

# AFK Youth Mentoring

Rise, SHINE &

Do WHAT YOU CAN!

## Newsletter - September 2020



### ***Sophia and Buddy***

"Before becoming a part of the AFK program, I had always known that I love being with kids and being able to help or support them in any way possible. Needless to say, Athletes for Kids has given me the chance for not only that, but other ways of impact that had never crossed my mind.

Any and all nerves were discarded once I met my buddy's parents. The first time I met my buddy's mom, she helped me with any questions I had, told me all about my buddy's interests, and welcomed me with a hug and a warm smile. I love getting to meet with my buddy on a regular basis while drinking Starbucks (her favorite) and talking about her week, but also getting to guide her through some of the hardest years of her life is indescribable. To have the opportunity to teach her it's a good thing to be yourself and that at the end of the day, as long as you have a good heart and stay true to you, no one's opinions matters has not only affected her, but has affected me as well. Being her mentor, I don't feel like it's a "chore", but that I truly enjoy spending time with her. My buddy and I have a connection that I wouldn't trade for the world. Not only have I taught her things, but she's taught me as well. She's given me a new perspective and a bigger heart in the process.

My daughter was having trouble fitting in when she started middle school. One of her teachers told me about Athletes for Kids as her son had a mentor. I

contacted AFK to see if my daughter would be a good fit for the program. We both decided that she would be, so she was matched with her mentor, Sophia. Before quarantine, Julia and Sophia would go shopping, go to Starbucks, and go on walks. Sophia has shared some of her own experiences and Julia is able to talk to her without fear of being judged for saying or doing the wrong thing. My daughter loves hanging out with her mentor and is always excited to see her. Thank you, AFK, for making a great match!"

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## ***Beneath the Same Sky Virtual Auction***

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### ***Save the Date for our biggest Fundraiser of the year***

We are going "virtual"!

Instead of meeting in person this year, we're hosting our exciting live auction and fundraising celebration "virtually" with a special livestream broadcast on Thursday evening, November 12, 2020!

Watch for announcements for details on how to register, bid and join the party!

[Click here to procure an item](#)

[Click here to donate](#)

[Click here to volunteer](#)

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## ***Upcoming Events***

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## Family Trivia Night

Join us on Friday, September 25th from 5:00 pm to 6:00 pm on Zoom for a fun afternoon of trivia the whole family will enjoy. Mentors, buddies and siblings are welcome!

[Click here to register](#)

## Facebook Live



Coming soon on September 14th at 5:00 PM a Facebook Live event with PACER National Bullying Prevention Center. More details to come!

## Blast from the Past



*Our monthly short feature highlighting special memories from former AFK mentors.*

**This month we are honored to feature Mark Milloy**, a 2012 graduate of Eastlake High School who was an AFK Mentor during his junior and senior years (2010 – 2012) in Sammamish. He is now working for Amazon Web Services' (AWS) in Seattle, after graduating from Santa Clara University where he studied Economics and Liberal Arts.

**AFK:** *Mark, what are some memorable insights about your Athletes for Kids experience?*

**Mark:** "The special experience with my buddy gave me a special perspective on life. It's a perspective that I wouldn't have had without the Athletes for Kids mentoring program. It challenged me to be less introverted and really helped me become proactive about being creative. That's something that I have drawn upon ever since."

**AFK:** *Any extra special memories about your time spent together with your buddy?*

**Mark:** “I have such fond memories of being a part of my buddy’s life and family. We loved hanging out at parks, taking walks, just being together. Eventually, we developed a special tradition that capped off every one of our visits. No matter what we did as an activity, we would *always* top off our time together with a stop at the local Starbucks. It became ‘our thing’ and it was something we both really looked forward to.”

**AFK:** *Drawing on your experience, what advice would you pass along to new mentors?*

**Mark:** “For the Mentors who might just be starting out with their buddies, I can tell you that you are going to be so glad you did this. It is such a rewarding relationship, especially if you embrace the opportunity to experience things that might normally be out of your comfort zone.”

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## ***With Gratitude***

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### ***Thank you Angie***

This Month, we extend our heartfelt gratitude to AFK Board President Angie Ahlemeyer. Angie’s passion for AFK’s mission is evident in all that she does. Angie’s commitment to the core values of the organization: Kindness, Friendship and Inclusion are evident in her interactions with mentors, buddies, staff and board members. Whether volunteering at a mentor and buddy event, chairing the Beneath the Same Sky auction or sharing her talents with the AFK Board, Angie is always a **STAR!** We are grateful for her generous spirit, her guidance and leadership and most of all her embodiment of the AFK mission. Thank you, Angie! We appreciate and all that you do to make Athletes for Kids such an amazing organization.

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## ***AFK Moments***

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As we say goodbye to a fun August, we welcome September and celebrate the impact of kindness in mentors, buddies and our community.

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[Donate Now](#)

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