

Newsletter



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

How can we help you reach your goals?



Sherry Thompson, General Manager
Health, Fitness, Recreation & Membership

The Y has diverse programming to help members of the community to transform their lives in spirit, mind and body. We pride ourselves on being a leading charity that can help you live a healthy lifestyle, find employment and support your family through child care services.

We are dedicated to the development of children, youth, and families. Our mission, vision, and values drive everything we do and generous donors in the community help ensure no one is turned away due to inability to pay. Our membership base is growing and even more people are benefiting from belonging to the Y family. This year, more than ever, we are committed to helping members set attainable goals and feel a sense of accomplishment.



We build strong kids,
strong families,
strong communities.

How is the Y trying to meet member goals this year?

- New programs including Creating Balance: Weight Management, individual goals training, family fitness classes and child member fitness programs just to name a few.
- Members also have access to the Mount Pearl Y for added convenience no matter where you live so that location is not a barrier to exercise.
- More family membership options.
- Reinvesting membership revenue into Y program and services.
- New website www.ynortheastavalon.com.



Please tell the staff what they can do to help you reach your goals! Thank you for being a member of the Y.

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Maintenance at New Cove Road

Our maintenance plan for our Life Fitness equipment is going well. To prevent breakdown of our exercise equipment, we have implemented a preventative maintenance program for all equipment. We further hope to improve on downtime of equipment through training of our staff.

Additional changes have included improvements for people with disabilities in both locker rooms. Moreover, we are planning to improve surface areas in the building. This with regular cleaning will make our facility as comfortable and appealing as possible to our members.

YMCAs of Newfoundland & Labrador YMCA Strong Kids Campaign

The YMCA is a leading Canadian charity. The YMCA Strong Kids Campaign is focused on raising much needed financial support for deserving children, teens and families who are unable to afford the full cost of participation in a YMCA program or activity.

As prospective donors we all wonder how an individual gift could ever have an impact when the needs of our community seem so great. The YMCA Strong Kids Campaign helps one person at a time, one family at a time, or one program at a time. That might mean providing the funds to:

- help a child attend day camp for the first time;
- help a struggling teen find employment;
- enable a child to participate in a recreation or fitness activity;
- enable a struggling family to use a child care facility;

- gain the confidence and skills to avoid addiction, violence, and isolation



The YMCAs of Newfoundland and Labrador are proud to be a part of this year's campaign and ask that you consider a charitable gift to help the Y help others. Each YMCA association offers unique programs to serve the needs of their community; each community has deserving children, teens, and families that need your help.

The Strong Kids Campaign, kicks off February 15, 2008. We encourage you to invest in a child today. No Risks. Only Returns. Gifts to your Y can be made at the Membership Sales and Service Desk or online at www.YMCAStrongKids.ca

Youth Leadership at the Y

Though summer has ended and children and youth have returned to school the Y continues to offer Leadership Development programs for youth members. The Leaders in Training (LIT) program has been helping youth achieve their goals for close to 10 years now. Joining Leaders in Training is a great way to have fun, serve the community and learn about your self all at the same time.

This year Y Youth Leaders plan to build upon the good work that they did last year. You can see them volunteering all over the building or helping out with the planning of something important like this year's Y World Peace Week and Merry Mummies.

We would also like to take a moment to congratulate youth leader Matt Browne on receiving a CIBC Youthvision Scholarship. It is nice to see his hard work and determination being rewarded. This scholarship is a unique partnership with CIBC and YMCA Canada. Each year 30 scholarships, valued up to \$35,000 each are awarded to Grade 10 students in a mentoring program with our charitable partners.

Congrats Matt!

Member Success Story

Roger Post worked for the Iron Ore Company of Canada for 27 years. For nearly 25 of those years Roger was putting a smile on the faces of those people he came into contact with daily by having a small treasured item in his hand that he could offer them.

In 2001 Roger retired and found a new circle of family and friends and the Y. He has found his time at the Y to be a great void filler for not working during the week. Over the past number of years he has enjoyed his workouts, and has also taken part in a number of courses that have been offered. "I have met many new friends over the time spent there. Hope your time at the Y will be as enjoyable as mine has been!"



Wanting to still put smiles on the faces of those he encounters, Roger continued with the tradition that he began over 30 years ago. Thank you Roger for the afternoon pick me up that you leave for us whenever you come to the Y. It truly does put a smile on our faces and your kindness also touches our hearts!

Child Member Program

Head and Shoulders, Knees and Toes and Mini Bootcamp

The Y has recently introduced a variety of Child and Youth Member Programs. These programs are designed to improve a child's overall flexibility, motor skills, coordination and consequently improve self esteem and confidence. The programs also help to improve listening skills, attention span and the ability to follow directions.

