

BOARD NEWSLETTER



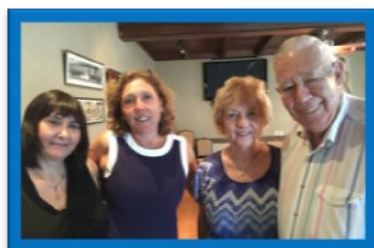
**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA OF Metuchen, Edison, Woodbridge & South Amboy
Office of Rose Cushing, President & CEO

August 2016 ★ Board of Directors Update

RALPH STEINHARDT THANK YOU LUNCHEON

On July 8th the YMCA paid tribute to Ralph Steinhardt, long time YMCA volunteer and Board member, with a Thank You Luncheon at the Association Office. Ralph was accompanied by friend Arlene Catalfano and his daughter, Susan Steinhardt, and was surrounded by many friends and colleagues.



Ralph served the YMCA in the capacity of volunteer for over 25 years! During his tenure, he served first on the Board of Volunteers and was instrumental in the expansion of the Metuchen YMCA. He then served on Steering Committees which brought into existence the Edison and South Amboy YMCA's. Ralph became a member of the Board of Directors and also served on the Edison YMCA Branch Board, continuing in his altruistic mission to serve the members of the YMCA and his community.

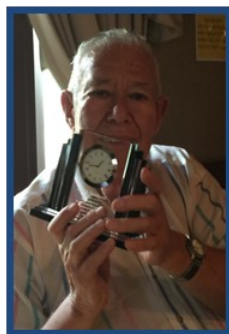
"...he always said the best job he ever had was being President of the YMCA!"

-Susan Steinhardt

Everyone enjoyed sharing stories about Ralph and most of them centered around what a tremendous source of help he was to them and always a wealth of information. Bruce Peragallo, Board Chairman, stated "You are the benchmark for the work ethic that we look for in new Board members. Thank you for setting that standard and

for changing the lives of so many people."

Rose Cushing, President & CEO, presented Ralph with a commemorative clock on behalf of the YMCA, and thanked him for his many years of invaluable service.



"He is very proud to be of this organization and all the people that are a part of it," Susan told the group. He always said the best job he ever had was when he was the President of the Y!"

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DID YOU KNOW?

As cause-driven nonprofit organizations committed to strengthening community, YMCAs regularly assess the relevance, direction, and sustainability of their programs in response to community needs, today and in the future. Strategic planning is a natural and necessary activity for Ys, enabling them to think and act more strategically in advancing the Y's cause. Ensuring that their YMCA is guided by a strategic plan is a basic responsibility of the Board of Directors, as is ensuring adequate resources for and oversight of the CEO. Developing a shared vision for the YMCA, participating in the planning process, and implementing the plan are the joint responsibilities of the CEO and Board leaders.

COMMUNITY WALKING GROUP

Board member **Jan Grayzel's** community walking group is a great success! Jan, a certified personal trainer and certified health coach, decided to start a community walking group in Metuchen for residents and leashed pets. Two groups were formed to give residents a choice of day and time, and met in different locations, but both groups walked the Greenway as part of their route.

Flyers were posted around town and in the YMCA Association Office and posted on the [Bike-Walk Metuchen Facebook page](#). The kickoff dates were July 5th at 7:00 p.m. and July 7th at 6:00 a.m.



The first group had a total of 14 people join their walk! Several more people have expressed interest in joining their group as well!



The second group had five walkers the first week, including an adorable boxer named Shane. On the second week, they had nine walkers!

The groups anticipate more people joining after the summer vacation season. It is a fantastic way to get active and fit, and meet your neighbors!

To receive more information, contact Jan Grayzel at jgrayzel@gmail.com or email Bike-Walk Metuchen at bike.walk.metuchen@gmail.com.

GENERAL ASSEMBLY

The 2016 General Assembly of YMCAs was held from July 14th-17th in Kansas City, Missouri. Held every three years, this event is designed to connect, educate and inspire YMCA staff and volunteers. It provides a forum to exchange information and celebrate the Y's common cause of strengthening our communities. It is geared towards senior leadership, board volunteers and emerging leaders and is a great opportunity to network with other colleagues and leaders across the country. It helps to deepen their connection to the Y cause and get a firsthand look at where the Y is headed.

