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As I reflect back on the time since I became the Executive Director in April 2010, I am truly in awe of all the wonderful and productive matters that BBBS has been a part of in such a short time! The BBBS Board is a group of dedicated Members who have worked incredibly hard and diligently updating the agency's strategic plan so that we can continue to provide quality service to children and youth in Hastings and Prince Edward Counties and have a defined focus for our goals. Out of this work, came the need to revamp our current Fundraising and Special Events Position to develop a more defined Fund Development Coordinator position. Bonnie Perrigard who holds the current position will no longer be with us after December 30th. We wish Bonnie all the best as she moves onto new opportunities and we thank her for her time and dedication while with BBBS! In turn, we would like to welcome Mike Cooper, who will begin his position as

## ***Check out our Re-vamped website!***

We've re-launched our website! Thanks to the hard work of the folks at SNAP Design, we have a revitalized website that is vibrant, fun and informative! Check it out today...[www.bigsneeded.ca](http://www.bigsneeded.ca).

Don't forget you can also visit our Facebook page to see what we have been up to lately.

Find us on Facebook 



## ***The Goblins and Ghouls were out...***

If you had visited BBBS on October 29th, you would have had a howling good time! Little Brothers and Sisters were dressed up in ghoulish garb to celebrate Halloween. A special thanks to our placement student, Stephanie, for all of her hard work planning everything from crafts and games to a frightful ghost story to end the night.

Fund Development Coordinator with our agency starting on January 3, 2011.

I am also very proud of the Casework staff and all their committed efforts to provide services to many children in the Hastings and Prince Edward Counties areas. It's so wonderful to see the agency grow and thrive and to get such positive feedback from the community about the services we provide.

Lastly, in our office, is Alana Brown. I truly don't know where I would be without her. Alana helps keep me organized and by having her on my team, allows me the opportunity to get to other tasks I need to do, that with her assistance she relieves me of. Thank you Alana!

I am truly looking forward to the New Year, the challenges and the agency goals we have set for ourselves will be exciting! I have no doubt whatsoever that our agency will continue to be a strong advocate for children in need. I wish each and every one of you, a wonderful holiday season, cheers to the New Year and remember as you're making your New Year's resolution, resolve to help a child in need!

**"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."**

**Edith Lovejoy Pierce**

Sincerely,

Cheryl Whiteman  
Executive Director  
Big Brothers Big Sisters of HPEC





### **Christmas Cheer for Bigs and Littles**

BBBS will be celebrating the festive season by inviting Bigs and Littles (matched and waiting for a match) out to a Christmas Skating Party. The party will be held on Friday, December 10th at the Wally Dever Arena (265 Cannifton Road) from 6 p.m. to 9 p.m. There will be a pizza and potluck dinner. For more information, or to RSVP, please contact Caitlin at 613-962-3666, ext. 35 or via [cdougherty@bigsneeded.ca](mailto:cdougherty@bigsneeded.ca).



### **We Are Looking For...**

Ribfest Committee Members - if you are interested in helping to plan Ribfest 2011, our committee meetings will begin in January. Please contact the office at 613-962-3666 if you would like to volunteer for the committee.

Games and Compact CD Players - these will be put to

Here's something to get you through those hard, cold winter days...Quinte Ribfest will take place on August 12th, 13th and 14th of 2011! Mark it on your calendars now and think about BBQ, it will warm you up!!

Keep checking our Ribfest website, [www.quinteribfest.com](http://www.quinteribfest.com), for updates as we plan next year's event.

### **Three Local Agencies Receive Healthy Communities Grant**

The Ministry of Health Promotion is working together with communities to achieve a vision of Healthy Communities Working Together and Ontarians Leading Healthy and Active Lives.

Community Living Prince Edward, the Recreation Outreach Centre and the Prince Edward Fitness and Aquatic Centre are pleased to announce that through an innovative partnership they were successful in receiving a \$161,504 grant over two years from the Ministry of Health's Healthy Communities Fund to launch an innovative project called "Healthy Living for a Healthy Life".

"The partnership of these community organizations will bring expertise and resources together to create additional opportunities for individuals to participate in a healthy lifestyle program", said MPP for Prince Edward-Hastings, Leona Dombrowsky.

The partners will work together to promote active and healthy lifestyles for teens in Prince Edward County and for adults who have an intellectual disability. Together, new sporting and physical fitness opportunities will be created and people will have opportunities to try new things like skiing and sailing that otherwise would not have been possible. Cooking classes, workshops, and confidence building exercises will all be included in this project.

