



This Week at Your Y!

Weekly YMCA Northumberland Association Update

For the week of April 19 to 25, 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.



Milestones

There is nothing more gratifying working in this field than when you see a child pass an important milestone in their life. Over the past month, with the warmer weather upon us, we have been bringing out the tricycles for the children to play with. We have a little boy who is just over two years old and the minute we brought out the tricycles his face lit up and he went racing for the big red one. It was hard not to suggest that he try our smaller yellow one when I knew that the red one was just a little too big, but, who am I to stand in the way of determination.

This boy got on the tricycle faithfully every day and pushed himself with his feet on the ground as he did not yet know how to use the pedals. I would try to show him each time how to use the pedals and he would always give it a try. After about two weeks I went out to the playground and to my amazement he was going around in circles **BACKWARDS**, but not only that he was using the pedals! It was

awesome to see that he had progressed so quickly and for such a tiny guy it was just shocking! And so it went for another week or two. He continued pedaling backwards every day until the day that I will never forget. It was almost like he had been riding a tricycle for years. He hopped on the red one, gave a couple of pushes on the pedals and with complete ease, he was racing around the yard as fast as his two little feet could take him! And he was going forward...I am not sure there are many better moments in life than that. ~ Cathy Tedford, Supervisor, Terry Fox YMCA Child Care Centre

Association • CEO's Office-Kyle Barber

Hi everyone!

- There are currently 3 openings on the Board of Directors for YMCA Northumberland due to the completion of terms by Peter Harrison, Mark Geens and Morris Tait. Current Board Member Sarah Sculthorpe will be serving a second three year term. The Board Development Committee (consisting of Jim Proskos, Board Chair; Morris Tait, Past Chair; Peter Harrison, David O'Dell, Vice Chair, Sarah Sculthorpe and Kyle Barber, CEO) have submitted the following nominations for the YMCA Northumberland Board of Directors for the period 2010 to 2013. Election for these positions will take place at the 2010 Annual General Meeting on May 13, 2010, 6:30pm at the Cobourg YMCA. Their term of office begins immediately following the adjournment of the aforementioned Annual General Meeting.

Proposed Members:

Elaine Azzopardi, RN, COHN • Elaine has a varied nursing career mostly in the field of Occupational Health & Safety having served at KRAFT Canada until 2008 and now employed at Central East

Community Care Access Centre as Manager of Workplace Health & Safety. Elaine is married with four children and lives in Port Hope. A YMCA member, Elaine's other interests include significant charitable work (Foster Parenting, Hospice, Canadian Blood Services), gardening, reading and continuing education.

Boris Nikolovsky • An Investment Advisor (CIM, FCSI) with BMO Nesbitt Burns, Boris has been serving in the Cobourg area for 12 years. Boris resides in Castleton is married and has a daughter. He is a member of the Brighton YMCA and is also a YMCA Child Care parent. Boris has been active with the Cobourg Yacht Club Board of Directors and has also been active with Make-A-Wish (Toronto and Central Ontario).

Tony Pitts • B.Sc., M.Sc., Ph.D. (Chemistry). Tony is a retired scientist, manager and administrator, with extensive experience in government and not-for-profit sectors including senior positions with the Ministry of Natural Resources, Northern Development & Mines, Ministry of Labour, and the IAPA. His extensive Board experiences include Last Post Fund, Royal Canadian Military Institute, Queen City Yacht Club, Commissionaries Great Lakes, and the Cobourg Yacht Club. Tony lives in Cobourg and is an active YMCA volunteer fitness instructor and sailor.

RENEWAL of TERM • **Sarah Sculthorpe** • Sarah is the Secretary & Treasurer of the family contracting business James Sculthorpe Ltd. Sarah has considerable board and fundraising experience through Northumberland Hills Hospital, Habitat for Humanity, Port Hope Public Library and the Capitol Theatre. Currently Sarah serves on the Northumberland Community Futures Development Corporation. Sarah is at our YMCA daily to stay fit, play squash, and for the "sense of community and friendships" that she experiences.



• Last weekend I had the chance to take in the FAME Bodybuilding Competition at St. Mary's Secondary School-impressive! Many of the competitors are from our YMCA and are trained by personal trainer, Dave Avery, who is also the organizer of this local presentation of the FAME body building event. Dave generously used this event as a fundraiser and was able to donate \$1,000.999 to our YMCA Strong Kids Campaign!



Thanks Dave and congratulations on your top rate event. Congratulations as well to the competing athletes.

