



Spring/Summer 2022
*Connections,
Celebrations, and
Community with
Mentor North*

The Promise of the New Year

Many of us pause at this time of year to reflect on who we are, what we have done, and where we want to go. The new year gives us a moment in time to make new promises to ourselves, our loved ones and our community.

With the youth in our community going through another year of quarantines and isolation, we know they need adults more than ever. They need our support to fulfill their promises to themselves and others. They need us to celebrate the small and big accomplishments they have made.

YOUTH NEED US TO TRULY CONNECT, LISTEN, AND INSPIRE.

If you find yourself reflecting on what you can do to help your neighbors and community, we hope you consider mentoring!

-Beth



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Our Mentor North 2022 Promises:

1.

Recruit, train, and match 75 mentors with youth who are waiting. (That's more than double from 2021.)

2.

Provide more support and updated training to our current mentors. Mentors will participate in training where they can share knowledge and wisdom about their experiences with each other.

3.

Build safe mentoring environments for all! Connect Black, Indigenous, youth of color and queer youth to mentors who share their culture and identity.

4.

Expand our mentoring work to include intergenerational mentoring that supports both young adults and elders.

mentornorth.org

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.



Consistency is key!

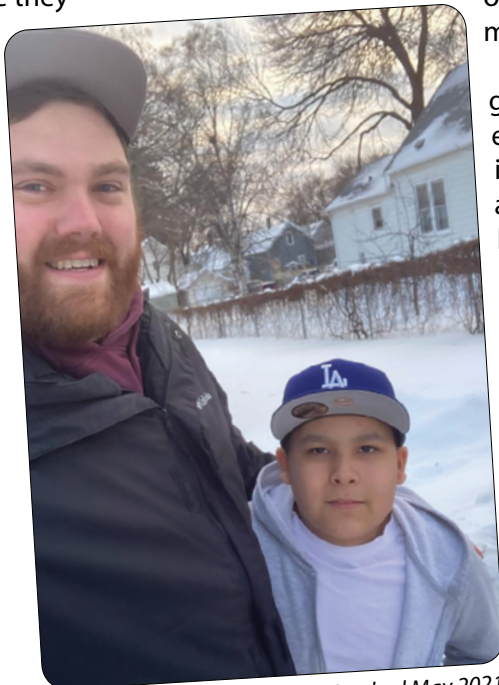
Building Trust in Mentoring.

Board games at Wussow's Concert Café is a go-to activity for Shaun and Ross. Ross introduced Shaun to the Forbidden Island Game and it quickly became a favorite for this match. While they have a typical window seat at the café and a good routine there, this match also enjoys trying lots of different activities together during their mentoring time.

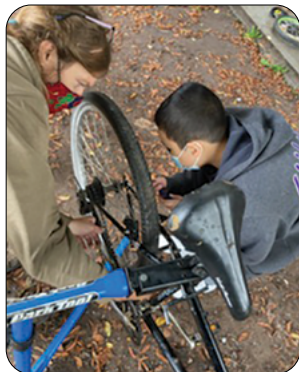
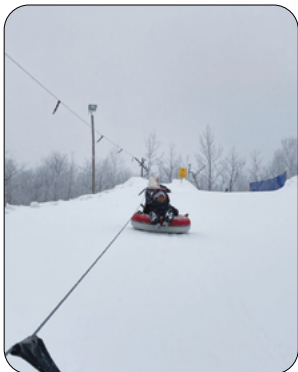
As Ross reflected on the match, he shared that mentoring has been a process of resetting expectations and reminding

himself that relationships take time. Although they haven't been matched very long yet, Ross has seen just how important consistency is to developing a relationship of trust with his mentee Shaun.

The match is going to continue exploring new interests and activities, and both Shaun and Ross are looking forward to going bowling together in the near future. We're also sure that you might also find them in that window seat at Wussow's from time to time playing games and talking strategy.