An advisory committee will be formed to help direct and guide the project. Additional community partners include Big Brothers Big Sisters of Hastings & PEC, the Prince Edward Family Health Team, Children's Mental Health Services, the Hastings &

good use for our three school based programs (In-School Mentoring, Go Girls! and Game On!). Please call us if you have an item (s) you would like to donate. We would be more than happy to pick up the item (s).

### ***New Faces at BBBS...***

BBBS would like to welcome Mike Cooper to the Fund Development Coordinator position starting on January 3, 2011. Mike has an education in both marketing and social work and with his dual background, no doubt he will bring forth a great amount of knowledge and skill set to our team. Mike also worked in the past with BBBS Lanark and therefore he also brings with him a true understanding of the not-for-profit world, and the concept of Big Brothers Big Sisters. We have no doubt Mike will be a great voice for BBBS! Please stop in and say hello!



Jennell Gourley joined our organization in November as Assistant Caseworker. Over the past few months she has assisted Ashley Thomson with the Go Girls! and In-School Mentoring Programs. In Ashley's words: *"Jennell has been invaluable to me for the last*

Prince Edward Counties Health Unit and the Salvation Army.

This project will help build community capacity, promote healthy lifestyles, confidence and skills that will last well beyond the life of the proposal.

If you would like more information contact Community Living Prince Edward, 613-476-6038, ext. 107 or the Recreation Outreach Centre at 613-476-2001.

### **Dancing with the Stars 2011 is in the Works!**

Calling all dancing queens (and kings!). Planning for Quinte Dancing with the Stars 2011 has already begun! The event will take place at the Yardmen Arena on Friday, May 27th beginning at 7:30 p.m.

We've already got two of our dancers lined up and our judges are busy sharpening their pencils!

Watch our spring newsletter for more details about ticket prices and ticket sale locations, or keep your eye on [www.quintedancingwiththestars.ca](http://www.quintedancingwiththestars.ca) for updated event information. Don't miss this year's event. It promises to be bigger and better than ever!



Jeanette Arsenault and Dave Allen, 2010 Dancing with the Stars of Quinte Champions!

### **Time to Say Farewell**

Over the past two years that I've worked for Big Brothers Big Sisters of Hastings & PEC as Special Events and Fundraising Coordinator, it has been my privilege to work with our many volunteers,

*couple of months! Her ambition, interest and hard work have not gone unnoticed. I am so thankful that she came onboard as my assistant and I'll be sad to see her go at the end of January!"*



### **An Important Reminder**

The National rules pertaining to overnights between Bigs and Littles are as follows:

- Overnights can take place only after the match is one year old.
- Overnight visits after one year can be no longer than three nights in a row and only four times per year.
- All overnights must take place in Canada.
- An "Overnight Consent Form" must be completed and signed by the parent and Big prior to the overnight and submitted to your caseworker.



sponsors and supporters.

I've had a lot of fun being involved in events such as Bowl for Kids Sake, the Great "It's A Piece of Cake" Bake-Off, Dancing with the Stars, the "Big" Easter Egg Hunt and of course, Ribfest!

I've also enjoyed putting this newsletter together for you each season so we could stay in touch and share with you the progress being made at BBBS.

I'll be moving on to new opportunities and challenges in the New Year, but I wish everyone here continued success in providing the programs and services that are so important to children and youth in our community.

It's been a pleasure!

Regards,  
Bonnie Perrigard

### **Air Miles for Gleaners Food Bank**

We've recently received Air Miles Reward Miles cards that can be used as regular Air Miles cards (where accepted) however, the Air Miles collected go directly to the Gleaners Food Bank. If you would like to give back in such an easy way, email us for more details or stop by our office to pick up this new Air Miles card.

It's



at BBBS

In January, we will be launching a new program at BBBS called Game On! Developed for male adolescents, GAME ON! uses a mentor approach to provide boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. Through non-traditional physical activities, complemented with healthy eating support, participants are engaged in life skills, communication, and emotional health discussions designed to engage participants in the pursuit of life-long healthy lifestyles. For more information about the program, contact Caitlin Dougherty at 613-962-

## **Looking to Volunteer? Consider In-School Mentoring....**

Are you looking for a rewarding way to volunteer your time? Why not become an In-School Mentor? Here is the story of one person who did.

Nicole and Edward were matched in October. Nicole is a community mentor who takes time off during her busy day to meet with Edward once a week for our In-School Mentoring Program. Nicole did not know what to expect when she first started the process to become an In-School Mentor, but it seems that she is thoroughly enjoying her time with Edward!

