



2019 ANNUAL DINNER

The YMCA's 98th Annual Dinner was held on May 1st at the Pines Manor. Rose Cushing welcomed everyone and thanked Metuchen Bank for sponsoring the event as well as thanking the many other sponsors for their generosity and support of the Y.

Board member and Chair of the Board Governance Committee George Trapp announced the re-election of the Class of 2019 to the Class of 2022. Those members included: Katie Barnes, Letitia Coughlin, Paul Edgcomb, Jay Elliot, Glenn Gawronski, Kathleen Kovach, Sharon List and Geoff Sisko. He then presented the new slate of officers, including: Chairman: Mike Lackland, Vice-Chair: Katie Barnes, Treasurer: John Dowd and Secretary: George Trapp. George presented Bruce Peragallo with a plaque commemorating his tenure and commending him for serving the Board for four years.

Bruce Peragallo delivered his final speech as Chairman, noting that the Y has realized much success in the focus areas of youth development, healthy living and social responsibility. He thanked the Board for their tenaciousness, persistence and dedication to the cause during his tenure, noting that they are the barometer by which philanthropy can be measured. Noteworthy accomplishments during Bruce's tenure include a successful collaboration with Middlesex County Y's, and providing services to communities that do not have YMCA's including Sayreville, Perth Amboy and Piscataway. Bruce was also thrilled to report that over the past four years, \$1.4 million has been raised in the Annual Support Campaigns funds and \$2.5 million has been provided in scholarships, financial assistance and supported services. "I am humbled and gratified to have been able to serve as your leader," said Bruce. "I firmly believe that our work together has made a profound difference: one child at a time, one family at a time, one community at a time." Bruce then "passed the torch" to Mike Lackland, who accepted the gavel and the Chairmanship, noting "it is a great honor to have been chosen to be of service to the YMCA, which is vital to the communities that we serve." Mike also acknowledged Katie Barne's leadership of the Annual Support Campaign, noting that under her leadership, we not only exceeded the goal of \$275,000, but "crushed it"! To date, ASC proceeds are exceeding \$300,000. In closing, Mike noted that no organization is complete without committed external partners, and thanked Metuchen Bank for their continued partnership and support.



Bruce Malinowski then presented the Malinowski Rising Star Awards to Emily Shemchuk of the South Amboy Branch, Caroline Rankin from the Edison Branch, Kaitlyn Prendergast from the Metuchen Branch and Holly Elliot from Child Care Services. Bruce noted that while everyone talks about leaders of tomorrow, they are leaders of today.

Rose Cushing closed out the evening, noting "Like the boy scouts who are told to leave their camp in better condition than they found it, we are committed at the Y in making sure that our communities are better than we found them the day before."

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STAY CONNECTED!

Association Office



Metuchen



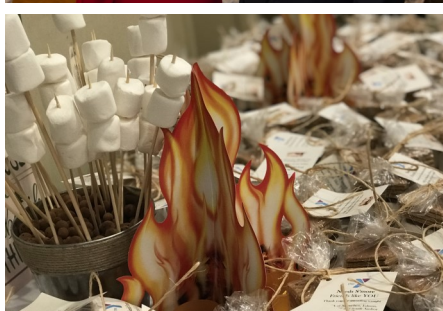
Edison



South Amboy



MOMENTS FROM THE 2019 ANNUAL DINNER



METUCHEN KIDS USE S.T.E.A.M. SKILLS!

Metuchen Pre-K and Kindergarten students are putting their S.T.E.A.M. skills to work as they use Dixie drinking cups to make a tower and architectural designs.

Their innovative designs were created entirely on their own! What a great job!

