



FAMILY & YOUTH INITIATIVES NEWS

Happy New Year!

January 2009

Dear Friends~

Happy New Year and National Mentoring Month! Whether you dedicate time to a youth, family, friend or cause, giving of your time is the most important gift you can give.

Increasingly we are finding at FYI as well as in research that relationships are key to positive change. Even if we use “proven-effective” programs, building positive relationships with those we serve is critical.

All of our programs look for people willing to give the gift of time. Chaffee County Mentors (CCM) recruits those interested in mentoring local youth 2-3 hours a week. CCM works with 40 youth a year through traditional one-on-one mentoring between adults and youth, as well as 30 middle school youth & pre-school children through peer mentoring.

Nurturing Parenting Program seeks community members to work with children or adolescents during parenting classes, as well as teach Healthy Cooking, Interviewing, or other skill-building classes for interested families at their monthly reunion dinners.

Youth @ Crossroads looks for adults interested in helping spearhead weekly recreational activities for teens like snowboarding or biking.

Family & Youth Initiatives also looks for individuals to serve on our advisory board to guide programs & connect us to the community.

I want to thank our community for your overwhelming support in serving our local youth and families. Thank you for joining our “team” in helping us promote healthy kids, families and community. We look forward to working with you this upcoming year!

~ FYI Supervisor, Arden Trewartha~



Melody with mentor, Jennifer Dempsey, celebrated their one-year match anniversary in October '08.

They enjoy lots of circus fun together—check out the calendar for more info on Jennifer’s New Year’s Circus Camp!



Dave Morgan & Jesse recently celebrated over 3 years together and plan to stay matched! They always join us at the January CCM trip to Monarch Mountain. Check out page 2 for more info.



Jelissa was matched with Lawton Eddy in Sept '08. They both love fun clothes.



Josh was matched with Andrew Fahrney in June '08. They get together every Tuesday and enjoy eating ice cream.

CHECK OUT WHAT'S INSIDE!



Chaffee County Mentors

A little time . . . a Big difference.

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“Breaking Barriers, Empowering Change, Strengthening Resiliency.”

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HAPPY NEW YEAR

JANUARY GROUP ACTIVITY

SKIING & SNOWBOARDING

CHOOSE ONE (& CALL US):

**SUNDAY, JAN 11TH OR
SATURDAY, JAN 31ST**

**BV Bus: APE 7:15am / Return by 5:15pm
Salida Bus: MMS 8:00am /
Return by 4:45pm**

***Gear Rental & Lift Ticket Provided
Limited beginner lessons available—
Call ASAP to reserve! 395-7006***

BE PREPARED!

We always have items to borrow as well-so please ask !



Monarch Day Pack List:

- * Snow jacket
- * Fleece/ Hoodie
- * Snow boots
- * Lunch
- * Water bottle
- * Snow pants or Jeans with long underwear
- * Gloves/mittens- waterproof
- * Warm hat / ski hat
- * Warm socks (non-cotton)
- * Baseball cap
- * Sunglasses
- * Snow goggles
- * Sunscreen
- * Change of clothes including extra socks
- * A GOOD ATTITUDE & A GREAT BIG SMILE!



NEW FOR MENTORS & VOLUNTEERS

~COFFEE WALKS~

Come network & share mentoring tips and tools w/other volunteers!

1st meeting: Salida Library,
Tues., Jan. 27, 5:30-6:30 pm



Splish-Splash!



Emily enjoys kayaking at our annual Holiday Pool Party!

OUTWARD BOUND

Would YOU like to have an amazing wilderness adventure this Summer? We have incredible **SCHOLARSHIPS** available for qualified youth!
CALL US !!!

JANUARY IS NATIONAL MENTORING MONTH!

Who helped you become the person you are today? Thank them by giving the gift of mentoring to another! Do you know other adults who would make great mentors? Tell them about us!
SPREAD THE WORD ABOUT CHAFFEE MENTORS!

