



**BOYS & GIRLS CLUB  
OF GREATER NASHUA**

# Clubhouse News

Dear Friends,

For every positive news story printed or posted online, there seems to be a hundred more negative ones to counteract it. More than ever, there's pressure on kids to explore the issues impacting their community and consider their role within it all. It begs the question, what can we do to teach our kids about civic responsibility and divert them away from negative influences? How can we create a spark that moves them towards positive action on behalf of their peers, their community, their world even?

At the Boys & Girls Club of Greater Nashua, we believe our kids are the key to creating positive change in a world often clouded by negativity. When our members walk through our blue doors, they are greeted by caring staff and mentors who encourage their involvement in the academic, athletic or cultural arts programs that feed their passions. What they might not anticipate is how many of our programs go beyond the individual and toward building a better, brighter future for all. From anti-bullying initiatives to female empowerment groups to leadership programs to community service opportunities, the Club opens our members to a world of possibility—The possibility of connecting to the larger community, of being prime examples for the future generation to follow, of making a real difference in the world.

We believe every one of our members is capable of becoming a force for good and capable of changing our community for the better. That's why we invest in this potential by making our Club a place to become a leader, a motivator, a role model and a vehicle for positive change.

Sincerely,

*Norman Southwick*

Club  
Members:  
The Building  
Blocks for a  
Better  
Community!



## Mario Rodriguez Santana Named 2018 Youth of the Year!

Selected first from a group of eleven exceptional young candidates and then from among three outstanding finalists, 15-year-old Mario A. Rodriguez Santana was announced as the Boys & Girls Club of Greater Nashua's Youth of the Year during the Club's annual Youth of the Year Dinner & Hall of Fame Celebration. Mario was chosen as the Youth of the Year for his leadership ability, academic and athletic accomplishments, commitment to the Club, and extraordinary persistence in the face of adversity.

Mario joined the Boys & Girls Club of Greater Nashua shortly after moving from Cuba to the United States when he was eight. Since then, he's been involved in multiple sports teams at the Club, particularly the swim team, as well as academic programs such as Science of Sports and the KIXX program. At the age of 10 he joined the national swim team and has since broken 11 swim records. He won the Tommy Zimmerman award, the swim team's highest honor, and his team went on to win the Science of Sports science fair, earning a \$1,000 scholarship and the opportunity to meet Bob Kraft, an important leader in the sports industry.



*Youth of the Year Winner Mario Rodriguez Santana delivering acceptance speech at Dinner*

"I lived in Cuba until I came to Nashua at eight years old and I struggled at first. It was a different culture with a different language and way of life. It was hard to adapt to the changes. Then, when I was nine, a month after coming to the country, I joined the Club," said Mario. "Though I have taken part in so programs in my seven years at the Club, I never really understood fully how much the Club meant to me until recently. I hope everyone understands that there is so much good within the walls of the Club and from the guiding hands of mentors, staff, and volunteers."

In addition to the title, Mario has won a \$1000 scholarship and will go on to compete in the State Youth of the Year competition where he will have the opportunity to vie for the regional title and receive additional college scholarships.

The 2018 Youth of the Year & Hall of Fame Dinner was made possible thanks to the tremendous support of the Club's partners and sponsors. Thank you to our premier supporter Amica Companies Foundation, Lead Sponsor BAE Systems and Silver Sponsors Brady Sullivan Properties and Triangle Credit Union among many other generous sponsors for helping to make our Youth of the Year Dinner & Hall of Fame Celebration such a success.

*Youth of Year Winner Mario Rodriguez Santana with Youth of the Year candidates with CEO Norman Bouthilette, Senior Vice President of Eastern Bank Deborah Blondin, Vice President of BAE System (Lead Sponsor) Guy Montminy and Teen Services Director Joseph Maryanski.*



## 2018 Hall of Fame Inductees

Brian Skanes worked at our Club, then the Boys Club of Nashua, as Unit Director from 1976-1980. After leaving Nashua, Brian continued his career within the Boys & Girls Clubs at the local and national levels serving as Chief Executive Officer of multiple Clubs. During his career he held the positions of Career Consultant, Training Associate, National Boys & Girls Club Professional Board Member, and was on the Regional Executive Leadership Committee.