-Contributed by Pam Cohen



MY Y STORY-MEET TYLER

Tyler Knurek began his passion of swimming at the Metuchen YMCA. There, he broke many records in many age groups. At the age of 6, Tyler joined the MEY swim team where he was taught the basics of each swim stroke and began to swim competitively. Soon after, he moved up to the Junior 4 level where he was introduced to Coach Jimmy. Coach Jimmy was very inspirational in getting the most out of his swimmers, especially Tyler. Under Coach Jimmy, Tyler broke and still holds many records. One of Tyler's aspirations was to be the next Bobby Savulich, an Olympian who attended St. Joseph's High School in Metuchen. However, his dreams were put on hold when he was diagnosed with Hodgkin's Lymphoma at the age of 11. Hodgkin's Lymphoma is a cancer of the lymphatic system and effects the immune system. Tyler spent the next year receiving chemotherapy treatment at Sloan Kettering in New York City. During the long hospital stays, Coach Jimmy and the swim team kept in touch with Tyler through Face Time. Coach Jimmy called Tyler regularly to encourage him to have a positive attitude so that he could get back into the water. Tyler fought through the grueling treatments and was at last cleared to return to swimming by his doctors. Tyler spent the next couple of months swimming in shortened sessions to get his body back in top notch condition.

Several months passed and Tyler received the devastating news that the cancer had returned, but was now in his lungs. Once again, Tyler spent weeks in the hospital receiving chemotherapy, but at a higher dose than before. After a year and a half, Tyler once again beat the cancer and was cleared to return to swimming. Tyler returned in time to begin training for the YMCA Short Course Nationals. Amazingly, during the meets leading up to Nationals, Tyler was able to beat two time records held by Bobby Savulich from 2002. Tyler also made qualifying times in 50 freestyle, 100 freestyle, 100 back and 200 free relay and competed in the Y Nationals in Greensboro, NC. During Y Nationals, Tyler improved his times in all of his qualifying events.



Tyler now lives by one of Coach Jimmy's sayings "If you know what you want...go get it". The support and encouragement he received from his teammates and swim coach at the Metuchen Y helped him get through a very difficult period in his life.

Tyler will continue his passion for swimming when he attends college where he plans to study in the medical field.

His courage and optimism is an inspiration to everyone who surrounds him.



EDISON PARTICIPATES IN HIDDEN IN PLAIN SIGHT



Mike Tivey and Jay Patel represent the Edison YMCA at an event at Woodrow Wilson Middle School.

"Hidden in Plain Sight"

an informational drug awareness program, was presented to a packed house. Parents flocked to the YMCA table and were interested in the many offerings including camp and pool materials.

-Contributed by Cindy O'Neill



WAWA CONTRIBUTES FOOD TO CHILD CARE LOCATIONS

Colonia Learning Center has been receiving food donations from the Wawa store in Rahway twice a week. Colonia Staff travel to the store to pick up the leftover food, which has been frozen overnight from the previous day, and then distribute it to families at the Center that same evening and the next morning. Colonia has been sharing some of this food with the Ken Shirk Learning Center to distribute to their families as well. Child Care is very thankful for this contribution as it serves to help out parents who are in need of food and who may not have the time or means to prepare meals for their families.

-Contributed by Fatima Ismail



SAY CHILDREN ENJOY SPRING BREAK



The children at the South Amboy Y had a blast being creative and having fun during Spring Break. Creating art, playing with friends, cooking

and developing a love of sports sent many children home exhausted and parents were thrilled! Kudos to new SACC Director Judith Murawski for creating a fun-filled week!

-Contributed by Karen Robson

SAY PREPARES FOR SWIM SEASON

Beach and boating season is right around the corner and SAY staff are preparing their waterfront community for a safe and fun summer. To do this, they are welcoming the season with boat safety demonstrations, swim evaluations and a hands-only CPR training course.

Anyone interested in participating in these valuable demonstrations should visit the South Amboy Y on May 12th from 1:00pm to 3:00pm!

-Contributed by Karen Robson



THE EDISON Y CELEBRATES HOLI!

On March 30th, members of the Edison YMCA took part in their Holi celebration with the community. Holi is an ancient Hindu festival celebrating the coming of Spring and is best known as the Festival of Colors. Members celebrated as is custom by throwing colored powder, dancing and eating sweets.

Holi is a day of rejoicing, which was evident by the excitement of the day, the vibrancy of the colors and the positive energy exuded by people of all ages who attended the festivities!

*-Contributed by
Cindy O'Neill*



EDISON'S SACC PROGRAM KIDS GET A TREAT!



On February 6, the New Jersey Performing Arts Center dancers stopped by the Edison Y's SACC program to show their students some moves!

