

BOARD of DIRECTORS NEWSLETTER

April 2019



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

MANY HANDS MAKE FOR LIGHT WORK

As the 2019 Annual Support Campaign draws to a close, we give kudos to our extremely hardworking Board members who have “hit the pavement” tirelessly to reach our \$275,000 goal. And behind the scenes are countless staff who not only contribute through the Hourly Club, but also hold fundraisers to help this goal as well. While many times it might only be a few hundred dollars here or there, it all adds up! Let’s take a look at how hard our staff have been working to help the Y achieve their goal!

Metuchen Early Ed/SACC held two separate events: a Coin Drive (still ongoing) and a family event, Stay & Play, to be held on March 29th with Preschool and Kindergarten families are invited to join in on a “World of Fun”.

Metuchen Branch ran their “Every Fin Matters” fundraiser for the 2nd year in a row, asking people to purchase paper replicas of aquatic life and hang them in the “sea aquarium” in first floor lobby. This fundraiser is still ongoing. Another fundraiser was held at Anthony’s Coal Fired Pizza on March 21st, with 20% of each bill going to the Annual Campaign, raising \$357!

Edison Early Ed/SACC held their 3rd Annual Art Show on March 12th coordinated by Jen Guthlein. Approximately 50 families attended and \$321.00 was raised! A Bake Sale was also held in the Edison lobby, coordinated by Qumora Shumate. Over 100 attended and purchased goodies, raising \$130!

Edison Branch held a fundraiser at IHOP, coordinated by Erina MacMahon and Jilli Peguero, inviting people to dine at IHOP with 20% of each bill going to the Annual Campaign. Cindy O’Neill and Jilli Peguero also coordinated a fundraiser selling tape dispensers, post-it dispensers and reusable water bottles. So far, \$760 has been raised!! A Kid’s Night Out, coordinated by Eric Meshirer and Mike Tivey and assisted by the Leader’s Club, was held on March 22nd. The Disney-themed night raised \$225!

South Amboy Branch as been hosting Phone-a-Thons weekly throughout the Annual Campaign with 3-10 volunteers each week. To date, they have raised \$2,500! Mary Taylor, SAY Annual Campaign Chair (pictured right), who coordinated this effort, has also been instrumental in ensuring all local businesses received their information in advance and following up on the phone calls, as well as contacting previous years’ donors.



Edgar Child Care Center held a Dine & Design on March 21st, coordinated by Angelique Nabi. This family event provided canvas boards and painting materials to create works of art while enjoying dinner and spending quality time together. They raised \$950 for the Annual Campaign!

Thank you to all of our staff who have been instrumental in reaching our goal! Read more inside this issue about some of these great fundraisers!

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STAY CONNECTED!

Association Office



Metuchen



Edison



South Amboy



GIRL SCOUT EARNS BADGE AT METUCHEN Y



A Girl Scout visited the Metuchen Y to present her final project needed to earn her Gold Award. She made a presentation to the middle school children to teach them about social media safety. The children learned about internet privacy, how to make sure they are

practicing safe usage of social media and how to be smart when it comes to their social media accounts.

-Contributed by Gabriella St. Fleur

"EVERY FIN MATTERS" FUNDRAISER

Coach Marcus from the Metuchen Y and daughter Peyton (pictured right) make a donation to the Metuchen Y's "Every Fin Matters" fundraiser. People are invited to write their name on a paper great white fish, small fish or mermaid and color it in! All donations are going to the Annual Support Campaign! This fundraiser was very successful last year!



-Contributed by Christine Tolley

METUCHEN SACC STUDENTS LEARN TO EAT HEALTHY

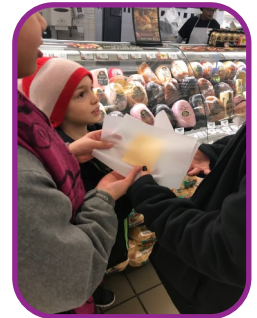
The Metuchen YMCA SACC Program celebrated St. Patty's Day with a "Green Party" by making guacamole for snack! Not only are they eating healthy, but the children enjoy participating in preparing the snack for the day. They also used their math skills with measuring and cutting with the help of Miss Gabby!



