



# This Week at Your Y!

## Weekly YMCA Northumberland Association Update

For the week of June 21 to 27, 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. Over the next few weeks I will profile our major award winners and share their dedication and commitment to our YMCA.*

### **J. Gordon Dunlop Award**

#### **2010 Recipient - Marc Mireault**

This award was developed to honour the memory of J. Gordon Dunlop, a volunteer of our YMCA in the 1940's & '50s. This award is presented to a YMCA volunteer who has made extensive contributions to YMCA Northumberland and long-term leadership in the program or policy areas.

Marc has been involved in training, competitive sports and coaching for over 30 years. 10 years ago he decided to give back to our community and our YMCA by taking the training to become an adult fitness volunteer. Marc has taught Wednesday evening cyclefit ever since and gladly fills in many times for other instructors when they are ill or away.

Though not officially on any lists for other areas of volunteerism at our YMCA, Marc gives of his time freely to paint muskoka chairs for our Camp Chairs for Camp Kids, provides his time and creativity on design projects and creative advice to Jason and Happy, participates fully in all events of the International Committee, youth exchange and YMCA Strong Kids helping out in every way he can, driving, constructing, designing, helping Happy teach her Irish Dance Class, flipping burgers, you name it! Marc also actively volunteers in the community for numerous organizations and encourages his three sons to volunteer their time at our YMCA and in the community, setting the tone for them as a role model for community involvement.

Last year Marc also added in becoming a trainer for 2 teams in our Feel Fine in '09 Challenge and a trainer on our Outdoor Adventure Boot Camp putting the participants through grueling agility training from his volleyball coaching experience at the Cobourg Beach.

In the words of Mette Aarlev, our Coordinator, Adult Programs, "I first started taking Marc's cyclefit class 8 years ago and was immediately drawn in by his great use of music and sense of humour, and, ohhh the pain of not being able to walk for a few days drew me in too! A few years later when I was apprenticing to become a cyclefit instructor, Marc came to my aid as a mentor and tutor, graciously sharing his experience and techniques and he helped ease my anxiety about teaching for the first time. Still later Marc once again came to my aid by volunteering to



YMCA Board Member Mark Geens presents Marc Mireault with the J. Gordon Dunlop Award for 2009-2010 and Marc puts a BootCamp participant through their paces with his beach training portion of the program

be an instructor for EARLY morning bootcamp classes on the beach where he became known as the Sandman (and again no one could walk for a few days afterwards). Over the years Marc has given generously of his time and expertise in programs too numerous to mention. He has the ability to connect with members of all ages and all levels of ability because he truly enjoys what he does. In my opinion, Marc's contribution models what volunteerism should be: sharing one's wealth of knowledge with others solely for their benefit, with no expectations of personal gain or benefit, but simply for the love of doing it...and did I mention the great music!" ~ *Happy*

## Association • CEO's Office-Kyle Barber

Hi everyone!

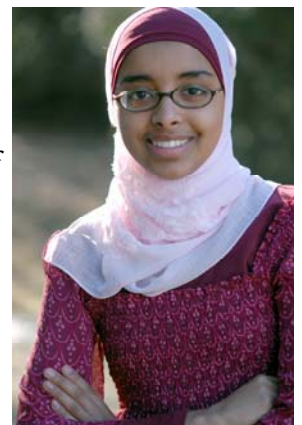
- I just had a great afternoon (Thursday) in the outdoors assisting with the set-up of the circus tents for our YMCA Camp Wunjo-our day camps will begin very soon. The tent set-up crew was a co-ed, multi-generational collection of YMCA camp staff, maintenance staff and assorted others from many department. Despite the heat, humidity, (and wind!!!), under Ross Quigley's guidance the tents went up straight and taut...and we had a great time and many laughs! Judging by the attitude of our camp staff, I think our kids are in for a great summer! Have a great week everyone ~ *Kyle*