This year, the General Assembly was attended by Bruce Peragallo, Chairman of the Board of Directors, Lisa Sanguiliano, District Executive Director, Mariam Lesnewski, Controller, Kathy Minaeff, HR Director and Marie Patterson, Director of Operations for the Metuchen YMCA. They attended many informational seminars and also visited the vendor exhibition, seeing the latest health and wellness, technology, maintenance and program products and services from hundreds of vendors across the country.



Lisa Sanguiliano, Marie Patterson, Kathy Minaeff, Mariam Lesnewski and Bruce Peragallo holding their "I Am" signs, signifying their determination to be committed to the Y cause.

SOUTH AMBOY YMCA RECEIVES GRANT

South Amboy YMCA received a \$2,500 grant from South Amboy Elks National Foundation for its LIVESTRONG® Program. The LIVESTRONG® Wellness Program is designed for cancer survivors and those fighting cancer on a daily basis. The program provides a certified wellness trainer that works with each individual on the level of their physical strength and keeps an accurate record of each individual to show how they are improving, so they can progress to a healthy life style through exercise and stretching.



(l. to r.) is Rose Cushing, Lisa Sanguiliano, Nicole Miller, Beth Helsby, Ashley Malone, Val Tarr, Chairman of South Amboy Elks Nation Foundation and Mike Green, Exalted Ruler of the South Amboy Elks.

Grace Early Learning Center has achieved a new, five-year term of NAEYC Accreditation by successfully completing the renewal process.

The administration, teaching staff, and families of Grace Early Learning Center are all to be congratulated for continuing to uphold the stringent mark of quality represented by the NAEYC Accreditation system!



BOARD OF DIRECTORS MEETING SCHEDULE 2016

SEPTEMBER 28



NOVEMBER 16



DECEMBER 14

STAFFING NEWS

Ryan Wall, who works at the Edison Y, visited Cuba from May 13th–20th with his Contemporary Cuban Politics class at La Salle University where he attends. The trip included visiting Havana for five days and Playa Ancon for two, and the cities of Cienfuegos, Santa Clara and Trinidad. Throughout the trip, they visited different cultural sites and museums, including the Museum of the Revolution, Architecture Museum, Mausoleum of Che Guevara, US Embassy, Revolution Plaza, and some smaller markets. “It was a really interesting and eye-opening experience to learn about the unique perspectives Cuban people have on their government, way of life, and their culture,” said Ryan.



Ryan on a church rooftop in Havana

Ryan began working at the Edison YMCA Welcome Center in 2012. Cindy O’Neill, Director of Operations at the Edison YMCA, notes that he would walk or ride his bike to the Y since he was not old enough to drive.

He has also held other positions in Child Watch and Child Care and will be teaching at the Y Art University Enrichment Camp.

Cindy noted, “Ryan is a very dedicated young man and an excellent

student. He is a shining star and we wish him success in all of his endeavors.”

Submitted by Cindy O’Neill

DAY OF THE CAMPS AT OAKCREST SWIM CLUB



Tuesday, July 19th was the second annual "Day of the Camps" at the Oakcrest Family Swim Club. All kids from Lenape, Munsee, Oakcrest, Our Saviors, Ken Shirk, Centenary and Oak Tree camps came together for a day of fun and sun!

OPENING CEREMONIES AND RAISING OF THE FLAG



IT'S NOT JUST FOR THE KIDS!



(l. to r.) Carol Toth, Lisa Sanguiliano, Rose Cushing, Mayor Thomas Lankey, Anthony Russomanno and Shelly Telson were on hand to spend some time with the kids and experience firsthand what a day at camp is like!

KIDS ENJOYING A JAM-PACKED DAY FULL OF GAMES, CRAFTS, SWIMMING AND MORE!



This event is held twice during summer camp season. The kids love coming together with all of the other camps for a day of swimming, games, crafts and so much more!

