

Scholarship in hand, Brandon is ready for college!



By Dan Jenkins
Cleveland High School mentor

Cleveland senior Brandon Denton had a tough freshman year. His grandpa died. He skipped class all the time. He got in fights and ended up with poor grades.

Today, Brandon has a scholarship to attend Pacific Lutheran University and is on his way to becoming an attorney who supports children's causes. "Community for Youth gave me a second chance," he says.

Like most students in the program, Brandon has had many challenges in his life that could've easily derailed him from achieving his academic and personal goals. As his mentor, I've been extremely proud to see him develop into a leader.

I've no doubt that with his personal determination and the tools he's acquired from Community for Youth, he'll succeed at everything he tries.

Brandon is sure college "is a whole new ballpark...no one will slap me on the hand if I don't do my homework." But it is clear that CfY has prepared him for the challenge.

This program changes you—it retrained our thinking; now when we're about to do something we think "Is it worth it? If I do this now, where am I gonna be?"

Brandon Denton
Cleveland High

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The Knife & the Bowl

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Community for Youth

inspires and supports youth to identify and achieve their goals through mentoring, learning experiences, and participation in a powerful community.

Going Strong

By Margy Bresslour
Executive Director

It's been a wonderful year for Community for Youth! Programs are going strong with incredibly supportive communities within each school.

One mentor wrote, "...One thing will win over our students more than any other...is the fact that as mentors *we will never give up on them*. That is why we will all succeed. Four years from now I would love to see all of them graduate together."

Steps Up students (the leadership program for selected upper-class students) have become wonderful advocates for freshmen in their schools. One sat in on a freshmen's oral presentation and arranged for a conference with the teacher afterward. Another set up weekly meetings with "his" freshman to make sure his student is staying on track.

Community for Youth has been

fortunate to receive multi-year \$100,000 grants this past year from the Washington Women's Foundation and the Stuart Foundation. We are grateful to both and to many others for their support.

Just Cauz, "dedicated to bringing people together to make a difference, just because," chose Community for Youth as their partner and presented a check for \$40,000 in January.

Individual donors contributed \$57,000 at last year's 3 fundraising events: a wine tasting, a breakfast with Lorenzo Romar, and a tea party with Nancy Guppy as emcee. The 2006 wine tasting party auction was a huge success with over 350 people in attendance.

Mentor recruitment efforts have expanded. We are challenged each year to enroll 90 new mentors into the program. Every year we have matched some mentors with two students and

sometimes have to turn students away. At one school this year, only one mentor had to double up. We have added 11 new board members in the past five months.

Thank you for your support and for being a part of this community!



Tacara will have a mentor's support through all four years of high school

A Fun, Successful 3rd Annual Wine Tasting and Silent Auction Gala!



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Community for Youth's Third Annual Wine Tasting & Auction Gala raised \$76,550 (260% more than last year) thanks to the support of the greater community. Due to the generosity of our sponsors, all donations received at the wine tasting party will go directly to programs, which support teenagers like Keiosha (pictured above) to build healthy relationships, stay in school, gain the support of a community of adults and fellow students, be accountable for their behavior and focus on having the futures they want for themselves.

Many Ways to Give

Your investment will transform lives of students and their families and will impact our schools and community. CfY relies on donations from individuals.

You can give:

- ♦ On line
- ♦ By mail, fax, or phone
- ♦ While you sell (through eBay)
- ♦ While you shop or use coupons (through eScrip)

Or you can:

- ♦ Purchase a CfY "wish list" item (listed page 4)
- ♦ Donate a car

**The options listed are explained on the web:
www.communityforyouth.org under "Donate Today."**

Also listed on the webpage are companies that match donations.

Seattle University's Institute for Public Service Works with CfY

Two Seattle University students did Masters Degree Capstone projects for CfY— one on board development and the other on funding development.

In addition, Professor Yvonne Harrison's Non Profit Leadership class took on the role of consulting teams and made formal presentations to CfY. The projects gave students the opportunity to work on real world issues while allowing CfY to benefit from their creative input.

Thank you Seattle U!

CfY Wish List —
Real ways you can
make a difference

- ◆ Adobe Photoshop
- ◆ Graduation gifts for seniors
- ◆ Small desk for intern
- ◆ Nutritious snacks for workshops and events
- ◆ Catered dinners for workshops and events
- ◆ Pens, sharpies, copy paper
- ◆ Printer ink cartridges
- ◆ 1 1/2 inch binders
- ◆ Heavy duty easels
- ◆ Presentation-sized post-it flip charts
- ◆ Sturdy transportable whiteboard attached to easel
- ◆ Photo printer
- ◆ Heavy duty hand truck for carting supplies around
- ◆ 5+ mp digital camera
- ◆ Office volunteers

To donate, contact Kim at
206-325-8480 or go to
www.communityforyouth.org

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of beverages
for workshops and activities!



