

# Need Help Getting Started?

That's what mentoring is all about!

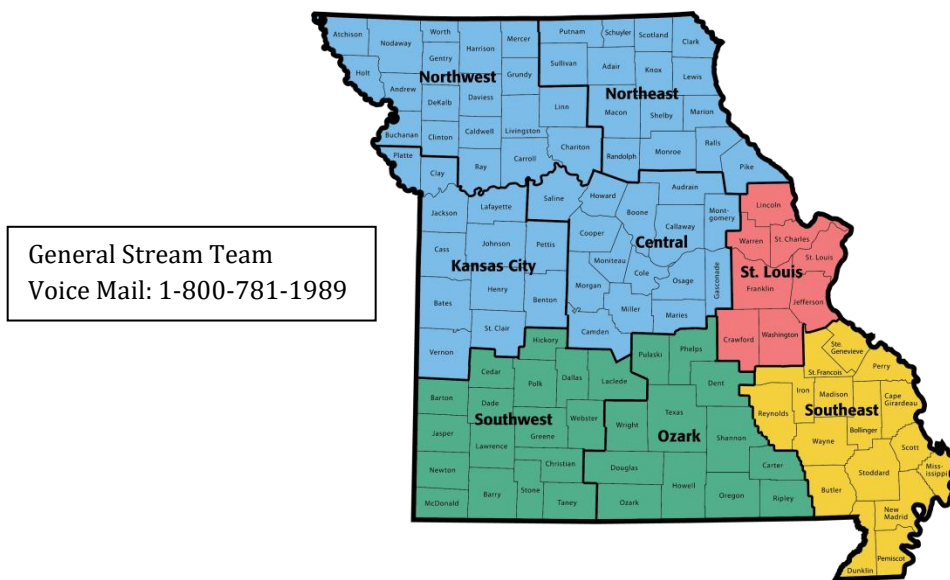


Have you ever been really excited about a new hobby and you couldn't wait to get started, only to get frustrated by a lack of direction once you begin? Sometimes you trudge along painfully until you become good at it, other times you decide to quit and look for something easier to do.

Stream Team Mentoring is an activity that can help a new Stream Team get their feet wet (literally!) and help them to meet other Teams in their area. A mentor is someone who takes a special interest in helping another person or group develop successfully by providing them with guidance and support. Mentors become two things, **advisors**, willing to share their knowledge, and **supporters**, who give emotional and moral encouragement.

We have seen many mentoring successes. Both parties truly benefited and learned more than expected from the mentoring experience. One new volunteer said "with hands-on instruction, he (my mentor) was able to clarify the areas that were unclear and answer questions as they arose. He also helped me to appreciate the importance of, and cultivate a fascination for, vigilant record keeping in order to preserve the environment." If that isn't convincing enough, the mentor had the following to add. "The insights from the conversation and actions are invaluable for both the mentor and the mentee. I would highly recommend it as a great way to strengthen our state's water resources and citizenry. It didn't take too much time and it was worth the time spent!"

We know there are more folks out there who have an interest in being mentored. Many times it's just finding the right person to link them up with. Please contact us to be linked with a mentor.



General Stream Team  
Voice Mail: 1-800-781-1989

## Stream Team Biologists

**Missouri River Unit**  
*Amy Meier*  
[amy.meier@mdc.mo.gov](mailto:amy.meier@mdc.mo.gov)  
573/522-4115 x 3166

**Ozark/Southwest Regions**  
*Kat Lackman*  
[kat.lackman@mdc.mo.gov](mailto:kat.lackman@mdc.mo.gov)  
573/522-4115 x 3157

**St. Louis Region**  
*Chris Riggert*  
[chris.riggert@mdc.mo.gov](mailto:chris.riggert@mdc.mo.gov)  
573/522-4115 x 3167

**Southeast Region**  
*Jenna Stiek*  
[jenna.stiek@mdc.mo.gov](mailto:jenna.stiek@mdc.mo.gov)  
573/522-4115 x 3892

## Statewide Volunteer Water Quality Coordinators

*April Sevy*  
[april.sevy@mdc.mo.gov](mailto:april.sevy@mdc.mo.gov)  
573/522-4115 x 3593

*Molly Runyon*  
[molly.runyon@dnr.mo.gov](mailto:molly.runyon@dnr.mo.gov)  
573/526-1156

*Karen Westin*  
[karen.westin@dnr.mo.gov](mailto:karen.westin@dnr.mo.gov)  
573/526-7838