

Meet Roxanne and Molly!

Roxanne and Molly will be celebrating six years together this summer! This match has built their foundation and connection on common experiences. Over the years, they have made incredible memories together while experiencing so many wonderful things that Duluth and the surrounding areas have to offer.

Some of their favorite memories include moments in nature such as observing Lake Superior's winter waves together, hiking at Enger Tower and Lester Park, swimming in the lake at Roxanne's place, and bike riding on the Munger Trail. They have also experienced some of Duluth's wonderful gems together like Toasty's, Wussow's Concert Cafe to play games, The Duluth Playhouse, the UMD planetarium, and the Great Lakes Aquarium.

Roxanne shared a memory of the two of them sledding down a hill at a golf course with Molly's sister's match that was full of laughter and where everyone could just be themselves and enjoy being together!

Something that has become a regular connection for Roxanne and Molly is playing the card game Garbage. Roxanne said that many times Molly has to re-teach her the game, and in those times, Molly is so patient with her as she helps Roxanne learn.

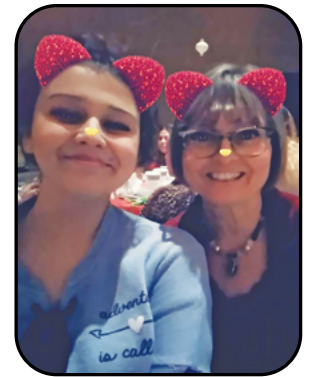
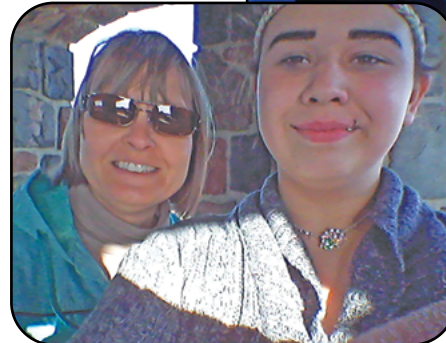
Molly has a two-year-old son named Kahlil, and Roxanne has gone with both of them to play at the library. Roxanne is inspired by the way that Molly cares for Kahlil with such attentiveness and intentionality, and Roxanne shared that Molly has always been so good at caring for children.

Roxanne also shared that she is inspired by the way Molly is very creative with coming up with solutions to things and how she is curious and asks questions. Roxanne also sees how loyal Molly is to family and friends and also recognized how extremely generous Molly is with those around her.

When asked about the match, Molly said that she has really enjoyed all of the time she has spent with Roxanne. She said Roxanne is such a good person and good listener who is so easy to talk to and get along with. Molly has really enjoyed the time that they have spent together and all the memories they have made!

This match will be closing this year due to Molly's age and upcoming graduation.

Roxanne and Molly, we celebrate you and are filled with gratitude and inspiration by the way you both have shared your lives with one another! We wish you both the best!



Health and Wellness with The Duluth Noon Optimist Club



The Duluth Noon Optimist Club has been in the Duluth area since 1947. Formed with the mission to help youth, they serve the Twin Ports areas in various ways, including helping sponsor the Mentor North picnic every year! The Duluth Noon Optimist Club is a member of Optimist International, with clubs in all 50 States, Canada, and the world. Optimist International is one of the world's largest and oldest service organizations with over 160,000 members in over 4,000 Optimist Clubs. The Duluth Noon Optimist Club directs their efforts to meeting the needs of area youth. The Club establishes their own goals, raises their own funds and makes their own decisions on how best to utilize our financial and human resources. Some of the projects they work on are:

- Caps for Kids, knitting hats for babies and children
- Mentor North, funding projects and hosting the summer picnic

- Lake Superior Zoo Easter Egg Hunt volunteers
- Second Harvest Northern Lakes Food Bank volunteers
- Essay Contest and Scholarship
- Oratorical Contest and Scholarship
- Music Contest and Scholarship
- Childhood Health and Wellness Program
- Partnering with local agencies that work with youth
- Drug-Free High School Graduation Party funding

The Duluth Noon Optimist Club invites you to get involved by becoming a member. The time you spend helping others is returned tenfold to the community. For every Optimist Club member, there are 30 youth helped in some way. By providing hope and positive vision, Optimists bring out the best in youth, our communities, and ourselves.