SACC Director Gabriella St. Fleur shows the children how to make healthy snacks.

-Contributed by Gabriella St. Fleur

The Metuchen YMCA SACC Program teaches their students about healthy eating daily, in compliance with their HEPA curriculum. To give the children hands on learning, students from St. Francis Cathedral School joined students in the Metuchen SACC Program on a trip to Stop & Shop on March 8th where they were given a tour and had the opportunity to learn about the store. They were also given delicious samples!



METUCHEN BRANCH BOARD THANKS PAUL EDGCOMB FOR HIS SERVICE

The Metuchen Branch Board bids farewell to Paul Edgcomb as their Branch Board Chair as of May. Paul decided to step down from this position after serving on the Board since mid-2015 to take on other projects within the YMCA organization. Current Branch Board member Joan Mistrrough will be assuming the role of Board Chair effective May 2019.

Paul has been a lifelong advocate of the YMCA, serving as an Ex Officio member of the Board of Directors of the YMCA of Metuchen, Edison, Woodbridge & South Amboy for four years. He is also solely responsible for the success of Metuchen's Togetherhood Program and most recently, assisting with the inception of a Togetherhood Program at the Edison YMCA. At the February Board of Director's meeting, the Board unanimously voted to make Paul a member of the Association Board of Directors.

The Metuchen Y expresses their gratitude for Paul's commitment and dedication to serving their members as well as the people in the Metuchen community. His unwavering dependability and constant presence within the branch and at all YMCA events is admirable and his contributions are commendable.

We thank you, Paul, for your continued philanthropic service and altruism.



CHILD CARE CENTER RECEIVES 4 STAR RATING FROM GNJK!

Colonia Learning Center received a 4-star rating for its successful completion of the rigorous, research-based Grow NJ Kids quality rating program!

Grow NJ Kids is New Jersey's Quality Rating and Improvement System. It offers child care and early learning programs access to training, professional development and staff scholarships for continuing education and targeted technical assistance. Professional raters visit the program to review quality standards and then program participants receive ratings—up to five stars—by meeting an extensive list of quality benchmarks.

Congratulations to Cindy Shields, Senior Child Care Director and the staff at Colonia Learning Center for earning this prestigious award!



SOUTH AMBOY INSTALLS FUNCTIONAL FITNESS ZONE!



The South Amboy Y's Functional Fitness Zone is here!! The installation of their indoor turf was completed March 19th, thanks to the collective effort of their amazing wellness team. It is now open for member use and will be home to new Small Group Training programs at the South Amboy YMCA. Equipment in this space will include a sled, battle ropes, TRX and kettlebells. It will also be home to Small Group Training classes like Kettlebell Strength and Conditioning, Advanced Boot Camp and Youth Sports Agility Training.

-Contributed by Karen Robson



Save
the
Date



Richard Hale Memorial YMCA Golf Classic

Supporting the Send a Kid to Camp
Scholarship Fund

Tuesday, June 4, 2019
Metuchen Golf & Country Club

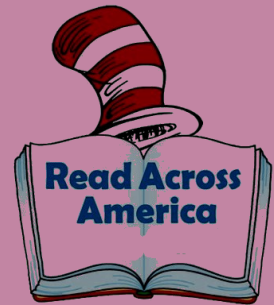
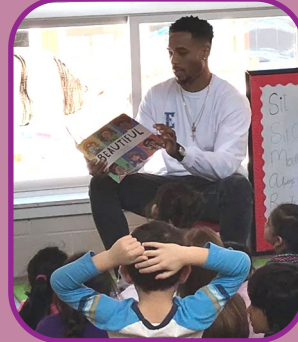
ymcaofmewsa.org/golf

READ ACROSS AMERICA

Read Across America is an annual reading motivation and awareness program that calls for every child in every community to celebrate reading on March 2nd, the birthday of beloved children's author Dr. Seuss. Check out how our branches and child care centers celebrated!



