

February 2009

Big News!



Big Brothers Big Sisters
of Central Minnesota



Little Moments. Big Magic. Huge Impact.



Match Spotlight - Brad Aasen & Christian

by Bethany Theisen, case manager

Brad Aasen decided to become a Big Brother because he wanted to be a kid again and spend time with someone each week, doing what kids enjoy doing. Brad and his Little Brother Christian, now 14 years old, have been matched since November 2005. Brad and Christian enjoy playing the electric guitar, Guitar Hero, and board games, which is their favorite activity. They also enjoy just hanging out, talking, and being goofy.

Over the years, Brad and Christian have become more like brothers. They have somewhat different interests but have similar personalities, and both have a great sense of humor. Christian likes that he never knows what Brad is going to say, and that he always says something to make Christian laugh. Christian has a lot of fun with Brad and "couldn't be happier." Brad admires Christian for being his own person and never changing himself for others.

Becoming a Big Brother has taught Brad that you can be a kid, cut loose, and have some fun. Christian's mom, Jackie, says that Brad is very patient, which is something from which Christian can benefit. She feels Brad has always been consistent and is a great friend for her son. Being in the Big Brothers Big Sisters program has been good for Christian. Brad not only gives Christian someone in whom to confide; he also provides him with positive male interaction. Brad and Christian have grown throughout the years and are looking forward to creating many more wonderful memories in the years to come.



You Are Invited!



Please join us for our 32nd annual spring event, the Magic Moments Ball. This year's gala will be held on Friday, April 24, from 6 to 11pm at the St. Cloud Civic Center. Highlights include free wine and beer tastings, live and silent auctions, gourmet hors d'oeuvres and dinner, Sizzlin' Swing 15-piece orchestra, dancing, and dessert. Tickets are \$75 per person; tables and event sponsorships are available. All proceeds benefit Big Brothers Big Sisters and the children of Central Minnesota.

Please come! Last year's event sold out early, so be sure to reserve your tickets as soon as possible. You'll have a great time, plus you'll be helping our agency achieve its goal of matching caring and carefully trained volunteers with children who need a mentor, role model, and friend in their life. For information, call Shari at 320-258-4511.

Welcome Shannon

Hello. My name is Shannon Giffin, and I am the new case manager for Lincoln Elementary, Oak Hill Elementary, and the Sauk Rapids School District. I will also be working with community-based matches.

I have lived in the St. Cloud area all of my life. I graduated from St. Cloud State University in 2006 with a bachelor of arts in psychology with an emphasis on child and adolescent psychology and development. Before accepting this position, I worked at the Boys & Girls Clubs of Central Minnesota for five years and was actively involved with the Pleasantview Kidstop program.

I am honored to be a part of the team at BBBS. I'm looking forward to getting to know all of my matches and expanding our program in the schools that I serve.



Children Learn What They Live

Many children as well as adults suffer from low self-esteem. The most effective way to improve a child's self-esteem is to recognize that children copy our behaviors every day. If we want our children to be respectful, we must be respectful of others. If we want them to eat healthy, we must eat healthy. Below is a poem by Dorothy Law Nolte titled "Children Learn What They Live" that recognizes the impact we all have on the children in our lives.

If children live with criticism, they learn to condemn.
 If children live with hostility, they learn to fight.
 If children live with fear, they learn to be apprehensive.
 If children live with pity, they learn to feel sorry for themselves.
 If children live with ridicule, they learn to feel shy.
 If children live with jealousy, they learn to feel guilty.
 If children live with encouragement, they learn confidence.
 If children live with tolerance, they learn patience.
 If children live with praise, they learn appreciation.
 If children live with acceptance, they learn to love.
 If children live with approval, they learn to like themselves.
 If children live with recognition, they learn it is good to have a goal.
 If children live with sharing, they learn generosity.
 If children live with honesty, they learn truthfulness.
 If children live with fairness, they learn justice.
 If children live with kindness and consideration, they learn respect.
 If children live with security, they learn to have faith in themselves and in those about them.
 If children live with friendliness, they learn the world is a nice place in which to live.

