the Buddy Program

Inspire. Empower. **Mentor!**

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Experiential Programs

Carbondale Middle School Outdoor Leadership Spring Break Trip

Spring Break week saw the launch of an exciting new collaboration between the Buddy Program Experiential Programs, Carbondale Middle School, and Roaring Fork Outdoor Volunteers. Together our three organizations traveled to Sylvan Lake State Park for a 3-day trip focused on building leadership and teamwork skills in an outdoor setting. Eleven 7th grade students snow shoed, spent 2 hours completing a "wilderness solo" experience in the woods, participated in teambuilding initiatives, cooked meals together, and had an overall great time staying in the cabins at Sylvan Lake. During her snowy solo experience, one student wrote the following poem about embracing nature and finding one's place in the elements:

The snow rests like a dream in the world.
The spirits sleep under the nice, cold, white snow.
The snow gets colder and colder and you welcome it.
Your bones chill like ice and can't move.
You are alone in the windy, c
old forest
Or are you?

CMS students, we are proud of your creativity and had so much fun during our Spring Break together!

Become a Mentor

To date since January 1, 2014, we have received **19** new Big Buddy applications from people who want to join our program as a mentor! In 2013, we received 54 new Big Buddy applications total for the entire year! Get on board and call us today to learn how **YOU** can become a mentor! Please call Heather Hicks, Director of Recruitment, at 970-920-2130 or **click here** to fill out an online inquiry form for more information.

Wait List Little Buddy

Little Buddy: Monze D.

Age: 11

Lives in: El Jebel

Favorite activities: I like to go bowling, to the pool, bike riding, and to the Rec Center.

Hopes to: I would like to play basketball and/or volleyball and I would love it if my Big Buddy came to watch my games.

New Buddy Pair

New Pair: Mimi Putnam and Alondra T.

Lives in: Carbondale

Date paired: February 26, 2014

Favorite activity with her Big Buddy so far: Learning Salsa!

April Buddy Anniversaries, Community Program

2008 Susan Bernard & Arlette G. (pictured)

2009 Jeffrey Whisler & Uriel G.

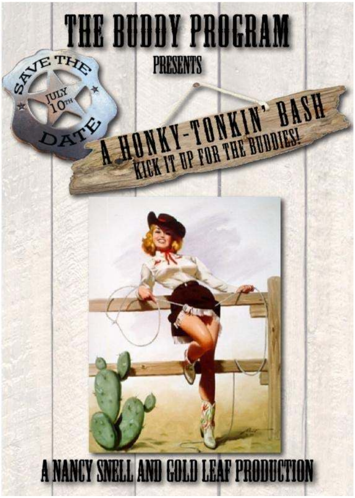
Roaring Fork High School Outdoor Leadership Hut Trip

The first week of April saw our RFHS Outdoor Leadership class's inaugural Hut Trip to the McNamara Hut! 10 students from the class made the 4.8 mile trek to the hut, where we spent our first two days in 7 inches of fresh snow. Students practiced using avalanche beacons and used their orienteering and map-reading skills to find their way to the summit of Bald Knob at 11,000 feet. Students also planned all meals for the trip and were responsible for meal prep and clean-up. Our final day saw blue skies and sunshine for a beautiful snow shoe out from the hut, surrounded by incredible views of the Elk Mountains. Here are some quotes and reflections from students upon return from the hut:

"I thought that the trip was amazing and I really took some time to think about myself. I grew as a person not only because I pushed myself to walk so much but it took a lot of mentality."

"I think we all grew in this group; it also brought us all together. We all know each other better and we're more good as a group now. I think all can look up to someone now."

SAVE THE DATE -- NEW WEEK!
Thursday, July 10th



2010 Palmer Hood & Edgar D.

Wish List

The Buddy Program is looking for some items to help us support our programs and defray expenses! Contact liz@buddyprogram.org if you would like to donate to our Wish List!