Volunteers from Provident Bank read to the children at the Metuchen Y. Guest readers Finn, Jeffrey and Marianne (shown above) read some of the children's favorite Dr. Seuss stories. Not shown, Assemblywoman Nancy Pinkin's Chief of Staff, Robert Zuckerman, also read to the children.



The Edison Y celebrated Read Across America by having some very special volunteers come in to read to their classrooms. Samantha Plotino and Alex DeLuise from Provident Bank (pictured left and center) spent some time reading to the Preschool, Pre-K and Kindergarten classes. The children also had a special visit from Michael Campbell, Youth Coordinator for Edison Township (pictured right), who stopped in to read three books to our Preschool and Pre-K children as well as talk to them about the importance of reading. The children really enjoyed having the guests come and read to them!



Metuchen also had a very special visit by Mayor Jonathan Busch, who read to the SACC children.

Centenary Child Care Center celebrates Dr. Seuss Night on their Kid's Night Out with all proceeds going to the Annual Support Campaign!



STAFFING NEWS

JOE “COACH JOE” COHEN

The South Amboy branch is excited to welcome Joseph Cohen as their new Program Coordinator! “Coach Joe”, as he is known, will strengthen the South Amboy Y’s team and community with his leadership in youth, adult and family enrichment and sports classes, teen leadership programs, specialty camps and community benefit initiatives. Coach Joe joins us from the Westfield Area YMCA where he helped develop, implement and instruct confidence-building classes that grew into several leagues. Raised in Metuchen, Joe spent much of his youth at the Metuchen Y, playing basketball and swimming in their pool. He received his degree in Phys Ed from Middlesex County College and has his certification in First Aid and CPR. His favorite sports teams are the Mets, Nets, Jets and Duke Blue Devils. He enjoys playing basketball, going to sporting events and hiking in his spare time. He says that making people smile, helping others and giving back to the community is what motivates him, and he is excited to join the South Amboy YMCA and make an impact in the community!



JUDITH MURAWSKI

Please join us in welcoming Judith Murawski as the new SACC/Camp Director for the South Amboy Y! Judith has been working for the Y in youth development roles for several years and brings her passion and energy for enriching the lives of the children, families and communities we serve. Judith will strengthen SAY’s team and the community with her leadership in school-age childcare, summer day camps, family programming and community benefit initiatives. Judith started her career at the East Brunswick YMCA as a camp counselor in 2013. She is currently pursuing her bachelor’s degree in Visual Arts and School & Community Settings at Montclair State University. Hailing from Helmetta, Judith loves to take her dogs for walks in the park, spending time with friends and doing yoga in her spare time. She notes that she has grown both personally and professionally through her work at the Y and looks forward to new opportunities at SAY. Welcome, Judith!

DENISE ZIMMER

The YMCA of MEWSA is very excited to welcome Denise Zimmer as the new Director of Financial Development! Denise is a seasoned non-profit professional, having served more than 30 years in the YMCA, education, law enforcement and healthcare sectors. As the founding director of the YMCA Counseling Service on Staten Island, Denise is an advocate for substance abuse issues and solutions. She brings to our Y a wealth of experience in fund and program development, contracts and grant administration, operational and financial management and strategic planning.

Denise is a resident of New Brunswick where she is actively involved in the local community and is the CEO and Managing Partner of Be The Good, LLC, a small business consulting firm. A passionate animal welfare advocate, Denise serves on the board of Pittie Posse Rescue and Sanctuary and volunteers as a transporter with many animal rescue organizations.

We know that Denise is going to make a wonderful addition to our Y team!

