

BOARD of DIRECTORS NEWSLETTER

July 2018 ★ Board of Directors Update



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

2018 RICHARD HALE MEMORIAL GOLF OUTING

The Richard Hale Memorial Golf Outing was held on Tuesday, June 5th at the beautiful Metuchen Golf and Country Club. Proceeds from the golf classic go to the YMCA Send a Kid to Camp Scholarship Fund, in memory of Richard "Dick" Hale's legacy and his tireless efforts as a YMCA champion. This year, there were 95 golfers registered, reflecting an increase in the number of players from last year. The golfers started off the day enjoying a light BBQ lunch, then headed out to the green. Afterwards, they enjoyed cocktails and dinner, and awards were presented.

The Event Sponsor was Hackensack Meridian Health, along with many other sponsors. Please visit our website at <http://www.ymcaofmews.org/golf-classic> to see the list of sponsors that made this event possible, as well as those who donated special prizes for the raffles.

Contests along the course included Closest to the Pin, Closest to the Line and Longest Drive, with the winners receiving gifts certificates to the golf shop donated by the Metuchen Golf and Country Club. The winners of the Pot 'O Gold and Putting Contest both graciously donated their winnings each in the amount of \$715 back to the Y. Bruce Malinowski, a long-time supporter of the Y, was unable to attend the event, however, when he discovered that a member of his foursome won the Putting Contest, he called in to match the amount!

While players enjoyed a delicious dinner, several gift baskets were raffled off, and a live and silent auction were held, raising additional scholarship funds. A 50/50 raffle was also held, raising \$980 to the winner, who just happened to be Jack Cushing, son of Rose Cushing. Jack made Rose as well as his entire family proud by donating all of his winnings back to the YMCA!

This year's goal was to raise \$25,000 which would translate into funding 100 weeks of camp! Katie McAdoo, Director of Association Advancement, was happy to report that we exceeded this goal!! Thank you to all of the golfers and Y supporters who made this event possible!



INSIDE THIS ISSUE

2018 Richard Hale Golf Outing	1
Golf Outing Pictures	2
Did You Know?	3
SAY Celebrates Their Members	3
Metuchen Holds "Golf Outing"	4
Pizza Party at Metuchen	4
Duck Hatching Project at Metuchen	4
YPN Recognition Luncheon	5
Centenary Assistant Wins Award	5
SAY Participates in Street Fair	5
Metuchen Receives SOFI Award	6
SAY Hosts Sixth Grade	6
YMCA Loses Friend & Colleague	7
SAY Gets New Neighbors	7
Bits & Pieces	8
Togetherhood Update	9
Camp Training	9
Walk with a Doc	10
Edison Launches Boot Camp Challenge	11
Healthy U Planning Session	11
Edison Students Become Gardeners	11
Important Dates	11
Edison Celebrates Int'l Yoga Day	12
Centenary Students Sell Lemonade	12
Upcoming Events & Meetings	13

STAY CONNECTED!

Association Office

Edison



Metuchen

South Amboy



2018 RICHARD HALE MEMORIAL GOLF OUTING



KUDOS TO BRUCE PERAGALLO!

For those of you who may have missed it, the June issue of the *Metuchen Mirror* highlighted Bruce Peragallo, our Chairman of the Board, who, in his spare time, coaches the Metuchen Baseball and Softball leagues. Bruce was commended for giving of his time, even though he has no children of his own on the teams, which is rare.

Despite his hectic schedule, Bruce finds the time to give back, and is the epitome of youth development and social responsibility. You are a true role model for people everywhere!

24

The Metuchen Mirror

JUNE 2011

Principal by day finds fulfillment coaching tee ball

With his kids grown, Peragallo influences a new generation

By JOHN GALLELY JR.
SPECIAL TO THE MIRROR

In small towns, being the high school principal alone would qualify a person as a community figure. However, Metuchen High School Principal Bruce Peragallo raises the bar by volunteering to coach in the Metuchen Baseball and Softball League as well.

"Coaching is one of those things that you get in your blood and it never leaves," Peragallo said. "It's something that I enjoy doing and want to come back to whenever I can. I saw this as an opportunity to coach at a level that I enjoyed."

