

Newsletter



YMCA-YWCA of
Northeast Avalon
ST. JOHN'S Y

Thank you for being a part of the Y



Sherry Thompson
Manager

It is a pleasure to have you be a part of the Y . Our goals are to provide opportunities for personal growth in spirit, mind, and body and to assist you in living more balanced, active lives. Through your participation in Y activities, I am confident that you will find a Y membership to be rewarding.

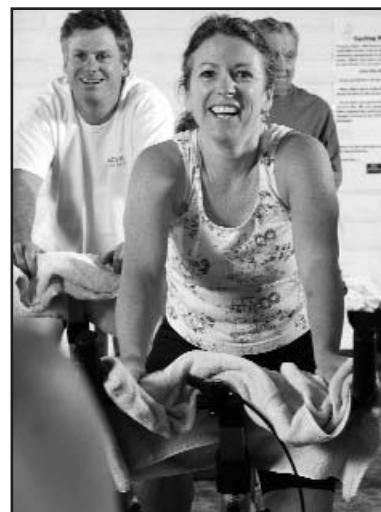
We are committed to providing excellent customer service, developing volunteers, and providing expertise to members in exercise and nutrition.

I can tell you all about the Y Experience, but our members really say it best. This newsletter is a small sampling of recent stories we have received from our members. I hope they will give you a sense of what makes the Y different and the health, fitness and recreation choice for families, adults, students, youth and children.

I hope you will take advantage of this great opportunity to learn about what is available at the Y to assist you in reaching your goals. If you have a Y success story to share with our membership please let me know.

Thank you for helping advance our vision as a leading charity that fosters self confidence and a sense of community.

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**We build strong kids,
strong families,
strong communities.**



what's inside:

- member success stories
- current events
- volunteer spotlight
- A heartfelt thank you
- message from CEO



Member Success

Story One

I remember my first feel-so-good-I-could-shout-"WAHOO!!" moment. No, it wasn't when the scales told me I'd lost weight. (Scales are a false friend anyway. Never forget that.) And no, it wasn't when a man said hello to me while I was standing next to my gorgeous daughter. (I blushed and stammered and was an idiot, but it didn't make me want to do handstands all the way down the road.) And no, it wasn't even when my clothes loosened and my mediocre sewing skills and safety pins kept my clothes up. It was when I could pull on my sock while standing on one leg.

Yes. A free-standing, one-legged sock donning was my first fabulous WAHOO moment.

This required agility, sure-footedness, power and balance. No leaning against a wall. No plopping on the bed while trying to master this skill. No graceless one-handed sock hauling, while supporting myself with the other hand on a chair or wall. I felt strong, capable and competent.

Make no mistake - I loved some of the other changes. Like when I was looking for a frock to wear to the hospital-industry's gala in February and despaired because everything looked awful. Saggy, baggy, looking like a housedress...everything made me look like a house. Then my daughter pointed out that I could shop...anywhere. Anywhere? Do you read me? Anywhere!! Granted, this spurred a little bit of a shopping frenzy.

Humans - we aren't too, too stupid sometimes. We continue with something when it fits us. The Y fits me. I have found the Y is MY place to help me maintain and continue with my growth as a fit person; a person who is "no longer obese" (I am quoting joyously Sherry, who has helped me so very much with her BIA scale, her knowledge and encouragement).

I usually go in the morning. I know most of the "morning people" and I love'em. I am genuinely pleased to see every one of them. Folks are so very helpful too. I roam around with my book and when I am perplexed or

need a little shove....I mean push...there is someone there who tells me that I 'can do it!'. There is someone to assist and answer a question; someone with a word of encouragement.

I did try other places early on. But I came back to the Y and, when I decided it was "my" place, it really became my place. You get back threefold what you give, I say, and I have certainly gotten back from my Y membership. I love the diversity of the members at the Y. I have met so many people from so many shades and nuances of life...the Y has served my sociable side and of the people I know I have had thought many times, "...Every soul has a story..." and so I am always engaged and never bored. I have made several dear friends from the Y, and expect to continue to do so. Aside from the enormous psychological and social gains I have achieved at the Y, in the past 18 to 24 months I have: lowered my blood pressure reliably and consistently enough....improved my frame of mind enough.... and, eased my arthritis enough.... that I am completely drug free.

And again, that moment in my doc's office - like that free-standing sock haul - was a WAHOO moment. It was the kind of news that had me flying down the stairs (two years ago it was one painful step at a time), fairly dancing out to my car and elatedly sharing my drug-free state with anyone who'd listen. (Sorry, meter man!) And my doctor - man, she can't keep the grin off her face whenever I go to see her. She checks my blood pressure and grins, shakes her head in congrats and with lit-up eyes says, "Perfect!"

The new equipment, the music re-introduction, the staff (who are absolutely great) and the members make the YMCA-YWCA my fit for fitness. Sign me up as a lifer!

Janice Haynes-Jamieson

volunteer spotlight

Kathryn Banoub, 16, has been involved with the YMCA-YWCA since she was a small child. She started attending Aikido classes when she was just 8 years old. Kathryn has also spent time being a camper in the Y's summer camp program. Her commitment to the Y has always been strong as her family has always been involved with her.