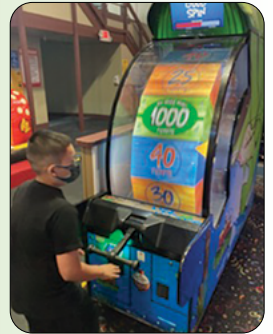
Everything is going great! Matched May 2021.



This mentoring in action story is brought to you thanks to support from Whole Foods Co-op.

How do Shaun and Ross spend their time together?

- Flying high at Defy Trampoline Park
- Eating tasty ice cream at Love Creamery
- Exploring Great Lake Aquarium
- Playing disc golf
- Visiting the S.S. William A. Irvin Ore Boat Museum
- Going on all the water slides and the lazy river at Edgewater Waterpark.
- Playing arcade games
- Trying their skills at laser tag and air hockey at Adventure Zone
- Channeling their creative side at The Pottery Burn Studio in Superior
- Taking a trip to the Bike Cave where Shaun was able to select a bike he liked and spend some time volunteering to fix up one that someone else could take home.
- Adventuring in a corn maze, enjoying a hayride, and picking out pumpkins at a pumpkin patch.



A fun story about their visit to the corn maze:

They first did the corn maze where they were supposed to find 6 posts with words on them to fill out a card and get a prize. They got lost a few times and definitely went in circles, but they took turns making some decisions on how to find the posts and where to go. In the end, they found them all!



Connections, Celebrations, and Community with Mentor North

Why Mentoring?

Who is a past or current mentor in your life? We invite you to think about that person and the relationship you have with them as you continue reading.

While individual answers to these questions vary, nearly everyone can identify someone in their life who has filled the role of mentor for them at some point.

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter.

In our programs, (youth) mentees have the opportunity to:

- Develop a positive, caring relationship with an adult who listens to them, respects them, and is there to support them
- Try new activities while also sharing their favorite hobbies and interest with their mentor
- Learn more about themselves
- Begin to thrive, not just survive
- Share their voice/story/experience

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

-Maya Angelou

What if I can't become a mentor right now?

Please refer others to us! Help us spread the word about the importance of mentoring and the need for mentors in our community.

The need for mentors is great.

We make matches based on shared interest, shared personality, and preferences of youth, family, and mentor. The more we get to know you, the better the outcome of us matching you successfully.

There isn't one right way to mentor. The mentoring field is as diverse as the individuals who comprise it. All are welcome – we hope you'll join us!

In just four hours a month, you can make a difference in the life of an area youth. In 2022, we are looking to get more youth matched with the mentor they've been waiting for, but we need your help to make this happen. Start your journey of becoming a mentor today, but visiting our website at mentornorth.org and clicking on Sign Up.



