



# This Week at Your Y!

## Weekly YMCA Northumberland Association Update

For the week of May 3 to 9, 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.*



### Welcoming All

Not so long ago at Christmas time, we had a family come in to our Cobourg YMCA Ontario Early Years Centre who were visiting relatives here in Cobourg for a couple of weeks. Before they left to return home to Bristol, England they gave me their email. I was happy to recently find a letter in my mail and wanted to share some of what they had written of their experience here while vacationing.

*"Well at long last I am finally writing - so sorry I haven't done it before. We were thrilled to hear from you - we have many fond memories of the centre and our time with you and we were made to feel so welcome so thank you for that. The girls are doing well and are looking forward to the week ahead when Sophie celebrates her 3rd birthday next Sunday. She has been telling us everyday for the last 2 months that she has a birthday coming up and that she will be three so it comes with some relief that we are nearly there now.*

*Megan will celebrate being 2 years on 30th so much celebrating, cake and balloons ahead!!! There has been quite a change in Megan since our time in Canada. She is saying new words every day and we are seeing more of her little personality coming out which is a delight - very caring and mothering! Lots of love to everyone Sophie & Megan, Jill & Nigel"*

*~ Cathy Nevin, Early Childhood Specialist, Cobourg YMCA Ontario Early Years Centre*

### Association • CEO's Office-Kyle Barber

Hi everyone!

- This week I am busy readying for next week's Annual General Meeting & Volunteer/Staff Recognition Celebration on Thursday, May 13 (see the last page of this news for a full invitation).
- On Wednesday this week I assisted YMCA Ontario with interviews for the hiring of a General Manager of Support Services.
- Early next week I will be attending YMCA Geneva Park where I will be teaching budgeting skills to Entry Level Managers from other Ontario YMCAs.

Have a great week everyone and see you at the AGM next week! ~ Kyle

### Association Services ~ Mike Bunn

## Human Services

- We are starting to hear about the outcome of our various applications for summer placement funding. Career Edge has approved 11 positions for Brighton, Colborne and Trent Hills. Sir Sanford Fleming Job Connect has approved funding for 6 positions.
- 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 \$25,985.00-enough to help 26 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.
- 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](mailto:jjackson@ymcanorthumberland.com) to book your space- registration forms are available on our website at [www.ymcanorthumberland.com](http://www.ymcanorthumberland.com) ~ Happy

## Communications ~ Jason

### International Program

- We are only 7 weeks away from our Youth Exchange kids from Nicaragua's arrival! 10 youth and 2 chaperones from the YMCA of Nicaragua will be coming to spend 2 weeks at our YMCA and in our community with our 10 youth exchange participants and their families. We are busy planning a full slate of activities including sharing of culture with the youth drummers and dancers at the Alderville First Nation, Canada Day festivities in Cobourg, visiting past youth exchange leader, Andrew Kowalchuk and his YMCA Toronto Youth Leader Corps in Toronto and 2 days at Fraser Lake Camp in Bancroft for that summer camp experience! Thanks to so many people for their generosity in hosting chaperones, donating to the cause, Jim Proskos, Cobourg Honda and our Board Chair for donating one of his vans for a couple of days, and Mark Geens from our Board of Directors for generously arranging for the youth to see a Blue Jays game from Lafarge's suite at the Rogers Centre! Make a point of saying hello when you see the youth around our YMCA-they will be here from June 25 to July 10. ~ Happy

## Volunteer Development

- REMEMBER-ALL our volunteers are invited to our Annual General Meeting & Volunteer/Staff Recognition Celebration next week-see page 5 of this news for details!
- 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

- Membership is at 3722 as of May 4, 2010.
- Here are some stats from April for your interest!
  - average membership for the month was 3766
  - average number of people through the doors who scanned their membership cards was 437 with a high of 624 and a low of 152
  - squash courts were in use 67% of possible times ~ *Lynne*

## Adult Programs

- Outdoor Adventure Bootcamp is back!! Take your fitness to the next level with exciting new training techniques from competitive sports, martial arts, military, strongman and fighter training with a variety of guest instructors and locations. See the new May Adult schedule for details or contact Mette at 905.372.9247x324 for more.
- We have been meeting with staff from Alderville to discuss the possibility of expanding the programming we are currently offering in their community. This month we will be offering a Learn to Run clinic.
- Need a great and fun way to shape up for summer? Try our **Small Group Training**. Get together 3 friends, make an appt with Leslie and get started on fun, goal setting and training to suit your group and spend more time with your friends.
- Long time YMCA member and a Coop student from past year, Jacob Fast, will be entering into the family tradition this Friday, May 7 at 2:00pm by attempting to pull a school bus in front of CDC I West High School in a fundraising effort for new gym equipment for his school. Best of luck Jacob!
- Thursday night's adult volleyball league is soon to wrap up. Final games are on May 20.  
~ *Leslie & Mette*