Students Step Up into Leadership



By Alison Gazarek
Rainier Beach Program Manager

One early Saturday morning in January, CfY staff gathered with Steps Up students to begin a special training session.

“What do you want to get out of this retreat?” asked the facilitator. The group was eager to share.

“I want to learn how to coach better.”

“I hope to learn how to support the freshmen.”

“At the end of the year, I want a student to say I helped change his life.”



Freshmen, learning from and getting to know Steps Up leaders, enjoy Rollerskate night with the CfY community from all three schools

Sound like a mentor training? Maybe, but this particular Saturday most CfY mentors were still home in bed. The chairs were filled by students—upperclassmen who have come

through the Steps Ahead and Steps

Beyond programs, and are now in the Steps Up leadership program.

These student leaders attended fall CfY retreats as peer mentors and coaches, then gathered for six hours on a Saturday to receive specialized training to support the freshmen students throughout the year. Their training curriculum is taken straight from adult mentor materials.

The Steps Up students seemed to pick up the concepts faster and better than the mentors, according to one staff member. Within a couple of hours students were reframing complaints and problems, building rapport with peers, and coaching freshmen to get past their excuses and get results in their lives.

These young people are gaining skills to become leaders in their schools and community. And judging by their participation and enthusiasm at the training retreat, they are well on their way to changing the world, one chair at a time.



"At the end of the year, I want a student to say I helped change his life."

After the Steps Up retreat, **Brandon**, a senior at Cleveland, sat in on a class and watched one of his freshman Steps Ahead students struggle through a major presentation. Brandon spoke with the student and teacher and worked out a plan to save the project, and got the student's mentor involved. The next week the student presented his completed project to an audience of his mentor, Brandon, and the teacher.

These upperclassmen, as peer mentors and coaches, are well on their way to changing the world.



"I want to learn to coach better."

Jonathan from Rainier Beach has been meeting during third period with Steps Ahead freshmen to check in on their lives and practice the life coaching skills he learned at the retreat. Students under his leadership are making new commitments and taking a second look at their choices.

"I hope to learn how to support the freshmen."

Brittney set up a meeting at Rainier Beach with the six freshmen she's coaching. She told them how she's there to support them, advocate for them, and she's watching them at school. Freshmen have begun to seek out the Steps Up students daily for coaching and advice at school.



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Jonathan Mark - Gavin McDougal - Emmet Marshall II - Bill Southern - Janet Nazy - Sherry Resler - Steve Small - Denise Meade - Scott DeNies - Sara Stevens - Inger Johnson - Andy Foster - John Miller - Kalina Miller - Ilsa Gramer - Evan Sutton - Keiosha Williams - Joleen Burgess - Dawn Capecci - Regan Anderson - Gwen Denton - Susan Takemura - Carolyn Harman - Susan Gartner - Henry Shim - Tim Waite - James Redmond - Kim Berardi - Andrea DeMuro - Phillip Buff - Brandon Denton - Dan Jenkins - Paul Dexter - Robin Cole - John Welch - Seth Heikkila - Corey Marx - Pat Suarez - Joshua Robinson - Jason Smith - Porshae Pickett - Michelle Heng - Tiana Jordan - Lukas & Breanna George - Sally Graves - Kristina Smith - Sean Cameron - Carrie Shursen - Tara Suarez - Carrie Sibold - Karen Paulson - Joseph Hall - Deborah Shircore - Corey Johnson - Keely Johnson - Sabra Hall - Hope Perry - Ian Teal - Miranda Resler - Brenda Sugita-Seeley - Laura Ellefson - Rachel Kaneshiro - Caitlin Woodward - Nicole Perigard - Paige Husted - Lindsey Widstrom - Beth Ann Caryl - Jamie Gibson - All of the fabulous mentors!

Thank You 2005-2006 Supporters!

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Program Calendar Spring 2006

CLEVELAND STEPS AHEAD

March

- 1 **Mentor Training:** Leading/Questions
- 8 **Mentor/Student One-on-One Time**
- 15 **Workshop:** What If?
- 29 **Activity:** Bowling

April

- 5 **Mentor/Student One-on-One Time**
- 19 **Workshop:** Parent Relationship & Accountability
- 26 **Mentor Training:** Advocating & Requesting

May

- 3 **Workshop:** Guest Speaker
- 10 **Mentor Training:** Getting Complete
- 17 **Mentor/Student One-on-One Time**
- 24 **Activity:** Alki Bonfire

