



April 2024 Newsletter



SHS Mentor Ryan and buddy

Mentor

I joined AFK in the spring of Junior Year, and it has always been something that I look forward to every weekend. Coming into the program, I wanted a relationship that was fun, energetic, and action packed. When I met my buddy, I knew that it was a great fit because we connected right away. We're both competitive and love to learn new skills. I enjoy the fact that every weekend I get to look forward to hanging out with him because it allows me to take a step back from my own life and just have a good time and focus on what we're doing in the moment. Our friendship is so unique because we're both willing to step out of our comfort zones and try new activities. For example, I brought him to the golf course that I work at to play and he loved it, and from then on, we've continued to play golf and he now has a new passion. I love that he's very creative and thoughtful, always surprising me with the technical skills and talents that he has. I've enjoyed every time I've hung out with him and am excited to continue to grow our friendship and see all of the accomplishments he's made over the upcoming years! I'm super thankful for AFK because they gave me the opportunity to create this strong friendship.

Mentee Parent

Ryan has been a mentor to my teenage son for the past two years. In that time, he has shown a genuine interest in and commitment to becoming the best mentor that he can be. I was instantly impressed during our initial meeting when he took detailed notes of my responses to his thoughtful questions. Most importantly, it is apparent when someone really cares about and likes the person they are working with. Ryan demonstrates this every time he shows up

person they are working with. Ryan demonstrates this every time he shows up with great enthusiasm to share with our son. Ryan comes up with new and creative things for them to do together; this is especially true around the holidays.

Ryan has been generous with his time and life experiences; we feel lucky to have known him. He is good at getting our son motivated to engage socially and broaden his perspective. Whether it's playing foosball or board games they always make boisterous sounds of joy that can be heard throughout the house. They also frequently get active outdoors. For example, Ryan introduced my son to golf, and they had so much fun playing many rounds at the local golf course where he works.

Ryan has been willing to share so many things about himself with our family, we appreciate all that he has done for our son, and we know he will make a lasting impact!

Upcoming Events



Board Games and Bingo

Join us on Saturday, April 27th, from 1:30 to 3:00 PM in the Rotary room at the Sammamish YMCA for a fun afternoon of board games and bingo. Bring a game and join the fun!

Mentors, buddies, and siblings are welcome. Limited to 40 participants.

[Click here to register](#)

ALL IN FOR AUTISM 2024 FAMILY 5K WALK/RUN

For 18 years, the Bellevue Breakfast Rotary Club has organized their All in for Autism 5K Run/Walk, and now they are bringing back their in-person race to be held on **Sunday, April 28th, 2024.**

Funds will be used to support children with Autism Spectrum Disorder (ASD), their families, and caregivers, with the ultimate goal of raising their quality of life. Funds will also benefit Athletes for Kids and other related organizations, plus Rotary projects that benefit children and their families.

Registration to volunteer is now open! Click the button below to register today:

[Register to Volunteer](#)

With Gratitude



Thank you Mid-Mountain Materials

We are so thankful for the support of our corporate sponsors! This month, a big shout out to Mid-Mountain Materials, which returned as a generous Gold Level sponsor at last November's AFK Gala. Founded in 1976 and headquartered in Seattle, they have established their company with the world-wide reputation of being the most innovative and competitive manufacturer of high-temperature resistant materials. An interesting historical note: Mid-Mountain began manufacturing fiberglass tapes and ropes as an alternative to the use of asbestos as high-temperature seals. Their commitment to research and development and innovative problem-solving has led to applications ranging from disposable welding cloth to air bag materials for spacecraft.

For more information about their offerings please visit the Mid-Mountain Materials home page at <https://mid-mountain.com>.

Thank you to Senior Vice President, Gretchen Reimbold, and the entire executive team and staff for being generous supporters of our AFK programs and events.

AFK Moments



As we look back on a month of memories, we look forward to more friendship moments and choosing kindness, acceptance, and inclusion every day.

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Thank you to our 2023 AFK Gala Sponsors!



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