WOODBIDGE RESOLUTION



WOODBIDGE TWP.
NEW JERSEY

Resolution



WHEREAS, the YMCA of Metuchen, Edison, Woodbridge and South Amboy, has become a leading supporter of the Woodbridge Township school district; and

WHEREAS, the YMCA of Metuchen, Edison, Woodbridge and South Amboy, has shown an abundance of generosity and support for the school district; and

WHEREAS, the YMCA of Metuchen, Edison, Woodbridge and South Amboy, has generously donated \$2,000.00, funded through the Stop & Shop Garden Project to Lafayette Estates School #25; and

WHEREAS, the donation will enhance the grounds at Lafayette Estates School #25 for many years to come; and

WHEREAS, the Board of Education of the Township of Woodbridge wishes to publicly acknowledge the contribution made by the YMCA of Metuchen, Edison, Woodbridge and South Amboy, to the school district.

NOW, THEREFORE, BE IT RESOLVED, that the Board of Education of the Township of Woodbridge hereby extends their gratitude to the YMCA of Metuchen, Edison, Woodbridge and South Amboy, for their generous donation to Lafayette Estates School #25; and

BE IT FURTHER RESOLVED, that a copy of this resolution be spread on the minutes of the Board of Education and a copy forwarded to the YMCA of Metuchen, Edison, Woodbridge and South Amboy, with a suitable expression of gratitude from the members of the Board of Education.

Ezio Tamburello
Ezio Tamburello
Board President

Robert Zega
Robert Zega, Ed.D.
Superintendent of Schools

Brian Wolferman
Brian Wolferman
School Business Administrator / Board Secretary

The YMCA of MEWSA was acknowledged by the Woodbridge Board of Education with a Township resolution as an expression of their gratitude for a \$2,000 micro-grant that was awarded to Lafayette Estates School #25 in Fords. This micro-grant was part of the Stop & Shop Garden Project grant that the YMCA received a few years ago.

The YMCA offers micro-grants to area schools totaling over \$22,000 to implement garden projects of varying levels with their students and families.

Submitted by Cindy Shields

GREAT NEWS!

The Board of Directors newsletters are now on the YMCA website!

Visit <http://www.ymcaofmews.org/about-us/>

BOMBAY YMCA PAYS MEWSA A VISIT!

Three delegates from YMCA Bombay visited the Association Office during the week of August 8th as part of the YMCA Global Service Learning Initiative. The delegates met with Rose Cushing and management staff to exchange ideas and stories, and were then taken on a tour of the Oakcrest Swim Club, and the Metuchen and Edison YMCA's. They finished off the day with lunch at the Cheesecake Factory, an American favorite!

Pictured left to right: Ebenezer Simeon, General Secretary, Bombay YMCA, Lisa Sanguiliano, Jacob Koshy, President, Rotary Club of Mumbai, Rui Rodrigues, Advocate, YMCA Bombay, Margaret Simeon, wife of Ebenezer Simeon, Kathy Minaeff, Rose Cushing and Mary Frances Reilly, Community Development and Global Engagement Executive, Philadelphia Freedom Valley YMCA, who graciously served as host during their stay.



CIRCUS DAY AT SOUTH AMBOY CAMP

The South Amboy YMCA camp children have been building a special relationship with the senior residents of the Venetian Care and Rehabilitation Center, located across the street from the South Amboy Y. Each week, the children come up with a new activity or event that they can share with the seniors. The seniors have also actively engaged with the children and come up with a few special ideas of their own.



A few of the events that they have engaged in together are:

On Friday, August 5th, the Big Apple Circus came to the South Amboy YMCA to perform for the camp children and seniors from the Venetian. The YMCA staff provided fresh popcorn for all of the children in the camp while everyone enjoyed the show.

Last week the Venetian paid to have a drum circle for the children of the South Amboy Y camp.

The Y Specialty Magic Camp performed a magic show for the residents at the Venetian on their last day of camp, which the seniors enjoyed very much. The children were also asked to participate in a promotional video for the Venetian, much to their delight!

It is truly a wonderful intergenerational partnership between the children and the seniors that embodies the core values of the Y.

Submitted by Beth Helsby

CONGRATULATIONS SARAH HARDY!

We are thrilled to announce that 15-year-old Sarah Hardy, of the Metuchen-Edison YMCA Swim Team, was victorious in her pursuit of a title at the Long Course Nationals in Indianapolis last week, placing first in the 200IM, second in the 400IM and sixth in the 200 backstroke! Sarah has

worked long and hard to achieve these placements and we couldn't be more proud of her! It just goes to show what determination and hard work can do!