Have an article or item of interest for the newsletter?
Please submit to Veronica Vargas at
veronica.vargas@ymcaofmewsa.org.

<bits & pieces>



Edison's Branch Board support the ASC with Luck of the Irish/Pot o' Gold theme. L. to r.: Joyce Ship-Freeman, ASC Chairman, Alka Aneja, Branch Board member and Carol Toth, Branch Board Chair.



Metuchen members enjoy brand new treadmills! The branch also purchased an S drive and new kettle ball set.



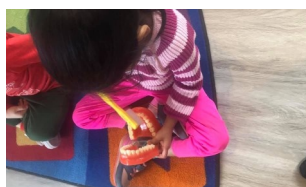
Metuchen's very talented Bradford Lindsay displays his wonderful art for our March 4th Into the Community Day!



Edison members celebrate Valentine's Day and their love for dance by dressing up in shades of red and pink for the Bhangra and Zumba/ Bollywood classes.



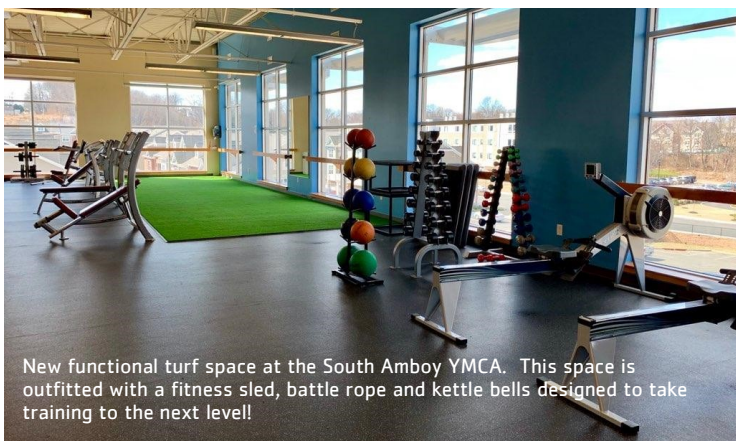
South Amboy Y staff and friends enjoy the St. Patty's Day parade!



In honor of National Children's Dental Health month, Edison's Preschool and Pre-K classes had a visit from Dr. Farida Ali, who talked to the children about taking care of their teeth and the proper way to brush!



Metuchen's SACC students love healthier snack options!



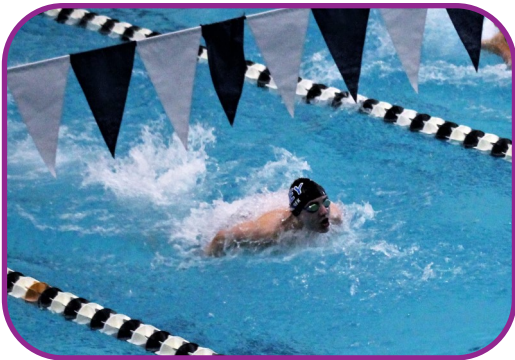
New functional turf space at the South Amboy YMCA. This space is outfitted with a fitness sled, battle rope and kettle bells designed to take training to the next level!



Enjoying some dinner at Anthony's Coal Fired Pizza!

MANTA RAYS FINISH 2018-2019 SEASON STRONG!

The Manta Rays, consisting of 180 swimmers ranging in age from 6 to 18, had a phenomenal Y championship season! Starting with their 8 and Unders in early February through their 13 and Overs Y States in early March, the MEY Manta Rays came in 13th out of 25 teams. Twenty MEY Manta Ray swimmers finished in the top three of their events.



Tyler Knurek

Hats off to graduating senior, Sarah Hardy, who set a new Y States record in the 200 butterfly!

-Contributed by Melia Parchman, MEY Swim Team Coordinator



Kyra Stolarski and Sarah Hardy

GRANT AND DONOR RECOGNITION

REDWOODS	\$1,000	AED Unit
Y-USA	\$3,000	Swimming Scholarships for underserved youth. The grant will be used at all three YMCA branches and summer camp.