~ Kyle



Association Services

- Here are some 1st Quarter results:
 - Revenue for the 1st qtr was \$920k vs. budget of \$913k and last year of \$1,004k
 - Expenses for the 1st qtr was \$897k vs. budget of \$900k and last year of \$927k
 - Cobourg YMCA revenue was \$31k ahead of budget-membership remained strong as well as programs although we saw a 13% increase in requests for YMCA Strong Kids financial assistance over budget.
 - Child care revenue was \$21k behind budget-spaces remain open, county funding was reduced, and we had \$3k of YMCA Strong Kids financial assistance for child care
 - We realized a wages cost savings of \$17k to budget due to re-organization of staffing
 - Productivity improvements results in an overall productivity ratio of 1.88 vs. 1.79 in the budget.
- On a consolidated basis, our overall net contribution surplus for the 1st quarter was \$24k vs. budget of \$13k. ~ *Mike Bunn*

Human Services

- YMCA Northumberland is now accepting resumes for part-time Summer Day Camp Counselors.
- 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 \$25,485.00-enough to help 25 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!
- If you want to play golf this summer and support YMCA Strong Kids then sign up now for our YMCA Strong Kids Golf Tournament! It is a popular tournament and the spaces go quickly, so get in early this year. Contact Jason at jjackson@ymcanorthumberland.com to book your space-registration forms are available on our website at www.ymcanorthumberland.com
- Thank you so much again to Gord Ley and Lynn Agueci of the Ley Investment Group for assisting us with a successful second proposal to the CIBC Children's Foundation providing us with \$1,200 for YMCA Strong Kids to purchase interactive games and training materials for our CATCH Kids, summer day camps and youth programs. We will report and show you the pieces in action once they are here and in place! ~ *Happy*

Communications ~ *Jason*

International Program

- Our Youth Exchange participants are finished selling their Fair Trade products to raise funds to help bring their Nicaraguan partners here this summer for two weeks. There are still some products left- the YMCA medium roast Honduran coffee, teas, hot chocolate and milk chocolate bars. If you are interested in purchasing, just come and see me at Association Services.
- This past week our Youth Exchange participants practiced their Spanish with their teacher Marta Sofia Reyes by watching the Mexican film *Quinceñera* about a young girl's experience turning 15 and many issues of traditional Mexican culture clashing with modern day realities.
- Our youth also had a great opportunity last Tuesday to participate in a special student lunch hosted by the local Amnesty International Group at The Woodlawn Inn. 6 of our 10 YMCA Youth Exchange group from CDCI West and St. Mary's Secondary School took this great opportunity to lunch and learn with Canadian journalist Michelle Shephard. Michelle Shephard is the *Toronto Star* newspaper's National Security reporter and has covered the story of Omar Khadr since his capture in July 2002. Her research for her book, *Guantanamo's Child*, took her throughout Canada, the U.S., Britain and Pakistan. She has traveled to the U.S. Naval base in Guantanamo Bay, Cuba more than a dozen times. During her twelve years in journalism Shephard has won Canada's top two newspaper awards: the National Newspaper Award for investigations; and the Governor General's Michener Award for public service journalism. The *Globe and Mail* wrote in the review of her book that, "Shephard exposes complexities and moral questions by shedding light on dark places . . . Justice and human dignity are indivisible: What we allow to be done to Omar Khadr, we ultimately do to ourselves." Michelle was warm, engaging and gracious and captured the attention of the youth with her story of Omar Khadr and her work. I was proud of our group as they stayed at the end and asked Michelle if she would spend a few more minutes with them to answer their specific questions and they were so engaged and interested. Thanks to our local Amnesty chapter and to Stephen Della Casa of The Woodlawn Inn for bringing Michelle to Cobourg and her gracious extra time spent with our kids. ~ *Happy*



Volunteer Development

- I hope you saw the articles about our YMCA volunteers in the local newspapers as we celebrated National Volunteer Week from April 18 to 24. I would like to take this opportunity to thank all of our wonderful volunteers for your dedication and to remind everyone about the Volunteer Awards we will be presenting at our AGM on May 13. The event, open to all, is a great evening of recognition and celebration and we hope to see you there!
- 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 ~ *Keith*

Cobourg YMCA

Membership

- Membership is at 3719 as of April 22, 2010.
- We updated our CLASS software late last week with little issues. This is the software we use to manage all our membership data and payments. This upgrade will assist our Association with payment card industry security standards. ~ Lynne

Adult Programs

- Merete is leading a group of members on a walk around the community on Tuesday and Thursday mornings before the Muscle Works/Prime Time class. Several of the class participants get together and head out for some fresh air, sunshine and exercise. If you wish to join them, meet in the lobby at 8:40am! Merete provides the walkers with some interesting facts about walking and health each week.
- The participants in the Fitness Leadership Training Program completed their third week of the program this week. They have been learning about anatomy and body mechanics. There will be a Fundamentals of Group Fitness Course on Sunday, May 30 and a choreography workshop on Sunday, June 13. If you have completed your basic theory in the past and would like to take part in either of these workshops, please contact Leslie.
- The new Karate program started this week. There are 30 kids registered in the kids programs and lots of familiar faces in the adult program. We are grateful to have the experience and expertise that Steve and Esther Hails and their crew bring and look forward to many years of karate training here at our Y!
- 20 participants from across the community took part in a NCCP Level 1 Intro to Competition workshop at our YMCA on Friday and Sunday. The course was free of charge and was sponsored by the Coaches Association as part of Coaches month! ~ Leslie & Mette

