

# Big Brothers Big Sisters of Colchester Winter Update 2010

Hello Bigs, Littles and Parents!

Well winter season is almost upon us and we hope you are getting excited for the holidays... they will be here before we know it!

The holidays are an exciting time for kids... thinking about Santa, presents, and time off from school... in all of that excitement, please remember to take some time to think of those less fortunate than ourselves, and encourage our kids to do the same! It is the season of giving after all! ☺

Coming up in 2011: Bowl for Kids....Mark your calendars! April 3, 2011...we like to plan ahead ! ☺ and our theme this year is HOLLYWOOD RED CARPET... so now you can start working on your costumes!!

Enjoy the newsletter! There are lots of interesting and fun things going on at the moment! If you have any items you would like to include in the next newsletter (March '11), please let Sallie know! Happy Holidays from us to you!!

BBBS Staff ☺

*"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves."*

*-Helen Keller*



Christmas Office and Staff Hours:  
Office will be closing Thursday, December 23<sup>rd</sup>, 2010 at 4:30 pm, and re-opening on  
Monday, January 3<sup>rd</sup>, 2011... Happy Holidays!



# You Say It's Your Birthday?!



## December:

### BIGS:

- Katie Lewis, Dec 12
- Chelsea Thompson, Dec 23
- Dave Lennerton, Dec 26
- Chris Hamilton, Dec 28

### Littles:

- Cory L., Dec 4
- Destiny R., Dec 4
- Shelby R., Dec 5
- Kyle W., Dec 6
- Jamie C., Dec 10
- Brad M., Dec 11
- Tara S., Dec 12
- Nick T., Dec 20
- Anthony S., 22
- Josh H., Dec 26
- Nicholas P., Dec 27

## January:

### BIGS:

- April White, Jan 8
- Kevin Berry, Jan 9
- Shannon Blaikie, Jan 9
- Dave Dewar, Jan 16
- Lindsay Lewis, Jan 22
- Amanda Greaves, Jan 28
- Donna LeBlanc, Jan 29

### Littles:

- Mayson G., Jan 6
- Kiana G., Jan 6
- Winter Rose R., Jan 10
- Stephanie W., Jan 21
- Tinisha D., Jan 26
- Tim P., Jan 27
- Matthew M., Jan 28



## February:

### BIGS:

- Tracey Babineau, Feb 11
- Janet Walker, Feb 11
- Mechele Scott, Feb 15
- Catie Pal, Feb 18
- Sarah Pearson, Feb 19
- Michelle Daniel, Feb 23
- Steve Warwick, Feb 27

### Littles:

- Janie B., Feb 1
- Ocean H., Feb 4
- Rita V., Feb 5
- Michelle W., Feb 5
- Alex G., Feb 22

## Happy "Match-a-Versary" to:

- Holly S./Gina MacDonald- Feb 6- 1year
- Jason D./Rob Teale- Dec 10- 1year
- Monica W./Krissy MacDonald- Feb 3- 1year
- Jacob S./ Tom & Sue Aiken- Dec 3- 1year
- Emily Y./Tracy Anthony- Jan 7- 1 year
- Jessy M./Sarah Pearson- Dec 18- 2 years
- Matt M./Henry Grady – Dec 12- 2 years
- Tim P./ Tyler Pearson- Jan 16- 2years
- Jaden M./Cheryl MacLeod- Jan 16- 2years

- Charles R./ Pam Prowse- Feb 12 – 2 years
- Jamie C./ Ian MacElhinney- Feb 17- 2 years
- Kyle W./ Dave Dewar- Feb 23- 4 years
- Colin M./ Lynda Wyllie- Jan 18- 4 years
- Jeff B./ Mark Cogger- Jan 7- 6 years
- Stephanie W./ Mechele S.- Dec 17- 6 years



# A Few Things to pass along.....

- Several of our Bigs tied the knot this summer/fall! Congratulations to Fraser Langille, Cheryl MacLeod, and Mark Cogger!
- Congratulations to Little Sister Monica W. on her new baby brother, Luka 😊
- Congratulations to Big Sister Shauna MacDonnell and her husband Brad on their new granddaughter, Madison 😊



## Tickets Available for The Nutcracker!

The Truro Dance Academy has donated 20 Nutcracker tickets to Big Brothers – Big Sisters for each performance: Saturday December 4<sup>th</sup> (7:00 pm) and Sunday December 5<sup>th</sup> (1:30 pm). Performances are held at CEC A/V room. What a wonderful outing for **Bigs & Littles**. Call the office @ 895-4562 to reserve tickets!



## **TIM HORTON'S CAMP 2011!**

This year Big Brothers – Big Sisters of Colchester gets to send 6 girls to the Tim Horton's Summer Camp in St. George Ontario from Friday Aug 12, 2011 to Sunday August 21. This is an amazing opportunity and SO much FUN!! You must meet certain guidelines to qualify. Call 895-4562 to discuss. NOTE: Campers must be between 9-12 years of age (born between 1998 and 2001) No exceptions. Thank you Martin and Cathy Trainor!