Two programs in particular are "Head and Shoulders, Knees and Toes" and "Mini Bootcamp". In the Head and Shoulders... class children stretch and exercise their bodies from head to toe all while learning new songs to help develop

and grow both mentally and physically. The Mini Bootcamp program is a high energy interactive class in which kids learn how to share, take turns and socialize with their peers all while playing games and developing new skills like climbing, jumping and tumbling.

In each class your child will find the opportunity to learn and achieve, in a non-threatening, non-competitive, and caring atmosphere. The programs allow them to move at their own pace and challenge themselves in ways they never have before.

YMCA World Peace Week

The YMCA-YWCA of Northeast Avalon signed a partnership accord with the YMCA of Honduras on November 20, 2007, as part of YMCA Peace Week observances in the city. Our Y is one of thirteen Atlantic Ys participating in the relationship with the Honduran YMCA to help in youth development projects in that country.



Bobbie Boland, Jason Brown (CEO YMCA-YWCA of Northeast Avalon), Senor Salvador Bautista (Volunteer, Honduras YMCA/ACJ),

This year our Peace Week Breakfast was held at the Holiday Inn on Tuesday, November the 20th, 2007. The Y recognized two local peacemakers in our community and presented the YMCA Peace Medallion to Bobbie Boland and the Lions

Club for their commitment and work throughout the year in making our society a more peaceful place to live.

What are Y members saying?

I have been a member of the Y for a little over a year now. I started out pretty slow. I would come in a few days a week and work out on the elliptical trainer for a half hour or so. Two of my friends are also members of the Y and this summer we got together and formed a pack of sorts. We went through the schedule and picked out sessions to go to each day and we acted as motivation for each other. Boot Camp became one of my favorite session very quickly.

Jeff sets up Boot Camp as a circuit of various exercises and we work our way around the circuit. It's a good mix of aerobic, agility and strength training. As the weeks have passed I can see positive changes in my strength and aerobic fitness. Every week he changes up the circuit so we are never bored. I would recommend this session to anyone who wants to have fun and increase their fitness level at the same time.

- Jennifer Langdon, Y Member

Health tips for the spirit, mind and body

When it comes to exercise consistency is very important. The principle of reversibility states that you will lose the benefits of training at 1/3 the rate gained. For example the gains made during one month of exercise will be lost in approximately three months. Sometimes life can be hectic and interferes with our ability to stick to our regular programs. During these times it is important to have a maintenance program to help prevent the loss of months of hard work in the conditioning centre. A maintenance program will allow you to get the most out your workouts when you are pressed for time.

- Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and fruit juice, yogurt and yogurt shakes, cheese, or eggs.
- Share Humor: life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humor can go a long way in keeping us mentally and spiritually fit.
- Keep a Journal: expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.
- Volunteer: volunteering is called the "win-win" activity because helping others also makes us feel good about ourselves. It widens our social network, provides us with new learning experiences and can bring balance to our lives both mentally and spiritually.

a **message** from the CEO

Thank you for being a part of the Y!

2006/2007 was the first full year of implementing our Strategic Plan 2006/2007-2009/2010 with the key strategic directions of program and facility development, communications, and philanthropic development.



Jason Brown, CEO

This past year, we invested in serving more people by expanding our number of licensed child care and day camp spaces, by relocating our employment and enterprise services in the best possible locations for accessibility to the greatest number of people, and by further increasing our capacity in health programs with renovations and equipment at the St. John's Y and the Mount Pearl Community Y.

We worked with staff and volunteers to better communicate our work to our communities to increase support to the Y and to ensure our Y Strong Families Campaign can be a tremendous success.

As one of the oldest charities in Newfoundland and Labrador, we are pleased to report an increase in charitable giving to the Y this past year. Gifts to the Y help us make sure we can continue to be open and accessible to everyone. In future years we will rely even more on the good will of generous people and generous communities to ensure our plans can be fulfilled and dreams become realities.

As always, we want to thank our 14,000 and growing program participants, our donors, our partners, our funders, our friends, our volunteers, and our staff. The work of the Y in our communities depends on all of you and together we will make sure the Y can provide urgently needed human services for another 150 years and beyond.

Jason Brown, Chief Executive Officer
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Become a Y Storyteller!

Do you have a Y story you'd like to share? It's easy - no special writing skills needed! You can become part of this year's campaign and share your Y story with others to help make a difference in a young person's life. Your story can be about your own Y experience or about someone you know. All personal identifying information will be kept confidential and only shared upon your request.

Please contact Michelle Northover at mnorthover@ynortheastavalon.com or 754-2982 ext. 27.

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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