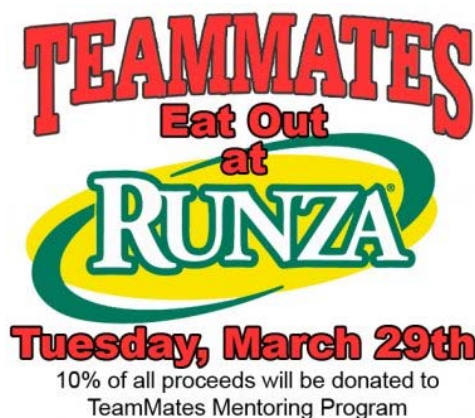
## RUNZA RESTAURANTS SUPPORT LOCAL TEAMMATES CHAPTERS

Great News! Runza Restaurants have stepped up in a big way for the second year! All Nebraska and Iowa Runza Restaurants will hold a TeamMates Day. On Tuesday March 29<sup>th</sup> the Council Bluffs Runza will give back 10% of their daily proceeds to our local TeamMates Chapter! Help us to spread the word. If you are interested in a flyer for your business, please let me know!

Funds raised for TeamMates go toward:

- *Supplies for activities done with the mentees and their mentors*
- *Support activities for mentors and mentees in the community*
- *Mentee Scholarships for college*

We appreciate your support and look forward to seeing you at Runza@!



## “MEET THE FAMILY” – MENTOR / MENTEE EVENT

The Council Bluffs TeamMates Chapter feels it is very important for parents / guardians and mentors to get to know each other. Council Bluffs TeamMates will be having a special “Meet the Family” event. This event is for all TeamMates matches and staff to attend with their families. ***Families consist ONLY of immediate parents / guardians and siblings. RSVP is required and Mentor and Mentee both must be able to attend.*** This event will include the following (supper served from Hy-Vee “hamburger meal or hot dog meal”, short presentation of Council Bluffs TeamMates, socializing and getting to know each others families, and a few group activities).



### “Meet the Family”



**When:** Thursday, March 31<sup>st</sup>  
**Time:** 6pm – 7:30pm  
**Location:** Thomas Jefferson Commons Area  
**What:** “Meet the Family” Event – An event designed to allow mentors, mentees, and families to get to know each other. Event will include supper provided by Hy-Vee, short presentation of CB TeamMates, socializing amongst the families and other matches, and a few group activities.

**Who:** This event is designed for mentor / mentee matches only and their families! Both mentor and mentee need to be able to participate. Families consist of immediate parents / guardians and siblings.  
**RSVP:** RSVP is required and must be returned to your Building Coordinator by Monday, March 28<sup>th</sup>.



### End of Year Celebration

**What:** “The End of Year Celebration is a city-wide thank you to mentors, mentees and the Omaha Metro Community for its support of mentoring. We will be celebrating success stories of youth and raise awareness of the need for more mentors. Join us for the 8<sup>th</sup> annual End of Year Celebration.”  
**Date:** Thursday, April 14<sup>th</sup>  
**Time:** Busses arrive at Zoo at 9:30 – 10:30am and busses leave the Zoo at 2pm.  
**Who:** All Building Coords, Mentors, and Mentees  
**Where:** Henry Doorly Zoo  
 3701 S. 10<sup>th</sup> St. Omaha

**Admission is FREE for all Building Coords, and Mentees. Mentors will be charged \$10.00 Please bring payment (cash or check) to the zoo check-in on the day of the event. Pre-payment will not be accepted. T-shirts and lunch will be provided. Please list T-shirt size on form!**

Permission forms must be turned in to Building Coords by Wednesday, March 30<sup>th</sup> to attend.



### TD Ameritrade Park Event

**What:** “Heritage Services is sponsoring the Creighton Baseball game at the new TD Ameritrade Park. The Heritage Services are donating the tickets, t-shirts, and a hot dog. Baseball game is Creighton Jays vs. Bradley Braves”  
**Date:** Saturday, April 30<sup>th</sup>  
**Time:** First pitch 6:30pm  
 Bus departs from Wilson 5:30pm  
 Bus returns to Wilson 9:45pm  
**Who:** All Building Coords, Mentors & Mentees  
**Where:** The “NEW” TD Ameritrade Park

**Admission is FREE for all Building Coords, Mentors, and Mentees. Bus transportation will be provided for all Mentees, and Mentors are encouraged to ride the bus as well! If Mentors wish to meet at the game, parking is \$10.00 per car. There will be designated shuttles for people to ride if you do not want to pay the parking fee. Shuttle information will soon be released. Please list T-shirt size on form! T-shirts and tickets will be picked up at designated spot at the stadium that evening. Each person will need to have their pass from their coordinator before arrival in order to get their tickets and t-shirts at the stadium.**

Permission forms must be turned in to Building Coords by Wednesday, March 30<sup>th</sup> to attend.

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**Upcoming "No"  
School Days**

**Monday, February 21<sup>st</sup>**  
**Friday, March 11<sup>th</sup>**  
**March 14<sup>th</sup> - March 18<sup>th</sup>**

**February & March  
Mentor Birthdays**

**Feb. 3 - Ken Peoples**  
**Feb. 4 - Maggie Reyes**  
**Feb. 7 - Jim Mortensen**  
**Feb. 13 - Teresa Milner**  
**Feb. 16 - Casandra Collier**  
**Feb. 20 - Connie Palmerton**  
**Feb. 23 - Machaela Morrissey**  
**March 4 - Brandi Gabrick**  
**March 11 - Jordanne Jones**  
**March 13 - Phil Taylor**  
**March 25 - Amanda Scott**  
**March 30 - Mary Davis**

**Upcoming Important Dates  
(Mark Your Calendars)**

February 21 - No School "President's Day"  
March 11 - 18 Spring Break - NO SCHOOL  
March 29 - Eat at RUNZA Day  
March 31 - Meet the Family Event - TJ Commons Area  
April 14 - End of Year Celebration - Omaha Zoo  
April 30 - TD Ameritrade Park Event - Creighton Baseball