Peragallo coaches in the Tee Ball division for the Rockies. What makes Peragallo stand out is that he is also one of the rare adults in the league who doesn't have a child on the team.

"For Bruce to give up his time, it's a lot of time to give up," said Angela Hajduk, a Rockies team parent. "If he is willing to give up that time, I think it is an amazing thing and a wonderful thing that we need to embrace."

He began coaching when his son and daughter played tee ball, but both are grown and he has moved on to a

new generation of kids. Although this is the second year Peragallo is coaching tee ball, it is far from his first coaching gig.

Peragallo taught physical education at the high school from 1985 to 1989. Along with that, he coached almost every sport, from football on both the high school and college level to baseball, boys and girls basketball, track and field, lacrosse and wrestling, all on the high school level.

Peragallo likes tee ball because he believes it is the level at which kids have the best opportunity to learn the fundamentals. As an educator, he can also teach them the fundamentals of life off the field.

"We believe athletics and the right teaching of athletics will drive good citizenship in Metuchen - that's our mission," said Larry Weiss, president of Metuchen Baseball and Softball League.

Hajduk added, "He takes a knee to talk on the kids' level, reinforces pre-school lessons and teaches them how to be a part of a team. This is more than just baseball."

And he doesn't just coach kids. Peragallo leads a group of volunteers from the Baseball and Softball League to rake and manage the baseball fields in lieu of a landscaping crew.

"The only way to get something done in town is to volunteer," Weiss said. "If you go out to a baseball field on a Satur-



MHS Principal Bruce Peragallo loves coaching tee ball because at that level kids are ripe to learn the fundamentals.

day, you will probably find Bruce and other volunteers there. I don't think you will see that in bigger towns."

Peragallo's volunteer spirit extends to other organizations. He serves on the Metuchen Recreation Commission and in the Office of Emergency Management and chairs the board of directors

of the Metuchen YMCA. He also teaches at Kean University as an adjunct.

For Peragallo, one of the most important parts of tee ball is that it gets kids playing outside. To encourage that at a time when fewer kids get outside and families are less connected, he gives his players homework.

"I tell the kids that their homework is to play catch with their moms or dads," Peragallo said. "There's a special bond created when they play. Sometimes, that all gets lost in a schedule lifestyle for a lot of people. I would like to see us go back to doing that kind of thing."

UPCOMING BOARD OF DIRECTORS MEETINGS

SEPTEMBER 26



OCTOBER 24



NOVEMBER 28

DID YOU KNOW?

We have moved

Yes, we've moved! We're expanding this section since we "outgrew" the old section. We will also be providing a more extensive look into Board responsibilities, focusing mainly on ways Board members can enhance and develop their skills as campaigners year-round.

After the Campaign

A successful annual campaign requires year-round effort, even though active solicitations happen over only a few months. We rely on our Board members to be ambassadors and champions of our mission. This is achieved through sharing stories, communicating our impact, connecting people to our cause and providing them the opportunity to give back to their community by donating. Cultivation and stewardship happens year-round and are essential to building a philanthropic culture at our Y.

Gift stewardship and donor appreciation are just as important after the campaign ends. Outreach and ongoing communication help keep donors committed to the cause, even after the active solicitation phase ends. How? Two great ways are:

Recognition: appropriate donor recognition offers donors access to and information about the Y and its offerings. It also publicly celebrates their gift. Prompt acknowledgement of gifts shows gratitude and reporting how the gift was used to impact individuals ensures the donors knows the Y is using gifts according to donor wishes and serves as an opportunity to build donors' trust.

Engagement: Involving donors in the work of the Y helps them see the impact of their gift firsthand and encourages them to support the Y's mission in the future. Some ideas include sharing a story of the Y's community impact, invitations to events, calls or cards to mark anniversaries and birthdays, meeting for coffee or lunch to give an update on what's going on at the Y, informal handwritten notes, a letter from someone the Y has impacted or links to articles or other items the donor might be interested in. Think outside the box!

CELEBRATING OUR MEMBERS!