**"In my 43-year Boys & Girls Club career, I always looked back at the Boys & Girls Club of Nashua as the foundation of my career," said Brian. "The principles I learned here gave me a wealth of knowledge to look back on. In each community, I tried to recreate what I learned in Nashua."**



Marty Thebodeau has been a vital member of our Friel Memorial Golf Tournament since its inception 40 years ago. She received the Friel Memorial Award in 2005 for her dedication and commitment to this important fundraising event. Over the past 40 years Marty has been a great advocate, along with her peers at Eaton & Berube Insurance, for the Club.

**"Each year at the Friel Memorial Golf Tournament I hear a story about a personal accomplishment as a part of Club membership that confirms the success of the Club's mission and makes me very proud that I'm involved," said Marty.**



Isaac Tesfay was a Club member for eight years. He is now the Director of Diversity, Inclusion, Affirmative Action, and Equal Opportunity at Worcester University. Isaac is currently leading the institution in a campus climate audit to ensure the university is fostering a welcoming and inclusive environment for students and employees. He also volunteers at the Worcester Boys & Girls Club as a visiting presenter to Club staff and assists in Club youth college visits.

**"I would not be the man I am today if it weren't for the dedicated staff of this Club and their unrelenting dedication to my personal and social development," said Isaac. "I often recommend that my college students volunteer at a Club."**



## IRA Rollover- ACT Now

If you are 70½ or older you may be interested in a way to lower the income and taxes from your IRA withdrawals. An IRA charitable rollover is a way you can help continue our work and benefit this year.

Benefits of an IRA charitable rollover

- Avoid taxes on transfers of up to \$100,000 from your IRA to our organization
  - Satisfy your required minimum distribution (RMD) for the year
  - Reduce your taxable income, even if you do not itemize deductions
  - Make a gift that is not subject to the deduction limits on charitable gifts
- Help further the work and mission of the boys & Girls Club of Greater Nashua

Contact your IRA plan administrator to make a gift from your IRA directly to the Club.

**For other giving information contact Sally Stanton at (603) 883- 0523 x 211 or [sstanton@bgcn.com](mailto:sstanton@bgcn.com)**

# Friel Golf Management Company Wins Eminence Award for Best Business of the Year!

For 40 years, the Friel Golf Companies have worked to help the kids in our community who need us most through their quiet leadership and fundraising support.

Three generations of Friel family members have made the Club's Friel Memorial Golf Tournament possible. Following the passing of Phil and Jeanne, their sons, Philip, David, and Tom, and now their grandchildren, Liz and Ryan, have graciously continued the tradition of hosting the tournament, preserving Phil and Jeanne's charitable vision of assisting Nashua's youth in becoming caring, productive and responsible citizens of our community.

Today, Liz Friel O'Brien Chairs the Golf Committee, meeting over several months to plan the event. The committee has encouraged hundreds of business members and golfers to get involved. Liz and Ryan coordinate the course logistics, staffing and food service needed to make the tournament run smoothly.

Their support has resulted in close to \$4 million being raised for youth at the Boys & Girls Club of Greater Nashua. Though the Friel Family do not look for accolades and honors, they are more than deserving of the Nashua Chamber of Commerce's 2018 Eminence Award for Best Business of the Year and our deepest gratitude for their support!

President of Eaton & Berube and Club Alum Marc Berube, Vice President of the Club's Board of Directors Steve Travaglini, President of Friel Golf Companies David Friel, Club CEO Norman Bouthlitte, and Club Alum, Board of Directors, Trustee and President of Liakos Companies, T.C. Liakos



## Kreative Innovation Xperimentation and Xploration(KIXX) Program Gives Kids a Kick Start

Led by Clubhouse Education Director Josh Goldman, Assistant Teen Services Director Marcos Diaz and KIXX program creator Frederick Mott, a.k.a, Professor X, the KIXX program provides young innovators opportunities to develop STEM capabilities and business aptitude. Participants are given the opportunity to choose a product that fills a need in the community and develop it. Through their selected project they learn skills in product development, intellectual property protection, market research, financial management, operations management, and communications. The KIXX program consists of a select group of 20 youth that have excelled in other programs offered at the club.