Youth Development

- We attended the Ontario Youth Wrestling Championships in Beamsville last weekend with the "Fantastic Four". The wrestlers did a great job, and ended what was all of their first competitive season on a high note. "The Rottweiler" Riley Henry was undefeated in the novice 29.7kg weight class. His focus and drive helped him bring home a gold medal. Hannah "Heart Breaker" Sherwin demonstrated technical skill and lots of heart and won a silver medal in the kids girls 44 kg weight class. Bowen "The Boa" Murray ranked fourth in the novice boys 25.7kg weight class, and smiled through each and every match, and Chris "The Horror" Glenn had the match of his life in the Bantam boys 42.4 kg weight class and shocked coaches Jim Murray and Tyler Cochrane with some moves we did not even know he knew! Thanks to all the wrestling parents for their display of sportsmanship and team spirit in action, and to Clayton Sherwin for supporting the younger wrestlers with his encouragement. Even though this is the end of the competitive season, the Wednesday night kids program will continue until the end of June.
- On Sunday, August 29 we will be hosting an Wrestling Camp featuring Tonya Verbeek, two time Olympian in Wrestling. Registration for this camp will begin in June. Last year's workshop with Marty Calder was a smashing success, and drew wrestlers from several neighbouring wrestling clubs.
- On Monday night the kids in Crazy Sports had a blast challenging themselves at an obstacle course before breaking up into groups to play sports.
- We are glad to see new faces in the Personal Conditioning Centre for Teen Strength. You can get your shoe tag too or let a teen you know about it, they can just drop in on Tuesdays and Thursdays at 4:00 and Sundays at 12:00noon.
- The Northumberland Christian School group has been happy about the weather because nice weather means we get to play outside. Lately we have been playing capture the flag in the park.
- Don't forget Sundays are Fundays at the Y. Join in for volleyball for all ages as well as drop-in badminton and Sunday Funday for kids with 45 minutes of games in the gym and 45 minutes of playful swim time. ~ Joel & Oona

Aquatics

- This past week I participated in a 3 day Aquatic Pro Conference where I was a workshop leader on Quality of Swim Lessons. I also learned some new and exciting things that I will be bringing forward in the next few months.
- The YMCA Swim Instructors Course began this weekend. ~ Shannon

Brighton YMCA Membership & Programs

- Membership is at 493 this week.
- Michele Milani and Mark MacLean have started their training and working alongside staff for various shifts. Our Pilates and Yoga classes are going well this session.
- I will be attending a women's group meeting in Codrington on Wednesday presenting the benefits of Yoga and then will do a small demonstration and offer various chair posture for the group. ~ Anne

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

- YMCA Child Care centres are gearing up for Spring with a series of concerts for parents and caregivers of the children we serve. Check your local centre for dates and times.
- A new Baby sitting Course is underway at Beatrice Strong YMCA Child Care, with 8 students registered. This program uses Canadian Red Cross curriculum and teaches children ages 11 and up how to care for others and how to be safe when at home alone. Maybe we have some future YMCA employees in our midst?
- Work continues on the next edition of the YMCA OEYC programming guide outlining services from May 1 to August 30, 2010.
- Local service agencies are invited to a Best Start Visioning Day on Wednesday, April 28 at the Best Western Inn, Cobourg, (*see details to the right*).
- And lastly a word from our YMCA OEYC Education and Resource Coordinator, Sam Kelly, about a new program we will be partnering in at the Teen Education and Mothering program. The program is called Back to Basics and will be offered in partnership with Northumberland Children's Aid Society for the young mothers who need parenting support/education and as an opportunity to be part of a proactive CAS program. The content of the program is very easy to present and includes some learning activities that relate to the weekly topic such as Parenting Styles, Ages and Stages, Taking Care of Yourself (Mother Stress), The Importance of Routines, and Managing Behaviour. In the final session, on Behaviour, we will discuss appropriate ways to guide your child's behaviour, and what would warrant CAS involvement. One important goal of the program is to dispel some of the myths and fears these girls have about CAS. ~ Linda



Many of our Centres celebrated **Earth Day** this week with fun activities and games. At our Cobourg YMCA Ontario Early Years site, Lisa and Diane made crazy dirt and worm pudding cups, Lisa read story about where our garbage goes as well as illustrating how we pollute our water and what we can do to change that through a fun exercise with coloured waters.