Submitted by Marie Patterson



JANICE GARBOLINO MEMORIAL 5K RUN/WALK

Each year, walkers and runners participate in the 5K event in memory of Janice Garbolino, the former Health & Wellness Director of the Metuchen Branch YMCA. Janice lost her battle with breast cancer in 2002, and we keep her memory strong with our annual 5K.

Janice would be please and proud of the work the YMCA is doing through LIVESTRONG® at the YMCA in her memory. More than 400 people have benefited from this life-changing program as they traveled on their journey back to health and wellness. All proceeds from the Janice Garbolino 5k support the LIVESTRONG® at the YMCA program, a physical activity and wellness program for cancer survivors.

We invite you to join us at this inspirational event on Sunday, September 18th at Roosevelt Park in Edison. Together, we are so much stronger.

Please [register here](#) or contact Katie McAdoo at katie.mcadoo@ymcaofmewsa.org for more information.



FRIENDS OF PRIYA

I am sure you will agree that our YMCA was privileged to have known Priya Ramcharitar.



Please hold the date of September 16th to help us celebrate Priya's Life. Join fellow colleagues, family and friends of Priya on this date, which would

have been her 42nd birthday, in remembering the joy and lasting gifts Priya gave to us. The celebration will be held at 2:00 p.m. at the Association Office.

Friends are encouraged to share a thought or story about Priya at the Celebration.

For more details, please contact Katie McAdoo at katie.mcadoo@ymcaofmewsa.org.

NATIONAL WELCOMING WEEK

National Welcoming Week is September 16-25, 2016. To recognize the achievements and challenges of New Americans, the YMCA of MEWSA, in partnership with the First Presbyterian Church of Metuchen, is sponsoring a group discussion based upon the literary work of Amy Tan, "The Joy Luck Club" on September 22, 2016 at 7:00 p.m.

The discussion, held at the First Presbyterian Church of Metuchen Social Center, will be led by Dr. Mary Balkun, Seton Hall University Professor and English Department Chair. As a scholar interested in both American Literature and assisting in the settlement of our nation's newest Americans, Dr. Balkun will pose relevant questions to stir a stimulating group discussion.

For more information or to register, [click here](#). For more information about National Welcoming Week: <https://www.welcomingamerica.org/programs/welcoming-week>

For more details, please contact Katie McAdoo at katie.mcadoo@ymcaofmewsa.org.

UPCOMING EVENTS & MEETINGS

SEPTEMBER-OCTOBER

September 7	BOARD GOVERNANCE COMMITTEE MEETING AO Conference Room	5:30 p.m.
September 9	INVESTMENT COMMITTEE MEETING AO Conference Room	8:00 a.m.
September 9	PROPERTY COMMITTEE MEETING AO Conference Room	2:30 p.m.
September 13	FINANCIAL DEVELOPMENT COMMITTEE MEETING AO Conference Room	5:00 p.m.
September 15	FINANCE COMMITTEE MEETING AO Conference Room	6:00 p.m.
September 17	WOODBIDGE (ST. JAMES STREET) FAIR	10:00 a.m.—5:00 p.m.
September 18	JANICE GARBOLINO MEMORIAL 5K RUN/WALK Lakeview School at Roosevelt Park, Edison	7:30 Registration 8:30 Run/Walk
September 22	CELEBRATING NEW AMERICANS BOOK DISCUSSION: "THE JOY LUCK CLUB" (as part of National Welcoming Week — September 16-25) First Presbyterian Church of Metuchen	7:00 p.m.
September 28	BOARD OF DIRECTORS MEETING Wernik Room	6:00 p.m.
October 9	TOT TROT AND FAMILY FUN RUN Metuchen High School	9:30 a.m. - 12:30 p.m.
October 15	2016-2017 IN FAMILY CAMPAIGN KICK-OFF	
October 18	BOSCOVS FRIENDS HELPING FRIENDS EVENT	9:00 a.m.
October 28	BRANCH HALLOWEEN CELEBRATIONS	