

March 2017



BOYS & GIRLS CLUBS OF BANGOR



Coloring Contest winner, Dylan A, with his prize.

Coloring Contest

The March Coloring Contest was another intense competition, and we have declared a winner.

This month's Coloring Contest had over 400 views on Facebook and our winner won with a whopping 16 "likes". Congratulations, **Dylan A!** Dylan worked tirelessly to perfect his entry in the contest and was very proud of his submission— as are we! Thanks to all who participated. Your support is appreciated by the children and the staff.

The next coloring contest will be posted on our Boys & Girls Club of Bangor Facebook page. "Like" our page and stay updated on the latest news, contests and updates!

OUR MISSION.

"To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens"



GREAT FUTURES START **HERE.**

Inside this issue

- Brooke from Penquis.... 2
- Birthdays 2
- Big Brother Big Sisters .. 2
- Fitness Competition..... 3
- Kid Snippets 3
- Dates to Remember 4
- Club Cash..... 4
- Teen Center Updates.... 4
- National BGC Week 5
- Birthday Party 5
- Follow Us..... 6
- Contact Us..... 6
- Staff Update 6

Group A watching Brooke.



Brooke from Penquis

This month, Brooke was back to help our Group A Club members explore non-verbal communication. Brooke modeled how simple actions like crossing your arms or leaning on a table can send different messages without saying any words. Group A members then brainstormed with Brooke all the different ways to communicate something with just body language and eye contact.

Group B got to split up into teams and play a very competitive trivia game. Brooke asked the teams a variety of questions regarding all aspects of bullying, and when a team got the question right, they got to put their respective “X” or “O” on the tic-tac-toe board. Brooke does a great job with our Club members as she teaches them important life lessons— all while having fun.

Thank you, Brooke!

Brooke does a great job with our Club members as she teaches them important life lessons— all while having fun.

Brooke from Penquis

Birthdays

Hunter J. — Mar 30

Savannah C. — Mar 10

Shaina N. — Mar 24



Big Brothers Big Sisters of Mid-Maine

Big Brothers Big Sisters of Mid-Maine have switched up their routine! Previously, matched “Bigs” and “Littles” were spending the day together in the board room. This past month, the Bigs joined their Littles in their daily routine with the rest of the Boys & Girls Club. Matches had a blast playing kickball, participating in Clubhouse activities, and interacting with the friends at the Club. Our changes add some excitement to the days that the matches get to spend together while still promoting the mentoring relationship between the Bigs and Littles. The Big Brothers Big Sisters of Mid-Maine will continue to meet during Club hours on Tuesdays and Wednesdays for just a few more sessions. Stay tuned for more updates!



Little Eli and Big Kosi



Big La Shea and Little Aaliyah



Trainer Joey describing the rules of the relay race.

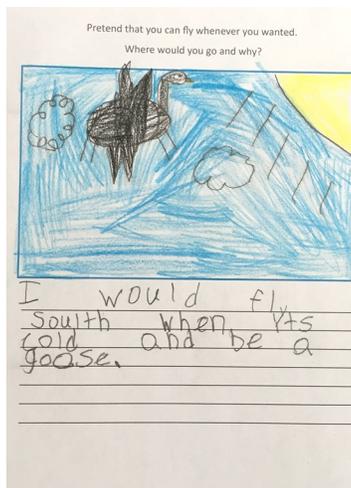
National Fitness Competition

Coming up on May 12th, the Boys & Girls Club of Bangor will be hosting the National Fitness Competition, a national event sponsored by Nestle. The Competition is designed to lead Club members to physical literacy, defined as the ability, confidence, and desire to be physically active for life.

During this event, members will be competing in various fitness challenges and celebrating healthy lifestyles. To help the children prepare, Joey, a personal trainer from Planet Fitness, is spending a few days a week in the Gym. He is helping the children work on techniques and skills so they can excel during the competition.

Thanks for all you do, Joey!

Stay tuned for more updates on the National Fitness Competition.



Brooke's writing prompt.

Kid Snippets

If you could fly, where would you go and why?

"I would fly everywhere because I wouldn't need a license."

- Eli M.

"I would fly to an aquarium to see a dolphin."

-Trey G.

"I would fly south when it's cold and be a goose."

- Brooke H.

"I would fly to my house."

- Chase T.

"I would fly to Chase's house."

- Ryder A.