High School Big Sisters Recognized at Optimist Breakfast

Big Sisters Samantha Ernst (senior at Foley High School), Meghan Carey (senior at Sartell High School), and Lynne Chung (senior at Apollo High School) received the Optimist Youth Appreciation Week Award on the morning of November 26, 2008. The award is given annually by the Optimist Club for exemplary dedication in service to others. Youth Appreciation Week highlights the accomplishments and positive contributions of today's dedicated youth. Samantha and Meghan were nominated by Big Brothers Big Sisters and Lynne was nominated by Apollo High School. Congratulations!

(L-R Meghan, Lynne, Samantha)





Announcements

Ice Rink Shelter & Sledding Schedule

Are you looking for a fun, free winter activity to do with your Big/Little? How about sledding or skating? Skates are available for use at each rink site (sizes may be limited). Warming shelters will be closed when ice is unsafe to skate on and during periods of extreme cold weather.

Sledding Hill Shelter, St. Cloud Location: Riverside Park, 1725 Killian Boulevard, St. Cloud.

Skating Rink Shelter, St. Cloud Locations: Centennial Park, 1725 Centennial Drive; Lake George, 425 East Lake Boulevard; Raymond Park, 320 Raymond Avenue NE; Rotary Park, 1507 Goettens Way; Seberger Park, 2001 2nd Street North; Southside Park, 805 13th Street South.

Schedule: Monday through Friday, 5 to 8pm; Saturday and Sunday, 1 to 5pm.

Contact Steve at the City of St. Cloud Recreation Department for information on winter activities at 320-257-5955 or email recdept@ci.stcloud.mn.us.

Ice Fishing

Join us on Saturday, February 7, on Lake Sagatagan for ice fishing. The Ice Fishing Club from the College of St. Benedict and St. John's University is hosting this activity for BBBS. Club members will share their tips and skills with our Littles. The activity will be from 11 to 2pm on the beach of Lake Sagatagan, on the St. John's campus. A contest will be held with various categories. The club will also provide a warm lunch and hot cocoa to help participants stay warm. Be sure to dress appropriately for the weather. Matched and unmatched Littles are welcome to attend with an adult. School/site-based matches are allowed to meet at the event, after talking with your case manager. The club will have extra ice fishing rods, but if you have one, please bring it. Please also bring along chairs/buckets. RSVP with your case manager by Tuesday, February 3. Directions to the location will be given when you RSVP.

Ice Skating

Skate free on Saturday, February 28, from 6 to 8pm at the SCSU Hockey Center. This includes free skate rental, thanks to SCSU. It's a great opportunity to ice skate without worrying about the wind chill, although a warm drink will be there to keep you toasty. Matched and unmatched Littles may attend with an adult. School/site-based matches are also allowed to meet at the event, after talking with your case manager. Please RSVP with your case manager by Wednesday, February 25.

Winter Swimming

Looking for a place that has swimming open to the public? For \$3.25 (or a 20-use pass for \$48.25), you can go swimming at South Junior High on Fridays from 4 to 7pm and Saturdays from 1 to 4pm. For more information, call 320-257-5952.

Big Socials

All Bigs are invited to our monthly Big Socials. Every second Tuesday of the month from 4:30 to 6:00pm, Bigs can get together to socialize with other Bigs. It's a great way to meet new people and share match stories. Bigs are encouraged to bring friends, family members, or co-workers who are interested in learning more about BBBS. Case managers will be on hand to answer questions and socialize too. Join us on Tuesday, February 10, from 4:30 to 6pm at the Red Carpet Martini Lounge in downtown St. Cloud. You do not need to RSVP, but we hope to see you there.

Upcoming Workshops

February 12: BLEND (Better Living: Exercise and Nutrition Daily). Jodi Rohe with CentraCare Health Foundation and the BLEND coalition will offer this training on how to keep your kids healthy through activities and a balanced diet. BLEND is committed to improving the health of children in central Minnesota by reducing the epidemic of childhood obesity. For more information contact Amanda at 320-245-4538. Must RSVP by February 6.