"KIXX has taught me to be responsible and more creative through the hands-on projects, like programming robots," said Oliviah (age 11).

Club member and Youth of the Year Finalist Mario (age 15) said, "My leadership skills developed through the KIXX program where I became a Finance Officer. have acquired experience managing money. I am now Treasurer of my Sophomore class. I also help and serve as a leader to the younger kids at the Club."

KIXX groups are currently working on three projects: building a hydroponics system to help supply the kitchen staff with vegetables and herbs year-round for meals served at the Club, building a portable Ga Ga Ball Pit and learning to market their invention, and creating a remote control car.



KIXX members learning to program robots at MakeItLabs

## Girls Find Empowerment Through Smart Girls Program

Girls today are still facing challenges that can be destructive to their self-esteem and overall view of themselves, from unrealistic representations of women in the media to societal expectations of who they should aim to be. The Club offers programs that steer them away from these negative influences and, instead, empowers girls to soar above the barriers by giving them the encouragement to learn, grow and reach for their goals.

At the core of the Club's programs for girls is a curriculum called SMART Girls (Skills Mastery and Resistance Training). It is an evidenced-based small-group prevention/education program designed to enhance self-esteem and good health in girls ages 8-18. It helps girls develop positive values, attitudes, and behavior at a time when they are experiencing very influential and negative peer pressures and social messaging



*Smart Girls donating care packages to women at Bridges Domestic Violence Center*

Through lively discussions, service activities, field trips and mentoring with adult women, participants explore their own and societal views and values as they build skills, knowledge and positive attitudes necessary for developing resiliency and making healthy choices.

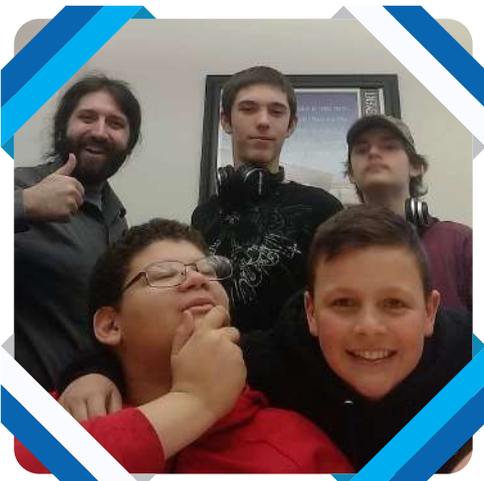
"Smart Girls is important to me because I am able to share my ideas and they matter," said Xaria (age 13)

Smart Girls also provides on-going support groups for girls with caring female staff and additional girl-focused programming.

## Passport to Manhood Program Builds Character

Today, stars and celebrities are frequently held up as positive role models though their actions often don't reflect the values we want to teach our kids. It's hard sometimes for kids to sift through the list of who they should look up to. That's why the Club implemented Passport to Manhood, a program that reinforces positive behavior and good character in young boys ages 8-12, by focusing on critical issues (decision-making, wellness, diversity, ethics, relationships, self-esteem, etc.) that young boys face in today's society. The program explores issues of toxic masculinity, social expectations, domestic abuse, mental health and personal identity.

We teach critical interpersonal skills that allow the young men to understand the multiple perspectives and backgrounds of their peers and allow them to interact with them in a positive way," said Teen Education Associate Ricky DiCillo. "By focusing on material specific to their own experiences, we can get into deeper conversations. Also, by connecting these concepts to fun activities, we make the education process enjoyable."