The directors at the South Amboy YMCA celebrated long time member Stanley Ksiazek on his 71st birthday with a gathering in the lobby! Stanley was surprised by the directors on June 11th when he walked into the Y and was greeted with cake, balloons, singing and a gift!

Mr. Ksiazek was very touched by the birthday greetings from the South Amboy Y staff!

-Contributed by Matthew Kaefer



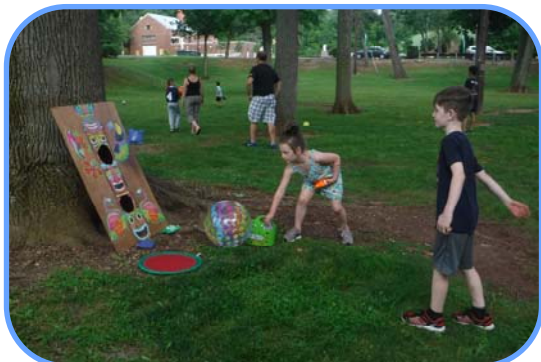
METUCHEN HOLDS KIDS & DADS "GOLF OUTING"

On Friday, June 18th the Metuchen YMCA's Ready, Set, Learn program hosted their annual Father's Day Golf Outing. The children's fathers were invited to join them for a fun day of indoor mini golf and snacks with their children. It was a great way for the dad's to visit their children at the school and to have some bonding time together!

-Contributed by Pam Cohen



PIZZA PARTY AT METUCHEN



-Contributed by Pam Cohen

On Friday, June 1st The Metuchen YMCA's Ready, Set, Learn, Preschool and Kindergarten Extended Day Families were invited to a Pizza Party in Roosevelt Park. Over 175 people attended the picnic. The evening included food, games, music, face painting and so much more. Fun was had by all families who attended!



DUCK HATCHING PROJECT AT METUCHEN



The Metuchen YMCA's Preschool, Kindergarten Extended Day and School Aged Children participated in a Duck Hatching Project. A farmer gave a presentation to the children to learn about the process and were able observe the life cycle of a duck from an egg through the hatching process and into a baby duckling. Once the ducks hatched and were dry and fluffy the children enjoyed bringing the ducks into the classroom to play with them, cuddle with them and even watch them swim.



-Contributed by Pam Cohen

YPN RECOGNITION LUNCHEON

On Friday, June 8th, the YPN Chapter 17 Annual Recognition Luncheon was held at McCloone's Pier House in Long Branch. The event is a day of fun and fellowship, but also recognizes employees who have made significant contributions or performed extraordinary services to the mission of the Y. Our very own Katie McAdoo was nominated for the Excellence Award!

It was both an educational and fun day for all who attended!

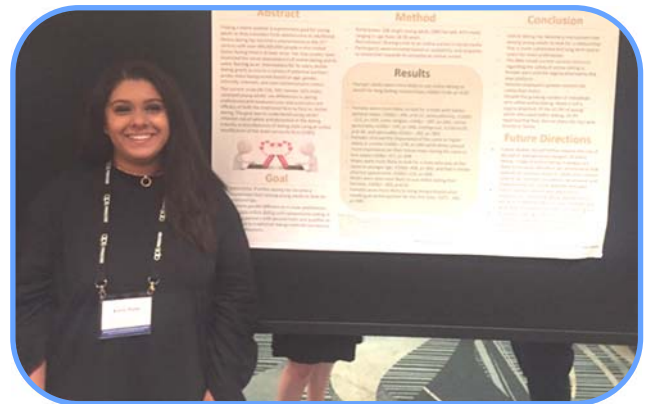
CENTENARY ASSISTANT TEACHER WINS AWARD

Binny Patel, Assistant Pre-K teacher at Centenary Early Learning Center, is making a difference in the world! Binny, a Psychology graduate student at Rutgers University, conducted a study in 2017 about gender differences in online dating preferences and their satisfaction levels. The study was presented at the American Psychological Sciences Conference in San Francisco this past May and also at a pedagogy conference at New Jersey City University, where her study won an award! The study will be published in a Cyber psychology journal in November 2018 and has also been submitted to the Rutgers newspaper, The Observer.

