



# This Week at Your Y!

## Weekly YMCA Northumberland Association Update

For the weeks of August 16 to 20, 2010

### Welcome to **This Week at Your Y!**

*This communication piece is meant as a way for all our staff, volunteers, members and our community to keep connected and up-to-date with activities and planning taking place around our association on a weekly basis.*

*Another great AGM was marked at our YMCA in May with celebrations of our volunteers and staff and special awards. This is the final profile of our major award winners and an opportunity for me to share their dedication and commitment to our YMCA with you.*

### **Michael Moore YMCA Memorial Award 2010 Recipient - Tyler Cochrane**

Michael Moore was a dedicated YMCA member, well known for his time spent playing basketball, soccer and working-out in the Personal Conditioning Centre. Michael, along with his father Robin, was an enthusiastic volunteer and established our Cobourg YMCA floor hockey program in 1999. The Michael Moore Memorial YMCA award was been developed with Michael's family to keep his actions and commitment to YMCA values alive. This award is presented to a YMCA volunteer who has demonstrated YMCA values in their actions and words, and has made significant advances in personal development and leadership through their involvement with the YMCA.



Tyler with his mentor and YMCA Wrestling Coach, Jim Murray; Tyler accepting his award from Anita and Robin Moore; Tyler in action in our YMCA Wrestling program



This year's recipient is Tyler Cochrane. Tyler has been involved at our YMCA as a volunteer and participant in our wrestling program. Tyler is a great role model to the children in the program and through his discipline and focus he models the importance of dedication and hard work needed to be committed to a sport. In October Tyler joined our staff team and has been a wonderful addition working everything from sports programs and camp to birthday parties. Tyler flourished in the March Break program and made the week a memorable one for many children. It is really in his interaction with children that he shines and especially the wrestling program. He has a great way of motivating the children through words and actions. He promotes a great sense of team spirit and tries his best every time to keep the kids moving while learning new skills. He have travelled with the children to tournaments this year and he assumes the role of coach in a competitive situation with absolute confidence. Probably, and most importantly, the kids LOVE him! In the words of Jim Murray, the volunteer head coach of our program and Tyler's friend and mentor:

*"Through Tyler's experience with the Y, I have noticed a vast improvement with his ability to deal with children, his skills as a mentor and motivator, as well as his overall confidence. He has been fortunate enough*

to become a part-time youth staff member, which he is very proud of. Also, thanks to his Y experience, Tyler is strongly considering a future career in the fitness and health sector."

Congratulations Tyler and we look forward to seeing you continue to grow at our YMCA!  
~ Happy Mireault, Director Development and International Program

## Association • CEO's Office-Kyle Barber

Hi everyone!

- I had the pleasure of meeting with all the CEOs of the eastern Ontario YMCAs on Kingston this week as part of regular meetings we are having to work more collaboratively and share ideas and resources.
- I had an enjoyable day golfing this week at the Northumberland United Way Golf Tournament with two of our past Board Chairs, Jim Proskos and Dan Bulger. Congratulations Lynda Kay and team on another great tournament.
- In case you saw the big crane at our Cobourg YMCA yesterday, it was not just for the Mega Machines event! It actually came to help us install a new air conditioning unit for the gymnasium. The old unit broke down recently and we are pleased to let you know that we will be up and cooler again next week! Have a great week everyone. ~ Kyle

## Association Services ~ Mike Bunn

### Human Services

- The funding reconciliation process has started for reporting back to our funders for all our summer positions we receive assistance for. ~ Lynne

### Development

- The goal for our YMCA Strong Kids Campaign 2010 is **\$75,000.00**. So far we have raised **\$57,576.00**-enough to help 57 families participate at our YMCA with access to recreation and healthy programs for a year!
- **REMEMBER** - You can donate any time from the comfort of your home computer at [www.ymcastrongkids.ca](http://www.ymcastrongkids.ca) and help our local YMCA directly with ensuring more kids in our community are active and healthy, as well as their families, and people of all ages from all walks of life right here in Northumberland.
- This week the Children's YMCA hosts their annual Mega Machines and Fun Fair-make sure you support this great event for children for YMCA Strong Kids by participating, bring a child to the event or take some time to volunteer. Thanks to all the Children's YMCA staff, Y staff and volunteers who make this event happen. ~ Happy

### Communications

- Don't forget the YMCA Strong Kids Duathlon is Friday, August 27 for kids ages 3 to 13! This short distance swimming/running event is great for young kids and first-timers. Register at Membership Services at the Cobourg YMCA today. ~ Jason

### International Program

- Last week our International Committee hosted a final evaluation for our Youth Exchange with the kids and parents of our group. The event was hosted by participant Emily Geens and her family at their home. Though I was not able to be there, I hear it was a nice finish to our exchange and I thank everyone for making this another successful learning and development program for our youth at our YMCA. Once our dedicated committee volunteers, Arlene Howells and Yvonne Kay have compiled all their comments and feedback I will share the highlights with you. ~ Happy

**VOLUNTEER APPRECIATION**

# POOL PARTY

**FRIDAY AUGUST 30, 2010 6-8PM**  
**CENTENNIAL POOL COBOURG**

**BRING THE WHOLE FAMILY!**

You & your family are invited to the outdoor YMCA Centennial Pool in Cobourg for some fun in the sun. Join us for a BBQ, games and free swim. Bring your whole family as we celebrate being a part of the YMCA family!

I will need to know numbers so PLEASE R.S.V.P. by Tuesday August 17 to let me know, how many will be coming to enjoy the party. (Please indicate ages of children. Children under the age of 13 must be accompanied by an adult)

**SEE YOU THERE!**

We build strong kids, strong families, strong communities. Plus de vie à la vie des jeunes, des familles et de la communauté.

