

## *Meet Julie and Alex!*

When sitting with Alex and Julie, there is a deep sense of groundedness felt. The connection they have allows for space that is easy to enter and exudes hospitality. Alex and Julie have been matched for three years. They express a deep sense of closeness as they have learned a lot from each other and have supported each other through hard times while also celebrating many fun times together. Some of their favorite things to do together are hammocking, hiking and walking, snowboarding and skiing, crafting-including beading and weaving, and sharing their mutual love for music and poetry.

One of their favorite memories was their first time snowboarding together. They love using the passes provided by Mentor North for Mont Du Lac, and laughed hard when recalling that experience. Alex said, "We fell a lot and we barely got ourselves down the hill". They also loved going to Gooseberry Falls and Betty's Pies early on in their match. And before the pandemic, they had a special memory of just hanging out at Julie's house, playing guitar, and painting while watching Bob Ross.

When asked what they have learned from one another, Alex paused and then expressed, "A lot. A lot. A lot." And Julie expressed, "I have a lot of respect for Alex. They are a very ethical person, and they have a strong sense of what they believe in. Alex is an activist and super involved in Black Lives Matter and other social justice movements. It is amazing to see them stand up for these things." Alex also expressed, "Julie has been there since the beginning of all things downhill and helped me through harder times."

Alex and Julie are full of light and care towards one another! They have one more year in our Mentor Duluth program before Alex graduates, and they are looking forward to more time on the Mont Du Lac slopes, hammocking in various Duluth parks, and showcasing some talent at Wussow's Concert Cafe.

Alex and Julie, we are so thankful that the two of you are a part of our Mentor North community and celebrate you both!



***Mentor North believes in the  
dignity of all people.  
Our goal is to create a vibrant and  
inclusive mentorship community.***

# Hello Summer!

## Enjoying the Summer Sunshine with Rebecca James-Alsum, Director of Programs

### The Sun by Mary Oliver

Have you ever seen  
anything  
in your life  
More wonderful  
than the way the sun,  
every evening,  
relaxed and easy,  
floats toward the horizon...

This is just the beginning of Mary Oliver's beautiful poem. The poem goes on to pull us into the details and power of noticing the sensations and rhythms of the sun and how we might connect to it, and sink into a deep observation of it. This is what summer brings out of me! A time to notice and embrace the sensations that come with a season full of life. And in the midst of so many challenges and unknowns, I am stretched to ask how I can notice the sun and rest in that. How can we tune our senses to natural cycles around us that can help ground us and remind us of the abundance in our lives?

**There are so many incredible opportunities and activities we can engage in the Northland during the summer months.**



Rebecca and her kids enjoying Park Point Beach.

### Some of my favorites are:

- The Beach. What more can I say? Park Point and Wisconsin Point have many access points that provide summer beach fun. Sandy play, paddle boarding, swimming for the brave ones.
- Park Point Trail. This hiking trail is at the end of Park Point and has incredibly beautiful trees, moss and all the good feels of a beautiful hike. It is great for kids, dogs and various abilities as it is a flat, wide trail. My kids and pup love this trail.
- Free live music at various parks and cafes. Check out [perfectduluth-day.com/duluth-events/category/music/](http://perfectduluth-day.com/duluth-events/category/music/) to get started.
- Eating fresh local food. Each year my family grows a small garden, frequents the area farmers markets and gets connected to a local CSA. [Localharvest.org](http://Localharvest.org) is a great resource if you're looking for markets or CSA options. You can search by city to see various options that are close to you!

## Staying Cool this Summer

What summer day is complete without ice cream? We've got you covered with this easy recipe from Food Network. Give it a try today for a sweet, refreshing treat!

### Base Ingredients

- 2 cups whole milk
- ½ cup granulated sugar
- 1 tablespoon vanilla extract
- 10 cups ice
- 8 tablespoons rock salt

### Mint Chocolate Chip Ice Cream:

- 1 tablespoon mini semisweet chocolate chips
- ¼ teaspoon peppermint extract

### Chocolate Ice Cream:

- 1 tablespoon unsweetened cocoa powder

### Strawberry Ice Cream:

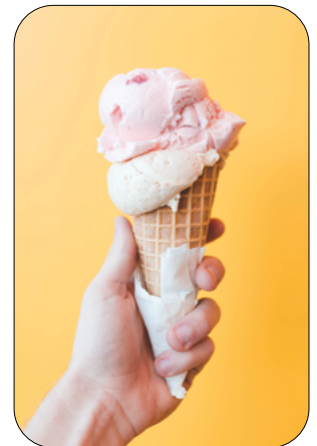
- 1 tablespoon strawberries  
(about 2 strawberries)