-Contributed by Melinda Wilson



From left: Sue Chanese, Matt Kaefer, Craig Levine, Katie McAdoo, Veronica Vargas, Mariam Lesnewski, Kathy Minaeff, Rose Cushing, Cindy O'Neill and Beth Helsby



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

SAY PARTICIPATES IN STREET FAIR

On Saturday, June 23rd, the South Amboy YMCA participated in a city wide street fair.

SAY joined many other vendors and businesses who lined the streets of downtown South Amboy. Staff promoted summer camp, programs, swim lessons and birthday parties. There were many activities and games for the children, who discovered that the Y is a fun place to be year-round.

Staff enjoyed being out in the community and talking to some new and not-so-new faces. They are looking forward to the event next year.

-Contributed by Mary Valera



METUCHEN Y RECEIVES SOFI AWARD

The Metuchen Branch was one of three proud recipients in the Township to be honored with the first-time ever SOFI (Shout Out for Inclusion) award! The award goes to organizations that have gone above and beyond to make inclusion a priority.

Awardees must demonstrate exceptional efforts towards inclusion by ways of building improvements, programs and attitude. The Metuchen Y was recognized for a wide variety of programs for special populations such as cancer survivors, those in recovery from addiction, children with Autism and adults with Parkinson's Disease. The other two organizations receiving the award were Boyt Drugs and St. Luke's Church.

The Metuchen Accessibility Committee honored the deserving recipients during the June 18th Borough Council meeting.

The Metuchen Branch was honored to be acknowledged for one of the Y's primary areas of focus: social responsibility!

-Contributed by Marie Patterson



L. to R.: Gail Zelley, Wesley Brooks, Michael Geschlecy, Robin Brown, Sheri-Rose Rubin, David Kallman, Marie Patterson, Rita Kallman, Rebecca Boucher

SIXTH GRADE VISITS THE SOUTH AMBOY Y

Classes from the 6th grades visited the South Amboy Y on Friday, May 25th for some fun outside the classroom and to reward them for their hard work during PARQ testing this year. Students had a chance to play in the gym, get time in the bounce house, take advantage of activities in the Multi-Purpose Room and swim in the pool! In addition, kids took a GroupEx class and took part in a scavenger hunt. All the students left the Y with smiles on their faces!

-Contributed by Matt Kaefer



YMCA OF MEWSA LOSES FRIEND AND COLLEAGUE

We are deeply saddened to report the loss of a staff member who was also a dear friend to many at the YMCA. Nicole Miller was born and raised in Metuchen and lived there her entire life. She graduated from Metuchen High School in 1998, and accepted a job as a Front Desk Member Services employee at the Metuchen YMCA. Her tenacity and love of the Y showed in her enthusiasm for her work and drive to succeed. In 2014, Nicole was promoted to Membership and Marketing Director at the South Amboy YMCA.

During her 20 year tenure with the YMCA, Nicole became friend and mentor to many, and always had time for those who needed her, whether it be the community, members or staff. She has left an indelible imprint on the many lives that she touched and she will truly be missed.

Nicole's family is accepting donations to the [American Cancer Society](#) in her name. Donations can be made online or sent to P.O. Box 22718, Oklahoma City, OK 73123-1718.



DONATIONS FOR NICOLE

Knowing Nicole's love of children, her family is also accepting donations to the YMCA Send a Kid to Camp scholarship fund in Nicole's name. Of note is that the Y has already received a sponsorship from Nicole's brother's mother— and father-in-law, the Von Deesten family, who noted, "Flowers fade, but children's smiles build the future". We're sure Nicole would be very pleased with this donation and sentiment.

To make a donation in Nicole's name, email Katie McAdoo at katie.mcadoo@ymcaofmews.org.

SAY GETS NEW NEIGHBORS!

Beth Helsby, Director of Operations and Matt Kaefer, Membership & Marketing Director at the South Amboy YMCA, attended the ribbon cutting and grand opening of Woodmont Cove, a 106 two-story townhouse-style apartment building located adjacent to the South Amboy YMCA.

SAY was acknowledged for working with Woodmont Properties to offer Y services to their residents and for providing many other amenities within the South Amboy Y branch.

