

# impact

# Boys and Girls Club of Carbondale



HIGHLIGHT: BGCC MAIN SITE F.I.R.S.T.

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## 2017 Phenomenal Women's Showcase

By: Sabrina Steels

The Boys and Girls Club of Carbondale held the 5<sup>th</sup> Annual Phenomenal Women's Showcase on March 30th. Brooke Lam received the Phenomenal Woman of the Year award for her dedication and commitment to the youth in our community. The event was hosted by 2017 Youth of the Year, Tiana Myers, and Junior Youth of the Year, Knowledge Gayles,.



Another highlight of the evening was a video montage of Club members and staff; the girls stating one word that describes them and the boys stating who their phenomenal women are and why.

The video reached over 500 people on social media, as well as other Clubs in the BGCA Midwest region. Members performed skits and songs, and presented roses donated by Jerry's Flowers, to all the women in the crowd.

Brooke Lam is a strong advocate for the Club and strives to continue building the relationship between the Club and the Carbondale Police Department.

Attendees included Carbondale Chief of Police, Jeff Grubbs, City Manager, Gary Williams and Shelia Simon, along with many parents and other community members.

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### NEED TO CONTACT US? HERE'S HOW



**Tina Carpenter**  
Director of Operations  
618-457-8877 ext 0023  
[tcarpenter@bgc-cdale.org](mailto:tcarpenter@bgc-cdale.org)  
**Randy Osborn**  
Executive Director  
618-457-8877 ext 0021  
[rosborn@bgc-cdale.org](mailto:rosborn@bgc-cdale.org)  
250 North Springer Street  
Carbondale, IL 62901  
[www.bgc-cdale.org](http://www.bgc-cdale.org)

### Newsletter Acronym Key

- FIRST**= Focused Individuals Reaching Success Together. (Main Site)
- STEPS**= Strides Toward Exceptional Personal Success. (Rebound High School Site)
- JUMP**= Just Us Making Progress. (Middle School Site)
- PRIDE**= Preparing Responsible Individuals Determined for Excellence. (Elementary Site)

# Staff Spotlight

By: Brittany Swims



**Staff Spotlight** recognizes Sean McGahan. Sean is no stranger to the Boys and Girls Club or the Rebound STEPS team. He has been with the Boys and Girls Club since 2008. Sean began as a volunteer/mentor then joined the team as staff in 2009 as the Middle School Program Assist. He was soon promoted to Teen REACH Coordinator and then as Assistant Program Director. In 2015, he accepted a full-time position Brehm Preparatory School. After resigning as Assistant Program Director, he joined the Rebound STEPS program as part-time Program Assistant. He has been innovative in developing engaging programs for members, such as experiential field trips, Wombats Ping Pong Team and the Poetry Club. Developing these programs has increased numbers for after school programming. Sean also runs Triple Play Challenge (Open Gym) with members during lunch time. The members are excited about participating in programs because he excites and encourages them. We are thankful to have Sean as a part of the STEPS team. He recently welcomed a bouncing baby boy named Truett on April 5, 2017. Congratulations Sean and Rebecca McGahan and welcome to parenthood.



## ASPP Hike



By: Brianna Pay

On Saturday, March 25<sup>th</sup>, five youth from the Club were invited to participate in a hike and owl activity at the Crab Orchard National Wildlife Refuge by the Beloved Puppitistas. They sponsor and make the wonderful puppets for the All Species Puppet Parade each year on Earth Day. Last year, the Club participated in several sessions to make puppets and animal masks and took part in the Earth Day parade. It was a huge success and fostered a great relationship between the Club and the Beloved Puppitistas. This hike



was planned for youth and the community members to observe wildlife from an educational view, and watch nature during the day. Club members participated in dissecting owl pellets in search of what they might have eaten and found small mammal skeletons and fur. On the hike, we saw flowers, birds, squirrels, and a juvenile snake on the trail. On the way, back to the Club, members viewed a stunning waterfall. It was a Saturday well spent learning and being outdoors.



