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Match Profile: Nicole needed a friend

More than a year ago, Sarah Woods met Nicole, a shy, sensitive fifth grader living with her father.

Nicole's father enrolled her in the Best Friends Program, hoping for a consistent, responsible friend.

"There's not much in common between a 50-year-old man and an 11 year-old girl," he said. "This keeps her active and gives her someone else to do things with and gives me time to get things done."

Sarah, who is married with two young children, said she and Nicole do "simple things" like grocery shopping, baking cookies, or visiting a pump-

kin patch.

"A lot of times she joins our family for things," Sarah said. "I decided not to spend a lot of money and concentrate more on being an example."

Sarah said they enjoy talking and "joking around." She said Best Friends is definitely a rewarding program.

"I would like to see her grow up and see where she goes," Sarah said.

Nicole's father said he's impressed with the Best Friends Program and recommends it "all the time, to everybody I talk to."



Nicole, left, and her Senior Friend, Sarah Woods, enjoy many outdoor activities together including fishing.

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New Program Coordinator joins Best Friends Program

The Best Friends Program begins the new year with a new, full-time face in the office.

Freddie Wambolt, a graduate of Montana State University-Billings, is the new School Mentoring Program Coordinator.

Freddie's background includes volunteering as a

mentor in both one-to-one and group mentoring programs and athletics, particularly baseball. Besides coordinating the school-based mentoring program, Freddie will assist with mentor training, interview volunteers and youth and match Senior and Junior Friends.



Freddie Wambolt



Junior Friend Profile: *He needs a friend to take him to ball games*

At just 12 years old, Michael has experienced more sadness than most adults.

He idolized his older brother, who died in a car accident, his parents divorced soon after, and his mother has a serious, though not life-threatening,

illness.

He cherishes his dog and two cats and prays that his brother will come back to life.

Despite these challenges, Michael maintains straight A's in school, loves competitive sports and enjoys video games.

But he's lonely.

Michael lives with his mother and a sister and

doesn't often see his father. He's looking for a younger adult male who shares his sports interests and likes going to basketball and football games.

Michael has been on the Best Friends waiting list for more than a year. He has an easy-going personality and no behavior problems, but he longs for "guy time."

Senior Friend Profile: *Clayton trains hunting dogs, coaches*

**"One mentor,
one person can
change a life
forever."**

**-President
George W. Bush**

Clayton Johnsen, an elementary education major at Dickinson State University, is looking forward to mentoring a junior high or high school student who would like a new friend and could benefit from extra adult male attention in a school setting.

He's interested in eating lunch with his new friend, then helping with homework or school projects, or working on the computer.

Clayton would like to help a student feel important and feel a part of things going on in the community.

He enjoys hunting, fishing, golfing and many other outdoor activities.

Clayton has been a Dickinson High School tennis coach for several years and works at Runnings. He also trains hunting dogs.

Contributors Corner

Breakfast with Santa

* Albertson's * Baker Boy *
* Dan's Supermarkets *
* Donut Hole *
* Prairie Hills Mall *

Jingle Bell Run & Candy Cane Hunt

DHS & THS students * City of
Dickinson * Dickinson Convention
& Visitors Bureau * Dickinson
Parks &
Recreation * Wal-Mart *
* Wendy's

2003 Friendship Drive

* Audrey Zins *
* Dr. Sharon Carver *
* Eyewear Concepts *
* Jeri Dobrowski *
* Kris & Alan Fehr *
* Ladbury Funeral Service *
* St. Anthony Club *

Grants

The Bush Foundation
Otto Bremer Foundation
U.S. Education Department
United Way

Thank You!
Thank You!

Mentor appreciation: Swimming party, recognition

During National Mentoring Month, the Best Friends Program will host a mentor recognition and swimming event on Jan. 31 from 2 p.m. to 4 p.m. Junior and Senior Friends and their families may

swim or play board games at the Best Western Badlands Inn, 71 Museum Drive, Dickinson. Snacks will be served. Parents should accompany small children because no life-guards will be on duty.

Children may bring small pool toys, but may not bring friends who aren't already part of the Best Friends Program.



Thank your mentor :

Nominate Senior Friends for new Best Friends award

Do you know an outstanding mentor, someone worthy of special recognition?

Let us know.

At the Best Friends Program, we want to hear about your outstanding mentors and honor them. "Mentor of the Quarter" honors will be given to our Senior Friend volunteers who put extra effort into their volunteer jobs as mentors to the youth in the Best Friends Program.

Each quarter, a Senior Friend will be profiled in this space. The Senior Friend will also receive a certificate and a free meal coupon.

Here's how to nominate a mentor for this special honor:

Write down what this mentor does that makes him or her special. Here are some ideas:

- Why is your Senior Friend special?
- What do you do with

your mentor?

- How long have you known your Senior Friend?
- What is your favorite thing to do with your mentor?

Send your letter to:

**Best Friends Program
P.O. Box 542
Dickinson, ND 58601**

OR, email to:

friends@pop.ctctel.com.

Who mentored you?

Thank them...

and pass it on!

Match count: Best Friends continues to grow with school mentoring

At the end of 2003, the Best Friends Program counted 53 matches in the community, Dickinson schools and Dakota Horizons mentoring programs.

As we expand to serve more students who need extra adult attention, more children hear about the program and want to be a

part of it.

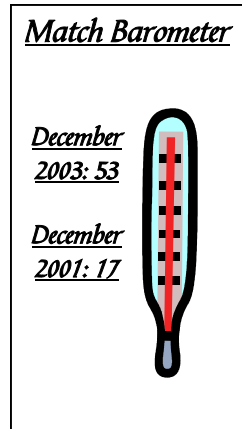
Best Friends waiting list includes:

- 11 girls in the community program.
- 16 boys in the community program.
- 2 boys & 6 girls in the school program.

- 23 mentors for the school mentoring program.
- 13 mentors for the community mentoring program.

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

Call **483-8615** for information!



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

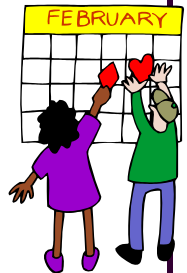
**QUEEN CITY AREA
BEST FRIENDS
PROGRAM**

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

Inside:
**Swimming party &
new staff introduction!**



Upcoming events—Mark your calendars!

- **Jan. 15 – Thank Your Mentor Day.** Contact your mentor by email, telephone, card or letter!
- **Jan. 17 & 22—**New mentor orientation.
- **Jan. 19, 7-9 p.m.—** “Overindulgence: How Much is Too Much?” Mentor training & parenting seminar, DSU’s Beck Auditorium.
- **Jan. 22, noon —** Family Fun Day planning meeting.
- **Jan. 20 —** Western Wellness Foundation, Inc. board meeting.
- **Jan. 31, 2-4 p.m., Mentor Appreciation! Free** swimming party at Best Western Inn & Suites (60 Museum Drive). Junior and Senior Friends and their families are invited; **children may not bring friends who are not part of the Best Friends Program.** Snacks will be served.
- **Jan. 31 & Feb. 1 -** “Beauty & The Beast,” DSU children’s play. Senior and Junior Friends: For special tickets and show times, call the Best Friends Program office at 483-8615.
- **Feb 6-8—**Mardi Gras at Trinity High School.
- **Feb. 14, 2-4 p.m.—Best Friends Bowling Party,** Paragon Bowl, 1125 W. Villard St. Free bowling & snacks for Junior and Senior Friends and their families.
- **March 6, 2-4 p.m.— Best Friends Ice Skating** at Dickinson Recreation Center for Junior & Senior Friends and their families, and Best Friends Program supporters. No snacks provided.

