



BIG Quarterly

Match of the Month: Meet Big Sister Stephanie & Little Sister Savannah



Above, Little Sister Savannah and Big Sister Stephanie share time doing one of their favourite activities together: Spending time outdoors, as they plant trees.

Stephanie and Savannah have been matched for two-and-a-half years. They first bonded over common interests such as nature and soon realized they had more in common than they thought.

Stephanie and Savannah always find time to talk and laugh together. When they get together a few times a month, some of their favourite activities have included mini-putting, going for ice-cream, making pizza and collecting rocks.

Stephanie has been a great mentor to Savannah by fostering their common love of nature, sense of community and giving back by planting trees and volunteering at a local food bank. No matter where these two go, they constantly carry a sense of joy and togetherness with them that other people tend to gravitate towards. Some of the duos most recent outings have included: Jumping at a trampoline park and hiking local trails. Savannah's mom describes their relationship as "compatible," Savannah added that it is indeed "unbreakable."

As many of us know, life brings many changes and soon Savannah and her family will be moving out of the province. Even though this match will come to an end with Big Brothers Big Sisters, the impact of mentoring and friendship will stay with each of them forever.

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... been thinking about becoming
a **mentor**



...**today**
is the day!

☎ Halton: 905-339-2355 | Hamilton: 905-525-3860



"What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from." - T. S. Elliot

As I write this, my final editorial as Executive Director of Big Brothers Big Sisters of Hamilton and Burlington, I am doing so with the knowledge that within the next few days there will be significant and welcomed change to this organization. We will double our size, we will double our reach and we will be both challenged and inspired by the "new" organization - Big Brothers Big Sisters of Halton and Hamilton.

What will not change is our recognition, that without volunteers we are nothing.

You are and will continue to be the lifeline of our organization for without you there is no mentoring. Allow me the opportunity to extend my most heartfelt thanks on behalf of the children, families and community for your selfless giving. Our kids are lucky to have you!

What will not change is our commitment to our kids. Although our name will change, we will remain steadfast in our commitment to find you your special friend. You are our reason for being and our inspiration for working hard at extending our message and our grasp to potential mentors.

What will not change is your caseworker, your staff and their commitment to support you.

What will not change is our commitment to this community, our funders and our supporters. We have garnered a reputation of being a trusted leader. We ask you to continue to support us through this corporate change, which will result in greater performance and to that end, we all win. We trust that the behind the scenes work over the last two years has created a seamless corporate transition for you as our supporters.

What will not change is our Governance structure. We will continue to count on community members to step forward and loan us your expertise as members of our Board of Directors and Standing Committees. Your guidance and support over the life of this organization has been both invaluable and refreshing. Our thanks.

And finally, what will not change is my absolute belief in the life changing power of mentoring. I have seen it firsthand. I have felt it in the numerous stories that our service team pass along at every corner. I have witnessed the smiles and laughter that were absent prior to the entry of a child's special friend -their mentor.

I will continue to work on your behalf in our new organization. Most importantly, I thank you for the honour of having served this agency and this community.

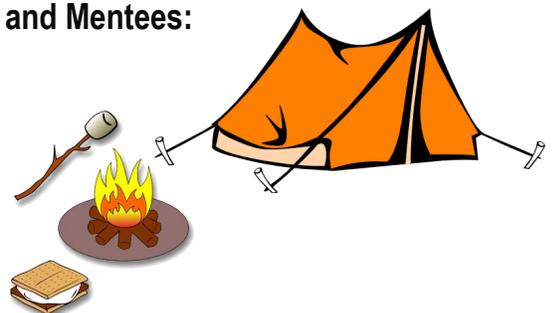
Most sincerely,

Marianne Noakes, Executive Director

Summer Safety Reminders for Mentors

Overnight policies and procedures for community-based Mentors and Mentees:

- Overnight visits are not permitted before your first yearly review is completed.
- No more than 4 sleep over events are permitted per year.
- Each overnight event may not be longer than 3 nights in a row.
- Volunteers and guardians must complete an overnight form and return it to their caseworker prior to their overnight event.
- All overnight events must take place in Canada.
- Please contact your caseworker if you require an overnight form.



