

# September is Big Brother Big Sister Month

September 2009

*Special Edition of Mentoring Matters*

## Dare to be a kid again



Be a kid again with a kid.

Sign up to be a mentor at [www.BeaKidAgain.ca](http://www.BeaKidAgain.ca)



**A Little Brother or Little Sister will happily show you how. Go on, we double dare you!**

Standard Life has partnered with Big Brothers Big Sisters of Canada to recruit 10,000 new youth mentor volunteers over the next ten years. The 'Dare to be a Kid Again' Campaign focuses on the notion that the fountain of youth for adults lies in mentoring children and teenagers.

Standard Life Youth Index Survey (conducted by Iposo Descarie) compared the attitudes of Big Brother Big Sister volunteer mentors with average Canadians and it not only shows that "BIGS" are happier with their lives but they are more energetic, younger at heart and have a significantly more positive view on aging than other adult Canadians.

Survey results: **Mentoring is good for the mentor**

Mentor Results	Average Canadian	Described/believe
51%	29%	lives as "very happy"
81%	63%	themselves as optimistic
52%	37%	they have as much energy as they used to have
78%	58%	as they get older, things are better than they ever thought they would be
79%	63%	are as happy now as they were when they were younger

"Through this study and the 'Dare to be a Kid Again' campaign, Standard Life reinforces the axiom that **mentoring a child or youth is a proven path to personal happiness and inner wellness**," says Bruce MacDonald, President and CEO of Big Brothers Big Sisters of Canada. "If you are looking to spark up your life, there is no better way than by spending a few hours each week as a **Big Brother or Big Sister**. You'll make a world of difference to a young person and recapture some of the fun of childhood." "We are asking all Canadians to consider getting involved to ensure our young people receive the guidance they need to be successful in life," says Joseph Iannicelli, Standard Life's President and CEO.

**The Need for Mentors**— Across Canada, the demand for youth mentoring far exceeds the number of available "Bigs". More than 10,000 children are currently on waiting lists at Big Brother Big Sister community agencies and some wait as long as two years. **In Clarington there are 13 kids waiting for a Big Brother or Big Sister and some have waited more than two years.** The mentoring services of Big Brothers Big Sisters have proven to be instrumental in reducing bullying, truancy, early school dropout and substance abuse.

**For volunteer opportunities with Big Brothers & Sisters of Clarington visit [www.bigbrothersandsisters.ca](http://www.bigbrothersandsisters.ca)**



With 13 children in Clarington currently on the waiting list eagerly looking for friendships with adult mentors, there's no time like the present to get involved. **Already a Mentor — Share your story.** Help us spread the word about the power of mentoring!

Finding a meaningful friendship is not as tough as you might imagine and more rewarding than you ever thought possible. For the mentors, it's an enjoyable and meaningful opportunity to make a profound difference in the life of a child. For the child, it's a chance to make a new friend and spend a little time with an adult who can open a whole new world of experiences. You don't have to be perfect to be a mentor to a child, just caring and reliable. When asked what they were looking for from a "Big", here is how three "Littles" responded:

*"Someone who will be nice to me, care for me, helps me out when I'm sad" "Someone to spend time with" "Someone nice, fun, who'll pick me up when I'm down."*

The relationships that develop are truly magical and are a great way for a child to gain self-confidence and self-esteem and get advice on some of the tough challenges they need to deal with. **By spending just a few hours a week having fun you could be changing the life of a child.**

Here are profiles of two "Littles" on our waiting list:

- 8 year old boy** - enjoys reading, soccer, basketball, singing. Very outgoing, loves to try new things
- 13 year old boy** - likes to hang out with friends, break dancing, computers, video games

### Our Programs

Big Brothers & Sisters offers a variety of programs and volunteer opportunities. We are sure to have the right one for you. Our programs and volunteer opportunities:

- |                            |                          |
|----------------------------|--------------------------|
| Big Brother/Little Brother | Big Sister/Little Sister |
| Couples Match              | Big Bunch                |
| In-School Mentor           | Go Girls!                |
| After School               | Board/Committee Member   |
| Event Volunteer            |                          |

For more information on our programs or more about how you or someone you know can make a difference in a child's life, please call BBSC at 905-623-6646, [check out](#) [www.bigbrothersandsisters.ca](http://www.bigbrothersandsisters.ca), or [drop in](#) to BBSC house at 23 Scugog St., Bowmanville.

### Little Sisters Needed!

Currently Big Brothers & Sisters of Clarington is looking for more Little Sisters to match with caring, responsible women (over 20 years of age) who want to join in the fun and become Big Sisters. Little Sisters are girls and young women between the ages of 6 and 16, who would greatly benefit from having the support, guidance and positive influence of a Big Sister.

*\*We are also in need of volunteers for our In-School Mentoring Program, Big Bunch and Go Girls! programs.\**

## September Events



Staff, Volunteers, Bigs, Littles and their immediate family are invited to the

# 2nd BIG PICNIC

**Sunday, September 20th, 2009**  
**1:00pm – 4:00pm**  
**Lakeview Park, Oshawa**



### 13th Annual Golf For Kids' Sake Tournament Friday September 18th Newcastle Golf & Country Club

**Early Bird Rate Extended!**  
**Cost \$130 per golfer**

**Skill contests**

**Golfer receives:**

- ◆ 18 holes of best ball golf with shotgun start
- ◆ golf cart
- ◆ team photos
- ◆ starter bag
- ◆ Lunch & dinner

**Prizes**

### Afterschool Program Commences in September

Thanks to a generous contribution from the Clarington Recreational Hockey League, the Afterschool Program will continue in September.

The program will be based at the Big Brother & Sister house at 23 Scugog Street, Bowmanville each Wednesday from 3:30-6:00 pm. Participants will have the opportunity to work in the computer lab, play board games, read books, do arts and crafts, play pool or air hockey, watch movies, play Play Station 2 and hang out with their peers. This program is open to all children involved with the agency. If you would like more information about the program, please give Darlene a call at 905-623-6646.

The Durham Cruisers After School Program was started in 2004 thanks to funds received from the Durham Cruisers Motorcycle Enthusiasts. The Durham Cruisers continued to fund the program until 2008. Along with funds for the program, the Durham Cruisers donated many of the games and electronics available for use by the participants.

*Thanks to both organizations for helping us share the magic of mentoring with the children of Clarington.*

**Three Cheers for our Volunteers** - Big Brothers & Sisters of Clarington would like to thank our many volunteers who give their time and share their expertise, enriching the lives of the children of Clarington. Our Bigs are essential in bringing the magic of mentoring to our Littles.