Township officials were on hand for the ceremony and the street naming of the roads in and around Woodmont Cove, several of which were named after WWII veterans and a fallen firefighter.

Following the ceremony, tours of the models were given and a luncheon was served. We hope to see many of the new residents take advantage of the facilities at our South Amboy branch!

-Contributed by Beth Helsby



Stephen Santola, Executive Vice President/General Counsel at Woodmont Properties speaks at the grand opening.

<bits & pieces>

These tidbits will give you a quick glimpse into what is happening at our branches and child care centers!



Barbara Verikas and Gabby Bing did promote birthday parties at the Metuchen MetFest!



Children from Our Saviors paint spring plant pots



New bike racks at the Metuchen Y



Edison Y staff and families enjoy the End of Year school carnival!



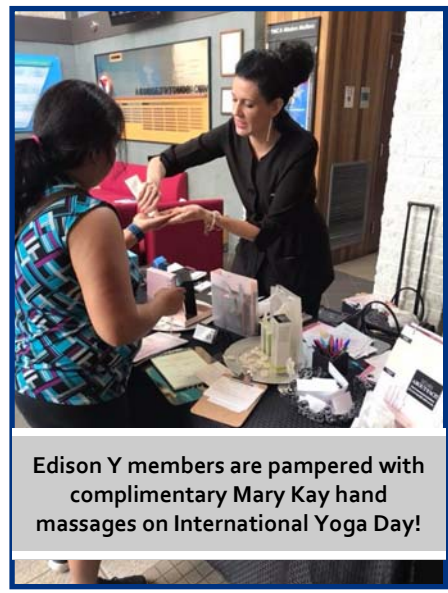
Strong Swimmers, Confident Kids



SAY kicks off summer with a healthy lunch



Always fun in pre-school with Miss Shannon and Miss Pat!



Edison Y members are pampered with complimentary Mary Kay hand massages on International Yoga Day!

TOGETHERHOOD UPDATE



SUMMER-LONG FOOD DRIVE July 1-31

The YMCA of MEWSA is holding *Hunger Doesn't Take a Vacation* – a summer-long food drive. Donors can participate by bringing nonperishable food items to the Metuchen Branch Y (65 High Street) or the Edison Branch Y (1775 Oak Tree Road). Donations can be left at either branch during all hours of operation, including weekends. Cash contributions will also be appreciated. All items and cash will be brought to the First Presbyterian Church of Metuchen Food Pantry.

SAVE A LIFE DONATE BLOOD

 **New Jersey Blood Services**
A Division of New York Blood Center

Metuchen YMCA Blood Drive—Saturday, July 21

The YMCA of Metuchen will hold its summer blood drive at the Metuchen Y from 9:00 am to 3:00 pm. Individuals can register online at <https://drm.nybloodcenter.org> or by calling 1-800-933-BLOOD. Walk-In donors are also welcome. The first 50 donors will receive a pair of movie tickets for use at Rutgers Cinema. Donors will also be entered in a prize drawing for an authentic MLB team sports jersey. Contact Paul Edgcomb for more information at 732-887-6633.

Metuchen Gives Back GIVE & FILL Backpacks for Back To School



Help students in need go Back to School with the right supplies!

Backpacks and school supplies will help them do their very best this school year! Metuchen Gives Back will be partnering to assist area schools as well as local Metuchen school students in need of back to school supplies.

Your donated, NEW items can be dropped off from JULY 1-AUGUST 7 to What's The Scoop, the Metuchen YMCA, or Farmer's Insurance. Backpacks, supplies or backpacks filled with supplies.

Thank you!

