



Big Brothers Big Sisters of Colchester

Spring Update 2011



Spring is in the Air!

After a long snowy winter, we are happy that spring is just around the corner! Spring is a time of renewal... time to get outside, have some fun, enjoy some sunshine, smell a flower and splash in a puddle! We want to say welcome to any new Bigs and Littles...we are so happy to have you! In this newsletter, you will find lots of info about what's been happening at the agency, we've been busy! Have a look at our excellent March break activities and call to register for them! Also, its BOWL FOR KIDS time....the last page of this newsletter has all the info you need! Happy Spring from us to you ☺

-BBBS Staff

*"Though it rains, I
won't get wet- your
friendship is my
umbrella"*

-Japanese proverb



Big Brothers Big Sisters office Hours:
8:30-4:30, Monday to Friday
Sallie is in the office Tuesday evenings, 11am-8pm



You Say It's Your Birthday?!



March:

BIGS:

- Dave Burke, March 14
- Mark Cogger, March 18
- Ian MacElhinney, March 20
- John Keldermann, March 27
- Shauna MacDonnell, Mar 30

Little's:

- Robyn G. March 6
- Emma S., March 9
- Tarren M., March 22

April:

BIGS:

- Kry's Galvin, Apr 2
- Sarah Olmstead, Apr 3
- Kevin Robichaud, Apr 3
- Shannon Hamilton, Apr 4
- Neil Hodgekinson, Apr 10
- Gary Prest, Apr 10
- Samantha Robichaud, Apr 14
- Tyler Pearson, Apr 24

Little's:

- Jessie K., April 1
- Alex W., April 9
- Amber C., April 12
- Jeremy C., Apr 13

May:

BIGS:

- Tracy Anthony May 3
- Cheryl Graham, May 4
- Flossie Shelley, May 6
- Yolanda Hagmann, May 14
- Dawn Moxsom, May 17

Little's:

- Lance H., May 1
- Lewis Q., May 4
- Colin M., May 7
- Destiny D., May 9
- Wayne M., May 13
- Justice N., May 19
- Monica W., May 29
- Kyle D., May 31
- Haley A., May 31



Happy "Match-i-Versary" to.....

- Ivan Sampson & Lucas M., March 1st, 1 year
- Lois Holmes & Haley D., April 1st, 1 year
- Ellen Sampson/Dave Burke & Linden C. May 8th, 1 year
- Michelle Daniel & Nadia M., May 15th, 1 year
- Kevin and Samantha Robichaud & Jonathon R., May 17th, 1 year
- Cheryl Graham & Hannah D., May 18th, 1 year
- Meghan Thompson & Janie B., May 25th, 1 year
- Dawn Moxsom & Robyn G., March 5th, 2 years
- Catherine MacLellan & Tara S., April 6th, 2 years

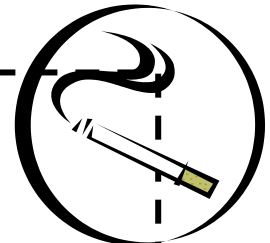
- Chelsea Thompson & Marley M., May 6th, 2 years
- Nancy Crosby & Alex W., May 9th, 2 years
- Bob Miller and Tanner N., May 12th, 2 years
- April White & Rita C., May 21st, 2 years
- Amanda Greaves & Kassie B., May 23rd, 2 years
- Amanda Perrin & Jessie K., March 12th, 4 years
- Gary Prest & Josh H., March 16th, 5 years
- Shannon/Chris Hamilton & Brittany L., May 31st, 6 years
- Kry's Galvin & Amber C., March 8th, **9 years!**

A Few Things to pass along.....

- Congratulations to **Brooklyn C., Rita V., Janie B., Nadia M., Nikita M., and Robyn G.**, who will be going to Tim Horton's Camp this summer in St. George, Ontario! Have a blast Girls!!
- Congratulations to **Haley and Hannah D.** on their new baby nephew: you girls will make wonderful Aunts!
- We'd like to say good-bye to Littles **Jaden and Lucas M.** who are moving away... you are awesome kids and we will miss you both! Best of luck to you and your family and keep in touch!
- Congrats to **Rita V.** on her success with the Nova Scotia Childrens Choir! So talented!!
- Keep an eye out for Little Brother **Jeff B.** when you watch CTV, he's featured in the new Bowl For Kids Ad! Superstar!!
- Way to Go Little Sister **Sarah F.** who has been accepted to Memorial University in NFLD!



Youth Media Contest: Youth Motivating Youth to Stop Smoking! (Sponsored by Addiction Services)



There are three ways to win: 1) Create a name for Addiction Services' 'Stop Smoking' program for Teens, 2) Design a poster for a Youth 'Stop Smoking' program, and 3) Create a 'Stop Smoking' video clip for youth.

- \$100 prize for first place winners!
- This contest is open to all youth aged 15 – 19 years who live in the counties of Pictou, Cumberland, Colchester and East Hants
 - Deadline to submit your entry is 4:30pm on March 21, 2011
 - You can submit multiple entries and also submit in all three categories!
- Submit entries to: 199 Elliott Street, P.O.Box 359, Pictou, Nova Scotia, B0K1H0 or by email to: dawn.peters@pcha.nshealth.ca
 - Contact Sallie for more information!