June

- 7 **Completion Celebration**

RAINIER BEACH STEPS AHEAD

March

- 7 **Mentor/Student One-on-One Time**
- 14 **Workshop:** Parent Relationship
- 21 **Activity:** Basketball vs. Steps Beyond
- 28 **Workshop:** Anti-Up

April

- 4 **Mentor/Student One-on-One Time**
- 18 **Activity:** CfY in the Community
- 25 **Mentor Training:** Transforming Maladaptive Behaviors

May

- 2 **Workshop:** Guest Speaker
- 9 **Mentor/Student One-on-One Time**
- 16 **Activity:** Alki Bonfire
- 23 **Mentor Training:** Getting Complete

June

- 6 **Completion Celebration**

CLEVELAND STEPS BEYOND

March

- 1 **Mentor Training:** Leading/Questions
- 8 **Workshop:** Super Villain
- 15 **Study Session**
- 22 **Activity:** Lawn Bowling
- 29 **Mentor Meeting**

April

- 5 **Workshop:** Career Fair
- 19 **Study Session**
- 26 **Family Group Meeting**

May

- 3 **Workshop:** Guest Speaker
- 10 **Mentor Training:** Getting Complete
- 17 **Family Group Meeting**
- 24 **Activity:** Alki Bonfire
- 31 **Completion Celebration**

RAINIER BEACH STEPS BEYOND

March

- 7 **Workshop:** Super Villain
- 14 **Study Session**
- 20 **HoH/Study Coordinator Meeting**
- 21 **Activity:** Basketball vs. Steps Ahead
- 28 **Family Group Meeting**

April

- 4 **Workshop:** Career Fair
- 18 **Activity:** CfY in the Community
- 25 **Study Session**

May

- 2 **Workshop:** Guest Speaker
- 9 **Family Group Meeting**
- 16 **Activity:** Alki Bonfire
- 23 **Mentor Training:** Getting Complete
- 30 **Completion Celebration**



Career Fair
inspires students
to work for their
dream jobs

To share your career
experience, call the CfY
office at 206-325-8480.

CHIEF SEALTH STEPS AHEAD

March

- 2 **Workshop:** Already Always
- 9 **Mentor Training:** Advocating & Requesting
- 16 **Mentor/Student One-on-One Time**
- 23 **Activity:** Basketball vs. Steps Beyond

April

- 6 **Activity:** CFY in the Community
- 20 **Mentor Training:** Transforming Maladaptive Behavior

Behavior

- 27 **Workshop:** UW Tour

May

- 4 **Mentor Training:** Getting Complete
- 11 **Workshop:** Guest Speaker
- 18 **Activity:** Alki Bonfire
- 25 **Mentor/Student One-on-One Time**

June

- 1 **Completion Celebration**



Pasquinel burns her hot dog at end-of-year Alki Beach Bonfire

CHIEF SEALTH STEPS BEYOND

March

- 2 **Study Session**
- 9 **Mentor Training:** Advocating & Requesting
- 16 **Workshop:** NELA
- 20 **HOH/Study Coordinator Meeting**
- 23 **Activity:** Basketball vs. Steps Ahead
- 30 **Steps Beyond Mentor Meeting**

April

- 6 **Family Group Meeting**
- 20 **Study Session**

May

- 4 **Mentor Training:** Getting Complete
- 11 **Workshop:** Guest Speaker
- 18 **Activity:** Alki Bonfire
- 25 **Family Group Meeting**

June

- 8 **Completion Celebration**



Steps Ahead mentors and students compete against Steps Beyond team in a basketball game.