## Association Services ~ *Mike Bunn*

## Human Services ~ *Lynne*

## Development

- The goal for our YMCA Strong Kids Campaign 2010 is \$75,000.00. So far we have raised \$32,425.00-enough to help 32 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.
- I am very excited to share the news that Meyada Widaatalla, one of our youth staff, member of our International Committee, recipient of our YMCA Youth Peace Medal in 2009 and our Michael Moore YMCA Memorial Scholarship this year, is the recipient of the prestigious **YMCA Canada S. J. Moore Award!** The S.J. Moore Award is offered in memory of "one of Canada's great business innovators and religious leaders". The scholarship is awarded to YMCA members who have demonstrated qualities of leadership and wish to continue toward the development of their own personality and building a society based on YMCA values. Meyada was chosen from applicants from across Canada-congratulations Meyada-well deserved! Meyada will be attending the University of Western Ontario in the fall and we will miss her a great deal. ~ *Happy*



## Communications

- Be sure to register for our YMCA Strong Kids Golf Tournament, coming up fast on Thursday, July 8 at Timber Ridge Golf Course in Brighton. Registration forms and sponsorship information can be found on our website at [www.ymcanorthumberland.com](http://www.ymcanorthumberland.com). Come out and support this great cause and help families in our community to belong at our YMCA! ~ *Jason*

## International Program

- Our Nicaraguan YMCA youth arrive tonight-Friday, June 25! If you see them and our local host youth and families around the facility please say "Hola"! They are here for packed two weeks of activities and fun to learn about our YMCA, our community and our life. The youth come from three communities in Nicaragua-a very poor urban neighbourhood in Managua, a small rural town in the mountains, Boaco and a very remote community actually built in the crater of an extinct volcano-Santa Lucia. Our community and the other parts of Ontario will be a very different experience for them than what they have seen so far in their lives. Please consider joining us for our Fiesta and Talent Night at the Cobourg YMCA on Thursday, July 8 at 6:00pm. This is a potluck, bring your own plates and cutlery dinner with the youth from Nicaragua and our youth providing the talent show entertainment. It is a way to share culture, dance, song and understanding and the Nicaraguan youth are always amazing to watch with their beautiful traditional clothing, dance and music. Please come and join in! ~ *Happy*

## Volunteer Development

- This Saturday, June 26, there will be a group of volunteers and staff down at the Cobourg Farmer's Market with our Camp Chairs for Camp Kids selling tickets for the draw. Come on down and help out if you have time or just come on down and enjoy the chairs and buy a ticket or 3!
- The OEYC's Kindergarten Readiness Foundations school program is looking for a volunteer or two to help with the delivery of their program in August at Percy Centennial Pool in Warkworth. The session is from August 9-26, every Monday to Thursday from 9:00am to 3:00pm. Volunteers would not have to stay for the entire day and should have some education/interest in early childhood education. Due to the nature of the program, volunteers must be 16 year of age or older. Please contact me if you are interested in helping!
- If you are interested in joining our terrific team of volunteers, please contact me, Nancy Little - [nlittle@ymcanorthumberland.com](mailto:nlittle@ymcanorthumberland.com) or 905.372.9247x313. ~ *Nancy*



## Asset Management ~ *Keith*

## Cobourg YMCA Membership ~ *Lynne*

### Adult Programs

- We're once again taking the Y to the beach, this year we will be offering Kettlebells, Yoga, TRX and small group training on Victoria beach, check the summer schedule for details.
- Bootcamp is done for yet another year. 30 brave participants crawled, jumped, ran and lifted their way to greater fitness and lotsa early morning fun! A great thank you to all the great instructors who gave freely of their time and ability to inflict pain and suffering on their charges! Marc Mireault, Keith Publicover, Dave Avery, Jason Jackson, Leslie Murray, Dan Bulger and Jim Murray. P.S this is 3<sup>rd</sup> year in a row of NO RAIN! ~ *Leslie & Mette*

## Youth Development

- This weekend Camp Wunjo will be at the Highland games. We will be running crafts and activities for kids to help spread the word about camp this summer. Summer staff training is well under way with our staff completing WMHIS, healthy child development, CATCH and first aid training completed. Camp starts in five days and we could not be more excited! ~ Joel & Oona

## Aquatics

### Brighton YMCA Membership & Programs

- Brighton membership: 441
- Thanks to Rosa for leading a group fitness class for the LLS class from ENSS. The group of students came over this past Wednesday and took a ball class with Rosa.
- Next week starts the beginning of our summer schedule with a couple of changes. We will be offering the Hard Core classes on Tuesday and Thursday fro 6 – 6:45pm and another Kickbox class on Fridays from 9 – 10 am.
- Our summer hours will be changing as of July 1<sup>st</sup> to an 8:30 pm. closing on Monday – Thursdays.
- Good Luck to the YMCA team of Dragon Boaters on Saturday. Hopefully the rain won't dampen their spirits. ~ Anne