March Break Activities!

Please note: Activities open to Bigs and Littles, matched and waiting. Please call to register if you would like to attend! SPACE IS LIMITED! Littles may attend our Halifax trip WITHOUT their Bigs as we will have chaperones.

A T-Rex Named SUE!

What: BBBS is going to visit Sue... the largest and most complete T-Rex ever found! At the museum of Natural History, Halifax! She is 67 million years old! Hop on the bus with us! Space is limited to 20 Littles so you must call to register!

When: Wednesday March 16th, 2011, 9:30am pick up! Approx. return time 4pm.

Lunch will be provided ☺



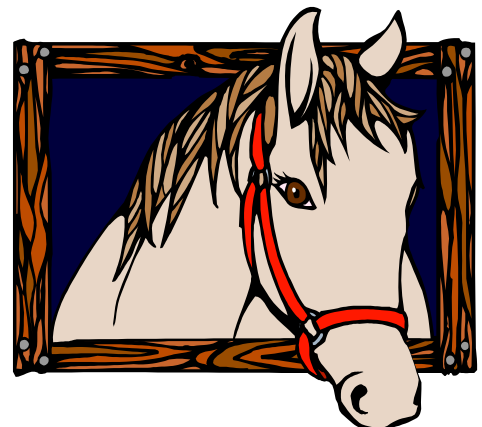
Forever Memories

Equestrian Center!

What: Spend a day with us at Forever Memories! Learn about horses, have a pony ride, do crafts, paint on a real horse!

When: Thursday, March 17th, 2011, 11am-3pm.

You must call to register! See info above.





Big Brothers Big Sisters of Colchester Self-Esteem and Bursary Funds



Self Esteem Fund: In place to help kids in our program! Need financial assistance for your child's activities? The BBBS "Self Esteem" fund can help. Call the office for an application. Covers activities (music lessons, horse back riding, swimming, etc) as well as services (glasses, books etc) Maximum \$250 per child per year when funds are available. There must be a "self esteem boosting" component to the application.

Bursary Fund: Littles: Are you graduating this year? Planning to attend college or university? You can apply for a Big Brothers – Big Sisters of Colchester bursary to help with your tuition. Call to inquire.

Big Brothers and Big Sisters Needed!

Right now, there are over 50 kids in Truro & area waiting for a Big Brother, Big Sister or Big Couple. Some have been waiting more than 2 years. These are great kids who just need a friend, someone to talk to and someone who will encourage them to do their best.

Volunteering is fun, easy, inexpensive and it only takes a few hours a week.

Suggest being a Big to someone you know today!!

Call us at 895-4562 or visit www.colchesterkids.ca for more information.



Traveloto Winners! Congratulations to.....

Early Bird Winners: Elizabeth Moses, Debbie and Ken Welton, Raymond Delaney

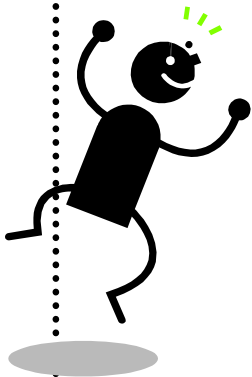
Tag #1: All Inclusive trip to Cuba: Richard and Maureen Porter

Tag #2: All Inclusive trip to the Dominican Republic: Maria Burris

January Draw: Trip to Orlando, Florida: Claire Hanlon-Smith

February Draw: Trip to San Francisco, California: Earl Morgan

Tickets are still available for draws all year long! Contact the office for more information!



Find us on Facebook and check out our new website!
www.colchesterkids.ca



Here's a great website:
www.kidshealth.org

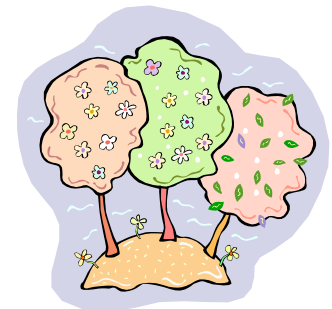


Springtime Fun: Activity Ideas for Bigs and Littles



- Paint rocks!
- Celebrate Earth Day...April 22nd!
Make a plan for helping our environment!
- Go Bird-watching! See if you can spot a Blue-tailed Warbler...just kidding, I made that up ☺
- Go mini golfing! Or set up your own course indoors!
- Go for a bike ride.
- Dye Easter eggs! Make a pinhole in each end of the egg and gently blow out the insides (make an omelet!) Then soak the shell in food coloring and water, and paint it with glitter paints.
- Start a garden together, or create one that your Little can put on their windowsill at home.
- Make Shamrock Shakes for St.Patrick's day: 2 cups Vanilla Ice Cream, 1 ¼ cups of milk, ¼ teaspoon of mint extract, 8 drops of green food coloring, blend until smooth- Yum!
- Make puppets and put on a show together.
- Talk to your Little about Volunteering: what are they passionate about? Animals? Helping others? Come up with some ideas and volunteer together!
- Go to a Basketball Game...or pick an NBA team to cheer for during the playoffs!
- Have a picnic! Make something really yummy!

