September 2023

Volume IXX, Issue 1

Epic, Moab's Mentor Newsletter

Grand Area Mentoring • (435) 260-9646

Momentum -

Overnight Raft Trip!

24 mentors and mentees are invited to join us for a two-day raft trip down the Colorado River, starting at Onion Creek. OARS will provide raft guides, food, shelter, and sleeping gear.

When: 8:30am September 30th to 4pm October 1st

<u>Where</u>: Our journey starts and ends at OARS, **2802 S. Hwy 191**; rafting will cover part of the Daily on the Colorado River

Who: Open to mentees of all ages, accompanied by mentors

How: Be prepared for warmer and cooler weather since this is late September. Bring: shoes with a heel strap or closed toe, warm weather river clothes (tank top, short sleeve shirt, shorts), cooler weather clothes (thermals/long underwear, jacket, thicker socks, beanie), camp clothes to change into (optional), rain gear, water bottle with a carabiner to attach to the boat, hat/visor, sunscreen/lip protection, any special snacks you might need.



The Moab daily overnighter is an amazing introduction to multi-day river trips. Backlit by breathtaking views, the river offers splashy rapids and mellow swimming. Guests can expect environmental interpretation from professional guides, tasty food, and ample time to enjoy a beautiful environment right in our backyard.

RSVP to grandareamentoring@gmail.com

We can send forms to you. Registration and liability forms are due **no later than Friday**, **September 23**rd!

- <u>Registration form</u> This covers medical, dietary, A/H/W, and emergency contact info
- <u>Release</u> Liability form that all rafters (and youth's legal guardians) must complete
- <u>Guardian Medical Release</u> Required for any youth 18 and under to raft without their parent/guardian present

Pro Tip! Every month, check out the calendar in your newsletter for a snapshot of upcoming events.

This Month in Mentoring

- August 16: School begins! Returning schoolbased matches, Megan will be in touch to help schedule meetings.
- August 18, 6-9pm, Swanny Park: Pixie and The Partygrass Boys. Community-based matches, kick off the school year by enjoying free live music.
- August 24, 5pm: Community-Based Mentor Training. This is for mentors who serve 6th graders and beyond. Learn program policies that allow you and your mentee to meet one-on-one throughout the Moab region. Training required one time before community-based meetings can begin. ON ZOOM!
- September 4: Labor Day. No school.
- September 14/15: Parent-Teacher Conferences. Early out Thursday, no school Friday.
- September 26, 5pm: New Mentor Orientation. See box on reverse. Tell your friends!
- September 30- October 1, 2023: OARS Overnight Raft Trip! See above.



Grand Area Mentoring

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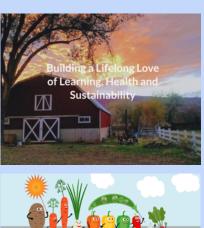
If you have friends and family who might like to learn more about being a mentor, please cut out and share the information below!

Mentoring Idea of the Month: Visit Our Village for Free Produce and other food!

Our Village offers a free market to all interested in eating local produce! Seasonal fruits and vegetables from their farm, the Youth Garden Project, Easy Bee, and others are provided weekly on a firstcome, first-served basis. Their bounty is rich at the moment with tomatoes, potatoes, radishes, chard, kale, plums, peaches, and much more!

When: Wednesdays, 4:30-6:00pm

<u>Where</u>: 721 North 500 West, (behind Tex's Riverways, between the red barns)



Mentors and mentees can arrange community-based and off-campus plans for this. Remember, new community-based matches in 6th grade and above must be trained and have permissions signed before leaving campus one-on-one. (A new community-based mentor training is scheduled on August 24th, via Zoom.) Our Village is also available for mentoring visits on other days/times. Contact Annie to schedule: Annie Thomas (435) 260-0294

How can you make a <u>real difference</u> for deserving youth in Moab?

- 100% of parents report that their children are happier since starting to meet weekly with their mentors
- 85% of mentored youth get in less trouble at school
- Kids say things like: "Every day I think of my mentor. That's why I be happy. I love mentoring." -4th grader
- "Mentoring gave me the courage to come to school." -6th grader
- "Mentoring has made me kinder, respectful, and happier." –5th grader

Join us for Grand Area Mentoring's new mentor orientation. No obligation. Fall is the perfect time to learn more about Moab's most rewarding volunteer position!

- o September 26th, 5-7pm, pizza dinner provided
- Margaret Hopkin Middle School
- Call or text (435) 260-9646 or email grandareamentoring@gmail.com to register.