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

- Families at the Cobourg OEYC will be taking part in a special field trip to Van Dorp's Strawberry Farm on Thursday. The annual strawberry-picking adventure gets underway at 10:00am at the farm on Highway 28, just north of Dale Road. If you miss the Cobourg trip, Port Hope OEYC families are also visiting on the next day, June 25. Call 905.377.1271 for details.
- Beatrice Strong YMCA Child Care plays hpst to the Graduating Class for this year's Nursery School program on Thursday at the Centre. Fifteen pre-schoolers will don their graduation caps for a formal celebration of their accomplishments.
- The Mobile Outreach playgroups are wrapping up for the summer with a series of fun, summer picnics and barbecues. To get involved, contact Andrea Dunkley, Mobile Outreach Coordinator at 905.375.4991. Toy and book-lending continue at OEYCs throughout the summer.

Here is a nice impact story from our OEYC that I would like to share with you:

Moving to a rural Canadian town from Saudi Arabia with three young children in tow presented huge challenges for Maha, and her family. Her husband, an industrial engineer, was required to stay in Saudi Arabia for many months after their move to complete his work before he could join them and other family members living in the Campbellford area.

Maha, 24, was feeling overwhelmed caring for three children under four years of age on her own in a new country. She felt her children were bored, and she was having concerns about their behaviour. When enrolling her son at school, she was given information about the Campbellford Ontario Early Years Centre as a place to meet other families and learn about our parenting programs.

Maha and her children visit the centre two to three times per week. Her children come for circle time, and for the opportunity to paint and play with Playdoh-activities that are new to them and that they enjoy very much. She met with our Education and Resource Coordinator, Samantha Kelly, to further discuss her concerns about her son's behaviour and to access resources on strategies to help her son cope with stress and adjust to change.



Maha feels that there have been many benefits to using the Campbellford OEYC, including what she says is an incredible amount of support from staff.

"They have made me feel very welcome, introduced me to other families, and directed me to other services in the community," says Maha.

Maha doesn't drive so she must walk wherever she goes, with all three children. Families who use the centre have invited her to dinner, driven her and her children to the zoo, and helped her connect with other services in the community (signing her son up for baseball and soccer). There is even someone she met at the centre that thinks they can help her husband find a job when he moves to Canada to be with his family in August.

"I have made many friends at the centre," Maha says enthusiastically.

Weeks after meeting with OEYC staff, she called to say that she had been using some of the strategies they suggested and she had already noticed a real change in her son's behaviour. Using the suggestion to give him a grocery list and "jobs" at the grocery store has really made shopping for her less stressful and more enjoyable for both of them. Something else she is thrilled about is that each day that her two-year-old daughters leave the OEYC they have learned a new English word.

The centre is easily accessible and located conveniently so that Maha can walk there with her children. The connections she has made with families who have children that are close in age to her own, and who are experiencing similar stages of development would have been difficult to make outside of an OEYC.

"OEYCs are places where parents can meet other parents, where they can network and support each other all while engaging in activities with their children," says Maha.

The Campbellford OEYC, a satellite centre for YMCA Northumberland in Cobourg, supported this family by providing Maha with some strategies and resources to help her manage her son's behaviour effectively. She learned how to help him cope with stress and change and for Maha herself, how to cope with parenting on her own in a new country.

"We are very proud of Maha and how well she is doing under circumstances that must be extremely difficult for her," says Sam. "In a struggle with her son about buying him unhealthy food at the grocery store, she told me she didn't give in, as difficult as it was, because she feels strongly that she should be providing her children with healthy food choices. We commend her for her strength of character and agree that sometimes it is all too easy to give in when you aren't up to the fight or a possible tantrum."

For all our staff, who work so closely with each and every family they encounter, they say, "After receiving the phone call from Maha last week to thank me for sitting down and helping her, I couldn't stop smiling. It is an amazing feeling to know that just a few simple suggestions could have had such a positive impact on someone who was struggling with her child's behaviour on a daily basis."

"I think I may have benefitted just as much from my meeting with Maha. I am inspired by her strength, her ability to cope with change, her positive attitude and her genuine love for her children."

We're with you Maha.

~ Linda