*Teen Education Associate Ricky DiCillo with Passport to Manhood group*

A few activities teens participated in through the program include Blind Hands, a card game used to illustrate that you never know for sure what another person has been through and The Wall of Fears, an activity that helps assure young men that, not only is it healthy and normal to have fears, but they are supported by sympathetic peers who are also facing the same difficulties. They also engaged in Agency and Objects, an activity that teaches the young men to respect others, especially women.

Staff Leader Ricky expressed, "It was great to see the teens embrace the opportunity to grapple with serious issues and make meaningful breakthroughs in their own understanding of interpersonal relationships."

# Club CEO Joins Congressional Opioid Prevention Panel

At a congressional briefing on Opioid Prevention held at the U.S. Capitol Visitors Center in Washington D.C on February 27th, Club CEO Norman Bouthilette, discussed the Boys & Girls Club of Greater Nashua's vision of providing a safe and healthy environment for the community's youth. He highlighted the organization's drug prevention programs which delve into the consequence of drug addiction and provide preventive solutions for those directly impacted by the Opioid Crisis.

Bouthilette commented, "Our Club in Nashua offers many programs that help these kids connect with caring adults, cope with their grief, and gives them tools to avoid misusing drugs."

Some of the programs implemented at the Boys & Girls Club include Positive Action, Smart Moves Prevention Programs, Teen Resiliency Camp, Parenting Wisely and Camp Mariposa, a year-round mentoring and addiction prevention program for youth (ages 9-12) who are impacted by the substance use disorder of a family member or loss of a beloved family member to overdose.

"These children especially deserve a place to feel safe and connected as well as a strong support system to help them reach toward a bright and healthy future," said Bouthilette. "I'm honored to be part of this panel and speak to such an important issue."



(from left to right) NH Police Chief Robert Cormier, Senator Maggie Hassan, Senator Jaenne Shaheen, and Boys & Girls Club of Greater Nashua CEO Norman Bouthilette



Panel presents preventive solutions to Opioid Epidemic

## Teens Lead Drug Prevention Initiative

The road ahead for our community's youth is not without challenges to their individuality, world view, and, most importantly, their health. As they are still in the process of forming their identities, our kids are especially susceptible to negative peer pressure and influences that could put them on the wrong path. The Club offers programs like Smart Leaders to direct teenagers towards healthy drug-free lifestyles. Teens also learn to be leaders in drug prevention and demonstrate to their peers how to overcome the pressures they face.

"The youth in our Smart Leaders program work to create the right language and narrative around relevant struggles and ways to prevent the abuse of drugs and alcohol," said Individual Services Director Janeth Orozco-Sanchez. Through this program, members are trained to seek out "positive peer influences" and are guided through interactive learning activities designed to promote participation, increase understanding about the effects of drugs and alcohol and the importance of working collaboratively with their peers.



Smart Leaders teaming up with Nashua Prevention Coalition

"It's eye-opening to learn how one bad decision can alter your hopes and dreams in an instant," said Club member and Smart Leader Johnnie. "Smart Leaders has really taught me we as a community, and as Club members, have an obligation to bring awareness to the harm young people could do to their bodies, especially through smoking."

Recently, the Smart Leaders distributed educational materials about NH tobacco laws to cigarette vendors all throughout the community. To kick off 2018, the Smart Leaders are working to create and submit videos to the Nashua Prevention Coalition as part of their annual Red Carpet event.

Extending their reach beyond the Club, our civic-minded members engaged in service projects through the Junior Leaders program hosted by Clubhouse Individual Services Director Bree Cosgrove at the Arlington Community Center.

During their time at the Arlington Community Center each week, the Junior Leaders joined together in completing Positive Action projects including a blanket drive, collecting 30 blankets donated by Old Navy and receiving another 10 handmade for those in need of warmth. In February, as part of Black History Month, they researched and wrote about famous African Americans that have had a positive impact on history and shared the information with Club members. Next, they are planning a community service project for Earth Day this April!

"This is a great program that teaches kids the power they have to make changes in their community and neighborhood," said Bree Cosgrove.

