



The Mentors Plus Match

For members of the Mentors Plus Family

October, 2014

Volume 2, No. 10



The Piston's Basketball Season has begun. We currently have tickets available for Thursday, October 23 and Saturday, November 1st. Call Julie.

Quote of the Month

I've learned that I still have a lot to learn. 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."

Mya Angelou

Keeping this in mind ourselves, as we mentor, is important. Our facial expressions and body language are even more powerful than our words in effective communication. Having our mentees understanding this can help them build good social relationships with others.

Our newest mentee, Alexis



Fun Things to Do Anytime

*Practice your origami skills (or learn them from a library book), then hang your creations from the ceiling or give to a friend.

*Get a book on stargazing and identify constellations in the fall sky.

*Volunteer at an animal adoption agency.

*Plan and hold a game night with Charades, Pictionary or Bingo for friends or relatives.

*Investigate an ethnic grocery store and make a meal using interesting spices. (Check the web for recipes.)

October Announcements

★ **Please turn in your Monthly Reports by Friday, October 10th.**

★ **Volunteer with us at Gleaners to sort and pack food. Saturday, October 18th, 12:30-2:30, 12 E Columbia, Pontiac, MI 48340.**

★ **Mentors Plus Orientations: Thursday, 10-16-14, 6:00 p.m. and Saturday, 10-18-14, 9:00 a.m. Please send anyone interested!**

★ **Mentors Plus Annual Picnic, Saturday, 10-4-14 Noon-4:00 (Food til 2:00) Elks Lodge, #810 2100 Scott Lake Road (See attached Flyer)**

Julie's Corner



YogaLove2014 Event at Kensington Park

Over nine different types of yoga were taught at this wonderful event on September 7th. Funds raised were designated to support Mentors Plus and Danialle Karmanos's Work It Out, a yoga project in the Detroit Public Schools. Mentees Patrick and Brooke came out with their mentors, Thad and Jennifer to participate in the fun and help recruit more people as mentors. **Thad actually initiated & helped organize the entire event!**



Lee playing Frisbee golf.

Oakland County Youth Assistance



Mentors Plus

Be a friend. Show the way.

Oakland County Circuit Court-Family Division
Oakland County Youth Assistance
1200 N. Telegraph Road, Building 14 East
Pontiac, MI 48341-0452
248-858-0041