mentor north

*supports
four
programs:*

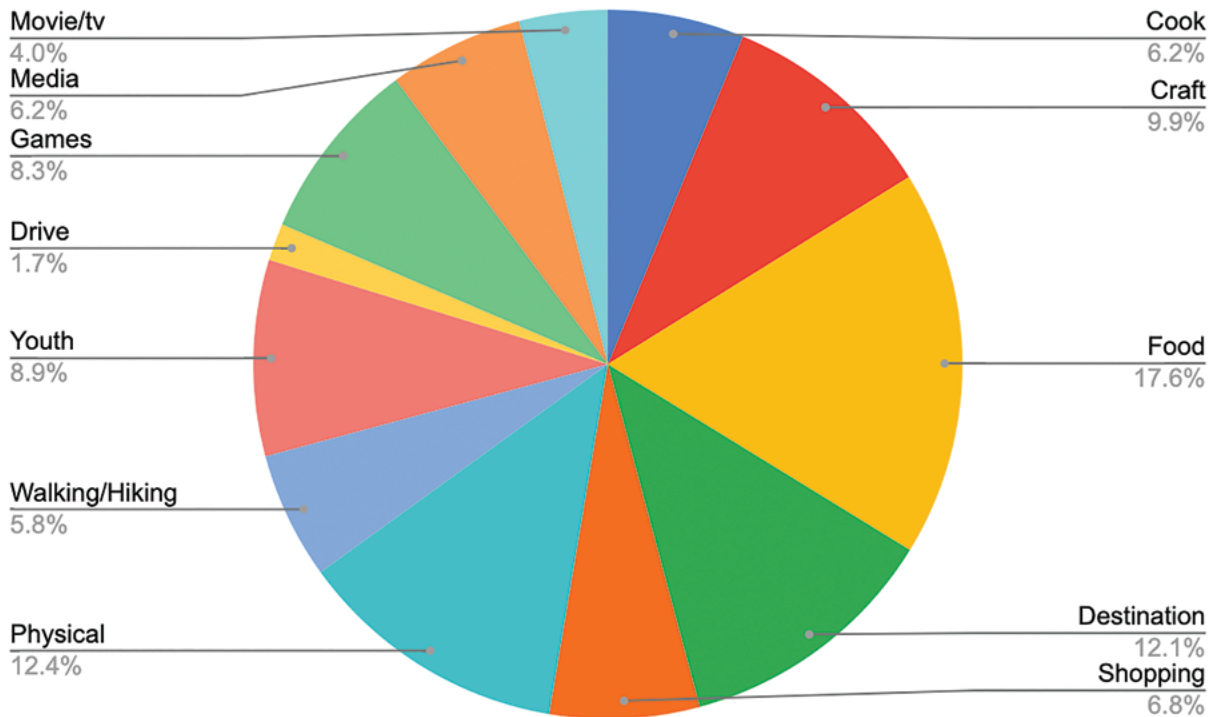


If you or someone you know is interested in becoming a mentor in Superior or enrolling a youth participant, a great place to start is the Sign Up tab on our website. Find us at: mentornorth.org. Have you heard about our Mentor Superior Subcommittee? This group of dedicated folks meets monthly to assist our team with recruitment and fundraising efforts in support of Mentor Superior and Mentor North in general. If you've been looking for a way to get involved with our organization and you live or work in Superior, this could be a great group to join. Contact info@mentornorth.org for more information. Our Mentor Superior program is growing and we greatly value the support, energy, and passion of the Mentor Superior Subcommittee.



Mentor Duluth has been a fixture in our community for a long time now, and we are proud to continue this program as part of our nonprofit, Mentor North. When did you first hear about Mentor Duluth? Were you a mentee or mentor prior to 2019 when Mentor North was formed? We'd love to connect with you to hear about your experience in Mentor Duluth. Maybe you have some photos or memories to share? Send information to us at info@mentornorth.org. We look forward to reminiscing with you!

How Our Matches Spend Their Time Together



- Mentor Duluth
- Mentor Superior
- Five Points
- Mutual Mentoring

Program Updates

“

A mentor is someone who sees more talent and ability within you, than you see in yourself, and helps bring it out of you. -Bob Proctor

”



We continue to be thankful for the creativeness of our Five Points mentors and the resilience of our Duluth area youth who are participating in the program this year. Given the availability of academic assistance programs within our public schools and other youth serving agencies, our organization has determined that it will be best to retire Five Points and not run the program in the coming 2022-2023 academic year. Our goal is to take all that we've learned by running this program and bring that knowledge into the design and mentor training provided in our Mentor Duluth and Mentor Superior programs.



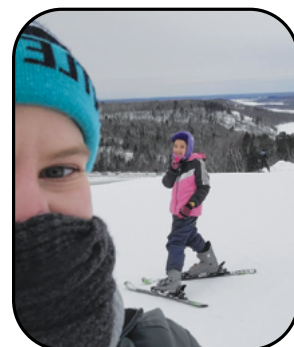
We are excited to report that matches were officially made in this new program during January! Both the Older Adult Mentors (OAMs) and Younger Adult Mentors (YAMs) are excited to be paired, and have already started forming lasting connections. We can't wait to share more about this new program with you as the year continues. Thank you again to Duluth Aging Support and the College of St. Scholastica's Dignitas Program for their partnership and support.

Want to Talk to a Program Advocate?