The Junior Leaders are currently taking part in the "Be a Star program", a social and emotional learning approach to bullying. Through this program, kids will learn how to identify, understand, and effectively express emotions through weekly discussions and activities.

## Junior Leaders Connect with the Community



*Junior Leaders Katryna, Liz Marie, Tiana and Franchesca collecting blankets for blanket drive*

## Free Dental Care During National Public Health Week

The Boys & Girls Club of Greater Nashua is proud to announce that Virtudent will be providing free dental care to some of our members throughout the month of April whether or not they already have access to dental care or insurance coverage!

Throughout the month of April, Virtudent will be bringing a high-tech popup dental office to the Club. Services will be provided by a licensed New Hampshire hygienist to a selected group of 120 members at no cost. These members will receive oral health screening, a fluoride treatment and oral hygiene instructions. If necessary, some members may receive dental cleanings, x-rays, and even sealants or other cavity preventing topicals.

"We are very excited to offer this free dental program for kids at the Club. It's a great opportunity to teach kids about the importance of dental hygiene and its link to their overall health," said Clubhouse Individual Services Director Bree Cosgrove.

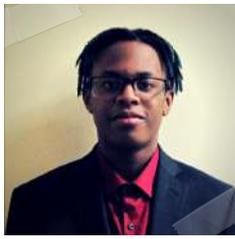
In partnership with Northeast Delta Dental, Virtudent launched the first teledentistry program in New Hampshire, covering 4,200 children at Boys & Girls Clubs throughout the state.

Our thanks to Delta Dental for this amazing opportunity!

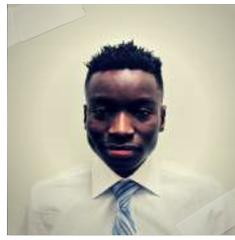




*Sorelle- "The programs at the Club have taught me to practice healthy eating habits, stay safe in difficult situations, and show generosity."*



*Johnnie- "The Club taught me to have faith in myself, open up, and meet new people."*

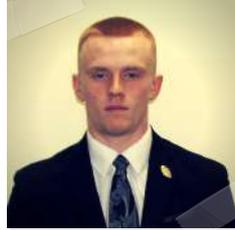


*Simon- "The Club has helped me live a better lifestyle, get my grades up, and be the best person I can be."*

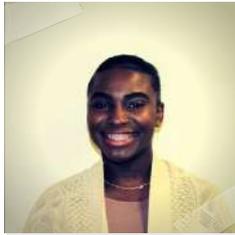
## Youth of the Year Candidates Share Lessons Learned



*Sophia- "Thanks to Torch Club, I learned who I want to be, how to be a leader and how to stand my ground."*



*Stephen- "The Club taught me that to succeed in life, a person must be determined to take the next the step and have the drive to keep moving forward."*



*Shernette- "Because of the Club, I now have the drive and passion to better myself as an individual and as a friend."*



*Joerel- "The Club has helped me improve on being the best person I can be and become a better leader for my community."*



*Allan- "The Club taught me about responsibility, good work ethic, teamwork and supporting others in all situations."*



*Mario- "Being on the Club's swim team has taught me not only discipline but also about hard-work and dedication."*



*Trinity- "Because of the Club, I now know that as long as I keep going and never give up, great things and opportunities will open up."*



*Flossie- "Through the programs I've joined, I've learned commitment, passion, and sportsmanship."*

## Board Leadership

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## Welcome to Our New Board Member!

Meet our new Board Member Lisa Van Bien, Vice President of Member Services at Triangle Credit Union. Lisa will participate on the Youth of the Year/Hall of Fame Committee and Resource Development Committee. In her spare time she enjoys volunteering.

"I am humbled and honored to be part of such an amazing organization that so powerfully impacts our community," said Lisa. "Initially, we may think the impact is only with our youth, but the reach is much farther. For the small child, the Club provides a safe place and a good meal; for the adolescent, the Club offers new perspectives and programs; for the young adult, the Club guides and fosters leadership. We must always remember the impact that the Club makes on our youth is not just for their future, but it is for ours as well."