Reminders for site-based Mentors and Mentees:

- As an In-School Mentor or Mentee, you are not permitted to have face to face, social media, phone or texting contact outside of the time that you spend together in school, including the summer months when schools are closed.

Three Office Locations to Serve You

Big Brothers Big Sisters of Halton and Hamilton has three office locations to serve you:

Burlington Office

519 Drury Lane (Central Arena, Rear)
Burlington, ON L7R 2X3
905-637-9911 | Info.Hamilton@bigbrothersbigsisters.ca

Hamilton Office

639 Main Street East
Hamilton, ON L8M 1J4
905-525-3860 x301 | Info.Hamilton@bigbrothersbigsisters.ca

Oakville Office

464 Morden Road
Oakville, ON L6K 3W4
905-339-2355 | Info.Halton@bigbrothersbigsisters.ca

MentorsForKids.com for a complete staff directory.

MEET THE BOARD OF DIRECTORS

Brian Puddington, Chair

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BIG SPOTLIGHT

Mentoring is strong and alive in our local communities because of our generous supporters. We'd like to humbly thank and acknowledge our featured partners below.

Edith H. Turner FOUNDATION



Thank you to the Edith H. Turner Foundation Fund for your generous support. The Foundation has generously invested to help fund In-School Mentoring (ISM) for the 2018 school year. ISM is a one-on-one program that takes place on school property for one hour each week. Together, mentors and mentees participate in recreational activities, including board games or crafts.



With the help of The Hamilton Spectator Summer Camp Fund, our agency is able to send 21 kids off to camp this summer. In partnership with the Hamilton Community Foundation, The Hamilton Spectator Summer Camp Fund is used to provide camperships to children whose families could not otherwise afford the cost of summer camp. Our sincere thanks!



Thanks to the generosity of the Jumpstart Community Foundation grant for helping to support our *Go Girls! Healthy Bodies, Healthy Minds* Program from September - December 2018. *Go Girls!* is a group mentoring program for adolescent girls that focuses on physical activity, balanced eating, and self-esteem



The Ontario Sports and Recreation Community Fund (OSRCF) is generously supporting two pilot programs at Big Brothers Big Sisters currently—Physical Literacy for Newcomer Youth and *Go Girls! Physical Literacy* for Newcomer Youth. Thank you OSRCF for your support, and for allowing us the opportunity to bring these programs to local youth.

Big Brothers Big Sisters has been selected as a recipient of a three-year Ontario Trillium Foundation Grow Grant for our Connections Project Program. Connections Project is a group program specifically catered to newcomer youth. With a goal of social integration, Mentors and Mentees meet weekly to participate in fun, educational activities and/or games. Thank you Ontario Trillium Foundation for your continued support.

Little Sister Realizes Self-Love Through Mentorship_ _ _ _ _



At Big Brothers Big Sisters, we know mentoring has the capacity to create real, meaningful change. The power of mentorship is realized when we receive feedback like this. Below, a Grade 8 student in our GLOW Program shares an essay submission for a Leaders of Tomorrow award she recently applied for.

“I was in the GLOW girls club for two years and have been taught and mentored by the Big Brothers Big Sisters. I have been taught many different leadership skills throughout my time at GLOW girls: Communication, building stamina, confidence, organizational skills, and collaborating with others are just some of the skills I learned while attending the club. I realized many things when I was part of this club, which really changed my outlook on how I see myself ...

I am still struggling with loving myself the way I am, but have learned that I don't need anyone's approval or friendship, all I needed was self-love!”

... I have a hard time making friends. I was and still am the girl that doesn't have anyone to hang out with at recess, I am the girl who never has a partner or group to work with during activities and projects. Nobody ever really wants to be friends with me, and I know that. At first, I was extremely hurt and would do everything in my power to “fit in” with the “popular kids”, I would follow them around like a lost puppy, hoping to find a home. I soon realized that I didn't need their approval or friendship, all I needed was self-love and confidence. Instead of focusing all my time and energy on trying to get the popular kids to like me, I spent my time figuring out my strengths and weaknesses, what was I good at? What did I need to work on? How could I build up my self-confidence and be more comfortable in my own skin? What did I want to become in life? After figuring all those things out, I am now proud to say that I have three amazing and beautiful best friends who love me for who I am! I know that three friends is not a lot but it's the quality of your friendship that matters and not the quantity. I am still struggling with loving myself the way I am, but have learned that I don't need anyone's approval or friendship, all I needed was self-love!”