- \$100 and above continued**
- Kathryn & Robert Strong - David F Tye - Manlio Vecchiet - Gary & Ann Wright - Kenneth Battie - Marcy Rawn - Lauren Balestreri - Virginia Coburn - Jeremy Daniels - Mary Watts - Nicole Matthews - Kim Berardi - Carol & Leo Costello - Teresa Donovan - James Lohn - Amy & Edward Lopit - Linda & John McMillen - Brian & Taryn Neville - Rebecca Sadinsky - Kevin Robinson & Jenny Straatma - Diane & Dennis Warshal - Enrique Zepeda Contreras & Bradley White - Jason Axley - Therese Patchell - Seth Heikkila - Tim Waite - Christian Aaselund - Jeanne Anderson - Margaret & Douglas Hanel - Gail Lee - Sandra & Harvey Lew-Hailer - Judith & Douglas McBroom - Wanda Miles - Duncan C. Morrell - Margaret Morris - Julie O'Leary - William Packard - Tamara C. Reznik - James Brewer & Mary Roberts - Carolina Vita & Aram Shepard - Matthew C. Willis - Paul & Doris Wong-Estridge - Jill Fairlee - Charlotte Rudge-Omnes - Henry Shim - Brenda Sugita Seeley - Eunice & Gerhard Letzing - Christopher Togawa - Shelley and Eric Helzer - Philip & Cindy Herter - Lorna Jackson - Lawrence Loo - Judi McAlpine - Grayce & Rob Mitchell - Miguel Peralta-Landin - John Geoffroy & Glenys Rignall - Margaret Schaaf & Stuart Dunwoody - Bruce Ritzen - Jeannette Engel - Ana Gonzalez - William Resler - Martyn Ellis - John & Patricia Williams - Richard & Geraldine Hodgkin - Holly Houser - Cynthia & David Ige - Sheri Olsen - Mary S. Ritzman - Irene Stewart - Grace & John Welch - Eric Leland - Andrea Rouleau - Susanne Cocklin Mills - Suzanne Erling - Louise Grant - Keith Waits - Robin Roskino - Karin & William Agosta - Dave Alefaio - Janette Ambauen - Laurie Ames - Pamela Rae Becke - Robert Bowen - Sean Boyd - Lourdes Bradford - Aaron Brown - Robert Bucher - Ann S. Buckner - Ronald Bueing - Kathi Bullfin - Walter Car - Susan & John Cary - Margorie Charlier - Cheryl M. Chow - Andrew Dempsey - Esther DuGraf - Henry Perry & Regina Fell - Ruben Foronda Jr. - Brian FunkKim Coghlan & Mike Garner - Alan Zarky & Helen Halpert - Phillip Mark Hannum - Brandy J. Harmia - David & Kari Hatlen - Katherine Hitchcock - Lucy Homans - Catherine Humbert - Mary & Alan Huneke - Donald Jayne - Sachin Jhunjhunwala - Kevin Keierleber - Jane Kennedy - James Kitchell - Danette L. Knudson - Jan Kozlow - Srivani Jade & Sandeep Krishna Murthy - Liz Larson - Arica & Maj Peter Lee - Jason Lee - Beth & Mervin Leo - Thaddeus & Jane Lewis - Nicholas Lewis - Greg Canova & Barbara Linde - Ananth Lingamneni - Anne-Marie Lowe - Nicole & Donald MacInnes - Mike Mastel - Marchell Mathes - Irene A. McGregor - John & Kimberly McNesby - Susanne Mills - Michael J. Nealy - Bretney & Ben Nelson - Heidi Nelson - Assunta Ng - Holly Nguyen - Jeffery Keane & Martha Noerr - Peter Olagunju - David Lord & Deborah E. Presten - Peggy Prichard - Patrick Kennedy & Melissa Rie - Nicola Robbennolt - Daniel Robinson - Mary Rolfe - John Saban - Kathy Scammell - Patricia Shelledy - Anthony Shoecraf - Jane S. Skriwan - Jan Hurley & John Stoddard - Joanne Testa-Cross - Richard Galinas & Sara Thompson - Elizabeth Doliver & Phillip Thompson - Elizabeth Tinker - Julie Todaro - Joeseeph Trelin - Joel R. Van Emelen - Tina VanDoren - Jeff & Margie VanDuzer - Monica & Zephaniah Varley - Kerim - Aydin & Rebecca Vaux - Steven Vinson - Ann Reite & Fred Waits - Lynne & Michael Walker - Linda Walter Ambauen - Leigh Walters Manning - Linda & WW Whiteley - Luisa Guzman & Aaron Williams - April Williamson - Deborah & John Wilson - Ward Wright - Anne Hodgkin & Carl Young - Michael & Debbie Zaccaria
- Because of you, Seattle's youth are getting the chances they deserve!**

Save the Date

Saturday, April 29, 2-5pm
Volunteer Appreciation Party



Steps Up leader Ryan and mentor Sally coach freshman David at the launch course retreat this fall.

The trick of good mentoring is honesty within the framework of love, compassion, and support.

The Knife and the Bowl

By Colby Wilk
Program Director

Community for Youth's ongoing training teaches mentors to be both the "knife" and the "bowl." They learn to be the bowl—to hold students with compassion, kindness and without judgment—and to be the knife, to cut through students' excuses, lies and pretense and stating the truth.

Without the bowl, the message of the knife—no matter how right it might be—gets lost because young people feel accused, become defensive, and disconnect.

Without the knife, the bowl is only a

warm, comforting place, but doesn't challenge students to face what is holding them back.

The trick of good mentoring is to combine the two: bowl and knife, straightforward honest assessments within the framework of love, compassion and support. Any good communication has a combination of grace (bowl) and wisdom (knife). The last time you encountered conflict, were you missing the knife or the bowl? Can you benefit from being more straightforward and saying what is true or by making sure you are loving, supportive and judgment free?

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