



This Week at Your Y!

Weekly YMCA Northumberland Association Update

For the week of April 12 to 18, 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.

Wrestling Program Stronger & Growing



Coach Jim Murray took 7 kids to a wrestling tournament in Peterborough on Sunday. This was the 2nd ever tournament for most of our wrestlers and they competed against many more experienced wrestlers. They did a fantastic job and even brought home some medals! Team spirit was excellent once again and everyone stood mat-side to cheer on their teammates. The group will attend one more tournament next Saturday in Beamsville which will end this year's competitive season. Here is a comment passed on to Jim by one of the

parents: *"We thank you for all of the encouragement and support you have shown the both kids. Never in my life would I have guessed that wrestling would be such a part of our family, so I thank you for exposing us to the sport! It has been inspiring to watch your hard work pay off as the little group of kids involved just got bigger and bigger through the weeks. You have brought a new passion to many families."*



On another great note, volunteer assistant coach in the program, Tyler Cochrane, won 4th place at Nationals for his level of wrestling this past weekend in British Columbia! Congratulations to Tyler and all his young trainees! ~ Leslie Murray, Manager, Programs

Association • CEO's Office-Kyle Barber

Hi everyone!

- I attended the Northumberland United Way AGM this week. The AGM was held in the newly relocated FOOD 4 All warehouse. I was really impressed by the warehouse operation and enjoyed my tour and knowing how much food flows through to all the community programs who need this support.
- This week I was pleased to submit the annual YMCA statistics package to YMCA Canada that lists our key measurements for "YMCA Canada Strong Association Profile". This is a significant team effort. Thanks to all that were involved.
- Congratulations to Debbie Brown and the Child Care staff for achieving an 89% score on the "Play in Action" assessment by YMCA Canada. This was up from a score of 83.5% in 2009. Well done. Have a great week everyone. ~ Kyle

Association Services ~ Mike Bunn

Human Services

- Standard Life will be hosting an information session for those employees already on the YMCA Pension Plan or those who may be eligible for the plan in the near future. This session is scheduled for Monday, May 17, time to be determined closer to the date and if there is enough interest. RSVP to Lynne Caffin 905.372.9247x350 or lcaffin@ymcanorthumberland.com

~ Lynne

Development

- The goal for our YMCA Strong Kids Campaign 2010 is \$75,000.00. So far we have raised \$23,164.40-enough to help 23 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 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.
- Don't forget I am looking for artists to paint wooden Muskoka style chairs for our Camp Chairs for Camp Kids fundraiser to help children in need in our community attend YMCA summer day camps. I have the chairs ready here to be painted so if you know an artist, please ask them if they would be willing to give of their time and talent to help children learn and grow at YMCA camp and ask them to contact me!

~ Happy



Communications

- Things are getting busier and busier again as we start to gear up for Summer Day Camp Wunjo promos, our YMCA Strong Kids Golf Tournament, Camp Chairs for Camp Kids and the other various programs that keep everyone hustling and bustling through the summer. Keep your eyes open for other exciting new programs like TRX Harcore and the return of Boot Camp!
- On another note, be sure to support our hard-working members who have been training so hard for this weekend's FAME Bodybuilding Competition, organized by YMCA personal trainer, Dave Avery. Purchase a ticket at the Willow's Café and offer your support at the event, or just boost their egos and confidence with a compliment next time you see them working out in the PCC. I can't imagine the determination and perseverance it would take to undergo such a physical transformation! Awesome work guys and girls! ~ Jason

International Program

- Our Youth Exchange participants will be selling their Fair Trade products again in the Cobourg YMCA lobby on Saturday, April 17 from 8:00am to 12:00noon. The youth are raising funds to help bring their Nicaraguan partners here this summer for two weeks. You can also come and visit me and purchase products from our Association Services office, so please consider giving the kids a hand. They are selling products from Just Us! Coffee Roasters from Wolfville, Nova Scotia and Steward Bags, re-usable fruit and vegetable bags for your grocery shopping. The Fair Trade, organic products are coffee, green, black and chai teas, milk chocolate bars, hot chocolate and baking cocoa. Drop by and visit me anytime to see what we have in stock if you cannot be there on Saturday.
- This past week our Women Para Mujeres group met for their weekly Spanish class and a movie night where we watched La Misma Luna, a great Mexican film that allowed us to practice our Spanish by listening (without trying to watch the subtitles too much) and learn more about the life of people who have to migrate to find work and leave their families behind, and their challenges living illegally in other countries. ~ Happy

Volunteer Development

- We are still accepting nominations for our volunteer awards - nomination forms are on our website www.ymcanorthumberland.com-click on volunteer and scroll down to click on the form. Or you can call or e-mail me and I can send one out to you. We need you to help us recognize the amazing volunteers and all they do for us every year-please have them to me by Tuesday, April 21 by 12:00noon.
- 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

- The Steam Room in the Men's Change Room is again operational, thank you for having patience with this matter. We made every effort possible to minimize the downtime including Ross driving to Ottawa to get a part.
- The Cycle fit/stretch area will receive an anchor for attaching the TRX in the next week.
- The second fan is now installed in the Cycle fit studio.
- Equipment is being serviced with as little down time as possible. On occasion some parts will take longer than others to shop and therefore machines and equipment may experience longer periods of semi-serviceability. Take care, ~ Keith

