



BOYS & GIRLS CLUBS
OF THE TWIN CITIES

FALL 2023
NEWSLETTER

HEALTH & WELLNESS



NEW Garden Program at Voyageur

Through the spring and summer, Voyageur staff, Club youth, volunteers, and community partners worked together to create a beautiful new garden space at Voyageur Environmental Center. BGCTC youth spent time in the garden learning about food systems, farming, and how to support a healthy ecosystem through sustainable land management practices. They also enjoyed tasting the variety of organic fruits and vegetables they grew and gained additional knowledge about the use of Voyageur’s new greenhouse, complete with a pond that models the ecology of Little Long Lake. Campers drew inspiration from the beauty of the garden, filling the walls of the Greenhouse and the lodge with their very own artistic depictions of pollinators and plants.

Additionally, BGCTC campers were surprised with a guest appearance from the owner and head beekeeper of Ames Farm, Brian Fredericksen, who partners with Voyageur Environmental Center to host honeybee hives on the camp property. Brian brought delicious varieties of single-source honey

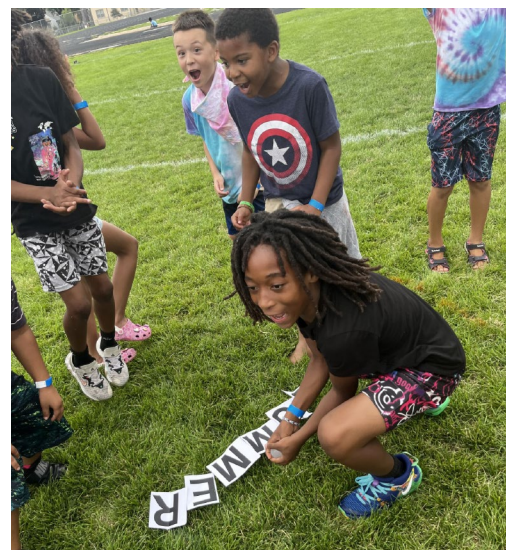
and honeycomb for youth to taste, as well as actual honeybee hive frames for youth to gain hands-on experience in “reading” a frame to help them understand the overall progress of the hive.

Real life exposure to gardens and gardening teaches youth about different sources of fresh produce, demonstrates community stewardship, and introduces the importance of environmental sustainability. BGCTC’s Health & Wellness programming supports young people in building the healthy life skills they need to navigate important life decisions and cultivate a healthy lifestyle now and or their future.

It’s an “Amazing Race” for Olson Middle School

Olson Middle School Club members celebrated the last day of summer programming with a fun and interactive Field Day. Club youth teamed up to compete in a game of “Amazing Race,” utilizing different skill sets they had worked on over the summer to complete a variety of challenging tasks and activities. There were games of kickball, sailing toy ships, water balloon tosses, and relay races. Each team got to choose which teammate would complete in each activity and worked together to make sure everyone got a chance to participate. Then, once an activity was completed, each team earned a letter that would eventually spell out the word “SUMMER”.

BGCTC’s Health & Wellness strategy develops young people’s capacity to live healthfully by educating youth about fitness, nutrition, smart decision making, and trauma-informed care practices. Club Field Days directly support this by keeping youth active while working collectively as a team to create plans, problem solve, and complete goals as a collective peer group.



Fun with STEM for Minneapolis Clubs

In June, Minneapolis Club youth from Little Earth, Southside Village, and Jerry Gamble Club Sites spent a day focused on the deeper learnings of STEM concepts through specific STEM projects. With the help of volunteers from National Grid Renewables, BGCTC Club members built interactive robots and working flashlights utilizing everyday materials such as plastic drink containers, aluminum foil, pipe cleaners, pencils and glue. Throughout the rest of the summer, youth worked with STEM mentors from the Sea Research Foundation to build boats, construct towers, and play math games with a focus on conservation.

STEM (Science, Technology, Engineering, Math) education is a core BGCTC program component that offers several benefits to youth, including teaching them creativity, critical problem-solving, life skills, ingenuity, resourcefulness, patience, and curiosity. Special Club happenings like STEM Day and mentorships engage our youth in a unique and creative way that fosters excitement for STEM disciplines and prepares youth for post-secondary STEM education and careers.



TEEN PATHWAYS



Career Exploration with Corporate Partners

Teens from BGCTC's Mt. Airy and East Side Clubs visited the Carmeuse plant in Savage, MN on August 3 to learn about their company operations and manufacturing processes. Carmeuse is a global manufacturer of lime and limestone products used in a variety of applications, which provide cleaner air, safer water, and improved soil characteristics. Teens also learned about Carmeuse's culture, career and job opportunities, and got the unique opportunity to sit in the driver's seat of a Carmeuse heavy equipment simulator - which was a lot of fun!

BGCTC teens also had the opportunity this summer to visit the Minneapolis FBI Headquarters, gaining knowledge about the day-to-day operations of FBI, ERT, and SWAT divisions, and the Minnesota Twins and Old Navy where they spent time learning about how to bring their personal passions to their future careers.

Through career days with our Corporate Partners, teens gain self-confidence and self-efficacy to transition into post-secondary education in pursuit of their career aspirations. They also have the opportunity to make professional connections through networking that create pathways to a successful future beyond high school graduation.

