

## November's Mentor Monthly Update



“ As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. ”

— John F. Kennedy

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Hello everyone!

We already find ourselves in the month of November and Thanksgiving is only a couple of weeks away. You have made the choice to express your thanks through service to a young person in your community and for that I thank you!

Please see the calendar below for all the dates and details of upcoming Go-Betweeners Mentoring Program events and make sure to mark your calendars so that you and your mentee can be there to share with others in the program and learn something new! Keep reading for much more exciting news. Have a great month with your mentees and as always, feel free to contact me at any point.

-Nick Cheadle, Go-Betweeners Mentoring Program Manager

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### Quick Reminder:

A reminder to all currently matched mentors to send in a monthly activity report for the past month of October to: [nick.cheadle@cultureconnectinc.org](mailto:nick.cheadle@cultureconnectinc.org)!  
Thank you!

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### SO MUCH FUN!

The Go-Between<sup>TM</sup> Mentoring Program held its first quarterly workshop for mentors and mentees on Sunday, October 17th! This healthy lifestyles workshop consisted of a kickboxing class, a talk from a nutritionist, healthy snacks, and a meditation and yoga session. The mentees and mentors who participated were able to learn about new ways to keep both their bodies and minds healthy for a successful future. Culture Connect would like to thank everyone that came out for the event and especially all of the facilitators who volunteered their time: Waleed Ahmed of The Martial Arts Center, Andy Wood of Wellness Coaches USA, and Evan Bovine of Nirvana Yoga Grant Park.



Make sure to not miss out on our workshops and events in the future!!!

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## Two Upcoming Events!

If you haven't already, please mark your calendars for all the following events and make sure that you and your mentee are there!

**Multi Cultural Thanksgiving Potluck:** *Saturday, November 20th, 3:00-6:00pm*

You should have received an invite to the potluck in your email inbox. Please RSVP ASAP. This event will be a great chance to try some new food and meet other mentors and mentees in the program!

**Go-Between<sup>er</sup> Annual Party:** *Saturday, January 22nd 11:00am-3:00pm*

January is National Mentoring month and we are going to celebrate by having a party! More details to come soon.

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## Share Your Story

Culture Connect has two great opportunities for you and your mentee to share your story!

[StoryCorps](#) has studios right here in Atlanta where you and your mentee can go to record a conversation. From the StoryCorps website: "StoryCorps is an independent nonprofit whose mission is to provide Americans of all backgrounds and beliefs with the opportunity to record, share, and preserve the stories of our lives. Each conversation is recorded on a free CD to share, and is preserved at the American Folklife Center at the Library of Congress."

[Culture Connect's Education & Advocacy blog](#) is intended to provide members of the Atlanta community with an open forum that will allow them to engage at a personal level and learn more about the cultural, linguistic, and immigration issues of our community. The blog will feature testimonials by Mentors and Mentees in our Go-Between<sup>er</sup> Mentoring Program, reflections by interpreters and volunteers, cultural book reviews, as well as pieces by local students on issues pertaining to immigration in Atlanta, language access, and cultural competency.

If you are interested in either of these opportunities, please email Nick and he will help you set up a time to record or upload a testimonial to the blog!

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## **Mentor Training Sunday November 14th!**

**Don't miss out on our next mentor training! Remember this training is mandatory for all untrained mentors. The sooner you are able to attend a training the sooner you will be making a difference in the life of a child!**

**Who:** All untrained Culture Connect mentors  
**Where:** Culture Connect, Inc.  
4151 Memorial Drive  
Kensington Office Complex Building E, Suite 207  
Decatur, GA 30032  
**When:** Sunday, November 14th, 2010  
1:30 PM-4:00PM

**If you have not already done so, please turn in your application as soon as possible so that you be able to attend this training! We look forward to seeing you there!**

Our next trainings will be held Saturday, December 11th and Sunday, December 12th :)

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If you have any questions about the Go-Between Mentoring Program please do not hesitate to call or email Nick Cheadle. New contact information listed below.

[nick.cheadle@cultureconnectinc.org](mailto:nick.cheadle@cultureconnectinc.org)  
404-825-8145  
cultureconnectinc.org

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