METUCHEN HOSTS ALL STAR GAME!

On Saturday, March 2nd the Metuchen Branch held for the first time ever an All Star game and skills competition for the 7-9 year olds at Edgar Middle School. Thirty-five players participated and represented their teams. Eighteen players were selected by their team coaches to play in the All Star game which ended in a 18-20 score.

The Skills Challenge champion was Ethan Gu and the 3-Point contest champion was Kingsley Farris.

Everyone had a great time and we are very proud of all of our players!

-Contributed by Christine Tolley



Coach Marcus tipping off to the team at the start of the game.

UPCOMING BOARD OF DIRECTORS MEETINGS

April 24



May 1 (Annual Dinner)



June 26

SOUTH AMBOY Y MARCHES IN ST. PATTY'S PARADE

South Amboy YMCA was in the holiday spirit for South Amboy's annual St. Patrick's Day Parade on March 16th. Their "green gang" included four floats, three tractors, two bands, one kiddie train and over 100 marchers dancing, marching and passing out beads with YMCA coupons attached. *-Contributed by Karen Robson*



Karen Robson and Anthony Conrad



The children enjoy riding on the "Y" train!



SAY Director of Operations Karen Robson thoroughly enjoys riding on the tractor!

JP STEVENS AUTISM PROGRAM VISITS EDISON Y

Students from JP Steven's Autism Program visited the Edison YMCA in February, coming to the facility every Friday for three weeks. The students used the weight room for a half hour, then played basketball for a half hour.

Their teacher sent a thank you note to Cindy O'Neill, thanking her and her staff for being so accommodating and noting that the students enjoyed working with Health and Wellness staff member Angela Ruhnke and Deon Brown, Personal Trainer for Health and Wellness, saying that they were awesome in helping the kids and learning how to communicate with them. The children are also very excited about returning to the Y again!

-Contributed by Cindy O'Neill



PRUDENTIAL COMMUNITY SPIRIT AWARDS

The Edison Y is proud to highlight two of their volunteers for receiving a prestigious award for their work in the community. Brother and sister Dhyanshvi and Archith Raman (pictured below) were awarded the Prudential Spirit of Community Award Certificate of Excellence who were among the top 10 percent of applicants from New Jersey. Their volunteer activities stood out as an impressive example of what young people can do to improve their community. Along with this honor, they have also been recognized for the President's Volunteer Service Award.

Their volunteer project was a book drive called "Share Your Blessings" in support of the African Library Project. They collect over 1,000 books to help set up a library for Jamiah Malawi Islamic High School in Malawi, Africa. Dhyanshvi and Archith thanked the Edison Y for helping them make the book drive great success. This noble endeavor and achievement will light up thousands of Malawi children's lives. For more information and to help promote literacy across Africa, you can visit their website at africanlibraryproject.org.

-Contributed by Cindy O'Neill



EDISON HOLDS ART SHOW FUNDRAISER!

On Tuesday, March 12th, The Edison YMCA held their 3rd Annual Art Show. All of the early learning, Kindergarten and school age children participated by making a piece of art work that was displayed in the multipurpose room for all to see! Friends and family were invited to attend and make a donation towards the Annual Support Campaign. The very generous donations received so far totals over \$321! Thanks to all of the artists, teachers and families for making this art show a success!



-Contributed by Jennifer Guthlein

SOUTH AMBOY Y HOSTS GOV. PHIL MURPHY

On March 11th, the South Amboy YMCA hosted a social hour and press conference for Governor Murphy to promote the value of brownfield developments, positioning the Y as a strong community benefit organization. Special guests included Assembly Speaker Craig Coughlin, Senator Frank Pallone, Jr., DEP Commissioner Catherine McCabe, local officials including Mayor Fred Henry, Council President Mickey Gross, Councilwoman Zusette Dato, Superintendent Jorge Diaz, and Venetian Rehab Center and Woodmont Properties Executives Stephen Santola and Steven Varneckas.



