

Volume 9 Issue 1

January 2019



SIDEKICKS MENTORING

Just for Kicks

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New Years Resolutions & How to Make Them Happen!

1. One of the first things to acknowledge when you're making a resolution for the new year is that **you are worth it**. *You are worth the effort it takes to make your life better in whichever way you are thinking about.* If you're reading this, you probably have kids, and those kids take up a lot of your life! But in order to follow through with a resolution, you have to first believe that you are worth the time and effort it takes.
2. **Procrastination—it needs to go!** One of the biggest issues in getting to your goals is pushing it off until it's been a week, two weeks, a month and so on. Our minds can talk us into anything: "tomorrow I'll start," or, "next week I'll have more time." Don't let your excuses get in the way of your results. Everyone likes to feel proud of themselves, you got this!
3. **Connecting with people who are going through what you are going through.** If your goal is to go the gym a few times a week, go to a work out class where everyone else is doing the same thing you are. If you want to do more crafts, join a group. If you want to cook more meals at home, join a mailing list for a blog that sends you recipes every day.
4. **Record your progress. Keep a journal!** This has been known to be a huge benefit to people who want to reach their goals. If you're trying to lose weight, write down what you ate or what your work out was. If you want to spend more time as a family, write down what you feel works best for quality time amongst the family. If you're trying to be more on time, write down how you made sure you were on time (waking up earlier, setting out your clothes the night before, etc.). Keeping a journal and writing down what you did that day to keep your eyes on the prize is a great way to hold yourself accountable. Plus, it feels good to look back at your progress.
5. **Believe in yourself.** You've gotten this far in life, and so long that you keep tip #1 at the forefront of your mind, you will be unstoppable.

Frequently Asked Questions

Do you put on activities every month?: Of course, that is the goal. However typically from November through January we take a hiatus from the activities as we put all our energy, time and money into the Christmas Party. Come February we are back to it!

Can I opt out of an activity that I previously RSVP'd for?:

We understand that life happens and sometimes you are unable to hold up the commitment you made, however with the exception of these circumstances, we ask for ample notice so that we can make room for someone else who might be able to come in your place.

Can I bring friends or family to SK events who aren't members of the program?:

We ask that you let us know in advance if you are hoping to bring someone along with you. Most of the time it is okay, but certain activities only allocate a certain amount of people, and the priority needs to be given to Sidekicks members first and foremost.

10 Important Things Invented by Women

1. The Electric Fridge
2. The First Treatment for Leprosy
3. Windshield Wipers
4. The One-Handed Syringe
5. Common Business Oriented Language (COBOL)
6. Wi-Fi
7. Chocolate Chip Cookies
8. Computer Software
9. Electric Water Heater
10. Beer

10 Important Things Invented by Men

1. Radio
2. Telescope
3. The Lightbulb
4. Steam Engine
5. The Car
6. Graphical User Interface
7. Television
8. Airplane
9. The Elevator
10. Cotton Gin

Sidekicks February Events

Ski Day @ Snow Valley Feb. 9th @ 8:30AM

It is skiing & snowboarding time! If you are interested in attending please let me know. I have limited spots to fill and the priority will be given to those who have not skied or snowboarded before (grant requirement). If you have skied and want to try snowboarding then you are eligible and vice versa. **Please RSVP only to Cyndi by email by Jan. 25th.**

In the Community...

Cultural Kitchen ft. St. Lucia – Tues, Jan. 22 @ Community Food Bank

6:30PM-8:00PM

Every second Tuesday the Food Bank opens its doors to everyone in the community to come and learn how to make a food item from a certain culture. On the 22nd, it's St. Lucia! No Need to register, you can just show up, learn about the food and culture and enjoy the food afterwards.

QUOTE OF THE MONTH:

"Do not let your fire go out, spark by irreplaceable spark in the hopeless swamps of the not-quite, the not-yet, and the not-at-all. Do not let the hero in your soul perish in lonely frustration for the life you deserve and have never been able to reach. The world you desire can be won. It exists.. it is real... it is possible... it's yours." - Ayn Rand










Volunteer Appreciation!

Jessica has been Allison's mentor since June! They are a great match and we are very grateful for Jessica's dedication to the Sidekicks program and to her Jr. Sidekick. Thanks, Jessica, for giving your time and being such a positive role model. We appreciate you!!



Just for Kicks

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	 4 Natasha W	5
6	 7 Jeric M	8	 9 Jessica W & Adania M	10	11	12
 13 Kyle K	14	 15 Dean K & Linda S	16	17	18	19
20	21	 22 Caleb W	23	24	 25 RSVP for Ski Day Tristan G	26
27	 28 Match Anniversary! Kaiden B & Devin S	 29 Jessica C & Ethan M	30	31		

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