

Newsletter



YMCA-YWCA of
Northeast Avalon
MOUNT PEARL Y

Welcome to the Mount Pearl Y



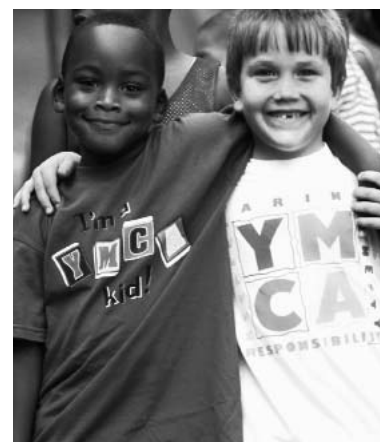
*Adrian Collins, Manager
Mount Pearl Y*

Greetings! I am delighted to be the new Manager of the Mount Pearl Y, located at Kenmount Park and with programs throughout Mount Pearl. I have close to 10 years experience working with the Y in Newfoundland and I am eager to bring that knowledge to the Mount Pearl Y. I have spent time working in Youth Leadership Development, Summer Camp and Member Programs.

The Y has always been a great place to help people of diverse backgrounds to join together to grow in spirit, mind and body, both as individuals and as a community. It is with these ideals that we partner with our members, volunteers, donors and the City of Mount Pearl.

Included in this newsletter are a few stories collected from our Mount Pearl Y members telling their stories of how the Y has enriched their lives. You will also find a volunteer spotlight and some useful information in the current events and member interest sections.

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

what's inside:

- A letter of thanks
- Y50+
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- member success story
- YMCA peace week

A Letter of Thanks

I feel compelled to make known my thoughts on your CIT (Counsellor in Training) program. I have a daughter who started the CIT program last year and continues into this year. I have another daughter who has also joined the program this year.

The girls come home from camp each day full of pride and accomplishment from an upbeat day at camp. They continue to tell me how they are treated with respect and courtesy from the Summer Camp Staff. They are always happy to go back each day and that alone tells me that they are treated well there.

My own personal observations have been of a well-organized camp, where the respect that is shown to younger children goes a long way. There is something fun going on at camp and parents can feel assured that their kids are in safe hands. Teens doing the program are given the best of both worlds. They get to feel the pride of being a leader without actually having the full responsibility of being one. It's a very nice way to help them mature and develop life skills.

I feel the program makes them very marketable to potential future employers. They interact with the children and at times are allowed to have input into what activities are put off for the kids.



I would like to end by saying thank you for the positive influence you have had on my children and hopefully helping them to grow and aspire to their full potential.

Thanks,

R Quirke

Y50+

The Y50+ program offers a wide variety of activities and events for Mount Pearl's 50+ community. The activities operate at three different locations, Kenmount Park, the Reid Center and the Mount Pearl Pool. Activities range from badminton to shallow water fitness and country line dancing. The current Y50+ members love both the diverse programs and the opportunity to socialize in an active setting with their peers. The current membership ranges in age from 50 to 90.



Many of the Y50+ members not only participate but, also love to volunteer in the programs that they utilize. Alice Keats, for example, joined the Y50+ group in January of 1999 and by February she was anxious to volunteer. She began her volunteering with the Y by helping out with the craft group on Thursdays. Alice is known for her outgoing personality and great craft ideas. Once the craft group has finished Alice always rushes to help serve the coffee and tea to her fellow members.

Member Success Story

In the last year 16 year old Justin Wheaton has been through a lot. Having a hard time finding direction in his life he quit school. "I didn't like it and I didn't feel like I needed an education." As a result he started to get in trouble and decided that he needed to make some changes.

Justin started to regularly attend programs at the Mount Pearl Y. He enjoyed the friendly staff and garnered a sense of belonging from the center. "The reason I went to the Y was because they helped me to feel pride in myself. I felt that I needed something to do other than walk the streets and look for trouble."

Shortly after joining the Y Justin began attending O'Donnell High School with a renewed confidence and enthusiasm. Justin credits the Y's friendly staff and fun programs for helping him to get his life back on track and helping him get back in school.

Currently, Justin can be seen around the Mount Pearl Y providing leadership and guidance to the youth of the community. An avid volunteer, he helps out an average of 5 days a week in physical activities ranging from hockey to soccer. In his spare time Justin supports the Red Wings, plays for his High School Hockey Team and is considering taking on a career in recreation after he is finished school.

Current Events

Leaders in Training and Leaders Corps

Beginning in January the Mount Pearl Y will be offering more Youth Leadership programs. Leaders in Training (LIT) is for anyone aged 13-16. This program is an extension of the Counsellor in Training (CIT) program and helps build personal growth through professional development and volunteerism. Youth Leaders Corps is for ages 17-21. This program is the next level up from the LIT program and builds upon similar ideals as the LIT program. The youth involved in the Leaders Corps are encouraged to establish and achieve their own goals.

Volunteering

The Y is a charity that relies heavily upon a core group of highly dedicated and trained volunteers. Currently the Y of Northeast Avalon has over 350 volunteers who help lead programs. The Mount Pearl Y is currently looking to strengthen its volunteer program. Volunteers can be of any age, have any background and a wide variety of interests. Most importantly is an interest in personal growth. If you know anyone who may be interested in volunteering please have them contact us.

World Peace Week



Y youth leaders, Samantha Gaulton and Colin Moore present Mount Pearl Mayor, Steve Kent, with a YMCA Canada Peace Week Poster. Samantha and Colin were in attendance at the council meeting on November 14, 2006, to proclaim November 19 - 25, YMCA World Peace Week in the city of Mount Pearl.

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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