### Directions

1. For the base ice cream: Stir the milk, sugar and vanilla together in a medium bowl. Pour 1/2 cup of the mixture into a sandwich-size resealable plastic bag. Make vanilla ice cream or add in your desired

flavors to make mint chocolate chip, chocolate or strawberry ice cream. Tightly seal the bag. Put that bag into another sandwich-size resealable plastic bag and tightly seal. Repeat with the remaining batter and desired flavors.

2. Place the ice and the salt into a 4-quart food storage container with a lid. Put the filled bags into the container and secure the lid. Shake the container until the mixture is frozen and resembles ice cream, about 5 minutes. Remove the bags with the ice cream in it from the outer bag and snip a large piece off one corner of each bag. Pipe the ice cream into small bowls.



Source: [foodnetwork.com/recipes/food-network-kitchen/ice-cream-in-a-bag-5233580](http://foodnetwork.com/recipes/food-network-kitchen/ice-cream-in-a-bag-5233580)

# Mentor North Summer BBQ

We are so excited to announce that our Summer BBQ is returning this year! Please plan to join us on Thursday, August 5th from 5:00-7:00pm for food, games, and music. More information to come as the date approaches. Contact your Program Advocate or [info@mentornorth.org](mailto:info@mentornorth.org) with any questions.

Special thanks to The Duluth Noon Optimist Club for their continued support of this event, and to Infinity Massage & Wellness ([infinitymassageduluth.com](http://infinitymassageduluth.com)) for their event sponsorship this year.



# Mentor Superior Summer Fest

Save the Date! Saturday, July 24th is Mentor Superior Summer Fest. This outdoor event is a fundraiser for our Mentor Superior program.

With live music, food trucks, and

raffle boards, this event is going to be so much fun!

Check out the Facebook event (<https://fb.me/e/cTl8jV3dP>) for more info and updates.

Thank you to our Summer Fest event sponsors!



## Mentor Superior Summer Fest

Saturday, July 24th, 2021  
4:00-10:00PM



### Earth Rider Fest Grounds

1715 N 3rd Street  
Superior, WI 54880

\$5 cover charge



For more event info, find us @MentorSuperior on Facebook.

# Thank You for Your Support!



We had a very successful SpringForward MN 2021 campaign. Thank you to everyone who donated during this 11 day Minnesota-wide fundraising event.

*"The power of mentorship has been a driving factor in my life."*  
-James Knight, former mentee in the Mentor Duluth program



James Knight of Boat-Load-Mate with Mentor North Executive Director Erin Moldowski.

Thank you Boat-Load-Mate for your recent donation in support of our Mentor Duluth program!



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](https://smile.amazon.com/ch/82-5321850) to get started.



Your support matters. If you'd like to make a donation to Mentor North, you can do so right on our website ([mentornorth.org](http://mentornorth.org)). If you'd like to discuss opportunities for business sponsorships, including newsletter and event sponsorship opportunities, please email [info@mentornorth.org](mailto:info@mentornorth.org).

# Program Updates



## Calling Duluth Mentors Ages 65+

Are you 65 or older or do you know someone 65 or older? This is an open invite to all Duluthians 65 or older to join Mentor North's Mutual Mentoring program, where older adults are paired with younger adults for a mutually enriching relationship based on trust, respect, and understanding.

Mutual Mentoring is an intergenerational mentoring program connecting younger and older adults together for a quality, enriching relationship based on trust, respect, and curiosity. We believe that connecting generations together creates ongoing, mutually beneficial outcomes that advance the health and wellbeing of the match and the community. Learn more at [mentornorth.org](http://mentornorth.org).



*"[Five Points] took me out of my comfort zone and had me thinking on my feet, and exploring ways to make learning fun and interesting."- Five Points mentor Greg, pictured above with his mentee Kael*



The pilot year of Five Points has come to a close. We would like to celebrate each of our Five Points matches for making it through a year of lots of unknowns and challenges!