As Kathryn grew older she stepped into a leadership role through the Y's Youth Leadership programs. She has completed both the Leaders in Training program and the Counsellor in Training program. In September, Kathryn will become a member of the Y's Youth Leaders Corps.

As a student at Holy Heart High School Kathryn found it hard to juggle her many responsibilities, but she always found time to volunteer at the Y. This past year you could see her every Saturday helping out with the Y's new Pirate Ship Bouncer and this summer helping out with the summer camp.

Away from the Y Kathryn is a very busy person. She is preparing for her final year of High School and still trying to figure out how to balance her other commitments. For fun Kathryn likes to listen to music, design her own clothes and work in theatre.

A Heartfelt Thank You

The Y Assistance program has given my three children the opportunity to participate in one of the best summer camps in the city.

Being a single parent I appreciate all the benefits this program has provided my children which I otherwise would not be able to offer them. This is the second year attending this camp and they thoroughly enjoy the activities, the sleepovers and the many skills they are learning throughout the summer.

A heartfelt thank you to all those who support the Y programs and services!

Sincerely, Karen Kennedy

Child Obesity

Did you know that child obesity rates have more than tripled in the last 25 years? Did you know that Newfoundland and Labrador have the highest child obesity rates in Canada?

The fight against child obesity is one that the YMCA-YWCA of Northeast Avalon takes very seriously. Newfoundland also displays the highest levels of inactivity amongst children. This is why the Y offer many programs geared towards getting children in our community more active.

Current Events

Camp

Did you know that the YMCA has offered summer camps for over 100 years? This year there were over 800 campers in the Y summer camp operating out of three different locations. More than 50 teenagers registered for this year's Counsellor in Training (CIT) program, a great introduction into the world of becoming a Y leader.

Camp Beothuck has returned to the roots of the Y camping tradition by offering a week long outdoors camp with an overnight once a week. Campers and CITs can learn a wide variety of skills related specifically to camping in Newfoundland and Labrador.

Youth Member Programs

This September we will be introducing a Go Girls program geared towards getting teenaged girls more involved in active lifestyles. We will also be expanding our Youth Leadership by reintroducing the Youth Leaders Corps and as always we will be having a lot of fun in our afternoon and weekend programs.

Preventive Maintenance

We now have a preventive maintenance plan in place for our Life Fitness equipment. This is a schedule of planned maintenance actions aimed at the prevention of breakdowns of equipment. Our primary goal is to prevent the failure of equipment before it actually occurs. There will be regular equipment checks including lubrication of parts, additional cleaning and parts replacement.

The long term benefits of preventive maintenance are:

- Improved reliability
- Decreased cost of replacement.
- Decreased equipment downtime.
- Improved service for members.



Member Success Story Two

Two years ago Jon Finn enrolled in the Y's Counsellor in Training program. Based upon his exemplary work he was asked to volunteer for the remainder of the summer. That September Jon joined the Leader's in Training group to continue his professional development. He spent a lot of his time volunteering in the Y after school programs and he also attended his first Visions exchange to Midland, ON.

Last summer Jon volunteered in the Y's summer camps and completed his Counsellor in Training Level II. In September Jon rejoined his fellow Leader's in Training as they attended a second exchange this time to Cambridge, ON.

This summer Jon has continued his great work with the summer camps. He was also chosen to meet the Governor General on behalf of the Y as a youth diplomat. Eventually, Jon ended up getting hired by the Y to run the Counsellor in Training program. So if you see Jon around the building please be sure to say hello and congratulate him on being one of the many Y success stories.

a message from the CEO



Jason Brown, CEO

It Feels So Good to Give

The Y is a special charity built by a unique partnership between volunteers, donors, staff, and participants. In Northeast Avalon the Y has been a part of people's lives since 1854. The Y works with over 14,000 people in our communities every year. Every one of these people has something to give.

Every year, hundreds of people volunteer for the Y, their reward is feeling good about serving their communities through the Y and making our communities even better places to live. Y volunteers volunteer to give and not to get, yet so many volunteers have told me they have gotten more from the experience than they could ever hope to give back. Y volunteers work in every part of our Association - in employment and enterprise services, children's services, health, fitness, recreation & membership, philanthropy, and governance. Our volunteers are leaders and role models and I want to thank them for their important contributions.

Every year, generous people also give charitable gifts to the Y. These funds are used to help ensure the Y is open to everyone and no one is turned away for inability to pay fees. As our needs grow,

we will also be relying on donors to give towards capital funds so we can grow and make sure we can serve more people in a bigger, better way. I want to thank our donors for their generosity.

As we move ahead with our Association Strategic Plan 2006-2009 we'll need even more support. I am confident our volunteers, donors, staff, and participants will be there in the future as they always have been in the past.

Jason Brown, Chief Executive Officer
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Our Mission

The purpose of our Association is to encourage all people in our communities to join together by providing opportunities for growth in spirit, mind and body through an environment that is built on respect, trust and safety.

Our Vision 2006-2009

The YMCA-YWCA of Northeast Avalon is a leading charity that fosters self confidence and a sense of community. We empower people to be the best they can be.

YMCA-YWCA Core Values

Caring
Honesty
Respect
Responsibility
Health
Inclusiveness



health fitness & recreation - employment & enterprise services - children's services - voluntarism and philanthropy

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