



**Ongoing Training:**

A reminder that one of our 3 yearly trainings is coming up next week: **Feb 10th at 6pm** for light dinner with the program starting at 7pm. (Please RSVP with Kathryn.) The trainings are one of the ways that we build a sense of team with our mentors and we have 8 newly trained volunteers for you to meet!

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Experienced Mentor Jay Swedblom has agreed to facilitate a gathering for our **Male Mentors Only** on **March 2nd at 6pm.** Please plan to attend this informal opportunity to get ideas and brainstorm about issues that are unique to mentoring young men. RSVP with Kathryn and meet Jay at the **Lucky Lab Pub 915 SE Hawthorne Blvd**

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**Thank you for getting your Mentor logs in on time. I will send out a reminder at the first of each month and that would be a great time for you to fill out the form and email it back. If it is easier to fax, call in your hours, or put them in the mail, please do what works best.**



Valentine's Day month can be a painful time for those who are not in a "traditional relationship". I have plenty of single friends who hate the holiday! Because this widely celebrated holiday is about being showered with "love" (candy, valentines, etc. etc.) imagine what it might feel like to some of our youth in foster care.

Maybe we can see this as another opportunity to show our mentees that we value them. What about planning something special with your youth that is about caring in the larger sense of the word? Even better, what about coming up with ways that you and your mentee can help others feel cared for? Maybe you could make Valentines for the elderly or even people the mentee would like to honor in their families? There are a multitude of places to volunteer to help those less fortunate. If you and your mentee come up with some ideas, let us know so we can give those ideas to other mentors.

Know that each of you each is truly valued here at Powerhouse. The best part of this job is always getting to know you better and finding ways to support you. Always feel free to contact us with suggestions as to how we can improve your experience with us.

**Powerhouse Mentors Out and About**



- We are now officially at 33 Mentors and have put together an amazing team of volunteers! Welcome to newly trained Tracey, Clyde, Ron, Dave, Andrea, Lauren, JorJean and Matt.
- Eric, Kevin and Jessica took their lucky mentees to a Trail Blazer game recently, tickets generously donated by Greg Oden.
- Most all out mentees have received large sports bags which were donated to us from NIKE. The youth love to haul there things around in these bags. Let Kathryn know if you are still interested in one.
- The holidays were rich with wonderful plays and concerts. The Portland Symphony also donated tickets for an upcoming event which Kim, Jennifer and Cynthia will be attending with their mentees.
- **We have Free tickets to the Japanese Gardens located in downtown Portland. Let Kathryn know if you would like a pair.**