Girls Linking Our Worlds (GLOW) is a group mentoring program for girls ages 11 to 14 who come from diverse backgrounds. The program focuses on empowerment, leadership, development and helping girls feel confident in all aspects of their identity.

Forrrrrreeeee! Two Successful Tournaments

Big Brothers Big Sister of Halton and Hamilton hosted two successful Golf for Kids Sake tournaments in June, raising \$113,000 collectively to help make positive change in our local communities through mentorship.

Although we could have settled for less wind at our first tournament, the weather did not seem to stop the fun for our golfers. Thank you to all golfers who joined us on June 4th at Piper's Heath, Milton, and on June 19th at Crosswinds Golf and Country Club, Burlington, in support of local youth.

The tournaments' success would not be possible without our dedicated Golf for Kids Sake Committee, event partners and Sponsors — We thank you all for supporting our charity and kids.

GOLF FOR KIDS SAKE COMMITTEE

Mike Abbott	Paul Morrison
Chuck Conlon	Shafiq Mohamed
Steve Horner	David Richter
Murray Lorimer	

EVENT SPONSORS

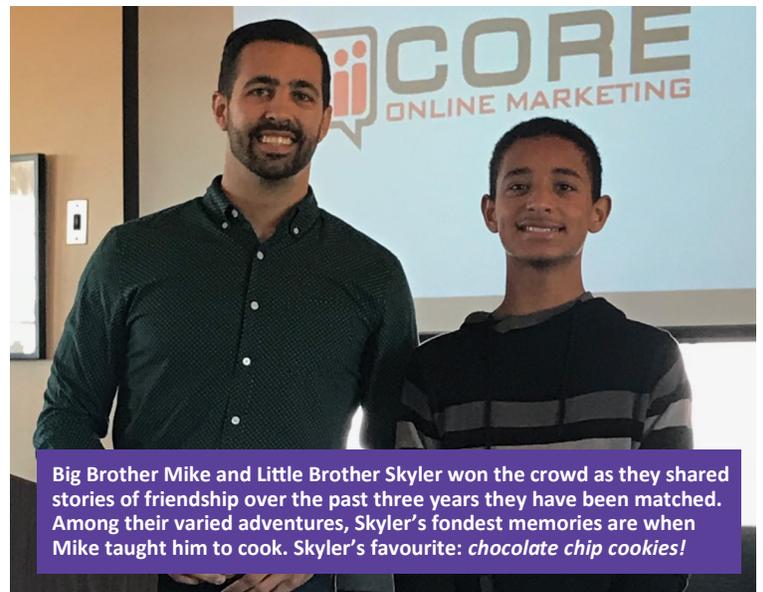
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Sunni Genesco, Radio Personality, K-Lite FM; Anthony Gravelle, Auctioneer, ADESA; Mike Nabuurs, Radio Personality, K-Lite FM/Funny 820 AM; Karl Wulf, Beat the Wulf's Shot, Keller Williams Realty; and, Phil Faulkner, Auctioneer, Barrie Auto Auction Ltd.



Big Brother Mike and Little Brother Skyler won the crowd as they shared stories of friendship over the past three years they have been matched. Among their varied adventures, Skyler's fondest memories are when Mike taught him to cook. Skyler's favourite: *chocolate chip cookies!*



Kevin Gillingham, Scott Cowie, Peter Schwegler and Jim Taylor of Active, Hole Sponsors and continued event supporters.

Tim Hortons Rock 'n Bowl for Kids Sake

We Rock 'n Bowled All Spring Long

We hosted nine bowling events this spring in Halton and Hamilton, with 131 Rock 'n Bowl teams joining us for the festivities. In total, over \$123,000 was raised to help support mentoring programs for the 2,700 children and youth we serve. A BIG thanks to our participants, sponsors and supporters for our events' great success!