Anniversaries

8 years:

Anthony Beusing & Bryan

5 years:

Kristie Redmann & Jennifer

4 years:

Chris/Jennifer Euteneuer & Kerry

Becki Kittleson & Aisja
Tony Franzen & Nicholas
Charles Killmer & Garrett

3 years:

Jude DuHoux & Autumn
Nichelle Hackert & Lucy
Stacey Eriksson & Danielle
Joe McDonald & Tanner
Susan Degreeff & Kaylah
Cirissa Fossan & Kasia
Jude DuHoux & Autumn

2 years:

Sam E. & Devrin
Emily O. & Kayla
Irv Cross & Travelle
Nathan Sindt & Brady
Josh Nelson & Daunte
Dacia Funk & Mariah

Big Lake Middle School:

Megan A. & Taylor
Kayla M. & Hailey
Jack P. & Tyler

Cold Spring:

Reed O. & Mason
Alyssa B. & Madison
Abby R. & Lizzy

Discovery:

Kelly Swinton & Caitlin
Jake Mellem & Malcolm

Foley Elementary:

Cally G. & Emily

Independence Elementary: (Big Lake)

Jairid R. & Nick
Jamie S. & Krissy
Justin P. & Sam
Brenda P. & Nash

Cont. 2 years:

Kurt Sorensen & Dylan
Lauren Sexton & Ta Jhai
Courtney Olson & Laura
Bill Roiger & Andrew
Joshua Nelson & Daunte
Tony Walter & Ed

1 year:

Sarah B. & Isabel
Melissa Hagberg & Alexis
Cathy Laubach & Taysha
Zach Merten & Isaac
Laura LeBlanc & Cassea
Joanna Pearson & Mariah
Josh Zupfer & Jonathan
Jared Richardson & Aaron
Catherine Laubach & Taysha
John Arden & Shawn
Dave Hauer & Carter
Dennis/Joyce Hummel & Joshua
Jamie/Melissa Slettedahl & Brandon
Jessica Hollenbach & Sunsene
Samantha Schmidt & Camille
John Kokula & Morcelli

Cont. 1 year:

Kelsey A. & Riley
Lars O. & John
Melissa Hagberg & Alexis
Randy/Mary Anne Volkmuth & Jacob

New Community Matches

Katie Hendrickson & Audrey
Tony Goenner & Jonathan
Amy Bertrand & Catie
Angela Frenette & Ashley
Dale Rystad & Jon

New Site Matches

Bel Clare Clubhouse:

Saige Baker-Lietz & Bailey
Hannah Mortenson & Matt
Maddilyn Lindeman & Samantha
Jen Viaene & Raelin
Katelyn Plutt & Nayley
Lauren Kvasnicka & Elizabeth
Hanna Gilsvik & Charlene
Lindsay Williams & Jesus
Andrea Schiebe & Raelin

New School Matches

Kennedy:

Katie Ulrich & Kali

Liberty Elementary (Big Lake):

Kelsey T. & Arianna
Amber G. & Morgan

Meadowvale Elementary (Elk River):

Anna F. & Colton

Oak Ridge Elementary:

Danielle F. & Kale

Parker Elementary (Elk River):

Ashley M. & Breanna

Pine Meadow Elementary:

Chris M. & LeRoy
Becca L. & Logen
Jordan E. & Hunter
Nikki O. & Makyah

Sartell Middle School:

Amber H. & Brittany

Talahi Elementary:

Brady Haggstrom & Ethan

Upsala:

Caleb B. & Devin
Isaac S. & Angel
Beth W. & Mariah
Emily P. & Jessie
Nadja J. & Liliana
Kyle W. & Andrew

Westwood:

Lori Heinz & Brittany
Deanna Waldvogel & Raelin
Michaela Foley & Jade
Joey Fiedler & Bao
Allison G. & Abigail
Faye Mrozek & Sydney

What Is a Revocable Living Trust?