Nicole writes emails to Ashley, our In-School Mentoring Coordinator to keep her updated on the progress of the match. Here's one of the things Nicole had to say,

*"I know it's only been half an hour since my ISM, but I just wanted to send you a quick email and say how great it was! Edward is so cute and he's so well behaved and smart! He said that he had a lot of fun. He's a really great kid, a good listener; he plays games fairly and never complains if he loses! We talk a lot, he tells me about his weekend and how school is going."*

If you would like more information on what it takes to become an In-School Mentor like Nicole, check out our website, [www.bigsneeded.ca](http://www.bigsneeded.ca) or contact Ashley Thomson at 613-962-

3666, ext. 35.

## **Our Co-op Placement Students are Busy!**

We'd like you to meet two of our High School Co-op Placement students who have been working with us to deliver our mentoring programs within the schools.

### Lori DeWal - Bayside Secondary School

Lori selected BBBS as her grade 12 Co-op Placement. She fills her Co-op hours assisting children in our In-School Mentoring program. Lori is currently mentoring 22 children (yes, that's 22!) in three different schools; Queen Elizabeth and Prince Charles schools in Trenton and Bayside Public School. Lori's Co-op Placement will come to a close at the end of December. We will miss her as much as the children will!

### Tasha Wells - Prince Edward Collegiate Institute

Tasha is a grade 12 Co-op Placement student as well and having her on board has allowed us to reach out to two new community schools! In selecting BBBS as her placement, Tasha opened the door to not only future PECE Co-op students, but also to mentoring in the County at Pinecrest Memorial Elementary School and Queen Elizabeth School in Picton. Tasha is currently mentoring 15 children. We are hoping that Tasha will extend her Co-op Placement into the New Year and continue to mentor children within the Picton area.

Our thanks to both of them!

## **Team Building Day**

The staff and Board got together on November 27th for a teambuilding day. Dave Jones from PassionWorks was our guest speaker. It was a day of team connection, sharing the strategic plan with the staff, as well as much fun, laughter and of course, passion. A special thank you to Dave for coming down from Ottawa to spend the day with our team. The atmosphere was wonderful, we all learned that we can come together as a group, troubleshoot, and despite the rule breakers and the rule abiders, we're a team with common goals!

3666, ext. 34.

### ***Some Interesting Stats to Savor...***

There are currently 90+ matches within our In-School Mentoring Program (up by 62 matches from last year at this time) and 9 Go Girls! groups running within area schools (an increase of 3 more programs than last year at this time with 24 more girls in the program).



BBBS Board and staff members gathered for a team building day in November.

As these programs are volunteer driven, we'd like to send out a colossal thank you to all of the people who give of their time to ensure that these programs are a success. We could not do this without you and we appreciate your dedication and enthusiasm!

Thus far within the 2010-11 school year we have reached out to numerous new schools in order to expand our service delivery within our catchment areas. We have partnered with six new schools so far and we hope that number keeps growing!

The following new schools now feature these BBBS programs:

Foxboro - Go Girls!

Frankford Public School - Go Girls!

Marmora Senior School - Go Girls! and In-School Mentoring

Queen Elizabeth School in Picton - In-School Mentoring

Bayside Public School - In-

### ***If You're Planning a Visit to Us***

The office will be closed at noon on Friday, December 24th and will re-open at 8:30 a.m. on Monday, January 3rd.



### ***Are You Smarter than a Fifth Grader? Then Prove It!***

It's time to test your brain power at the 13th Annual BBBS Trivia Challenge! This fundraising event will take place on Friday, January 28th at the Trenton Legion, 2nd Floor, 19 Quinte St. from 7:00 p.m. to 10:00 p.m. Reprising his role as Trivia Master of Ceremonies will be Rick Kevan from Rock 107!



The rules are easy...gather your team of 8 to 10 people and contact BBBS to get your registration sheet. Registration costs only \$20 per person. Call 613-962-3666 for more info or to register!

## School Mentoring

Marmora Senior School - Go Girls! and In-School Mentoring

Pinecrest Memorial School - In-School Mentoring

Ashley Thomson and Jennell Gourley have been busy running Go Girls! programs in numerous schools. Together the girls are running 7 Go Girls! groups this term. They hope to reach out into the community for some new Go Girls! facilitators in the New Year.