Dates to Remember

- **Open Gym (Ages 10+)**
Bangor Housing Gym
FREE Every Sunday
10am-1pm
- **Resident Council**
Open Gym (Ages 4-9)
Bangor Housing Gym
FREE Every Sunday
1pm-2pm
- **April Vacation**
Apr 17th — Apr 21st
AFTERSCHOOL CLUB
AND TEEN CENTER
CLOSED.
- **April Break Theater**
Camp (Grades 4-8)
Bangor Housing Gym
Apr 18th – Apr 21st
10am-2:30pm
- **Community Day at**
Buffalo Wild Wings
April 19th
(10% of total day sales
go to our very own
Boys & Girls Club)

Club Cash in the Clubhouse

Last month, the staff introduced a Job Chart in the Clubhouse. This month, a new element has been introduced. Not only will our Club members continue to feel empowered to lend a helping hand, but they will also have a tangible reward for doing so. At the end of each day, members who complete a “job well done” will get paid for their efforts with Club Cash! Each job is worth \$1 and members can complete a maximum of two jobs per day. They are responsible for keeping track of their own money and are in complete control of spending and saving their hard-earned reward. Once staff open up the “Club-Mart”, members can choose to spend their Club Cash on a variety of prizes, such as an extra snack (\$5), a regular Pokémon card (\$7), a beanie baby (\$20), or even a Build-A-Bear (\$25).

This concept helps teach our members the value of working hard, teaches them to plan ahead, and allows them to practice their money skills.

Teen Center Updates

The Teen Center had a busy month, jumping into a new schedule and introducing some exciting opportunities. Torch Club members spent time volunteering at the Bangor Public Library, helping to straighten out books and some other housekeeping work in the teen section of the library. They will continue this volunteer opportunity once a month. Also, thanks to a very generous grant that was provided by GenerationOn, our Teen members have the opportunity to participate in a service project that helps bring awareness to fighting hunger in the community.

Career Launch has been helping to prepare our 8th - 12th grade members to ace a job interview, as well as how to communicate effectively in different settings. In the upcoming weeks, Career Launch members will continue to practice their job interview skills.

Katahdin Trust Company donated 16 tickets for our teens to attend the Harlem Globetrotters game, making March a very memorable month for the teens and staff who were able to attend.



Tim and the teens at the Harlem Globetrotters game.

National Boys & Girls Club Week and the Birthday Party

National Boys & Girls Club week was a very exciting week for our Club! From March 27th through March 31st, our Club was one of the many others across America who celebrated the Boys & Girls Club programs and all of the fun, lifelong learning that takes place behind their doors.

Part of the week of celebration was the Blue Door Contest. McKenzie Hood of the University of Maine painted a beautiful garden mural on a door in the Clubhouse, representing "A Path to a Great Future." The door was a talking point for our Child Ambassadors as they gave a tour to many guests from the community.

This week encouraged us to open the door and to invite our community to take the tour. It gave the community the chance to see our Club in action. Community partners who arranged a tour met the children, the staff, and got a taste of our programming.

Child Ambassadors: Megan, Kamryn, Griffin, Eli, Dylan, Lindsay, Kalona, Amira, Cooper, and Malachi

Community Partners: Downeast Elementary School, Buffalo Wild Wings, Charles and Judy Boothby, and Eda and Peggy

Tours will continue into early April.



Pictures from National Boys & Girls Club Week.



We turned 3 years old on the last day of the National Boys & Girls Club Week! We celebrated the successes of the past 3 years, how the Club has grown and evolved, and the amazing youth that have stepped through our doors. In a special speech from Club Director, Cat Hamel, we also envisioned the future of our Club.

The University of Maine Women's Rugby Team helped run activities, such as musical chairs, a cake walk, a photo booth, and other one-on-one activities. A Club parent, Carrie Tardy, provided delicious popcorn for everyone to enjoy. Miss Beccy from EMCC monitored the bounce house. We ended the birthday celebration with a Club Dedication Award, a slideshow to reminisce fun memories, and of course... cake!

Thank you to all the parents and families who participated in our festivities! Thank you to all the volunteers who helped make this event a success! Thanks to everyone and your endless support of the Boys & Girls Club of Bangor!

Volunteers Needed

Are you in need of volunteer hours?

Do you like to make a difference, support a great cause, and experience a sense of pride?

Be a Volunteer Mentor.

If you're interested, call JoAnn at 852-3040.

Follow Us

For general information and weekly highlights, please follow us on [Facebook](#) by searching for "Boys & Girls Club of Bangor" or scanning the QR code below.

For other unique opportunities, visit our website! Learn about our programs, see our mission statement, view our calendar, and see the news.

www.bgcbangor.org



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Staff Update

Hope Violette is the newest addition to our team!

As our new **Youth Development Professional**, Hope has already made a huge difference for our Club and its members. In the Gym, Hope demonstrates her initiative as she leads and participates in our Triple Play activities. In the Clubhouse, Hope is patient and kind as she supports every child's academic success. In the Teen Center, Hope is a positive role model and offers guidance and encouragement while helping to develop the members into productive citizens.

When she isn't working with the children, Hope is a loving mother of four. She is creative and generous as she shares her enthusiasm for healthy activities— such as cooking! Yum!

Thanks for all that you do, Hope!



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OF BANGOR

BE GREAT