Cobourg YMCA Membership

- Membership is at 3805 as of April 14, 2010.
- We are into our first week of Spring session and registration is still available. ~ Lynne

Adult Programs

- The Basic Theory Course for the Fitness Instructors Certification continued this week.
- TRX Hard Core with Keith will be starting on April 29-if you want to see what it is all about, or try it out, join him for a demo on April 22 from 10:30-11:00am in the upper PCC by the cyclefit bikes. ~ Leslie & Mette

Youth Development

- We are in the first week of the new session and are excited to have back some old favourites as well as bringing on some new programs this session.
- Sundays are now more action-packed than ever with the launch of recreational volleyball and badminton. Youth drop-in volleyball is from 2:00pm to 3:00pm and teen/adult drop in volleyball is from 4:00-5:00pm. Badminton is from 5:00-6:00pm, so drop in with the family before or after supper and enjoy the fun of badminton together! ~ Joel & Oona

Aquatics

- The new session has started well and new programs are busy.
- Come and check out the Junior Lifeguards in action on Monday or Friday.
- The walking bridge for the pool has been seen in the water a lot over these past few weeks, come out and try it on Saturdays and Sundays. ~ Shannon

Brighton YMCA Membership & Programs

- Membership is at 502 this week.
- Welcome to Michele Milani and Mark MacLean who have been recently hired as front desk and conditioning centre staff. Both new staff have been members of our YMCA for a while. They are jumping right in to the YMCA and will be taking the Basic Theory Course this month.
- Congratulations to Diane Newman-Reed who attained her Yoga Exercise Specialist-Part 2.
- Our Fitness Instructors will be going through their annual observations of group fitness classes.

~ Anne



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

- Northumberland Sunrise Rotary Club President, Paul Appleman presented a donation of \$2,000 to Michelle Weaver, the Program Coordinator of the Teen Education and Mothering Program in Cobourg this week. The donation represents the club's support for one of the many literacy projects in the community and will be used to purchase educational resources for the program. Some of TEAM's advisory committee members, Linda Givelas (YMCA) and Shelley White (HKPR Health Unit) joined them for the presentation.
- You may know that the YMCAs across the province have been working with a government relations firm to have the bill amended to allow for third party providers in the Early Learning Program and for care of 6 -12 year olds. The original bill was quite restrictive and pretty much cut out any outside providers, particularly for 4 & 5 year olds. It appears our advocacy is paying off and the proposed amendments are under consideration, as the following update indicates:

An update From the YMCA Management Resource Centre, April 14, 2010:

Legislative Update: What's been happening?

Bill 242 has been considered by the Social Policy committee, amendments have been made, and it has been referred back to the Legislative Assembly for its final debate and vote.

Now there is a new section in the draft Bill clarifying that Boards of Education may partner with organizations like the YMCA to deliver school-based before and after school programs for 6-12 year olds as well as programs for all children during holidays and school break.

The government also publicly committed to permitting partnerships for the 4 & 5 year old full-day program during a "transitional period". Should the Bill pass, the government will create a regulation stipulating who Boards can partner with, to do what, and for how long. The regulation will be developed in consultation with stakeholders such as YMCAs and other providers.

Is it important?

By allowing partnerships during the "transition period" we are presented with an opportunity to create innovative models for integrated programs.

What happens now? Is the work finished?

There is still a lot to be done. Child care (0-4) still needs to be stabilized and the funding formula modernized. The *Day Nurseries Act* regulations still need to be renewed. We still need to see the regulation concerning partnerships for the early learning program during the transition.

- The YMCA taskforce continues to monitor and participate in all aspects of the legislative process on behalf of the YMCAs in Ontario.

- For two days this week, Tricia Holzworth, from the YMCA of Greater Toronto was visiting our YMCA Preschool Child Care Centre's to assess our PLAY IN ACTION. The purpose of PLAY IN ACTION is to help the Child Care staff determine the quality and degree of implementation for YMCA Playing to Learn curriculum based on the determinants of the curriculum components. It helps us identify program strengths and areas that require attention and support.

The scores of the programs were:

- Beatrice Strong Preschool 93
- Terry Fox Preschool 92
- Cobourg YMCA Preschool 87
- St. Joseph's Preschool 82
- Beatrice Strong Nursery School 88

I am very pleased with the scores as many sites improved their scores from last year.

Here are some comments from Tricia:

"The average score for Northumberland was 89%. This score exceeds the standard goal of 85% and increased from last year's average of 83.5%. With Debbie's support and leadership, this team has steadily improved their scores over the past 4 years. Both Beatrice Strong and Terry Fox Child Care's scored above 92% and demonstrate leadership in YMCA Playing to Learn implementation. All of the programs has focused on the Planning Process section of Playing to Learn over the past year and all increased their scores in this area significantly. This illustrates how this team has embraced the curriculum and shows their commitment to on-going learning."

And from Lorrie Huggins, General Manager Child, Youth and Family Development at the YMCA of Greater Toronto:

"Congratulations Northumberland! This is an outstanding result that is realized with leadership, team work and a dedication to quality early learning. I hope you take time to celebrate your success!!"

~ Linda