We are also looking forward to next year's program. While this next year of Five Points will look a bit different, we are excited to continue the program. If you're interested in becoming a Five Points mentor or if you have questions about enrolling your youth, please visit our website or contact us at [info@mentornorth.org](mailto:info@mentornorth.org).



## Are You Ready to Become a Mentor?

Share your unique skills, talents, and interests. Become a mentor today!

Our Mentor Duluth and Mentor Superior programs are actively recruiting for positive, consistent adults to become program mentors.

Email [info@mentornorth.org](mailto:info@mentornorth.org) to start your mentoring journey!



## Youth, We Want to Hear from You!

Your voice, your story, your way- You're invited to join our Youth Voice Project.

Mentor North is collaborating with DanSan Creatives for this project, and we'd love to have you join us. Contact your Program Advocate for more information.

Our project will be similar to the recent DanSan Creatives MixTape Project. Check it out at [dansancreatives.org/mixtapeproject](http://dansancreatives.org/mixtapeproject).





*Erin Moldowski*

## *Happy Trails to Executive Director Erin Moldowski*

Erin is a familiar face around Duluth and within the Northland's nonprofit community. Over the past several years, Erin has worked tirelessly to lead Mentor North to where we are today. While we are sad to say goodbye, we want to recognize and thank Erin for her phenomenal leadership.

*Thank you for everything, Erin!  
We wish you all the best in your  
next endeavors.*



Erin with former Mentor North staff members.



Erin and her sister Sheila (former mentor with Mentor Duluth).



Erin and her partner Pat.



Erin with her 2019 Duluth News Tribune 20 Under 40 award.

### ***A Special Message from Erin:***

*"During my time at Mentor North, I've had the incredible honor to watch matches connect, grow, and flourish together in relationships. I love seeing the diversity and creative ideas matches participate in together. They order pizza and hang out, go on college tours together, visit the Great Lakes Aquarium, go hiking on the many trails throughout Duluth, or play games across virtual platforms. Every day was a different story, and every day I saw how mentors and mentees made a positive influence in each other's lives.*

*As I transition out of my position, I am excited to welcome new leadership to the organization who will continue helping Mentor North grow and flourish.*

*Thank you to families, mentors, staff, and volunteers who make up this wonderful community."*



[www.thehillisyfs.org](http://www.thehillisyfs.org)

## The Healing Power of Nature

By Sonja Wildwood, MA, LPCC | she/her/hers pronouns

**“Come to the woods for here is rest.”** – John Muir

Do you ever notice a positive shift in your mood after you spend some time outside or even when looking outside a window into green space? The experience is real. There is a multitude of research that tells us that spending time outside and in nature helps us to heal, regulate stress and dysregulation, can decrease anxiety and depression, decrease anger, increase sleep, increase physical health (for example decrease blood pressure and increase your body’s immune response), and help with multiple other mental health challenges. The level of time or exposure to nature does not seem to matter a great deal, meaning we can be helped by taking in a plant along the sidewalk as well as by days in the Boundary Waters. Luckily for us, we are surrounded by green spaces throughout our twin port’s city limits as well as close to several parks and natural areas in the region. Here are a few ideas for accessing the healing power of nature:

- **Shinrin-yoku** – also known as “forest bathing” was coined by the Japanese government in the 1980s and means taking in the forest, specifically with your senses. A shinrin-yoku experience often includes leaving your phone behind (or turning off)



and being silent. It is for all levels of fitness and can include walking or simply sitting in nature. One uses the senses to take in the woods or green space. This might be listening to birds and other sounds, touching moss or other plants, and using your sense of smell to take in the air or the scent of a flower. Just 15 minutes of forest bathing can be helpful to your mental and physical health.

- **Gardening and growing plants** – whether it is one potted geranium or an entire garden plot, there are multiple benefits from the process of nurturing the growth of plants. You can start by planting a seed or buy a plant in a pot. We have many greenhouses, farmer’s markets, and shops that likely sell the plant that is right for you. This can also be a great experience for kids in learning to nurture and take care. When tending vegetables and herbs it is also a great lesson in where food and medicine come from.
- **Spend some time by water** - whether Lake Superior or Merritt Creek, many studies show that there is healing in taking in bodies of water, similar to forest bathing. It is also a great summertime cool down!
- **Turn off your phone, get quiet** – if even for a few minutes, taking a break from the chaos and being present in nature (and modeling this for our youth) is powerful.