Find us on Facebook: [facebook.com/Duluth-Noon-Optimist-Club-275557710426](https://www.facebook.com/Duluth-Noon-Optimist-Club-275557710426)

Cultivating a Wellness Attitude

Fostering healthy behaviors, staying active, and eating nutritiously are vital components of a child's development. Additionally, it's been proven more effective to establish a wellness mindset during childhood rather than trying to modify unhealthy behaviors during adulthood. With support, young people can develop their capacity to establish a healthy balance in their life.

When it comes to nutrition, there are many factors that come into play. Not only is there advertising to compete with

(think fast food restaurants, sugary snacks, etc.), but there's also hectic schedules to manage.

Focusing on nutri-

tion can help youth maintain a healthy weight, stabilize their moods, sharpen their minds, and avoid a variety of healthy problems. Good nutrition has also been linked to improved mental and emotional wellbeing.

Cooking more meals at home can be a great way to start the good nutrition journey. Involving youth in the cooking process is not only a fun activity, but it can also provide a great opportunity for conversation and education.

To get started, check out the recipes provided on the next page.

You can also visit [actionforhealthykids.org/healthy-activities-to-do-at-home/](https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/) and [bgca.org/programs/health-wellness](https://www.bgca.org/programs/health-wellness) for additional activities and resources to support childhood wellness.

Sources: [cdc.gov/chronicdisease/resources/publications/factsheets/children-health.htm](https://www.cdc.gov/chronicdisease/resources/publications/factsheets/children-health.htm).



Zucchini Fries

Ingredients

- 2 small zucchinis, trimmed and cut in half
- 1 tbsp seasoning of your choice (salt and pepper, or salt and garlic powder work great!)
- 1/2 cup almond flour
- 1/2 cup cornstarch
- Oil for spritzing

Simple Aioli

- 1/3 cup mayonnaise
- 1 small garlic clove, pressed
- 1/4 tsp smoked paprika
- 1/8 tsp salt

Directions

1. Preheat oven to 400 degrees
2. Cut the zucchini into French fry size strips. Toss the zucchini with the seasoning in a medium bowl and let stand for 5 minutes. Drain the liquid from the zucchini.
3. Combine the almond flour and cornstarch in a shallow bowl. Working in batches, toss the zucchini in the flour mixture (your hands will work best for this part!). Shake off the excess flour from the zucchini.
4. Spritz cookie sheet with oil, transfer the zucchini to the trays, and spritz the zucchini liberally with oil. Cook for 15 minutes, rotating the trays halfway through. This could also be cooked in an Air Fryer.



5. Meanwhile, combine the aioli ingredients in a small bowl.
6. Serve the zucchini fries with the aioli.

Sweet Potato Black Bean Enchilada "Bake"

Ingredients

- 1 large sweet potato, peeled
- 1 small red onion
- 4 oz. reduced-fat cheddar cheese (1 cup grated)
- 1 can (15 oz.) reduced-sodium black beans, rinsed and drained
- 1 tsp ground cumin
- 1 cup red enchilada sauce, divided
- 6 6-in. corn tortillas, divided
- Optional toppings: salsa, sour cream or Greek yogurt, diced avocado, cilantro

Directions

1. Chop the sweet potato into a microwave safe bowl.
2. Finely chop the red onion. Add the red onion to the bowl. Microwave, uncovered, on HIGH, for 3–4 minutes.