BACKPACKS	Calculators	Erasers
Notebooks	Markers	Colored Pencils
Blue pens	Black pens	#2 Pencils
Crayons	Glue/Sticks	Folders
Rulers	Scissors	Pencil Boxes
Highlighters	Flash Drives	Index cards
Lined paper	Tissues	Hand Sanitizer



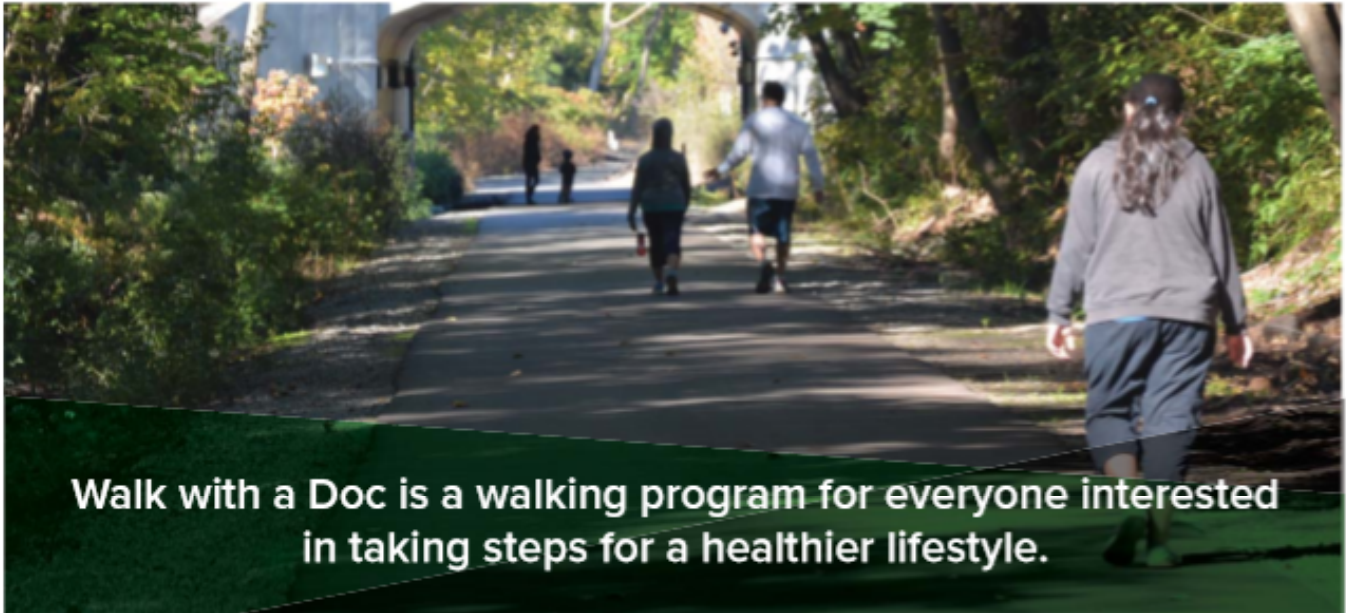


FITNESS EVENT

Sunday, July 29th from 8:30 - 10AM

Middlesex Greenway | 33 Liddle Avenue, Edison, 08817

The walk will begin at the Liddle Avenue entrance and end at the Edison Farmer's Market



Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle.

What better way to start your week than on your feet making strides to help your heart and improve your overall health?

While you walk at your own pace, you'll have the opportunity to have questions answered by Community Health and Wellness Professionals.

Featured topic:

**Health &
Wellness**

For more information
please contact:

732-745-8864

twyla.paige@co.middlesex.nj.us

Middlesex County Board of Chosen Freeholders

Ronald G. Rios, *Director*

Charles E. Tomaro, *Deputy Director*

Shanti Narra, *Chair, Public Safety and Health Committee*

Kenneth Armwood, Charles Kenny, Leslie Koppel, Blanquita B. Valenti



Regional Chronic Disease Coalition
Of Middlesex and Union Counties



Follow Us:



www.middlesexcountynj.gov

MIDDLESEX
COUNTY • NJ

EDISON LAUNCHES BOOT CAMP CHALLENGE

The Edison YMCA launched a Boot Camp Challenge from June 2-30 and run by Group Exercise Instructor/Personal Trainer Sterling Brown.

Members were challenged to commit to a five-week program and were pushed beyond their limits. This high intensity challenge included tire flipping, ball slamming, TRX Suspension drills and sprints around the building. Sterling's favorite quote to push



participants further than they thought they could go

was "The mind will quit before the body will." It was great to see the members come together to motivate and support each other. The challenge was filled to capacity and the Edison Y will be launching the program as a Small Group Training for the Summer II session.