COMMUNITY ENGAGEMENT



Back to School with KJ Osborn

On Friday, September 8, Minnesota Vikings player KJ Osborn hosted a Back to School Day at BGCTC's Jerry Gamble Club where over 100 Club members had the opportunity to choose their favorite backpack and fill it with school supplies, books, and fun extra items like MN Vikings socks. KJ also took time to speak with Club youth about his journey from the days of being a Club kid to becoming a professional football player. He answered questions and provided inspirational words for youth on how they should always believe in themselves and their unique and amazing abilities. Additionally, KJ left the Jerry Gamble Club with a new, comfy reading nook where youth can now settle down with a good book any time they want. Thank you, KJ and the Minnesota Vikings, for investing in the future of our youth and the Jerry Gamble Club community!

ACADEMIC SUCCESS



At Lenzmeier West Side Club members have been enjoying their Capstone Libraries and showing amazing gains in reading skills over the summer! One of their favorite ways to expand their reading skills is working together with peers, taking turns reading different parts of each book and helping each other out when an unfamiliar word or concept arises. Developing fundamental spelling and reading skills are core components of BGCTC's Academic Success & Literacy Programming and are the building blocks that ensure ALL Club members are reading at or above grade level every year.



Mt. Airy Club youth have been working hard on their numeracy skills with word problems and "color by product" multiplication activities. Hands-on, multisensory math stations like these are centered on Minnesota Academic Standards in Mathematics and help youth build math proficiency. Developing numeracy skills gives youth the foundation they need to achieve academic success now and in the future.

COMMUNITY ENGAGEMENT



BGCTC Clubs participated in and hosted celebrations on August 1 in honor of National Night Out, an annual nationwide event that encourages everyone to get out in the community, meet their neighbors, and create safe spaces for fellowship with one another. Clubs had dunk tanks, barbecues, face painting, and prize giveaways to bring Club communities together for an evening of safe fun.

The East Side Club also held an unveiling of their Community Peace Garden during their National Night Out Event in collaboration with Senator Fong Hawj, the Sackett family, and the Saint Paul Police Department. At Boys & Girls Clubs of the Twin Cities, there is nothing more important than the safety of our youth and their families. Clubs offer safe, inclusive spaces and experiences that empower members' learning and growth.

TEEN PATHWAYS



On June 26, BGCTC's East Side Club hosted a celebration for all 2023 Club graduates and scholarship recipients. Teens received acknowledgments and academic awards from staff, and were welcomed into the newly formed BGCTC Alumni Association. Celebrations continued throughout the summer as alumni new and old gathered for basketball games, group dinners, and outings to other Club events.

By welcoming Club graduates into BGCTC's Alumni Association upon graduation, we are creating a direct link and pathway to caring adult mentors for young people while allowing them a platform to explore further post-secondary options - two vital components of BGCTC's Teen Pathways programming.

HEALTH & WELLNESS



BGCTC's East Side Club volleyball players spent the summer traveling to compete in regional tournaments after practicing throughout the school year in their newly renovated Club gym space. And, WOW, has their hard work been paying off as they've continued to take home trophies and gain new invitations to play in other tournaments at much more competitive levels. East Side Club Members describe these experiences

as ones that instill pride and confidence and also provide them with an even stronger sense of family that is gained through their relationships with teammates and coaches.



Jerry Gamble's 13U baseball team has also played hard all summer! They consistently competed in games across the Twin Cities and continued to improve their skills each and every week. For many of the Jerry Gamble players, this was their first time playing a competitive sport and they did a great job building new skills and embracing a completely new experience.

WANT TO CHANGE THE FUTURE?



IRA Rollover- A Tax-Saving Way to Support BGCTC

A charitable individual retirement account (IRA) rollover is a wonderful option for people 70 ½ and older. That's because it allows you to make a gift to support Boys & Girls Clubs of the Twin Cities without the distribution counting as taxable income.

This giving option is a direct contribution made from your traditional or Roth IRA to a public charity like Boys & Girls Clubs of the Twin Cities, and it is a great option if you don't normally itemize your charitable deductions.

Why consider supporting BGCTC this way?

- Your gift will be put to use today, allowing you to see the difference your donation is making.
- Beginning in the year you turn 73, you can use your gift to satisfy all or part of your required minimum distribution (RMD).
- You pay no income taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize your deductions.
- Since the gift doesn't count as income, it can reduce your annual income level. This may help lower your Medicare premiums and decrease the amount of Social Security that is subject to tax.

Learn more about making an IRA qualified charitable donation at www.bgctclegacy.org. Or contact Shannon Mattson, Vice President of Development and Communications at 612-229-3609 or smattson@bgc-tc.org for more information.



SUCCESS AHEAD



BGCTC is striving to achieve greater and more consistent impact than ever before, focusing on increasing attendance and meeting the unique needs of each Club member. Our North Star goal is "all members on track for a successful future beyond high school graduation".

To elevate academic support, BGCTC's Education Advisory Council (EAC), a group of innovative and community minded Education Technology companies in the Twin Cities, was established in 2021. Through this partnership, BGCTC has now implemented culturally appropriate physical and digital libraries, professional training for staff, and added new academic resources for BGCTC youth.

You can help BGCTC kids and teens make academic gains by supporting Success Ahead running NOW through September 30, 2023. Help us make this school year a huge success for ALL BGCTC youth!

boysandgirls.org/success-ahead



Our North Star

*All Members on track
for a successful future
beyond high school
graduation*



SAVE THE DATES



For the Kids! 2024
April 26, 2024
The Depot Minneapolis



2023 Annual Meeting
October 10, 2023
Voyageur Environmental Center