# Winter Group Activities!

Please note: Activities open to Bigs and Littles, matched and waiting. All Littles MUST be accompanied by a Big, Parent or Guardian. Please call to register if you would like to attend!

## ~ December ~

What: Christmas Party!

Where: stay tuned for an email from Sallie ☺

When: December 12<sup>th</sup>, 2010 (tentative)

Please call/email to register by December 8<sup>th</sup>!



## ~ February ~

What: Big Brothers  
Big Sisters Snowfest  
2011!

Join us for coasting, snowshoeing, snow sculpture contest and more followed by hot chocolate and treats!

Where: To be announced ☺

When: Saturday  
February 12<sup>th</sup>, 2011





# 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. Next round: January 2011. 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.

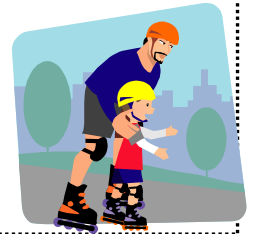
## **WANTED** A few good men!!!

Right now, there are 53 boys in Truro & area waiting for a Big Brother. 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](http://www.colchesterkids.ca) for more information.



## **Here's a great gift idea! Traveloto Tickets!**

Big Brothers Big Sisters Traveloto tickets! Starting in January of 2011 .... A trip for 2 will be given away every month for the entire year. That's 12 trips (or cash)!! Your \$25 ticket is good for all draws all year long.

Purchase by December 13, to enter the 3 Early Bird Draws of \$500 cash each.

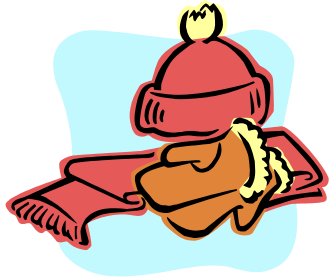
Vegas, Nashville, New York, San Francisco, Bermuda and more!! Call to order 895-4562. Also available at MacQuarries (Truro, Bible Hill & Brookfield), BMO Prince Street Truro, Scotia Bank (Tatamagouche), Lottery Booth (Truro Mall). All proceeds help Colchester kids!!



Find us on Facebook and check out our new website!  
[www.colchesterkids.ca](http://www.colchesterkids.ca)



Here's a great website:  
[www.prevnet.ca](http://www.prevnet.ca)



# Winter Fun: Activity Ideas for Bigs and Littles



- Paint snow using spray bottles filled with water and food coloring.
- Go snowshoeing- you can rent them from the town of Truro!
- Try yoga
- Make a backyard obstacle course in the snow.
- Hide "treasures" in a small cooler- bury it in the snow and have a scavenger hunt to find it!
- Have a snowball throwing contest (at targets, not people!)
- Make snow angels
- Make "Ice Candles": fill a small bucket with water, place an empty can in the bucket, and freeze, when frozen, remove the can, place a small tea light in there, and you have an ice candle! Use food coloring for rainbow ice candles!
- Read a classic series of books together (Harry Potter, Lord of the Rings, etc) and then watch the movies.
- Learn why it snows! Google it ☺
- Learn about how different cultures celebrate winter solstice
- Have a board game day.
- Bake! (feel free to drop some off at the office!)
- This is an excellent time of year to volunteer together! SPCA, food bank... there are lots of places to help out!!
- Build towers, bridges, towns out of toothpicks and marshmallows!

- For a million awesome craft ideas, try [www.hitentertainment.com/artattack](http://www.hitentertainment.com/artattack) ... it's the best!
- Go skating
- Drive around and look at Christmas lights! Play some Christmas tunes and drink hot chocolate while you're at it!
- Have a Holiday movie marathon and share your favorites!
- Make holiday cards for your loved ones together! Or for a seniors' residence ☺
- Have an indoor winter beach party! Why not?!
- Make your own wrapping paper
- Mix white paint with salt and paint on black paper for a wintery effect.
- Paint toes and nails in glittery blue and silver... or red and green ☺
- Plant some indoor tomato or pepper plants to transfer in the spring
- Make a wreath
- Go to a Bearcats game... Littles get in free if Big pays!
- Look through a telescope
- Go bird watching!
- Try cross country skiing
- Have a lip- sync concert
- Work on a 5000 piece jigsaw puzzle
- Play road hockey
- Make 'Goop'- add water to cornstarch a little at a time until it becomes a cool consistency- not solid or liquid!
- Visit a Maple Farm
- Make Valentines together

# GO GIRLS:

## *Healthy Minds and Bodies*



GO GIRLS is a new program being launched by Big Brothers Big Sisters in January 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 10 weeks. Suggest GO GIRLS as an option to someone you know who would make a great leader! Call for more information 895-4562.