Gov. Phil Murphy speaks about how the tax credit program will create jobs, revitalize communities and recapture the spirit of New Jersey's history.

-Contributed by Karen Robson



Rose Cushing, Karen Robson and Bobby Kleinau with Governor Phil Murphy.



L. to r.: South Amboy Council President Mickey Gross, Councilwoman Zusette Dato, South Amboy Branch Board member Mary Taylor, South Amboy Branch Board Chairman Anthony Conrad and South Amboy YMCA Director of Operations Karen Robson.

TEEN GAME NIGHT AT EDISON



A "Teen Game Night" was hosted by Eric Meshirer, Program Director at the Edison YMCA (pictured below) and Gabriella St. Fleur, Senior Program Director at the Metuchen YMCA, along with Leaders Club from Edison and Metuchen on Friday, February 22nd. The teens enjoyed getting together with the other leaders from other branches, it was a great way to meet new people who share the same ideas. We look forward to planning another one soon.

-Contributed by Gabriella St. Fleur



LEADER'S CLUB RAISES MONEY FOR ANIMAL SHELTER

Between March 18th and March 25th the Metuchen Leader's Club planned a drive to help out the Edison Municipal Animal Shelter. The teens designed signs and flyers to reach out to the public and the drive was held in the lobby of the Metuchen YMCA.

The teens collected items needed at the shelter including blankets, animal food, pet toys, cleaning supplies, cat litter and more. The teen took turns manning the table giving out fun facts to our members. The teens felt that collecting items for animals was a way to give back to the community while helping out some furry friends!

-Contributed by Gabriella St. Fleur



SACC STAFF ATTEND S.T.E.A.M. TRAINING



On Saturday, March 9th, School Age Child Care staff attended an association-wide training on STEAM (Science, Technology, Engineering, Art & Math). There were 52 attendees that participated in all hands-on learning to bring back to their sites or centers as their commitment to keep STEAM initiatives in the forefront with their SACC children.

They are excited to bring what they learned back to our programming!

IMPORTANT DATES

Spring I Session
February 25-April 21

Summer Session
June 17-August 25

Camp Open House (All branches)
Healthy Kids Day
April 27 (11am-2pm)

Spring II Session
April 22-June 16

Annual Dinner
May 1

Oakcrest Camp & Pool Open House
April 26

UPCOMING EVENTS & MEETINGS

APRIL

- 3 BOARD GOVERNANCE COMMITTEE**
AO Conference Room—5:30 p.m.
- 5 PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 9 FINANCIAL DEVELOPMENT**
AO Conference Room—6:00 p.m.
- 12 INVESTMENT COMMITTEE**
AO Conference Room—8:00 a.m.
- 17 FINANCE/AUDIT COMMITTEE**
Wernik Room—6:00 p.m.
- 19 IT COMMITTEE**
AO Conference Room—8:00 a.m.
- 24 BOARD OF DIRECTOR'S MEETING**
5:30 Fellowship—6:00 p.m. Meeting

MAY

- 1 ANNUAL DINNER**
Pines Manor—6:00-8:30 p.m.
- 1 EDISON BRANCH BOARD**
Edison Branch—8:30 a.m.
- 2 CHILD CARE COMMITTEE**
AO Conference Room—6:00 p.m.
- 3 PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 8 SOUTH AMBOY BRANCH BOARD**
South Amboy Branch—6:00 p.m.
- 15 METUCHEN BRANCH BOARD**
Metuchen Branch—8:00 a.m.
- 15 FINANCE COMMITTEE**
Wernik Room—6:00 p.m.



MISSED AN ISSUE?

All Board newsletters can be found on the YMCA website at <http://www.ymcaofmews.org/about-us/ation-newsletter>.