-Contributed by Deborah Wider



Christine Tolley, Senior SACC/Camp Director and Pamela Cohen, Child Care Director from the Metuchen Y have been invited to participate in a planning work session with Healthy U to identify new initiatives. Healthy U is a program developed by The Horizon Foundation and the NJ YMCA Stated Alliance aimed at preventing childhood obesity through improved nutrition, increased physical activity and parental involvement. Chrissy and Pam have been identified as Healthy U leaders who have implemented the program at a high level and provided valuable feedback in the past. Goals remain focused on youth obesity prevention, however, Healthy U will be adding a third pillar of Social/Emotional and/or Mental Resiliency to their curriculum.



-Contributed by Christine Tolley

EDISON STUDENTS BECOME GARDENERS!

The Edison Y Preschool and Pre-K classes planted flowers, strawberries, peppers and cherry tomatoes in their garden this year! The students enjoy taking care of the garden beds and are excited to see what grows over the summer. But they are more excited to be able to eat what they've planted!

-Contributed by Jennifer Guthlein



IMPORTANT DATES

Summer Session I
June 19-July 23

Day of Camps-Oakcrest
July 17

Janice Garbolino 5K Run/Walk
September 15

Summer Session II
July 24-August 27

2nd Annual Day of Service
September 11

Tot Trot & Youth Fun Run
October 14

EDISON Y CELEBRATES INTERNATIONAL YOGA DAY

The Edison YMCA was so excited to celebrate International Yoga Day on June 21st by adding extra yoga classes to the schedule during the week of June 16-23. In total, 16 yoga classes with seven different variations were on the schedule for the week.

Members enjoyed a full day of Yoga on June 16th with refreshments of bagels, fruit and nuts served in between.

On June 21st, members enjoyed free hand massages in the lobby, compliments of Suzanne Kaya. Members enjoyed the tranquil sounds of nature as one yoga class was held outside. The Edison Y will continue to hold Yoga classes outside throughout the summer season. Namaste!

-Contributed by Deborah Wider



CENTENARY STUDENTS HOST LEMONADE STAND



On Monday, June 4th, the Pre-K Nursery class at Centenary Early Learning Center held an Alex's Lemonade Stand and raised \$140 for childhood cancer research!

After deciding that they wanted to help other children, the students spent weeks prior to the sale learning about the organization, making signs and preparing for the event. It was held on the front lawn of Centenary Methodist Church and the event drew in many members of the community as well as Center families. They even had a visit from last year's Moss alumni after school dismissal! It was truly a fun and rewarding lesson in service as the children sold kindness—one cup at a time.

-Contributed by Melinda Wilson

CAMP TRAINING FOR STAFF!

The Y's summer camps are all about adventure, healthy fun, personal growth, friendships and lasting memories. On Saturday, June 17th, the YMCA of MEWSA held their annual camp staff training at Metuchen High School and at Oakcrest.

This year 92 summer camp staff participated in the trainings which included Teambuilding, Investing in Quality, Youth Development, CATCH, Aquatic Safety, Child Abuse Prevention and Bus Safety.



The camp staff had a great day of learning and reliving what it's like to be a camper!

*-Contributed by Christine Tolley
-Photos courtesy of Gabriella St. Fleur*



UPCOMING EVENTS & MEETINGS

JULY

- 13 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 17 **DAY OF CAMPS**
Oakcrest Camp/Pool—10:00 a.m.
- 18 **EDISON BRANCH BOARD MEETING**
Oakcrest Family Swim Club—9:00 a.m.
970 Inman Avenue, Edison
- 18 **METUCHEN BRANCH BOARD MEETING**
Metuchen Branch—8:00 a.m.

AUGUST

- 3 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 8 **SOUTH AMBOY BRANCH BOARD MEETING**
South Amboy Branch



MISSED AN ISSUE?

All Board newsletters as well as
Donor newsletters can be found
on the YMCA website at
[http://www.ymcaofmewsa.org/
about-us/ation-newsletter](http://www.ymcaofmewsa.org/about-us/ation-newsletter).