3. Remove the bowl from the microwave, add the black beans and cumin to the bowl and mix well.
4. Place three tortillas on the bottom of another microwave safe bowl or square glass baking pan. Pour half of the sauce over the tortillas, then add half of the filling and half of the cheese. Repeat the layers.
5. Microwave, covered, on HIGH for 6–8 minutes.
6. Place an oven rack 2–4" from the heating element. Preheat the broiler.
7. Remove the pan from the microwave. Uncover and broil for 2–3 minutes, or until the cheese is melted and lightly browned.
8. Serve with optional toppings.



Program Updates



Launching Fall 2021: Mutual Mentoring

Mutual Mentoring is an intergenerational mentoring program connecting older adults to younger adults for a quality mentoring relationship built on trust, connection, and support. We look forward to sharing more with you in the coming months about this new Mentor North program. #celebraterelationships



We want to recognize our Five Points matches as they continue to work together to navigate through this unprecedented academic year. We are proud of you!

Five Points matches meet once a week to provide support, encouragement, and assistance with academics and overall socioemotional development. Interested in Five Points for the next academic year? Watch our website for updates.



We host virtual trivia the first Tuesday of each month. Tune in through Facebook live at 5:00pm. All are welcome to play, and it's always a good time.

?? HAVE YOU VISITED OUR WEBSITE LATELY? ??

If not, we encourage you to check out mentornorth.org. We recently updated our content and made some changes to make navigating through our programs and resources even easier. You might also have noticed that our newsletter is switching to a quarterly format. While our monthly newsletters have been great, we were ready to make a change. We look forward to delivering more pictures, stories, updates, and fun to you on a quarterly basis through these newsletters. As always, please reach out to us if you have any questions about our organization or programs!



Help us spread the word to recruit mentors!

Do you know someone who would make a great mentor? We want to talk to them. Please have them contact us through our website or by emailing info@mentornorth.org.



Becka Tuinei-Williams

*Meet Your Mentor Superior
Program Advocate*

Welcome Becka Tuinei-Williams

My name is Repeka-Lynn Tuinei-Williams, please call me Becka. I am truly excited to be part of the Mentor North team, and to have the opportunity to engage in work that makes a difference in the Superior community.

While I am still getting to know all of you, I want to share a little bit about myself and my experiences. I am an American-Samoan. My Finnish and German mother met my Samoan father, who was serving in the Airforce, at the Duluth Air Base. Unfortunately, my parents divorced when I was very young. As my mother grew up in Superior, she moved us back to her hometown. I have also planted my roots and my family in Superior. I have been a single, low-income mother who has had to rely on assistance programs, lost my own mother to Alzheimer's, and lost a job due to COVID-19. I understand what it is like to experience different hardships, and I bring this to my work with Mentor Superior as I look to be a resource and support for matches, mentors, and families within this community.

I have been married for seven years to my husband, Ahmad, who is African American. I have 19-year-old twin boys, and my husband and I have a 12-year-old daughter. Currently, I am working on a degree in human services from Wisconsin Indianhead Technical College in Superior. In my free time, I enjoy volleyball, bonfires, barbeque, and spending time with friends and family.



Fun Facts about Becka!

- ★ Favorite Ice Cream: Caramel Butter Pecan Praline or Goo Goo Cluster
- ★ Dream Vacation Destination: Any tropical island, but I would like to visit American Samoa
- ★ Favorite Food: Seafood or Mexican
- ★ Favorite Place in Superior: Pattison Park or Wisconsin Point

Give Becka a call at 218-606-2789 or contact her at rtuinei-williams@mentorsuperior.org.



www.thehillisyfs.org

Finding Gems in Everyday Life

By Sonja Wildwood, MA, LPCC clinical therapist with The Hills Youth & Family Services

It is the time of year when a lot of Minnesotans (even the winter-loving ones) are looking toward the spring that can present shifts in many areas of our lives. In Duluth, the weeks between the transition of winter into spring can seem to take forever. It can be hard to find some sparkle in these times. This winter, better yet this year, has been an unprecedented one and it can be hard to find hope, beauty, and inspiration in our everyday lives, particularly when we are in survival mode. This early spring day, I am trying to focus on how we might find some gems in everyday life. Gems can be moments, people, animals, interactions, things, experiences



Child's Eyes
Look around with fresh eyes and a beginner's mind, even if it's a place you know well. Keep looking until you discover something you haven't noticed before.

