

Newsletter



YMCA-YWCA of Northeast Avalon

Groundbreaking and Naming Donor Ceremony



Ches Penney
Chairman, Penney Group

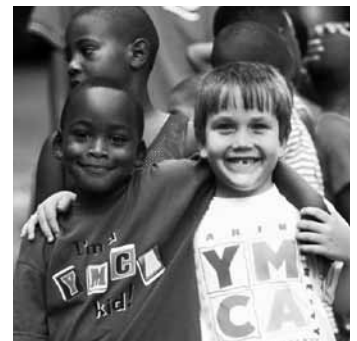
On Monday June 8, 2009, the YMCA-YWCA of Northeast Avalon held a special ceremony to break ground and to announce a \$1 million gift given by Ches Penney and the Penney Group of Companies. The new building will be named the Ches Penney Family Y.

"My family and our companies have done well in business, and this is our way of giving back. I am happy to be here today to make this announcement public and to be a part of building the new Y for generations of children, youth, and families and to encourage others to give" said Ches Penney, Chairman of the Penney Group.

Thank you to the Penney Family for your generous donation and thank you to everyone who joined us for this exciting ceremony!



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



YMCA-YWCA of Northeast Avalon benefits from Rick Hansen Wheels in Motion

People living with spinal cord injury in St. John's will have access to specialized exercise equipment thanks to the YMCA-YWCA of Northeast Avalon and Rick Hansen Wheels in Motion, presented by Scotiabank.

In partnership with the Miller Centre, Eastern Health, a portion of the funds raised at the 2008 Wheels in Motion event have been used to purchase an Upper-Tone Exercise System. The system will allow individuals with spinal cord injuries to utilize the equipment without any assistance from others.

According to Sherry Thompson, Y General Manager, Health, Fitness & Recreation, "It is incredibly important for people living with spinal cord injuries and related disabilities to live active and healthy lives. Thanks to the support of Wheels in Motion, we are able to provide increasingly independent exercise opportunities for people living in our community."



Front: Dion Regular, Rick Hansen Ambassador, St. John's, NL. Back L-R: Cecil Templeman, CPA Board of Directors; Randy White, Y Member and Volunteer; Michelle Northover, Director, Development, YMCA-YWCA of Northeast Avalon; Norman Dawe, Scotiabank; Jennifer Shears, St. John's Wheels in Motion Event Leader.

what's inside:

- volunteer spotlight
- healthy kids day
- enterprise olympics
- you can go
- job fair
- Ryan's story

Thank you to our over 300 volunteers!

Volunteer Week provides a time to recognize and express gratitude to thousands of dedicated volunteers in Newfoundland and Labrador, and to increase public awareness of their efforts.

On Sunday, April 19, 2009, the YMCA-YWCA of Northeast Avalon celebrated Volunteer Week at the St. John's Y. Volunteers and families gathered together to enjoy entertainment by the Magic Man - Mark Webber, snacks and refreshments. Thank you to all Y volunteers - we can't do it without you!



Ryan's Story

Three and half years ago our beautiful son, Ryan, was born. He is a very intelligent, happy little boy. Around 18 months of age, we noticed that Ryan was different from other children as he had very little language, played by himself a lot, had very limited eye contact, and displayed repetitive behaviour.

Before Ryan's second birthday, he was diagnosed with a mild case of Autistic Spectrum Disorder (ASD). From Ryan's diagnosis, we learned that he needed better socialization and communication skills, and a more appropriate way to interact with the environment around him. We immediately started working with professionals in the intervention program and specialists to formulate a plan for Ryan to help him overcome the barriers that he faced.

In two years, it is truly amazing how much Ryan has changed. He has wonderful expressive and receptive language skills and has learned how to interact better with his surroundings. Ryan has been attending child care for a year and has made wonderful gains in his social abilities. The Y staff are friendly and approachable, open to new ideas and always accommodate Ryan's needs. With the assistance of the Y staff and his home therapists, Ryan is headed in a very positive direction.

Our son has benefited considerably from his comprehensive plan made possible by all of the people involved with his care. We are very pleased with his progress and are confident that he will succeed in life. We're happy to say that Ryan will soon be attending the Y program on his own without the assistance of a home therapist.

Volunteer Spotlight

Barry Mullett



This spring is my 13th year as a Y volunteer. Since 1996, I have been volunteering in the conditioning centre as a basic trainer.

My time as a volunteer in the conditioning centre allows me to provide member orientations and information so members can maximize their potential and reach desired fitness goals.

My experience at the YMCA-YWCA continues to be very fulfilling on all levels of personal development. I look forward to many more years of volunteering at the Y and encourage everyone to volunteer and help enhance the lives of others.

Yours in good health and fitness,

Barry

YMCA-YWCA Core Values

Caring
Honesty
Respect
Responsibility
Health
Inclusiveness



Thank you to everyone who
generously contributed to this year's
YMCA Strong Kids Campaign.

Healthy Kids Day



YMCA Healthy Kids Day is a nationally recognized event of YMCA Canada and YMCA-USA and is held annually at over 1,700 Ys in North America. YMCAs demonstrate leadership and are part of the solution for a healthier community. YMCA Healthy Kids Day is designed to help kids and families embrace healthy habits that can become a lifelong practice. Through education, activities, and simple behaviour changes the Y helps develop healthy kids and families in spirit, mind and body.