October, 2014	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*	*	*	1 *Wilson Barn Pumpkin Fest and Haunted Barn in Livonia: Daily activities include pumpkins, gourds and cornstalk sales, pony rides, hayrides; weekend includes an arts and craft show and more. 10 am-7:3-pm. Free.	2 *Ordinary People by Extraordinary Artists at the Detroit Institute of Arts: This new DIA exhibit features works of Degas, Renoir and more. 9 a.m.-4 p.m.	3 *Our Lady Queen of Martyrs Oktoberfest in Beverly Hills: Live music from Category Five, food trucks and more.6-11 p.m	4 *Open and Family Swim at the Recreation Center at Hillside in Northville: Enjoy the warm pool water at the Recreation Center at Hillside pool. Bring the whole family to splash around, practice swimming skills, or simply hang out in a comfortable environment. \$3 fee/ 1-2 pm.
5 *Fall Flavors Weekends at Greenfield Village in Dearborn: Cooking demos featuring Michigan-produced food. 9:30 am until 5:00 pm	6 *ArtPrize in Grand Rapids: Artists from all over the world show their work in three square miles of Grand Rapids with galleries, offices, restaurants, courtyards and parks as venues. Free	7 *BrightStars Nature Explorer Group at the Redford Community Center: Children will work to understand their world through outside play and activities which will allow them to discover nature. Free	8 *Holly Antique Car Show 2014: Holly Antique Car Show 2014 will be each Wednesday through October 22 in Downtown Holly. 5-9 pm.	9 *Family Movie Night: Royal Oak Farmers Market and enjoy a FREE movie showing of Despicable Me 2. Bring a picnic dinner or purchase food from the Market Snack Bar; sit back, relax and enjoy the show, rated G – appropriate for all ages. Doors open at 5:30, movie begins at 6:15pm	10 *Friday Night Hayrides in Farmington Hills Hayrides are scheduled at Heritage Park every half-hour on Friday evenings in the Fall. 5:30 pm - 7:30 pm/ \$5	11 *Boo Bash I - Addison Oaks – Addison Oaks Campground: A BOOnanza of fun-filled activities including campground trick-or-treating, face painting, Halloween contests, pumpkin crafts, campsite decorating, inflatable bouncers, team games, hayrides, a costumed DJ dance and the Haunted House.
12 *Fire Department Open House: Clawson Fire Department Open House. See the fire trucks, spray a house, tour the fire house, jump in a bounce house, free donuts and cider. Noon - 03:00 pm.	13 *Wilson Barn Pumpkin Fest and Haunted Barn in Livonia: Daily activities include pumpkins, gourds and cornstalk sales, pony rides, hayrides; weekend includes an arts and craft show and more. 10 a.m.-7 p.m.	14 *Skeletons Are Alive ; Downtown Northville welcomes more than 75 life-size skeletons imaginatively displayed throughout downtown.6:30-9 p.m/Free	15 *The Great ZooBoo at Binder Park Zoo in Battle Creek : Dress up in your Halloween costume and wind your way through a dedicated trick-or-treat trail! Once your little goblins and ghosts have trick-or-treated, stay a little longer and enjoy the great fall atmosphere and nightly entertainment venues.5:00 pm until...	16 *Fido Does Ferndale: Dog-related vendors, a pooch parade, the canine treasure hunt are all part of an evening dedicated to dog's and their owners. It's doggone good fun! 6:00 PM - 9:00 PM p.m.	17 *Fall Family Fun at Westview Orchards: The farm hosts backyard games, a straw mountain and kid mazes. Weekends add a 40-foot slide, wagon rides and jumping pillows.10:00 am until 5:00 pm.	18 *Fall Harvest Festival at Upland Hills Farm: Upland Hills Farm offers families animal visits, hayrides, cow milking, farm demos, magic shows and a storybook trail stroll.10:00 am until 5:00 pm. Prices Vary. *Volunteer with us at Gleaners to help sort and pack food. Wear closed-toed shoes. 12:30 – 2:30 p.m..
19 *Halloween Soup at the Historic Marquis Theatre: A granny who likes to cook her Halloween soup gets a fright when a bank man tries to snatch away her haunted mansion. Can she and her four daughters outwit him? 2:30 p.m./\$9	20	21 *Michigan Mysteries and Oddities at the Fraser Public Library: Michigan Road Trip Presenter Ron Rademacher presents on historic oddities and small town museums within our grand state of Michigan. Ages 10-plus. Register by phone. Free. 6:30 pm until 7:30 pm.	22 *Birds of Prey at the Northville Community Center: Discover the fascinating world of Michigan's birds of prey in the Howell Nature Center presentation featuring live hawks, owls, falcons and vultures, held at the Northville Community Center.	23	24 *Ghosts and Goblins Gala: Get your costume on & come to the Royal Oak Farmers Market Biggest Halloween Bash! Dance to the sounds of the Aaron Vaughn Band all night!! Taste some delicious treats from local restaurants! 7:00 pm - 11:00 pm.	25 *Trick or Treat for Costumed Kids & Their Parents: Ferndale kids -- in costume of course, and their parents are invited to visit participating retailers to get a special kind of haul and walk door-to-door in downtown. The shopkeepers will be happy to treat you! 4:00 PM - 6:00 PMp.m.
26 *Spooktacular: Trick-or-Treat at over 50 downtown businesses in downtown Royal Oak, plus enjoy special savings, treats and more! 2:00 pm - 4:00 pm.	27 *Treats in the Streets at the Detroit Historical Museum: Kids 12 and younger can trick or treat in the Streets of Old Detroit exhibit, enjoy refreshments, see the magic of The Amazing Clark, make a spooky craft to take home. Free 12:00 pm until 3:00 pm.	28 *Wee Halloween at the Fraser Public Library: Join the costume parade as we trick-or-treat around the library. Story and craft. For ages 3-12. Registration begins Oct. 7. 586-293-2055	29 *Lake Orion Halloween Parade: Children of all ages are invited to wear their costumes and walk in the parade through historic downtown Lake Orion. The parade line up will begin at 5:45 p.m. at the corner of Lapeer & Elizabeth Streets, across from the Ehman Center. The Halloween The pa	30 *Teen Halloween Party-Birmingham: Carve pumpkins while you watch a scary movie and eat candy! The library will provide the pumpkins and the carving tools. Vote for your favorite pumpkin carving at the end of the night and see who will be named Teen Pumpkin Carving Champion! Call (248) 647-1700	31 *Royal Oak, MI trick or treat: The City does not set official hours for Trick or Treating. It is up to the discretion of the parents and the persons handing out candy.	

