



P.O. Box 191
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Gala

February 26th

Details to come, pending
pandemic guidelines.

Questions?
Contact Jamie Boyles.
jamie.boyles@bgcbemidji.org

mask up
and be safe



Aydah, 8,
smiles behind
her Club
mask.

Club members and staff are required to
practice social distancing and follow all mask
protocols. Our kids prove that wearing a mask
can be a fashion statement.

ENBRIDGE® INVESTS IN THE POWER OF KIDS

Enbridge Energy has invested \$10,000 to help
Club kids reach their full potential. The grant
funds SMART Moves, which stands for Skills
Mastery And Resilience Training. Funding will
help youth make healthy choices, practice
responsible behaviors and avoid risky activities
related to substance abuse and peer pressure.
Training gives youth the tools they need to lead
successful lives and achieve their goals.

Would you help us lead?

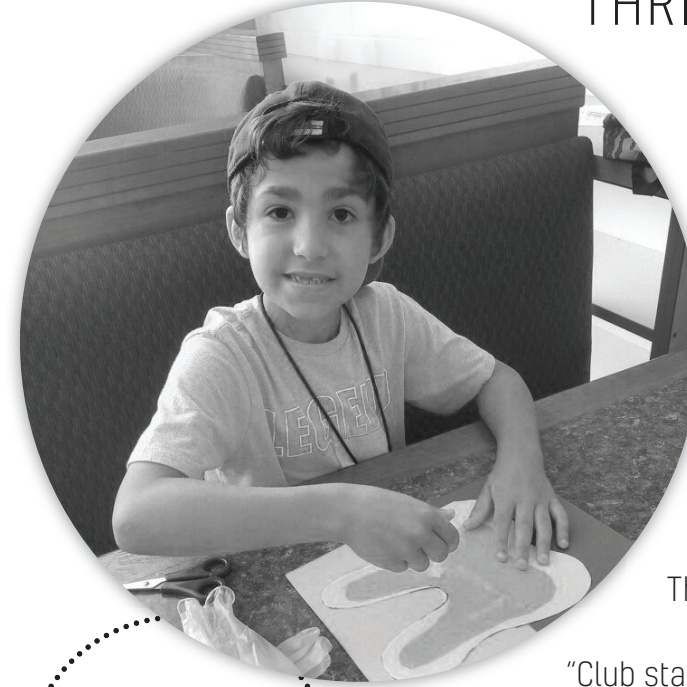
Get your board application now.

Board applications are open through December 18. Our
board meets from 5:30-7 p.m. on the third Thursday of
the month. Board members also serve on at least one
committee. Contact Andrea Kent at 218-444-4171.



Donors like you help Ben and others

THRIVE THROUGH THE PANDEMIC



This fall, the Club will be a bit quieter with a maximum
of 70 Club kids in the building at any one time, about half
the Club's usual capacity due to pandemic protocols.
But fewer can be better for children who struggle with
hyperactivity. Take Ben, for example.

Ben joined the Club last year as a first grader but
often struggled with the overstimulation of having
15-30 children in activities. His mom, Chelsey, would
keep him home for days at a time. But this summer,
the Club opened under its pandemic protocol, limiting
group sizes to nine to reduce the risk of virus spread.
That proved perfect for Ben.

BEN

a second grader

CLUB MEMBER
SINCE 2019

"Club staff were amazing with him," said Chelsey. "He's a completely
different kid. He loves all the Club stuff, the science center, the garden,
just the time to run and play. Smaller groups this summer were good for him."

Summer at the Club went so well for Ben that
his mom switched schools so that Ben can
continue to attend the Club this fall.

"He's only seven years old, but he is listening a little better and
takes responsibility for his actions," said Chelsey. "This fall, I hope
he continues to excel a little more at a time."

With support from health officials, the Club adopted safety
protocols to open the Club with limited enrollment, 32 children for
full-day summer programming. As the school year opened, the Club
scaled up with groups of up to 15 children, including teens, for after-
school programs. Health screenings, mask wearing, social distancing,
and hand washing are all mandatory.

"I'm very happy about the positive experience," said Chelsey. "The best are
the days when Ben runs out of the Club with a big smile on his face."

