

**Best Friends
Mentoring Program**



The Best News

www.westernwellness.org

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135 W. Villard St.
P.O. Box 542
Dickinson, N.D.
58602-0542

(701) 483-8615
1-877-877-8685

friends@ndsupernet.com

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AmeriCorps Grant: Meeting the needs of area youth

Youth in southwest North Dakota will be receiving help with homework and social skills in school and after school in their home communities, teen centers and mentoring groups.

The Southwest North Dakota Youth Support Project will use volunteers to provide important educational and social support and activities to youth in Region 8. Western Wellness Foundation recently received a three-year AmeriCorps grant to fund 35 volunteers to make a difference in their communities.

In exchange for a full year of results-driven service, volunteers earn a liv-

ing allowance plus scholarships that range from \$1,000 to \$4,725 to help pay for college, vocational training, or graduate school. Service ranges from 300 to 1,700 hours annually.

“This grant is unique: it pays people to volunteer and gives each volunteer an education award, or scholarship, at the end of the year,” said Kris Fehr, Executive Director. “The grant also involves several groups: Best Friends Mentoring Program; Dickinson and Beach Public Schools; Girl Scouts; Belfield ABC; Sunrise Youth Bureau; and the Dickinson Teen



Center.”

The project includes full-time, part-time, and minimal time paid positions to plan activities for grades 5-12, to be tutors and mentors one-to-one or with small groups in grades 1-12 and beyond, and to be program assistants.

For information log on to www.westernwellness.org, or call 701-483-8615.

Name change & sign reflect BF Program's mission



Board members Diane Chilson, left, & Skip Rapp, & Director Kris Fehr stand in front of the new sign.

The youth mentoring program serving Region 8 recently changed its name to the Best Friends Mentoring Program.

For the first time, signs installed on the building will help people find the office at 135 W. Villard St.

For nine years, the program was known as the Queen City Area Best Friends Program. Board president Skip Rapp said the program serves an increasing number of youth

from outside of Dickinson and the name change will help people know that the program serves the eight-county area.

He said the changes came from two years of long-range planning for Best Friends, including studying how to make the program more visible. Funding for the signs came from an Otto Bremer Foundation grant.

The signs are on the front and east sides of the building and on the east entrance door.

Junior Friend Profile: Johnny loves outdoor sports



Johnny is very sports oriented, enjoys strictly outdoor activities and is looking for male companionship.

A second grader,

Johnny lives with his mother and sees his father, who lives out of state, only once a year.

Johnny's mother says he doesn't have

a male role model in his life. He can offer great friendship to a male mentor, particularly one who enjoys hockey and wrestling. Johnny's other favorite activities are swimming and bike riding, and he likes baseball, basketball, miniature golf, fishing and card games.

Johnny, 8 years old, and

his mother are looking for an energetic adult male who likes outdoors sports and who can spend time with him individually.

A friendly youngster, Johnny has been on the Best Friends Program's waiting list nearly two years.

Can you be Johnny's friend? Call Best Friends at 483-8615 to volunteer!

Senior Friend Profile: Larry offers encouragement

**"To the world,
you may just
be somebody.
But to
somebody, you
may be the
world."**

Larry Clifton is one the newest mentors to join the Best Friends Mentoring Program.

"I wanted to give back to the community and help a youngster," Larry said. "I'll be there for him no matter what."

He's an active part of the Dickinson community, a 'regular' at the West River Community

Center and an avid bicyclist who also enjoys swimming, hiking, walking, and water fights.

Larry has worked at Baker Boy for 18 years and takes pleasure in the exercise he gets from his three routes for the Dickinson Press.

He has participated in leadership courses and studied elementary educa-

tion in college.

Larry is also learning to play the guitar, a hobby he enjoys, and also likes reading, chess, soccer, racquet ball, video games, and many other active pursuits.

He is looking for a relationship that could last for years, meeting an afternoon or evening each week with his Friend.

Contributors' Corner

Donations

- * Albertson's*
- * Kim & Mario Flohr*
- * Kris & Alan Fehr *
- *G&G Recycling*
- *Rich & Kayleen Wardner*

Special Thanks to:

- *Jumpers-to-Go*
- * Putt'n Stuff *
- Grants**
- AmeriCorps
- QWest Foundation
- U.S. Education Department
- United Way of Dickinson

More Family Fun Day Contributors

- Albertson's
- Basin Hydraulic
- Bible Bethel Church
- Celebrations of a Lifetime
- Cub Scouts Pack 30
- Heart River Elementary
- Jim Peters
- Kolling & Kolling Const.
- Old Dutch
- Sax Motor Company

Thank You!
Thank You!

Have you considered a bequest to the Best Friends Mentoring Program?