Here's a quote from Morgan, a new Go Girls! facilitator:

*"I had such a great time today! The girls are great, and two of them are even campers at the camp I use to work at! It went way too fast, but we had some good laughs and some great discussion".*

*"I wish I could make a career out of this! I can't wait till next week".*

If you would like more information on what it takes to become a Go Girls! facilitator, contact Ashley Thomson at 613-962-3666, ext. 34.

## Our Thanks to You!

From all of us at BBBS, we'd like to send our thanks to the following people who have made our lives a little brighter at this time of year...

- Northern Lights Canada thank you for your \$500 donation to our organization. It will help many young people in our community.

- Thank you to our tireless Bingo volunteers, Joe Morton, Heather Gagnon and Bill Peck. You work on our behalf all year long and help us to generate the funds necessary to keep our organization going strong!

- The Canadian Union of Public Employees 1133 choose a charity or organization to donate to each year from the local area. This year BBBS was chosen by the CUPE 1133 members for a donation of \$500. They sited that the work that our organization carries out "has a great impact on our community and is felt by many." These funds will be used to provide a Christmas party for our Bigs and Littles.

- Thank you to the gentlemen from Addiction Services who have lent their assistance to various projects around the BBBS office.

- Ed Pallo, Hastings Network Optimal Services Inc., (HNOS), we can't thank you enough for wrestling our computers into shape for us through your ongoing IT support.

- Thanks to Fairfield Inn and Suites, Belleville for your recent donation of furniture for our BBBS office and to Discount Car and Truck Rentals for your donation of a truck rental to transport the furniture!

- A delicious pizza lunch came courtesy of Papa John's when BBBS was selected as Business of the Day. YUM!

- Thanks to the Kinsmen Club of Belleville for donating use of the Investia Suite for the Belleville Bulls game taking place on Saturday, December 4th.

**Go Girls!**  
Healthy Bodies, Healthy Minds

## Bowl for Kids Sake 2011

Calling all bowlers! Bowl for Kids Sake 2011 will take place on Sunday, March 27th at Quinte Bowl in Belleville.

Gather your team together and register now by calling 613-962-3666, or obtain a pledge form from our website; [www.bigsneeded.ca](http://www.bigsneeded.ca). On-line pledging will be available in the New Year.

## ***Celebrations!***

### Match Anniversaries

#### January

Stephanie & Sabrina - 1 year

#### February

Shane & Charlie - 5 years

#### March

Rob & Donnie - 2 years

Deb & Hanna - 1 year

Doug & Jon - 2 years

#### April

Leslie & Kassi - 3 years

Alice & Jessica - 4 years

Suzanne & Paige - 2 years

### January Birthdays

Littles: Rowan  
Alex

### February Birthdays

Littles: Brianna  
Kassi  
Caissie

Bigs: Sherrie  
Mike  
Deb

### March Birthdays

Littles: Hanna  
Sabrina  
Matthew  
Donny  
Jon



Little Sister Courtney and her Big Sister Juanita took part in BFKS 2010!

This year, participants in BFKS raised close to \$30,000 in support of the programs and services of Big Brothers Big Sisters. Let's see if we can beat that total in 2011!

**Change your shoes in 2011 and change a life!!**

**From all of us at BBBS, best wishes for a happy and safe holiday and a joyous New Year!**



Cole  
Claire  
Jessica

April Birthdays

Little: Kaden

Bigs: Brenda  
Janet



## About Big Brothers Big Sisters of Hastings & PEC

Mission Statement: To foster, facilitate and support diverse mentoring programs for children and youth in need within our communities.

Vision Statement: To significantly contribute to the healthy development of children and youth within our communities.

Our staff:

Cheryl Whiteman, Executive Director, ext. 39, [cwhiteman@bigsneeded.ca](mailto:cwhiteman@bigsneeded.ca)

Caitlin Dougherty, Caseworker, ext. 35, [cdougherty@bigsneeded.ca](mailto:cdougherty@bigsneeded.ca)

Ashley Thomson, Caseworker, ext. 34, [athomson@bigsneeded.ca](mailto:athomson@bigsneeded.ca)

Bonnie Perrigard, Special Events & Fundraising Coordinator, ext. 33, [bperrigard@bigsneeded.ca](mailto:bperrigard@bigsneeded.ca)

Alana Brown, Administrative Assistant, ext. 32, [reception@bigsneeded.ca](mailto:reception@bigsneeded.ca)

Jennell Gourley, Assistant Caseworker, ext. 40, [jgourley@bigsneeded.ca](mailto:jgourley@bigsneeded.ca)

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