Contact Us:

Eleanor Fahrney, CCM Manager / Heather Barron, Program Coordinator
719-539-2630 (Salida) / 719-395-7006 (Buena Vista) / 719-221-2074 (Cell)



Youth in Action
TEEN READERS FOR KIDS

Youth In Action News

Empowering young teens as literacy mentors for pre-school students



STORY OF THE MONTH

The Fiery Tail: A Chinese Tale of True Beauty

BV JAN CALENDAR

MONDAY, JANUARY 5TH
No Youth In Action

MONDAY, JANUARY 12TH
Middle Schoolers ONLY

Retraining Part 1—New Leadership
MS PARENTS PICK UP: 6:00pm

MONDAY, JANUARY 19TH

No school—OPTIONAL activity

Middle Schoolers ONLY

Retraining Part 2-Fun Leadership

3:00pm—6:00pm

MEET AT: Avery-Parsons Pre-school

MONDAY, JANUARY 26TH

First Day Back with Pre-schoolers!

Kindness & the Chinese New Year

PS PARENTS PICK-UP: 5:30pm

MS PARENTS PICK UP: 6:00pm

THERE IS NO PARENT
SHOWCASE IN JANUARY

SALIDA JAN CALENDAR

WEDNESDAY, JANUARY 7TH
No Youth In Action

WEDNESDAY, JANUARY 14TH
Middle Schoolers ONLY

Retraining Part 1—New Leadership
MS PARENTS PICK UP: 5:45pm

WEDNESDAY, JANUARY 21ST

Middle Schoolers ONLY

Retraining Part 2-Fun Leadership

MS PARENTS PICK UP: 5:45pm

WEDNESDAY, JANUARY 28TH

First Day Back with Pre-schoolers!

Kindness & the Chinese New Year

PS PARENTS PICK-UP: 5:30pm

MS PARENTS PICK UP: 5:45pm

THERE IS NO PARENT
SHOWCASE IN JANUARY

NOVEMBER

Matches of the Month



BUENA VISTA
Korrenn & Paige

Congratulations to Korrenn & Paige! They had perfect attendance in November and each week opened up to each other more. They both participate fully in our activities, setting a good example for others. Sometimes Paige even reads to Korrenn instead of the other way around!

Congratulations!



SALIDA
Isaac & Fabein

When YIA started and we told the pre-schoolers, "the big kids are coming over," Fabein would ask, "Why?" Now, Fabein knows the answer & is excited to see his special buddy, Isaac. Fabein was also the only Salida pre-schooler to participate in the Salida Circus Celebration on Nov. 15th. Isaac always finds new & fun ways to keep Fabein interested. Congratulations, Isaac & Fabein!

DECEMBER Matches of the Month



BUENA VISTA
Kaylin & Skyler

Kaylin & Skyler had perfect attendance in December. Kaylin is always willing to jump in and help or lead an activity. Skyler is also very willing and likes to share ideas during circle. Congratulations, Kaylin & Skyler!



SALIDA
Lanne & Alexia

Lanne & Alexia have developed a strong bond over the last few months despite some ups and downs in their friendship. We're proud of you for sticking it out and helping each other laugh. Lanne & Alexia also both love to help wherever they can. Great job!

Contact Us:

Eleanor Fahrney, CCM Manager & YIA Coordinator
719-539-2630 (Salida) / 719-395-7006 (Buena Vista) / 719-221-2074 (Cell)





YOUTH@CROSSROADS NEWS

Reducing high risk behaviors in teens through prevention education,
alternative activities, & community service

YOUTH@
CROSSROADS

Skiing/Snowboarding @ Monarch

Saturday, January 10th

Come join us for another day of skiing or snowboarding. There is a limited number of spots. Make sure you RSVP. Rentals and lift tickets will be available for those who need them.

Bring a bag lunch or money to purchase one.

Boogie down productions

DJ club

Friday evening, Jan 16th

Have you ever wanted to learn how to spin records?

Join us for a trip to Leadville to learn some DJ tricks from Local high schoolers.

CALL TO SIGN UP



Art night

Friday, January 23rd 6 pm

At Starpoint

"Block print your own shirt" w/ Art Diva Natalie Moore

Here is your chance to make some wearable art. We will design our own shirts. Call ahead to RSVP w/ t-shirt size.