## YOUTH DIAMOND

By: Sabrina Steels

Kamya Murphy is a third grader at Thomas School. Kamya is a feisty ball of energy; extremely caring and responsible. Kamya demonstrates skills in leadership, conflict resolution, and honesty. Kamya has learned how to resolve conflicts without putting other members down and has shown the importance of being honest. Kamya has a beautiful smile and a great personality. We are excited about her future and all the great things that she will accomplish.



## HIGHLIGHT: S.T.E.P.S PROGRAMMING

## Members get Educated on Distracted Driving.

By: Lisa Kay

Rebound members had the opportunity to participate in a distracted driving workshop. Illinois state Trooper Watson, offered a gripping presentation on distracted driving. He focused primarily on the “Fatal Four” which are the most common dangerous driving behaviors that cause accidents. The four behaviors are: inappropriate speed; usage of phone; not wearing a seatbelt; and, driving while intoxicated. Trooper Watson showed several video clips during his presentation that vividly displayed the dangers and potential ramifications of sending even one simple text message while driving. He included the importance of wearing a seatbelt for every person in the vehicle and for every trip taken. The members asked questions pertaining to traffic laws and regulations. The presentation served as a purposeful reminder to all members at Rebound that distracted driving is a dangerous habit.

Following Trooper Watson’s presentation, the members engaged in a distracted driving simulation. The members had the choice of either texting on their phone or wearing drunk goggles while driving a golf cart through a course in the parking lot. The drunk goggles impaired the members’ vision to the equivalency of a .12-.15 level of alcohol intoxication. Once distracted, the members attempted to weave the golf cart between cones. It was quickly apparent that driving with such distraction or intoxication is difficult.

The presentation and simulation was engaging and impactful. The members participated in activities that are relevant to their daily lives. This workshop allowed members to critically think about their driving habits and the types of consequences that occur from distracted driving.



Pictured: Rodney Porter and State Trooper Watson during the drunk driving simulation

## HIGHLIGHT: F.I.R.S.T PROGRAMMING

### Tar Wars for Kick Butts Day

Kick Butt. This educational program promotes prevention of the use of tobacco products. Members learn important information that impacts them and them and the community. The youth have a goal to help decrease or eliminate smoking in our natural areas of recreation in Carbondale. For Kick Butts day Leah Bender and Brianna West

teamed up with the teens to host a Tar Wars day at Turley Park. The youth and staff of Kids Korner joined us! There were games, activities, and a butt-pick contest. The winners received gift cards to Little Caesars and Taco Bell. In total, youth picked up over 500 cigarette butts around Turley Park. Everyone signed individual pledges. Some were "I pledge to educate my friends about the dangers of smoking" and "I pledge to try and keep parks safe and healthy for all young people".

We closed the event with pizza while discussing more ideas for the future.



Pictured from left to right: Kids Korner member, Trinitey Thompson and Anayla Roman



## National Keystone Conference

By: Brianna Pay

Four Keystone Club members and two staff attended the 50<sup>th</sup> Annual National Keystone Conference. The teens spent the weekend of March 2<sup>nd</sup> learning about legacy, vision and how to take hold of their futures. There were seminars, expos, community service activities, and general sessions that included the entire group of 2, 500 teens at the conference. The teens had a chance to network with hundreds of other teens with similar goals while having fun and making new friends. The guest speakers were enlightening and empowering. The teens spent time with other clubs, played games, ate Chicago cuisine and enjoyed performances put on during general sessions. For two Club members, this was their first time on a train and in Chicago. This was an unforgettable event, and Keystone Club 618 could not have done this without the support of the Club, Board of Directors and community members that helped fund this trip. Members are excited to plan for next years' conference.

Please visit [bgc-cdale.org](http://bgc-cdale.org) for other exciting news and events!