**YMCA Northumberland**

R.S.V.P. to Nancy Little  
 Coordinator, Volunteer Development  
 905.372.9247 ext 313  
 nlittle@ymcanorthumberland.com

Centennial Pool is located at 42 Charles Street, Cobourg. (Beside Victoria Park)



## Volunteer Development

- Don't forget the Volunteer Family Appreciation event on Friday, August 20 from 6:00-8:00pm! The event will take place at Centennial Pool in Cobourg and will include a swim, BBQ, and fun games for all ages. Volunteers and their families are all welcome, but RSVP so I know how many to expect!
- If you are interested in joining our terrific team of volunteers, please contact me, Nancy Little - nlittle@ymcanorthumberland.com or 905.372.9247x313. ~ Nancy

## Asset Management

- Now that the changerooms are open again and the steam rooms renovated, we are heading into our next projects.
- Centennial Pool will be closed from August 31 to September 2 for the installation of solar panels.
- The indoor pool is going to be closed from Friday, September 3 to Sunday, September 19 for renovations. During this time the pool will be emptied for the purpose of re-grouting. The three ladders into the pool will be replaced and painting, cleaning and mechanical work will be done as well. During the closure of the pool we will keep Centennial Pool open and offer aquafitness and open swim times. A schedule will be available shortly. Thanks for your patience as we continue to keep the building active, clean and renewed for everyone. ~ Keith

## Cobourg YMCA Membership

- Membership is at 3468 as of August 19
- The Fall session will begin on September 19 to accommodate the closing of the pool for upgrades. Information will be available September 3 with Member Sign Up starting on September 5 and Non-Member on September 9. ~ Lynne

### Adult Program ~ Leslie & Mette

### Youth Development

- Last week the Campers at Wunjo were living up the theme of "A day in the Life of Celebrities". For their group wide game on Monday they were working on keeping their good looks sharp by painting their nails, gelling their hair and treating themselves to all natural oatmeal facials or face paint. In last week's trip the Valor Vikings and the Rune scholars explored the Warsaw caves and the Sun Rangers learned about the animals at the Peterborough Zoo.

- This week's theme is Harry Potter week along with Aquatic Adventure Camp and Space Camp as our specialty camps.
- Don't forget the Strong Kids Duathlon will take place on August 27<sup>th</sup> at CP/Victoria Park .  
~ Joel & Oona

## Aquatics

- It has been another great summer for all the Aquatic Centres. There were 60 registration for the back yard swim program in Colborne. The kids learned many new skills while having loads of fun in Dr Hearnden's in ground pool. Thanks again to the Municipality of Cramahe for partnering with the YMCA to deliver such a valuable program to children from that community. Appreciation goes out to Derek Harnden (no relation) and Theresa Mecozzi for the terrific instruction. Lessons finish up on August 27.
- Trent Hills pool has also experienced an influx of visitors again this year. Lauren VanDer Eyken and Kelli Stapley have done a tremendous job leading the staff through a very busy summer. The pool is a valuable asset in Campellford and the hub for most of the families from the community. The pool offers aquafitness, swimming lessons, Tim Swims, a swim team, open and adult swim times, contract times for the local schools and a diving board. A wading pool is also available for the younger children which helps gives them the confidence in the water. The pool is well used in the community and provides a great source of physical activity for all ages. The last day of operation is Saturday August 28.
- And then there is Cobourg with its beautiful beach and outdoor pool and another great staff team that keep the waters safe. Just this week over and above the regular operation our aquatic staff is hosting the Volunteer Appreciation evening at Centennial pool on August 20 from 6:00-8:00pm.
- On August 27 the aquafitness class is having its annual outdoor potluck breakfast at CP in the morning and the Strong Kids Duathlon is scheduled at CP and Victoria Park early evening and on Saturday August 28 and Sunday August 29 Multisports Canada is hosting the Cobourg Triathlon. During the summer guards have also been contracted to guard backyard pool parties, provide services to other camp sites and provide services to our own YMCA Camp Wunjo.
- Staff will be scheduled at Victoria Beach until Monday September 06.
- I wish to express sincere thanks to Leslie Murray for 'jumping in' and giving leadership to the Aquatic department since the position became vacant at the end of June. The hiring process will begin towards the end of August.
- Enjoy the rest of what has been a very quick summer!!!! ~ Eunice

## Brighton YMCA Membership & Programs

- On Saturday August 28<sup>th</sup> from 4 – 6 pm. there will be a Kraft Celebration at Brighton's King Edward Park in recognition of the community receiving the \$25,000 grant towards the ENSS Track Quest. We are looking for volunteers to help out with children's games and activities. If you would like to help out, could you please contact [adunkley@ymcanorthumberland.com](mailto:adunkley@ymcanorthumberland.com) by August 23<sup>rd</sup>. ~ Anne

## Children's YMCA • YMCA Ontario Early Years & YMCA Child Care

- Some very good news for Children's Y! Thanks to the collaborative support of many community agencies, we were successful in receiving a \$42,000 grant from the Ministry of Health Promotions, to help create a multi-media tool kit for local families to stay connected to healthy living opportunities. Work on the two-year project will begin in the fall.
- YMCA child care clients had the great privilege of attending a Boston Red Sox vs Toronto Blue Jays baseball game in Toronto last Thursday. I think staff were as thrilled as the children to see such an exciting match-up.
- Employment interviews get underway this week and next to fill a number of vacancies expected in Children's Y by summer's end. ~ Linda