No experience required



Storyville Cinema

Friday, Jan 30th

6:30pm

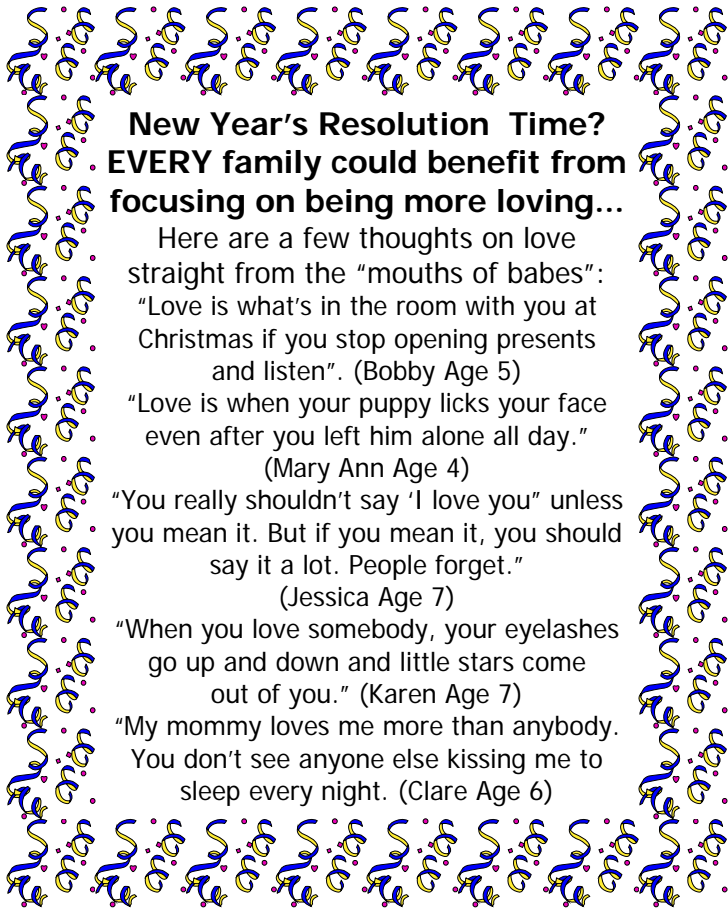
JOIN US FOR A MOVIE AT THE LOCAL THEATER.

Call to RSVP

Call us to RSVP 719.530.9955

Kelly Kissling Y@C Manager /Rob Readmond, Program Coordinator

Parenting News



New Year's Resolution Time? EVERY family could benefit from focusing on being more loving...

Here are a few thoughts on love straight from the "mouths of babes":

"Love is what's in the room with you at Christmas if you stop opening presents and listen". (Bobby Age 5)

"Love is when your puppy licks your face even after you left him alone all day." (Mary Ann Age 4)

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget." (Jessica Age 7)

"When you love somebody, your eyelashes go up and down and little stars come out of you." (Karen Age 7)

"My mommy loves me more than anybody. You don't see anyone else kissing me to sleep every night. (Clare Age 6)

You Won't Want to Miss the Fun... Nurturing Parenting Dinner

(now known as Parenting Plus)

January 19th

5:30-8:00

Salida Presbyterian
Church

The topic will be
nurturing yourself...
wear your pajamas.



A great opportunity to
reconnect with NPP and
your fellow parents...
AND...enjoy great comfort
food and fun activities. Connecting with
community is an important support for all
parents.

Call Jane for more details.

NPP Teen Parenting Class Update:



First of all, thank you to our great young Moms for a fabulous first semester of work learning about their children and their development. Another huge thank you to Jan Wittich and to P J & Merrell Bergin for their important support for this fantastic NPP program.

Pictured here, Kaila (above), and Jenny (right), enjoy interacting with their adorable sons, Samuel and Zane.



Nurturing Parenting Classes

Announcing:
The next

Salida NPP Class for
Parents with Young Children
Thursdays, beginning 1/29/09
at the Salida EC Center...

And, be watching for another
Parents & Their Adolescents Class
in Buena Vista.

Hope you can join us in going even further
on our Parenting Journey!!!

For more information & to register, please call
539.6386

Contact Us: **Jane Whitmer, NPP Manager**
719-539-6386 janepip@amigo.net

Mentors Plus

Information & News:

National Mentoring Month

Why Mentor a Teen?

Mentoring programs for at-risk youth are growing quickly across the United States. The majority of programs have been found to emphasize the relationship between a disadvantaged or troubled youngster and a caring adult. The relationship generally involves spending quality time together and providing support and guidance, with the aim of helping the young person better negotiate life's difficulties.

