

Annie Klug, Oregon Mentors

From: Oregon Mentors [info@oregonmentors.org]
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Oregon Mentors Conference Draws Nearly 100 People

The 2011 Oregon Mentors Conference Registration drew nearly 100 participants and presenters to downtown Portland to learn, discuss and network with other mentoring programs from across the state. Thanks to NW Natural for generously donating their space, staff and delicious food to support the event.

The first day, Dr. Michael Karcher shared research on the mentoring life cycle and Dr. Tom Keller discussed parent involvement in mentoring programs. The second day allowed program staff to engage in 15 different sessions on a variety of topics like screening, match support and mentor recruitment.

We want to thank everyone who participated. Your questions, discussion and expertise are what made the conference so valuable. Please don't forget to complete the conference feedback form Celeste sent out on Friday so we can make the event even better in 2013!

Save the Date for Summer Youth Institute Recap July 22

Be sure to save Friday, July 22 on your calendar, when the Center for Interdisciplinary Mentoring Research at Portland State University will host an all day session to share findings from the 2011 Summer Youth Institute.

This first-of-its-kind event will offer participants the opportunity to see ten back-to-back presentations from researchers who presented at the Institute along with other well known experts including Renee Spencer and Tim Cavell. More information will be sent via Oregon Mentors' E-news and will

be posted on the [CIMR Web site](#) as details become available. [E-mail](#) Kay Logan with any questions.

Oregon Mentors 8th Annual Recognition and Awards Luncheon is October 27

Save the Date – Thursday, October 27 – from noon to 1:30pm at The Nines Hotel in downtown Portland. It's the 10th anniversary of the organization this year and we definitely have reason to celebrate!

We're thrilled to welcome this year's honorary chair, Neal Keny-Guyer, CEO of MercyCorps, and hear how mentoring played a role in his journey. Also, as usual, we'll be honoring our program and match of the year with awards, so look out for the call for nominations in September.

In addition, we'd love our registered programs to host tables again at this year's event, so we'll be connecting with you all in the fall with this invitation. Look for more information about the luncheon on our Web site in June.

Free Health Guides for Mentors Now Available

Participants at last week's conference received a copy of *Eat Well, Stay Active, Have Fun – A Guide for Mentors*. The Harvard School of Public Health has developed this new resource to help mentors make healthy eating and physical activity natural parts of the mentor-mentee relationship.

It includes information on nutrition and physical activity, tips on how to promote healthier habits throughout the course of a mentoring relationship, examples of activities that mentors and mentees can do together, and a list of resources for further information.

Oregon Mentors has received hundreds of copies and would love to share them with you – free of charge. If you're in the Portland Metro area, they're available for pick up. If you're outside of the area, we'll ship them to you. Please e-mail [Annie](#) to request the quantity you'd like to receive.



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