## Youth Development

- We are meeting with Leslie this week for a full day of Summer Day Camp planning.– we hope to lay out our plan of attack for the remaining camp preparation including interview schedules, equipment orders and more. We are gearing up and excited about the action packed summer we have planned for our campers. Keep your eyes open for amazing Camp Wunjo opportunities this summer.
- You can tell camp is close by when the tents start going up! This week a group of staff and volunteers sweated it out in the hot sun putting up the first tent of the season. Thanks to Ross Quigley, Ken McEwen, Keith Publicover, Mike Bedford, Jason Jackson, Corey Wilson, Cory Grozelle, Callum Mireault and Michael MacLean. Now this one is up nice and early we hope we can move some fitness and youth programs outside with the warmer days upon us.



- Crazy Sports participants broke a sweat during Monday night's programming and with the nice weather we are encouraging the kids to bring outdoor shoes so we can move our programs outside.
- The Northumberland Christian School kids had fun in the sun this week playing soccer in Rotary Park. ~ *Joel & Oona*

## Aquatics

- We are two weeks into the YMCA Swim Instructors Course. We have 9 students in the course and I am looking forward to having some new instructors with us in the summer.
- Eunice, myself and a few current and old staff completed our NLS Recert on Friday evening last week-there were 14 of us in the pool!
- Trent Hills and Cramahe Township Summer Aquatics brochures are underway with Trent Hills registration beginning on May 20. ~ *Shannon*

## Brighton YMCA Membership & Programs

- Membership is at 491 this week.
- Observations and recertifications are still occurring for our current Fitness Instructors and Individual Conditioning Staff. Mark MacLean, Michelle Milani and Rosa Penney will be continuing with some of the group fitness classes.
- Last week we completed a very successful Dragon Boat Dryland Training program that was lead by Rosa. The participants were gearing themselves up for the upcoming season and working some of those muscles that have been taking it easy over the winter months.
- Due to many requests, we have changed our hours of operation back to 9:00pm closing as of May 3 during the week, Monday to Thursday nights.
- Our Brighton Y was just hopping on Monday, May 3! ~ *Anne*

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

- This week marks the release of two new publications from Children's YMCA Northumberland. A revised parenting and children's program guide will be available at all centres beginning this week. The guide is a valuable parent resource, featuring all of the programs being delivered in OEYCs across the county for the next four months. And the May edition of Speaking of Play is also available this week, at any YMCA Centre or on-line at [www.ymcanorthumberland.com](http://www.ymcanorthumberland.com). Find out how we scored in our curriculum assessments, meet some new staff and find out what events are scheduled for the next month.
- This Saturday, May 9, features a special My Time With Dad at the Cobourg YMCA, OEYC from 11:00am-12:30pm. Dads and male caregivers and their children will be making a Mother's Day breakfast that they can bring home and give to the important women in their lives the next day. Happy Mother's Day to all.
- The managers of Ontario Early Years Centres from across Central East Region will meet for their quarterly meeting on Friday, May 7. We will be touring a Best Start site in Durham, which features an OEYC, child care centre and parenting facility in a public school; a possible precursor to the proposed Best Start and Family Centres coming our way.
- On Monday, May 10, the new YMCA Children's Centre will officially open. Our YMCA Play Centre services will be merging with the YMCA Northumberland Ontario Early Years Centre. The new YMCA Children's Centre will have expanded and aligned hours and will be staffed by trained Early Learning professionals who will maximize each child's experience in the centre while continuing to offer quality, play-based care. As well a healthy snack will be available at 10:00am and 5:00pm daily and included in the service. The minimum hourly rate is \$3 per child for each hour or part hour of care delivered, to a maximum of 2 hours per session. The monthly Flexipass, also with a two-hour maximum, can still be purchased at Member Services for \$30 per month, per child. As always, parents can also choose to stay and play with their child and enjoy all of our free services offered in the centre. Check the new May Adult schedule for the updated hours on our website at [www.ymcanorthumberland.com](http://www.ymcanorthumberland.com) ~ *Linda*

Please Join Us

YMCA Northumberland 2010

Annual General Meeting

& Volunteer/Staff Recognition Evening

Thursday, May 13 • 6:30pm

Cobourg YMCA • 339 Elgin Street



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

Years of service awards

Volunteer awards

Michael Moore YMCA

Memorial Scholarship

& Award

Light refreshments

All are welcome!



A Day In The Life...