



This Week at Your Y!

Weekly YMCA Northumberland Association Update

For the week of April 6 to 11, 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.



Annual General Meeting & Staff/Volunteer Recognition Evening Coming Soon!

Please mark this day on your calendar and plan on attending to help us celebrate the past year and the achievements of our volunteers and staff with awards and our Michael Moore YMCA Memorial Scholarship.



Thursday, May 13

6:30pm

Cobourg YMCA Gymnasium
339 Elgin Street, Cobourg

Association • CEO's Office-Kyle Barber

Hi everyone!

- We are a couple of steps closer to owning our east Parking Lot! Last week we received the completed appraisal of the property and were able to file for severance of the land. The closing of the sale will occur once the severance is complete and this is expected in June, thus avoiding the new HST.
- On Thursday this week I had an opportunity to give a YMCA presentation to the Cobourg Probus Club. There were many familiar faces in the crowd as the Probus club is a collection of very active people. Over 110 members attended.
- Board member David O'Dell, Controller Mike Bunn and I will be meeting this week with a United Way Review Panel. We receive approximately \$35,000/year from the United Way which is used to subsidize youth programming around the county. Have a great week everyone. ~ Kyle

Association Services

- Tim, Char and I along with our providers are working on updates for both our CLASS and Navision member/registration management and accounting software systems for the implementation of HST in Ontario on July 1, 2010.
- Our first quarter memberships and programs have been strong and well ahead of budget for the Cobourg YMCA.
- Our Child Care revenue is lagging behind budget, but cost savings have helped to offset the loss in revenue.
- Risk Management-our intern Michael is currently working on updating our policies and procedures and developing computer policies related to electronic record retention, acceptable network usage, passwords, back-ups, and information security reporting. He is also developing and updating health and safety policies, ladder safety, power outage measures, updating procedure manuals and identifying risks and dangers. Michael will continue to identify and assess significant risks and the updating of our policies throughout the year. ~ Mike Bunn



Human Services

- All applications have been submitted to our funding partners for potentially 27 summer positions. The funding dollars assist us with a \$2.00 wage subsidy for salaries in the area of Aquatics, Summer Day Camp and Children's Services-YMCA OEYC.
- We are now accepting applications and resumes for summer Aquatics and Day Camp positions.
~ Lynne

Development

- The goal for our YMCA Strong Kids Campaign 2010 is \$75,000.00. So far we have raised \$22,470.00-enough to help 20 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. ~ Happy

Communications ~ Jason

International Program

- Our Youth Exchange participants will be selling their Fair Trade products again in the Cobourg YMCA lobby on Wednesday, April 14 from 4:30 to 8:00pm and 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 Wolfeville, Nova Scotia and Steward Bags, re-usable fruit and vegetable bags for your grocery shopping. The Fair Trade, organic products are medium and dark roast coffee, decaf coffee, green, black and chai teas, dark and milk chocolate bars, hot chocolate and baking cocoa. Drop by and visit me anytime to see what we have in stock.
~ Happy



Volunteer Jim Proskos receiving the Rolph Family Spirit of Giving Award from YMCA Board Member Peter Harrison at the 2009 AGM

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!
- 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

- I appreciate the patience while the men's steamroom is being repaired. Several issues have presented themselves one after another but we are hopeful that the issues will be resolved shortly.
- The new, additional second cycle fit studio fan has been purchased and will be installed shortly
- Spring is upon us! Building Services has begun efforts to prepare the outside for our summer day camps including the purchase of a new 20x40 tent. ~ *Keith*

Cobourg YMCA Membership

- Membership is at 3780 as of April 8, 2010.
- Spring session registration is still available with new programs beginning on April 11. ~ *Lynne*

Adult Programs

- The Basic Theory Course for the Fitness Instructors Certification began this week on Wednesday night with 10 participants! There were many familiar faces in the group as the class is composed this time entirely of YMCA members, volunteers and current and past staff!
- We will be starting our annual observations of all of our fitness leaders this week. This annual observation helps us to ensure that our classes are safe and of high quality, and gives us a chance to connect with each of our fitness leaders.
- 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 15 or 22 from 10:30-11:00am in the upper PCC by the cyclefit bikes. ~ *Leslie & Mette*

Youth Development

- Camp planning is well underway and our brochure should be available very soon.
- Tyler Cochrane, our volunteer youth wrestling coach and part-time staff in is BC this week competing at the National Championships for Wrestling. Many of his little fans from our YMCA Kids Wrestling program will be participating in a kids tournament this Saturday in Peterborough with Coach Jim Murray and Leslie.
- Next week the new session starts! New programs such as youth and adult drop-in volleyball start this Sunday, April 11 as well as Badminton.
- If your 13 to 15 year old is looking to get fit for summer, then suggest to them to start coming to our Teen Strength drop-in program to earn their shoe tag. ~ *Joel & Oona*

Aquatics

- Sign up now for the Spring Session which starts on Sunday, April 11. Classes are filling up!
- We are offering a Bronze Medallion course this session along with our YMCA Instructors Course
- Our Family Fun Swim idea for the last week of lessons has been going great! We have been having lots of fun in the pool.
- Check out our new programs this session such as Junior Lifeguard and Aquadventures. ~ Shannon

Brighton YMCA Membership & Programs

- Membership is at 516 this week. ~ Anne

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

- Children's Y is entering its second week in the delivery of Kindergarten Foundations at St. Joseph's Catholic Elementary School in Cobourg. This new program is being piloted cooperatively with the Kindergarten teacher and our own YMCA OEYC staff at the school and focuses primarily on each child's Executive Function. Executive Function is the self-regulation skills that every child requires to be able to be ready to learn. These skills include being able to control their emotions, using memory, and demonstrating cognitive flexibility to be able to multi-task or adjust their thinking to match different situations. Using play-based learning techniques, children gain these skills through a number of fun activities. Kindergarten Foundations is a precursor to the All-Day Learning program coming our way in September and will take the place of our regular School's Cool! Program in the summer months. Dates and locations to be announced.
- The Teen Education and Mothering program received a very generous financial boost from the Northumberland Sunrise Rotary Club this week by way of a \$2,000.00 donation. The club decided to support the program as one of several literacy projects they are working on, and the funds will be used to supplement educational resources for both the mothers and babies in the program. With our thanks!
- All of our YMCA pre-school programs will be undergoing their annual *YMCA Playing to Learn* curriculum evaluations next week. Mentors from the Greater Toronto YMCA Family Development Centre will visit each site and assess curriculum delivery, our home-like environments, small group interaction and resources and communications used in our programs. The Family Development Centre will also be hosting *YMCA Playing to Learn* training over the next three months for the Eastern Ontario cluster of YMCAs, at the new Quinte West YMCA. Children's Y staff is also being trained and/or re-certified in WHMIS, CPR and First Aid at this time. ~ Linda