The YMCA-YWCA of Northeast Avalon hosted its second annual YMCA Healthy Kids Day on Sunday May 31, 2009 at St. John's Y and Mount Pearl Y. The event was a great success with over 200 people participating in healthy activities. Thank you to everyone who attended and helped out with the event!



Another Successful Job Fair!

The YMCA-YWCA of Northeast Avalon hosted its 5th *Stay in Newfoundland and Labrador* Job Fair on March 11, 2009. The event was funded by Service Canada and with over 900 job seekers attending it was the most successful one to date. The Job Fair gives individuals the opportunity to explore their career options without having to leave the province.

"We are pleased to have offered the Job Fair in partnership with our funders to facilitate the matching of local employers with qualified candidates. Improving and transforming lives on the Northeast Avalon is part of the Y's commitment to building strong kids, strong families, and strong communities and an event like the Y Job Fair is one of the many ways our charity is able to do this." - Jason Brown, Chief Executive Officer, YMCA-YWCA of Northeast Avalon

Thank you to everyone who participated and attended!



You Can Go - An Exciting New Project Helps Youth

The Canadian Post-Secondary Access Partnership (CPSAP) is a cross-Canada network of YMCA's, schools, post-secondary institutions and community groups whose mission is to increase awareness on how to access post-secondary education for youth and adult learners.

You Can Go is the program delivered through CPSAP, whereby trained YMCA staff and volunteers provide workshops and one on one advising sessions that offer strategies, tools and information about resources to help guide youth in their decisions and post-secondary choices. Topics include Introduction to Post-secondary Studies, Exploring Your Future, Making the Most of High School, Choosing Your Post-secondary Program, Life as a Post-secondary Student, and Financing Studies. Workshops are also available for parents and guardians who are looking for information to assist the young people in their lives in making choices about post-secondary programs and other life decisions. All workshops are interactive and participants may take one or sign up for the series. Campus tours and guest speaker programs are also offered.

The YMCA of Greater Toronto is the lead association for all YMCAs in Canada and the program is funded by the Canadian Millennium Scholarship Foundation.

To learn more about the program or for information on volunteer opportunities, please contact Dean Simon, Project Coordinator at 757-2665, ext. 246 or dsimon@ymywca.nf.net.

a **message** from the CEO

Helping People Learn and Grow



Jason Brown, CEO

This has been a great year so far in our Association. Our staff at the St. John's Y and Mount Pearl Y are providing quality, healthy, active, values-based Y experience to over 2,000 members; our staff in Children's Services provided child care to more families than ever before in needed, playful, learning Y experiences; and our staff in Employment and Enterprise worked with thousands of people to find jobs, attend training and mentoring programs and learn about starting businesses.

In every part of our Y volunteers contribute by delivering programs, advising staff, raising much needed capital and annual funds, governing the Association, and making the Y a wonderful organization delivering urgently needed programs and services to our communities.

As we plan for 2009/2010 - the final year of our current Strategic Plan 2010 - we can look back on tremendous accomplishments and look forward to a very bright and exciting future of helping people learn and grow in spirit, mind, and body.

Thank you for being a part of the Y!

Jason Brown, CEO

709-754-2982 ext. 41

jbrown@ynortheastavalon.com

Recycling - Keeping green with the Y

The YMCA-YWCA of the Northeast Avalon has an account set up at Evergreen Recycling to raise funds through recycling. You can drop off your recycling at any four of the following locations and ask them to credit the YMCA-YWCA account: Elizabeth Avenue in Regatta Plaza, corner of Cowan Avenue and Waterford Bridge Road, 79 Blackmarsh Road and 858-860 Torbay Road.

2009 Enterprise Olympics For Youth!

This year the YMCA-YWCA of Northeast Avalon received over 1,060 entries from elementary and intermediate students throughout Newfoundland and Labrador for the annual Market Your Thoughts Essay Competition and the annual Create A Logo Competition. Many thanks to all of the students and teachers who participated in this year's competitions, as well as the judges who generously gave of their time.

The 15th Annual Enterprise Olympics Conference took place in Marystown on May 28-31, 2009. This competition is a weekend-long event consisting of a Newfoundland and Labrador Credit Union Showcase Competition and a Business Plan Competition. 57 high school students and 7 teachers, representing all school districts, were in attendance. We wish to acknowledge and thank those who volunteered to give learning presentations at the conference.

We also wish to acknowledge the generous support of our sponsors: ACOA, Service Canada, the Department of Education and the Newfoundland and Labrador Credit Union. For further information on competition winners, visit our website at www.ynortheastavalon.com.

Our Mission

The YMCA-YWCA is a charity that provides opportunities for all to grow in spirit, mind, and body.

Our Vision 2010

The YMCA-YWCA will be a leading charity providing access to all in employment, child care, and health programs



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

YMCA-YWCA of Northeast Avalon

P.O. Box 21291

St. John's, NL A1A 5G6

Phone: 709-754-2982

Fax: 709-754-2870

www.ynortheastavalon.com

Charitable Registration #108225533RR0001