1st Friday of the month is free at Cranbrook Art Museum

*** Watch local college athletes compete at Oakland University;** cost is \$5 for adults and \$3 for children 12 and under. The website for the schedule of events is <http://ougrizzlies.edu>

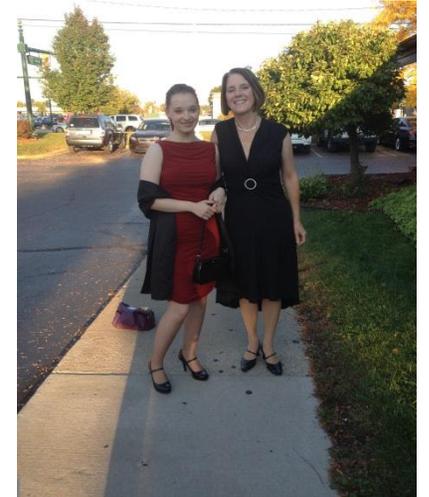
*** PLEASE CHECK YOUR LOCAL LIBRARY FOR STATE PARK *PASSES* THAT WILL ALLOW YOU TO GET INTO THE PARK FOR FREE.**

***Always check library's websites for registering information**

More Photos of Mentors Plus Fun!



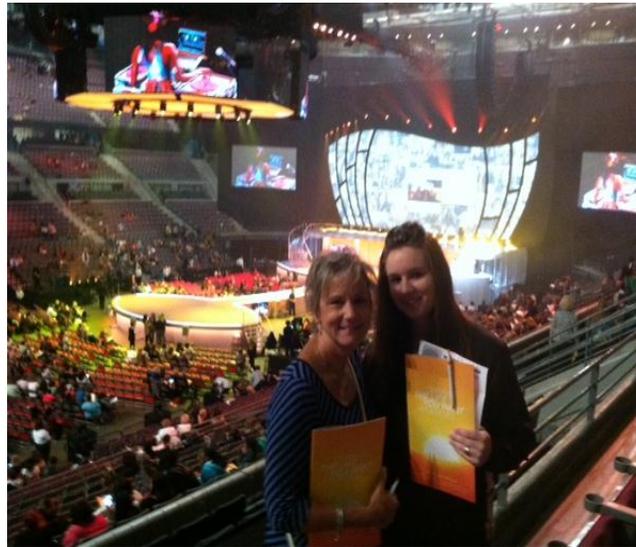
More YogaLove2014 Fun!



Dinnertime: Kathie and Laura



Kathie and Laura gardening



Betty Ann and Catlin at Oprah



Lee playing Frisby Golf

How to Deal With Disappointment As a Child or Teenager

It is very common and normal to feel disappointed at times. You could feel disappointed because you expected an A in your math test but you only achieved a “B” etc. However, how you deal with it is more important. Please share these ideas with your mentees.

Ad

Steps



1.

1

Be Positive. It means that you have to train yourself to be optimistic. For example, when your father promised to bring you to England but in the end he could not because of work, you should look at the bright side (you could tell yourself that staying at home meant that you have time to catch up on your homework).

2.



2

Do things you like when you are disappointed. For example, if you like to sing, sing when you are disappointed, really concentrate on the lyrics to distract yourself.



3.

3

Laugh Watch a funny movie or whatever will guarantee you can laugh.. You can easily distract yourself by laughing.



wikiHow

4.

4

Throw a Party If you are the party type, organize a party. That would definitely distract you, as your mind would focus a lot on organizing a great party and having fun at it.



5.

5

Express your disappointment healthily. You would feel better after expressing your feelings (healthily). You could write on your diary, write a song, write a poem or make a blog or do karate kicks or scream in your pillow etc.



wikiHow

6.

6

Call your friends. You could chat with your friend for hours to distract yourself.



7.

7

Ask your friend(s) to come over. You could ask your friend to come over to do some studying together, or just hang out (read magazines together, paint each others' nails, play video games together, etc.) That could keep your mind occupied.

For more information: <http://wikihow.com/Deal-With-Dissappointment-As-a-Child-or-Teenager>