EVENT SPONSORS

Tim Hortons

Alan Law

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Rheem Canada

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Wasim Ahmed - Brown Pepper Grill

A SPECIAL THANKS FOR YOUR CONTINUED SUPPORT

Councillor Zee Hamid

Georgetown Raiders

Kevin Flynn, MPP

Halton Catholic District School Board

Halton Public District School Board

Mayor Bonnette

Tim Hortons

Pictured:

1. The Lucky Strikes and Go Nuts of Tim Hortons, Title Sponsor and Participants
2. Team Lumen Christi Elementary School, Halton Catholic District School Board
3. Team Strike First, Ask Questions Later of ABL Employment (Hamilton and Burlington)
4. Team Oakville Firefighters
5. Team Rheem Canada, Event Sponsor and Participants



BIG in the Community

We have over 500 community-based matches currently, and we love when they share photos with us! Here's what some of our matches have been up to lately ...

1. Big Brother Mike and wife, Donna, celebrate Little Brother DJ's Grade 8 graduation. Looking sharp, Mike says he and DJ went suit shopping together leading up to the occasion. The match is celebrating nine months of friendship this summer.



2. Little Sister Benete graduates high-school with Big Sister Charanjit cheering her on. Benete is off to post-secondary school in September with a scholarship in-hand hoping to pursue a career in social work. Benete and Charanjit celebrate four-and-a-half years of friendship this summer.



3. Thanks to a generous donor, Little Brother Lamario and Big Brother Taylor attended their first-ever Raptors game together. Following the game, Lamario wrote:

"I would like to take this opportunity to thank the people who gave me the chance to go and watch my first Raptors game with my Big Brother. Going there and being around the people, energy and crowd was amazing and I will never forget it. It was unreal to see the game in person since I am so used to watching it on TV. To really be there was such a great and unforgettable experience for me one that will stay with me for a lifetime. Thank you so much."



4. SOAR is a program for boys who are waiting to be matched with a Big Brother. Each week, the group takes part in recreational activities around our community. This time, our boys received a self-defence lesson at 88 Dragons Martial Arts. A BIG THANKS to Master Alvey for generously donating your time, wisdom and studio space.

*SOAR stands for Social Opportunities Activities and Relationships

**Want to be featured in our next edition?
We want to see your photos!**

Please email your caseworker photos of your summer outings with a description.



Summer Bucket List

One of the best things about summer is outdoor play! Get inspired, and make your own bucket list starting with some of the suggestions below. For more inspiration, visit www.pinterest.com/bbbshb

1. Make Giant Bubbles

You can make giant bubbles with just a few ingredients! (Google search: how to make giant bubbles.) Create your own wand with a few strings and stick then submerge in the solution (water, dish soap, cornstarch, baking power, glycerin). Let the fun begin - who can create the largest or longest bubble!?



2. Frozen T-Shirt Challenge

Play with two or more players. Wet a t-shirt, ring it out and freeze it overnight. Use as many t-shirts as there are players. Get creative and try to find ways to melt/bravely put the frozen t-shirt on. The first person to get the shirt on wins.



3. Play Messy Twister

Have fun and don't be afraid to get messy. Turn this classic game into outdoor summer fun! Use globs of washable paint to create messy Twister. Hose off and cool down afterwards.

4. Plan a Beach Day

There are plenty of beautiful beaches close by. Pack some snacks and sunscreen, and head to the beach for the day.

5. Paint Using A Squirt Gun

Try painting outdoors using a squirt gun! Fill squirt guns with liquid water colours. Next, paint your canvas using your squirt gun. Results will be abstract and awesome!



6. DIY Solar Cooker

A solar cooker is a device that uses energy of direct sunlight to heat or cook. Using household items (aluminum, plastic wrap, cardboard box, tape, sheet of paper) you can create a solar oven for snacks like smores or a banana boat. (Google search: How to turn a pizza box into a solar oven.)

7. Play Giant Scrabble

Use cut up cardboard boxes or heavier-stock paper to make the base of your giant scrabble tiles. Paint/draw letters on and play giant Scrabble. This activity will amount to endless hours of backyard fun!



8. Make Your Own Frozen Treats

Recipe options and ingredients are endless! Find a recipe online, then spend time making and enjoying it together.