Best Friends plans Fall Celebration for Oct. 30

Pumpkin carving, traditional party games, a Halloween piñata, cookie decorating, spooky music, a costume contest, and great food will all be part of the Best Friends Mentoring Program's annual

Fall Celebration. With the help of the Theodore Roosevelt Scholars Program students at Dickinson State University, the party will take place on Oct. 30 for youth and mentors involved with the

Best Friends Program. Watch for more details coming soon in your mailbox, or call the Best Friends office at 483-8615 for details.



Outstanding Mentors :

Tyler & Brent named 'Mentors of the Quarter'

When two high school friends found out that some kids in Dickinson needed role models to play



Tyler quickly volunteered to be mentors with the Best Friends Mentoring Program. As Dickinson

football, basketball and other sports with them, Tyler Heidecker and Brent

Hanson

High School seniors, they ate lunch with their young friends at the kids' Dickinson elementary school, then went out on the playground for lunchtime recess.

This year, they're freshmen at Dickinson State University and they came back for more fun with the same two boys.

"It's pretty cool to hang out with the kids and play football," Tyler said.

Tyler and Brent often find themselves playing

ball with a group of boys, in addition to their Junior Friends.

Their involvement has helped their Friends, both third graders, to make new friends, according to school personnel.

Tyler and Brent said they enjoy sharing their love of sports with kids and volunteering with another person.



Brent

**Coach a kid
in the game
of life ...**

Be a mentor!

Match count: Best Friends Program's waiting list grows

At the end of September 2004, Best Friends counted 54 children matched one-to-one with a trained caring mentor in the Best Friends Program.

Nearly half of those matches occurred in the school mentoring program, where mentors acted as friends to some students and homework

tutors to others.

Many of these mentors were high school juniors and seniors, and students at Dickinson State University.

The waiting list continues to grow and includes:

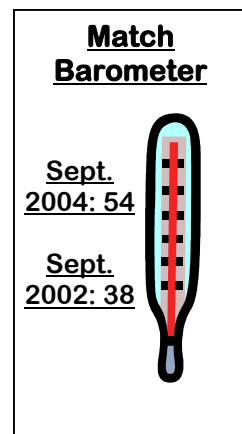
- 20 boys & girls in the community program.

- 23 boys & girls in the school mentoring program.

Can you spare an hour once a week giving friendship to a child?

Give the gift of time to a youth in southwest North Dakota.

Call **483-8615** to learn how to help!



'Making a positive difference in children and families, one at a time.'

BEST FRIENDS MENTORING PROGRAM

Western Wellness
Foundation, Inc.
P.O. Box 542
135 W. Villard St.
Dickinson, ND 58602-0542

Phone: 701-483-8615
Toll free: 1-877-877-8685
Fax: 701-225-6225
Email: friends@ndsupernet.com

We're on the Web!
www.westernwellness.org

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Inside:
AmeriCorps Grant info,
Outstanding Mentors



Western Wellness Foundation, Inc./Best Friends Mentoring Program is a United Way agency.

Upcoming events



- **Oct. 16, 10 a.m.**— Dickinson State University Homecoming Parade, downtown Dickinson.
- **Oct. 30, 1-3 p.m.** – **Best Friends Fall Celebration**, Lincoln Elementary School, Dickinson. Watch for more info.
- **Oct. 28-31.**— “Children of Eden” play at DSU. Make reservations directly with DSU (483-2154) then call Best Friends (483-8615) for specially-priced tickets. Appropriate content for children.
- **Oct. 31**—~~Halloween!~~
- **Nov. 7, 2 p.m.**—Piano Extravaganza (children’s piano concert), DSU Stickney Auditorium, \$3/adult, \$2/student. Call Best Friends (483-8615) for specially-priced tickets.
- **Nov. 5**—Mall Marketplace, Prairie Hills Mall, Dickinson.
- **Nov. 13 & 14, all day**—Home & Holiday Marketplace, Dickinson Armory.
- **Nov. 20, 9-4 p.m.**—Holiday Gift & Craft Show, Hospitality Inn.
- **Nov. 20, all day**— Optimist Basketball Tournament, citywide gyms in Dickinson, girls teams in grades 4-6 & boys grades 4-9.
- **Nov. 20-21**—Gentle Way Judo demo & workshop, DHS wrestling room. Info: Jeff Ficek at 227-8710 or Nick Lambert at 483-4329.
- **Nov. 26-Jan. 1, each night**—Christmas in Prairie Outpost Park: lighted holiday displays.
- **Dec. 3, 6:30 p.m.**—Parade of Lights, downtown Dickinson.
- **Dec. 4**— **Holiday Around the Town Kids Day** at West River Community Center, Dickinson. Breakfast with Santa, \$3, 9-10 a.m.; Other activities: holiday crafts, photos with Pee Wee Penguin, Jingle Bell Run, stories with Santa and more! Watch for more info.



**Best Friends
Mentoring Program**