A living trust, also known as a *revocable living trust*, is a legal document that holds title or ownership to your real property and assets. When you create a revocable living trust, you transfer ownership of your assets to the trust. When you transfer title, you DO NOT relinquish any control. You can still buy, sell, borrow, or transfer.

To many, the living trust looks a lot like a will. It includes the details and instructions for how you want your estate to be handled at your death. However, unlike a will, a properly funded trust:

- Does not go through probate;
- Prevents the courts from controlling your assets at incapacity;
- Gives you control over the assets you leave to your minor children or grandchildren.

The living trust is a written legal document that allows you, as the trustee(s), unlimited access to and full control of your assets during your lifetime. It also enables you to pass property after your death to family, friends, and/or loved ones. It allows you to appoint someone (a successor trustee) to make certain your property goes to the ones you choose after your death.

Many people are under the impression that their will alone is sufficient to avoid probate. Unfortunately, a will is simply an expression of your wishes and must go through some kind of court process before the assets can be distributed to the heirs.

For a trust to be effective, it has to own title to the property or asset. When the assets are in the name of the trust, there is no need for probate since the estate is now controlled by the trustee of the trust. You or you and your spouse can be the primary trustees, receiving full control to buy, sell, borrow, or transfer in the case of a spouse's death. After both spouses pass, the trust identifies the person who will act as successor trustee. The trust gives that person the right to manage all assets on behalf of your wishes made known in the trust document.

Who's involved in my living trust?

Grantor

This is the person who sets up the trust. This would be you. As the grantor, you have full control to manage or change the trust at any time.

Trustee

The trustee is the person who will manage the assets in the trust. Again, this will most likely be you while you are alive. When a trust is created, the trustees are usually the same individuals as the grantor. For married couples, usually the husband and the wife both act as co-trustees. You do not have to be your own trustee if you do not want to or do not feel you are able to. You can name a child or friend or even an institution to manage your affairs for you while you are alive.

Successor Trustee

This is the person who will manage your assets for you when you die or if you should become incapacitated. This person or persons will have the right to manage your affairs without the need for any probate court. The successor trustee will immediately have the same powers that you as grantor/trustee had to buy, sell, borrow, or transfer the assets inside the trust. More importantly, the successor trustee has the right to distribute the trust's assets according to your instructions in the trust. This immediate control can allow your estate to be transferred to your children or loved ones right away, avoiding the time delay of probate which can usually consume anywhere from six months to two years.

For your protection and the protection of your heirs, the successor trustee does not have the legal right to change your trust. The trust becomes irrevocable or unchangeable after the death of the grantor(s). However, the successor trustee does have the right to manage the assets in the estate, but must do so for the benefit of the beneficiaries.

Beneficiaries

The people and/or charitable organization(s) that will receive the benefit of the trust's assets are called the beneficiaries. Typically the estate will go to the surviving spouse. If there is no surviving spouse, assets will pass to the people and/or charitable organization you named in your trust. You are not limited in who you want to receive your estate. You can name your children, relatives, friends, or a charitable organization to be your beneficiary.

By including a charitable gift in your estate plan, you can help to continue your favorite organization's work well into the future and continue to make a difference in the lives that follow. You can start today. Set up an appointment with your financial advisor or attorney. These professionals will sensitively help guide you through the process. Whether you think of yourself as rich or poor or somewhere in between, your gift can make a difference. Thank you for considering Big Brothers Big Sisters in your planned giving legacy!



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SAVE THE DATE!

MAGIC MOMENTS BALL

Friday, April 24, 2009
6:00 PM - 11:00 PM

St. Cloud Civic Center
Glenn Carlson Hall

To benefit Big Brothers Big Sisters
of Central Minnesota

Wine Tasting
15-Piece Orchestra
Gourmet Dinner
Hors d'oeuvres
Silent Auction
Live Auction
Dancing



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