- LEGOs

- 2, 3 or 4-man tents

- Backpacking backpacks

- Board games and puzzles in good condition

- Rosetta Stone, Spanish

- Marriot points

- United or Delta Miles

Love Your Community Day of Service

On Saturday, April 19, a total of 27 Little Buddies, their families and Big Buddies participated in the Love Your Community Day of Service in Aspen and Basalt. Saturday kicked-off a new Buddy Program initiative in which we are requiring all Little Buddies in the Community Program to complete two Community Service projects every year as a way of giving back to the community that offers so much love and support to them through the Buddy Program.

We would like to thank our motivational speakers Stu Curry, one of our very own Big Buddies and a volunteer at the Basalt Police Department, and Victor and David, two Aspen High School students who formed Super Buddies, a program for boy's who are in the process of being matched with Big Buddies.

Projects completed on Saturday include picking up trash at the Aspen skate park, ACES wetlands and Red Hill in Carbondale, walking dogs (and petting puppies!) at the Aspen Animal Shelter, and cleaning Crown Mountain Park and hiding Easter eggs. Information can now be found on our website about organizations that are looking for volunteer work. Click here!

Keep up the great work, Little Buddies!

HELP SUPPORT OUR GROWTH!

Give Now!
(Click Here)

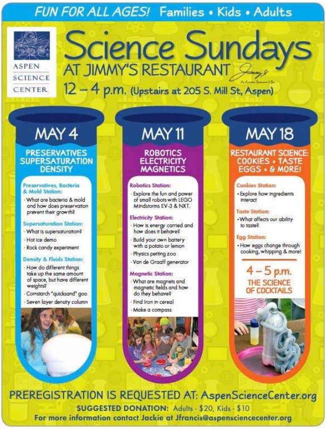
We are very excited for the 3rd annual Lemonade Day Roaring Fork Valley, taking place on June 14, 2014, from Aspen - Glenwood Springs. Lemonade Day is a fun, hands-on learning program for grades K-12 that teaches children how to create, own and operate their own business - a lemonade stand!

Children complete the step-by-step program in their classroom or home setting with a caring adult and then open up their business on Lemonade Day. Free registration is available starting April 21st at RFV.LemonadeDay.org or in-person when you pick up learning materials at Alpine Bank locations throughout the valley (Aspen, Snowmass, Basalt, El Jebel and Carbondale).

Watch the Lemonade Day 2013 video! For more information, contact Heather@BuddyProgram.org or 970-920-2130.

The Buddy Program is the proud presenting sponsor of Lemonade Day Roaring Fork Valley.

The AHS Female Lacrosse Team and their coach Margot Ellis volunteered to assemble Lemonade Day backpacks. We are so grateful for their help!



FUN FOR ALL AGES! Families • Kids • Adults

ASPEN SCIENCE CENTER

Science Sundays

AT JIMMY'S RESTAURANT

12 – 4 p.m. (Upstairs at 205 S. Mill St, Aspen)

MAY 4

PRESERVATIVES SUPERSATURATION DENSITY

Preservatives, Bacteria & Mold Station:
- What are bacteria & mold and how does preservation prevent their growth?

Supersaturation Station:
- What is supersaturation?
- Hot ice demo
- Rock candy experiment

Density & Fluids Station:
- How do different things take up the same amount of space, but have different weights?
- Cornstarch "quicksand" goo
- Seven layer density column

MAY 11

ROBOTICS ELECTRICITY MAGNETICS

Robotics Station:
- Explore the fun and power of small robots with LEGO Mindstorms EV-3 & NXT.

Electricity Station:
- How is energy carried and how does it behave?
- Build your own battery with a potato or lemon
- Physics petting zoo
- Van de Graaff generator

Magnetic Station:
- What are magnets and magnetic fields and how do they behave?
- Find iron in cereal
- Make a compass

MAY 18

RESTAURANT SCIENCE: COOKIES • TASTE EGGS • & MORE!

Cookies Station:
- Explore how ingredients interact

Taste Station:
- What affects our ability to taste?

Egg Station:
- How eggs change through cooking, whipping & more!

4 – 5 p.m.
THE SCIENCE OF COCKTAILS

PREREGISTRATION IS REQUESTED AT: AspenScienceCenter.org

SUGGESTED DONATION: Adults - $20, Kids - $10

For more information contact Jackie at Jfrancis@aspensciencecenter.org

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