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Azrin Awal | she/they pronouns
Mutual Mentoring and
Five Points Program Advocate
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Let's Celebrate!

Mentee

Mya
Eden
Tanya
Mariah
Arianna
Destyni
Whispers In the Wind
Eileen
Sierra
SaVant
Jemica
Journie
Ella
Alex
Estella
Christine
Joe
Calliope
Sincere
Emerie
Amelia
Gabe
Nahla
Myia
Scarlett
Jasper
Aaliyah
Aaliyah
Annabel
Jae
Angel
Dayton
Shaun
Faith
Lilli
Heaven
Poemaut
MarAnda
Kylah

Mentor

Cindy Kunz
Katelyn Baumann
Robbin Tuominen
Nicole Manion
Robin Madsen
Alice Werle
Amanda Imes
Rachael Larson
LaReesa Sandrestsky
Anne Collins
Angela Follin
Meghan Lozinski
Nicole Rusk
Julie Gard
Sue DeNio
Charlotte Currie
Amanda and Dan Linquist
Leanne LeNeau
Serrano Robinson
Tianna Day
Claire Musech
Jerry Madsen
Rachel Koenen
Miranda Rinne
Linda Kelly
Jeff Heskin
Abby Goodel
Leslie Larsen
Brooke Harvey
Peggy Trost
Bethany Bogenholm
Brody Gordon
Ross Thorn
Maddi Lutz
Rachel Cheney
Marie Riesland
Kathy Bogen
Ava Meyer
Kristin Ketchum

Match Date

05/06/2013
03/07/2014
07/25/2015
03/25/2016
04/28/2016
07/06/2016
07/12/2016
06/02/2017
06/08/2017
06/30/2017
07/11/2017
01/15/2018
04/24/2018
04/27/2018
05/01/2018
05/10/2018
07/12/2018
01/06/2019
03/26/2019
04/08/2019
01/20/2020
01/30/2020
02/10/2020
02/11/2020
02/19/2020
05/27/2020
07/13/2020
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02/23/2021
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04/09/2021
05/14/2021
05/16/2021
05/20/2021
05/21/2021
05/27/2021
06/30/2021
07/30/2021

Congratulations Matches!



Poemaut and Kathy skiing at
Mont du Lac, December 2021.



With your support, youth will have more opportunities to develop resilience while forming connections that are key to defining their future. As an organization, we remain steadfast in our commitment to understanding and connecting with our community to meet the needs of all our youth. With your partnership, we will continue our work to create a community that values and supports youth as they become our future leaders, workers, business owners, and creative minds.

Consider making a donation today in support of youth mentoring by completing the form found at the end of this publication or by visiting our website to make your donation online.

Special thanks to J.R.Jensen Construction, Ursa Minor Brewing, Irving Community Club, Kiwanis Club of Friendly Duluth, and our holiday gift sponsors for their recent support of our programs!



Interested in learning more about supporting Mentor North? Contact Katie!

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Mentor North Development Coordinator
218-206-4430
kpease@mentorduluth.org



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BEVERAGES

NEW Activity Pass Perk!

Matches buy a cookie and/or a deli-made beverage at the Co-op and get an additional one for FREE!

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Please present your Match Card when redeeming!

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 Duluth, MN 55806

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Support Mentoring Opportunities by Making a Donation to Mentor North

- Choose your donation level:
- \$500 - Support getting the word out by sponsoring our newsletter
 - \$250 - Support enrolling and training new mentors
 - \$100 - Support recruitment of mentors
 - \$75 - Support fun activities for mentors/mentees
 - \$25 - Support youth and mentor recognition and celebrations
 - Other Amount \$ _____

Please make checks payable to Mentor North or charge to your credit card:

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Expiration Date: _____ Signature: _____

Name _____ Pronouns _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

This gift is in honor of: _____ Please send notification for this gift to:

Name: _____

This gift is in memory of: _____ Address: _____



Mail completed form and donation to Mentor North. You can also make your donation online through our website.