### **Safety Corner!**



#### **Winter Play Safety!**

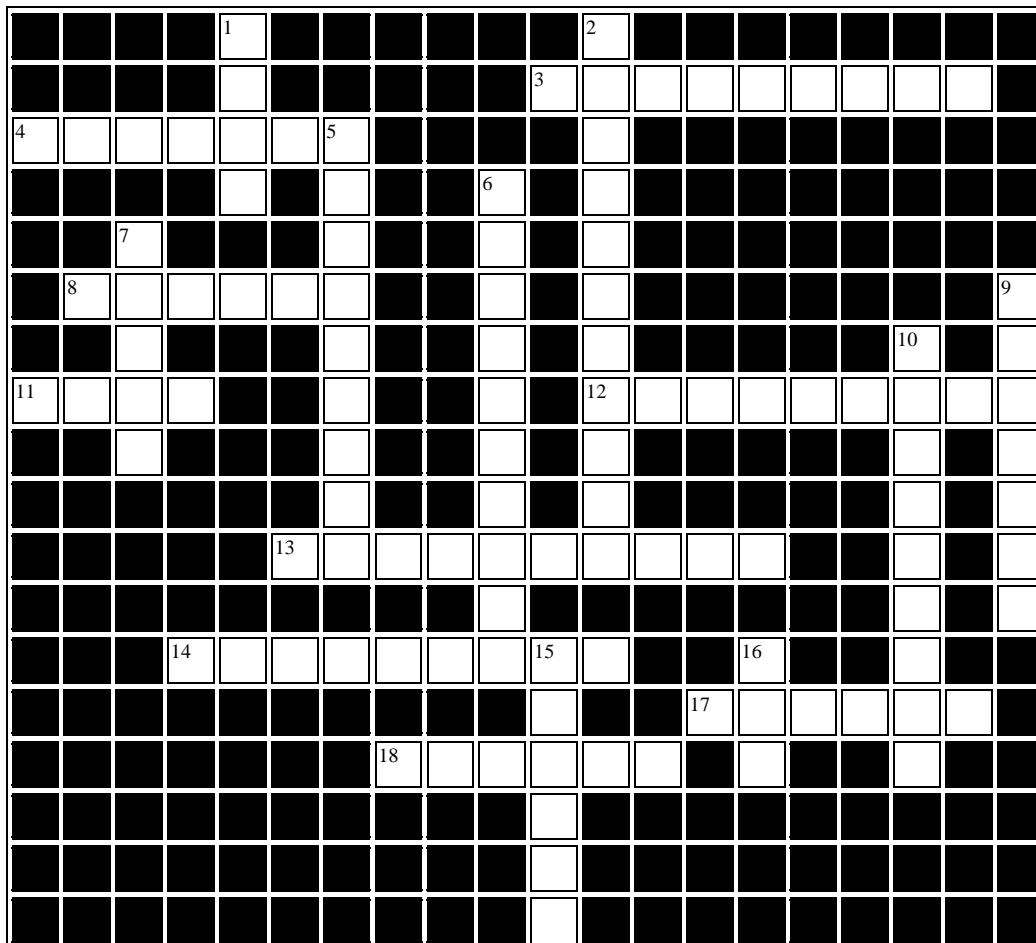


Active games, making snow angels and building snowmen will help to keep your child warm. Teach your children a few important rules to go along with winter play.

- Stay away from snowplows and snow blowers. Choose play areas away from roads, fences and water.
- Take extra caution when crossing roads because it might be hard for drivers to see children playing if they have snowy or frosty windows.
- No snowball fights. They can cause an injury. Snowballs are most dangerous if the snow is hard-packed or icy.
- Don't build snow forts or make tunnels. They can collapse and suffocate a child.
- Don't play on roadside snow banks. The driver of a snowplow or other vehicle may not see a child.
- Don't put metal objects in your mouth. Lips and tongues can freeze to the metal and cause an injury.
- Keep children indoors if the temperature falls below  $-25^{\circ}\text{C}$  ( $-13^{\circ}\text{F}$ ) regardless of the wind chill or if the wind chill is  $-28^{\circ}\text{C}$  ( $-15^{\circ}\text{F}$ ) or lower regardless of the temperature.



## Big Brothers Big Sisters Crossword Fun!



### Across

3. Next year's Bowl for Kids theme.
4. A new program, launching in 2011.
8. This person is really cool (and made this puzzle) :)
11. Michele \_\_\_\_\_ works in our office.
12. This happens over March Break.
13. Big Brothers Big Sisters of \_\_\_\_\_.
14. When two people in a relationship volunteer together.
17. Sallie's doggy :)
18. Our mission: Every child who needs a \_\_\_\_\_ has a \_\_\_\_\_.

### Down

1. This person looks after the In School Mentoring Program.
2. Our biggest fundraiser, held in March/April.
5. Last year's Bowl for Kids theme.
6. This is what BBBS is all about.
7. A Big and a Little together are a \_\_\_\_\_.
9. Our Executive Director is Michelle \_\_\_\_\_.
10. BBBS is a \_\_\_\_\_ organization.
15. A child in our program is this.
16. An adult volunteer is this.