Another word used for this is Resiliency. Often times we cannot always take away a youth's battles with their families, peer bullying, court mandates, or behaviors at school, but we can teach them to bounce back stronger when these events take place.

In August of 2006, I met Dee and as the years have passed, our relationship has evolved into what I feel will be a lifetime of activities and contact. Dee was new to the area and, like many other teens, was trying to find a way to adjust. We first came in contact by way of therapy and since I have become a mentor/friend to her.

What does that mean? Well, we hang out as much as we get the chance to and I've come to think our time together has meant a lot to both of us. The other day she said to me, "You know you can't ever leave (I think she meant Salida)?" I, being an adult, said, "Does that mean you would miss me or something?" Dee said, "Umm...not really," with a smile that money couldn't buy. As most of us know, teens aren't always forthcoming of their feelings with adults, but they always have their own way of letting you know that they really do care.

Mentors Plus is committed to fulfilling our mission of "Breaking barriers, empowering change, and strengthening resiliency" one teen at a time.

By Menessah Nelson

Above photo: Dee helping Menessah volunteer at Art Walk 2008.



MENTORS PLUS NEEDED
Looking for Male Mentors in Salida and
Male/Female Mentors in BV!
***Please call today to get your hiring and information packet!**

Chaffee County Mentors 
"Breaking Barriers, Empowering Change, Strengthening Resiliency."

Contact Info:
Menessah Nelson, MA, LPC
Program Manager & Intensive Family Therapist
719-539-8659 (Salida), 719-207-1114 (Wk CI)
Menessah.nelson@state.co.us
<http://chaffeementors.org/>



SALIDA BUILD A GENERATION



Salida Youth Advisory Council

Left to Right: Ethan Coit, 7th; Isaac Stackonis-Bevington, 8th; Hayley Thompson, Sophomore; Kjersti Varhus, Junior; Marcus Goodwin, Junior; McKinnley Witty, Freshman; Kelsey Moore, Senior; Helen Stroheker, 7th; Shane Baldauf, Senior

January Events in Chaffee County

Monday 12/29/08-Friday 1/02/09 Salida Circus News Years Camp. Camp meets from 10:30 am –1 pm at the Salida Yoga Center. Cost is \$60. Ages 5-15 can learn acrobatics, juggling, stilt-walking, clowning, plate spinning and more. Call 207-4169.

Saturdays- Salida Recreation Ski Bus : Round trip rides will leave promptly at 8:30 am from the Salida Hot Springs Aquatic Center and leave Monarch Ski Mountain at 3:30 SHARP ~ \$5 per ticket ~ For more information call 539-6738

Monday, January 5th-Salida Recreation Field Trip to Gunnison for Ice Skating! 10:30am-4:30pm, \$15/child (additional \$5 fee to rent skates if needed). Ages 8+. Bring a sack lunch and warm gear for skating. Pre-Register by January 2nd! 539-6738

Monday, January, 19th-Sled and Swim with Salida Recreation: 9:00am-3:00pm. Meet and return to the SHSAC. \$8/child, Ages 8+. Bring a sack lunch, snow gear (jacket, pants, gloves, hat, etc.), a sled if you have one, and your swimming gear! We'll go sledding in the morning; head back to the pool for lunch and then warm up in the pool during the afternoon. Pre-registration required by January 16th! Co-Sponsored with Boys and Girls Club of Chaffee County. Call 539-6738

Saturday, January 31st- QUC Snowshoe Hike The Quiet Use Coalition is sponsoring this free event. Snowshoes are available to rent at no cost. Call if you need rentals, or bring your own snowshoes and meet at the Poncha Visitor center at 10am. The hike will be a moderate 1-2 hour hike. Call 207-4130.

Family & Youth Initiatives is dedicated to providing proven-effective prevention programs that promote healthy behaviors for youth and families in Chaffee County

124 East 2nd Street
Salida, CO 81201



How lovely to think that no one need wait a moment, we can start now, start slowly changing the world. How lovely that everyone, great and small, can make their contribution, how we can always...always give something, even if it is only kindness.

~Anne Frank

Thank You FYI Funders