*"I like the way
the staff interact with
the kids. They just want
to see these kids succeed
and feel good about
themselves."*

Chelsey

BEN'S MOM

CLUB FORMULA FOR BEATING THE PANDEMIC

Wear a mask and
social distance.



Wash your hands often and
disinfect what you touch.



Be kind to one another.
We are all doing our best.

breathe deep and be calm

In partnership with Peacemaker Resources, the Club offered a month-long mindfulness program this summer to help children recognize emotions and manage stress. Club members met daily to learn breathing techniques and other strategies for better coping.

“We saw some big shifts in behavior through the summer,” said Shelby Weckwerth, unit director. “Even children who were prone to meltdowns in difficult situations made progress in knowing how to manage, listen and take breaks when needed.”

Eight-year-old Olivia used her new skills when a park bench screw bit her in the leg. It was a big enough ouch to require an ambulance. Olivia focused on “Superman breathing” while she waited to be treated. It worked.

Olivia’s biggest concern: “When can I come back to the Club?” Right away, as it turned out. Olivia was grateful to the paramedics who took good care of her and for the breathing techniques that helped her be brave.

“Our Club staff and kids learned good skills for de-stressing,” said Shelby. “The Peacemaker program was valuable for the whole Club.”



OLIVIA MASTERED SUPERMAN BREATHING.



Avery, a Club fourth grader, learned calming strategies for challenging situations.



Seven-year-old Brooklyn learns how to floss.



A HAPPY HARVEST

Andrew, 6, picks tomatoes from the Club garden.

Thank you, Deb Dilley, garden manager, for keeping our kids busy in the garden.



Jim Macey keeps our Club STANDING STRONG

Jim Macey teases that he “tries to keep the lights on” at the Club. He does that and a whole lot more, including the less glamorous things like keeping the toilets flushing.

Jim has been a one-man show for daily Club maintenance. He fixes what needs fixing and builds what needs building. What is surprising is that he does it all as a volunteer, often putting in 10-20 hours a week.

“It’s like family here except we don’t have many tiffs,” said Jim. “I’m at the Club because of the kids and the whole staff. They’re wonderful people.”

Jim started volunteering at the Club in 2017 after a 34-year career as a design engineer in Bloomington. He and his wife, Mary Lou, also a Club volunteer, retired on Lake Plantagenet, a long-time family vacation destination. Mary Lou works in the administrative office while Jim has a Club workshop where he keeps his tools handy.

This fall, Jim plans to join the Club’s Facilities Committee to help create a facilities maintenance plan.

“I feel pretty good about what we’ve accomplished,” said Jim. “For 34 years, I worked for a living and hoped that I made contribution to the world. At the Club, I know I can really make a difference.”



Jim Macey
CLUB
VOLUNTEER

“All the government programs in the world can’t do what happens at the Club every day.”

Jim Macey

If you have knowledge about electrical, plumbing or HVAC systems – or maybe you are just handy – we need your expertise to help create a facilities maintenance plan. Join our Facilities Committee under the leadership of board members Paul Snobl, project coordinator, Enbridge Energy, and Tony Brevig, safety manager, Knife River Materials.

Contact Andrea Kent at 218-444-4171.

OUR WISH LIST

stainless steel measuring spoons and cups, all kinds of tape, high quality volleyballs.

for a complete list visit www.bgcbemidji.org/give

Andrea’s UPDATES

We had a successful summer program for those children who could attend and have happily welcomed back more kids, including teens, for the school year.

Our staff has been busy moving furniture, measuring six feet between everything, putting up barriers and labeling everything with kids’ names. **We are following pandemic protocols to keep our Club members and staff safe. Mask wearing, social distancing, hand washing and disinfecting are mandatory.**



Forrest gives a thumbs up for the Club.



Sisters Zoey and Hailey missed Club staff.

Our Club kids and staff are doing an amazing job. Families have commented that pandemic protocols at the Club have helped prepare their children for the school year.

Although we are operating on a smaller scale, we are offering all the same Club programs to help kids learn, stay fit and grow into healthy, caring citizens. We are also prepared to adapt programming if needed as the school year unfolds.

We remain committed to helping those kids who need us the most to be successful as we navigate this new way of being together. **Thank you for supporting our mission to improve the lives of children. We could not do it without you.**



Andrea Kent

Andrea Kent, executive director