- Go Geocaching.
- Build Kites and fly them!
- Try Horseback riding!
- Go to the beach! Too cold for swimming of course, but no crowds and nice for a walk!
- Go out in the rain! Kids love it ☺
- Make fresh squeezed lemonade
- Visit a museum
- Go outside and play backyard games...you'll have a blast!
- Share your favorite music with your Little and find out about theirs ☺
- Watch a sunset- draw or paint pictures of it.
- Create a sidewalk mural with chalk.
- Make lists with your little of 10 things in the world you'd both like to see.
- Do a giant jigsaw puzzle together.
- Make rainbow jello.
- Have a spring color scavenger hunt.
- Experiment with pancakes: banana, chocolate chip, smarties?
- Visit www.truro.ca for March Break activities!
- Do pedicures! Try spring colors.
- Make a recipe book together- maybe with a theme like healthy afterschool snacks!



Go Girls!

Healthy Bodies, Healthy Minds



GO GIRLS is a new program being launched by Big Brothers Big Sisters in February 2011. We'll train you to be a leader in this exciting new program that promotes "healthy bodies and healthy minds" to grade 6, & 7 females. Your group will meet once a week for an hour and a half. The program runs for 7 weeks. Suggest GO GIRLS as an option to someone you know who would make a great leader! Call for more information 895-4562. A similar program for Boys is in the works and we are looking for volunteers for that program as well!

Big Brothers Big Sisters Alumni Program

Big Brothers Big Sisters Alumni is a program geared at connecting with everyone involved with Big Brothers Big Sisters from across Canada. Whether you are currently a volunteer or were a Little Brother 20 years ago, Big Brothers Big Sisters Alumni is for you. Visit www.bbbsalumni.ca to register today... you are a part of something BIG!



Lets Talk about Bullying...

Bullying is not about anger . It is not a conflict to be resolved, it's about contempt –a powerful feeling of dislike toward someone considered to be worthless, inferior or undeserving of respect. Contempt comes with three apparent psychological advantages that allow kids to harm others without feeling empathy, compassion or shame. These are: a sense of entitlement, that they have the right to hurt or control others, an intolerance towards difference, and a freedom to exclude, bar, isolate and segregate others.

Bullying is the assertion of power through aggression.

If you are being bullied, you are not alone.

It's not your fault.

You can do something about it. Be brave, stay calm. Tell an adult.

If you see someone being bullied, don't join in. Tell an adult.

For more bullying support and resources, contact BBBS!



Roll out the Red Carpet for...



Bowl for Kids 2011!

*Our Bigs and Littles Hollywood Party is Sunday, April 3rd,
6-8pm at Bible Hill Bowlcade! Don't miss it!*



Here's how to participate:

1. Call the office to register @ 895-4562
2. We'll send you a Bowl for Kids pledge sheet, you can also collect pledges online...www.colchesterkids.ca
3. Be a SUPERSTAR fundraiser and get as many sponsors as you can.
4. Bring your pledge sheet and money with you to the lanes.
5. Bowl, have fun, win awesome prizes!

Superstar Prizes!

- TShirt for \$100 raised!
- \$10 gift card for every \$100 raised by Littles!
- BIG PRIZE for Top 1st, 2nd and 3rd Fundraising Littles!
- BIG PRIZE for Top 1st, 2nd and 3rd Fundraising Bigs!
- Dress up like your favorite movie star or character!
- Lots of Prizes throughout the event, Best Dressed Match, games and more!

*New this year! Text DOG to
45678 to donate \$5.00 to BBBS of
Colchester... tell your friends!*



We'd like to thank our Sponsors!





Get pledges on line from family, friends and associates near and far!

1. logon to www.colcheterkids.ca
2. Scroll down under "News and Events" and press the Bowl for Kids banner
3. Once at the site click "register to bowl"
4. Indicate if you want to join a team, start a team or join as an individual
5. Fill in your contact information and choose a username (we strongly suggest you use your email address)
6. On the "confirmation" page, scroll down and hit "Continue"
7. Now you are at your own "page". Check out "My To Do List" on the right hand side. You can play with these options until you have your page the way you want it to look. See IMPORTANT HINT below:

8. In your "To Do" list, click on "Send e mails to family & fiends"
9. Enter a greeting. ***Enter your own email address.*** Scroll down. Send email. Now check your personal e mail box and ***FORWARD*** the message to anyone in your address book!!! This saves you from "importing" your address book to your Bowl for Kids page. You'll be notified whenever someone pledges you and they'll get an instant income tax receipt! Research shows that the best results are achieved by sending the e mail at least three times.

Whenever you want to return to your page simply go to "main login" on the home page and enter your user name and password

NEED HELP?? Call us at 895-4562

THANKS FOR YOUR SUPPORT OF BOWL FOR KIDS!