-from **Growing Mindful** card deck

..... and more. As a parent of a toddler, I often receive the invitation to slow down and notice the wonder around me (think snowflakes, a bird, the moon, a colorful piece of trash – really anything). I admit that I don't always accept this invitation, but when I do, it can feel pretty

powerful in grounding and in finding some moments of pure delight. I am inviting you to take a moment to slow down, look around, and see the beauty, presence, and hope around you – however that unfolds for you. Above is a guided meditation that may help get you started.

You can take that simple meditation a step further and examine the object more. What does it look like? Feel like? Sound like? Smell? Taste? This is a practice of mindfulness, being present in the moment without judgement. Mindfulness is a strategy that can help many to reduce stress, find focus, cope throughout the day, and much more. Practicing mindfulness can be as simple as using a child's eyes to help notice little glints of beauty around you. For more information on beginner's mind, check out Jack Kornfield's site: jackkornfield.com/beginners-mind/. You can also find guided meditations and imagery on the web. Happy Spring and may you find many gems along the way.

Do you have questions or want to share an experience?
Contact Sonja at 218-623-6476 or at swildwood@thehillisyfs.org.



Matchiversaries

Mentee	Mentor	Match Date	Mentee	Mentor	Match Date
Da'Shiya	Stephanie Upton	4/22/2009	Jasper	Jeff Heskin	5/27/2020
Mya	Cindy Kunz	5/6/2013	Jaliyah	Laura Borud	6/15/2020
Kylie	Rachel Swanson	5/21/2013			
Tessa	Julie Bard	6/15/2015			
Arianna	Robin Madsen	4/28/2016			
Skye	Carolyn Kerns	4/10/2017			
Chloe	Biz Sorenson	5/25/2017			
Eileen	Rachael Larson	6/2/2017			
Sierra	LaReesa Sandretsky	6/8/2017			
April, Eddie, and James	Sally Maddy and Colleen Belk	6/20/2017			
Kaden	Daniel Kight	6/27/2017			
SaVant	Anne Collins	6/30/2017			
Mattaya	Olivia Krenz	4/19/2018			
Ella	Nicole Rusk	4/24/2018			
Alex	Julie Gard	4/27/2018			
Estella	Susan DeNio	5/1/2018			
Christine	Charlotte Currie	5/10/2018			
MyKayla	Jordan Simpson	5/17/2018			
Emerie	Tianna Day	4/8/2019			
William	Melody David-McKnight and Gerald David	6/1/2019			
Keionni	Niki Whittet	6/19/2019			

Congratulations Matches!



Mya and Cindy are celebrating their 8th matchiversary in May!

Thank You for Your Support!

Remember the story about Bill Scott and James Knight that we featured in our March newsletter? Check in with this former match and all that's happening with Boat-Load-Mate's over at facebook.com/supportBoatLoadMate or find them on Amazon.



Mentor North was recently recognized as a Whole Foods Co-op Community Partner! Thank you Whole Foods Co-op!

Did you know that you can support Mentor North by shopping at AmazonSmile? AmazonSmile will donate 0.5% of the price of eligible purchases to Mentor North when you select us as your favorite organization. Visit smile.amazon.com/ch/82-5321850 to get started.





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[#celebrateyouth](https://www.instagram.com/celebrateyouth)

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For the latest events and updates, be sure to check us out on social media.
Find us @mentornorth on Instagram and Twitter and @mentorduluth and @mentorsuperior on Facebook.

Mentor Duluth, Mentor Superior, Five Points, and Mutual Mentoring are programs of Mentor North.