There are so many ways to join nature, particularly in these summer months. I hope you find the ways that work for you!



**Do you have questions or want to share an experience?  
Contact Sonja at 218-623-6476 or at [swildwood@thehillisyfs.org](mailto:swildwood@thehillisyfs.org).**

# Matchiversaries

Mentee	Mentor	Match Date
D'Leah	Susan Berge	07/23/2013
Brayden	Geoffrey Wendorf	08/21/2013
Diamond	Tara Mattson	09/13/2013
Zayla	Jill Ellison	07/20/2015
Tanya	Robbin Tuominen	07/25/2015
Molly	Roxanne Maki	07/27/2015
Zachary	Michael Polzin	09/30/2015
Destyni	Alice Jacobson	07/06/2016
Whispers In the Wind	Amanda Imes	07/12/2016
Neveah	Mary Zastrow	09/29/2016
Jemica	Angela Follin	07/11/2017
Ian	Don McIsaac	08/10/2017
Carolann	Sarah Barnes	08/11/2017
Dakayla	Danielle Dahlheimer	08/25/2017
Christopher	Barry Beyer	09/06/2017
Jayden	Erica Klingfus	08/15/2018
Shiloh	David Updegraff	08/20/2018
Pookie	Danielle Smilanich	09/05/2018
Tyler	Lily Schubitzke	07/23/2019
Jayda	Chelsea Ruda	07/31/2019
Maranda	Christine Niedergeses	08/01/2019
Xavier*	Mia O'Brien	08/15/2019
Jorden	Billy Shaw	08/16/2019
Josiah	Daniel Rossow	08/29/2019
Brock	Scott Larson	09/10/2019
CorieAnn	Diane Lundahl	09/10/2019
Samantha	Allison Willingham	09/19/2019
Madison	Cassie Johnson	07/09/2020
Aaliyah*	Abby Goodell	07/13/2020
Aaliyah	Leslie Larsen	07/14/2020
Raven	Derrick Chamberlain	07/14/2020
Ka'Mya	Tia Chapinski	08/24/2020
Brooklyn	Maryann Bonneville	09/02/2020
Ziyah	Whitney Kolquist	09/14/2020
Emily	Vanya Rickmeyer	09/21/2020
Averi	Jamie Oberlander	09/25/2020

## Congratulations Matches!



Aaliyah and Abby



Xavier and Mia



206 W 4th St.  
Suite 202  
Duluth, MN 55806

NONPROFIT ORG  
U.S. POSTAGE PAID  
DULUTH, MN  
PERMIT NO. 99

[mentornorth.org](http://mentornorth.org)

Mentor North is funded in part by the Ordean Foundation, Heads of the Lakes United Way, the Duluth Superior Area Community Foundation, Duluth Aging Support, Otto Bremer Trust, The Sheltering Arms Foundation, and the Mardag Foundation.

**Celebrate Youth  
Celebrate Relationships**

July 2021 • Quarterly Newsletter

# Contact Us



**Erin Moldowski | she/her/hers pronouns**  
Mentor North Executive Director  
218-606-2772  
[emoldowski@mentorduluth.org](mailto:emoldowski@mentorduluth.org)

**Brooke Joyce | she/her/hers pronouns**  
Office Administrator and Mentor  
Duluth Program Advocate  
218-606-2536  
[bjoyce@mentorduluth.org](mailto:bjoyce@mentorduluth.org)

**Porsha Cline | she/her/hers pronouns**  
Mentor Duluth Program Advocate  
218-606-2558  
[pcline@mentorduluth.org](mailto:pcline@mentorduluth.org)

**Rebecca James-Alsum | she/her/hers pronouns**  
Mentor North Director of Programs  
218-606-2568  
[ralsum@mentorduluth.org](mailto:ralsum@mentorduluth.org)

**Karen Valdez | she/her/hers pronouns**  
Mentor Duluth Program Advocate  
218-606-2285  
[kvaldez@mentorduluth.org](mailto:kvaldez@mentorduluth.org)

**Becka Tuinei-Williams | she/her/hers pronouns**  
Mentor Superior Program Advocate  
218-606-2789  
[rtuinei-williams@mentorsuperior.org](mailto:rtuinei-williams@mentorsuperior.org)

Learn more about pronouns and why they matter at [mypronouns.org](http://mypronouns.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.

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