Not only did they get to participate in the fun, but they also learned about the importance of the arts. The students loved learning the different dances and hearing the dancer's stories. A fun time was had by all.

-Contributed by Cindy O'Neill

**SAVE THE
DATE**

SAT, MAY 11

 **OAKCRESTFEST**

RAIN DATE: SAT, MAY 18

 **10AM - 3PM**

YOUTH SPORTS • CRAFTS • FOOD TRUCKS • FAMILY FRIENDLY ACTIVITIES

FOLLOW US ON
Instagram  @OAKCRESTFEST

OAKCREST SWIM CLUB
970 INMAN AVE
EDISON, NJ 08820

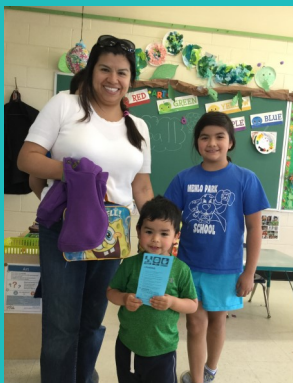
HEALTHY KIDS DAY-APRIL 27

Each year our branches recognize Healthy Kids Day to promote the Y's initiative to improve the health and well being of children. Each branch had many activities for the kids, obstacle courses and games, vendors, music performances and visits by the local First Aid Squads, Fire Departments and Police Departments. Leader's Club volunteers also helped to make the day a tremendous success!



MONTH OF THE YOUNG CHILD/FIVE DAYS OF ACTION

April is National Child Abuse Prevention Month, a nationwide campaign to prevent child abuse and neglect and promote the social and emotional well-being of children and families. Five Days of Action, a week-long event from April 22-26, is an integral part of Month of the Young Child and raises awareness and inspires adults to take action to protect children from sexual abuse.



Parents sign pledge cards to take a stand against child sexual abuse.

This year's theme is the three simple habits of **KNOW. SEE. RESPOND.** Y staff participated by taking a quiz to test their knowledge of child sexual abuse and how to prevent it and sign pledge cards.

Parents were asked to participate in surveys and take stand with the Y against child sexual abuse by also signing pledge cards. The children from Our Savior's created a beautiful banner to highlight the Five Days of Action and to remind people to know, see and respond.



-Submitted by Jeanna Kim

SAY PARTNERS WITH SOLES 4 SOULS



The South Amboy branch has partnered with Soles 4 Souls to support those without shoes by donating new and gently used shoes.

Donations are being accepted through May 7th!

Soles 4 Souls is a nonprofit organization that creates sustainable jobs and provides relief through the distribution of shoes and clothing around the world.

-Contributed by Karen Robson

SOLES 4 SOULS
WEARING OUT POVERTY®

With the recent addition of the turfed Functional Fitness Zone at the South Amboy Y, adult and teen members can be challenged to be healthier with new small group exercise classes and personal training programs. Their trainers

are ready and excited to tailor new programs to serve current and future members!

-Contributed by Karen Robson



SAY PARTICIPATES IN BEACH SWEEP DAY

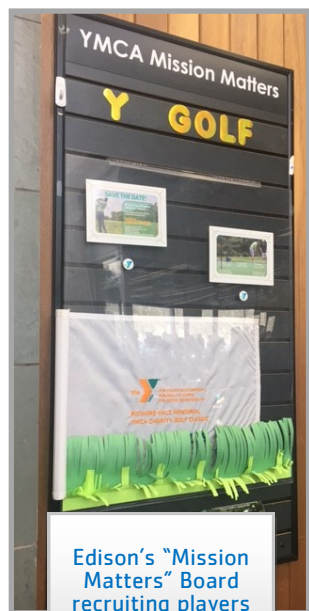
On Saturday, April 13th, the South Amboy YMCA participated in New Jersey's Clean Action Beach Sweep Day. Garbage, debris and large items that were washed onshore during the winter months were collected. This effort is organized through Clean Ocean Action. Since their first beach sweep in 1985, the program has grown from 75 volunteers at one site to over 9,000 volunteers statewide.

This was a great way to demonstrate the Y's growing culture of social responsibility!

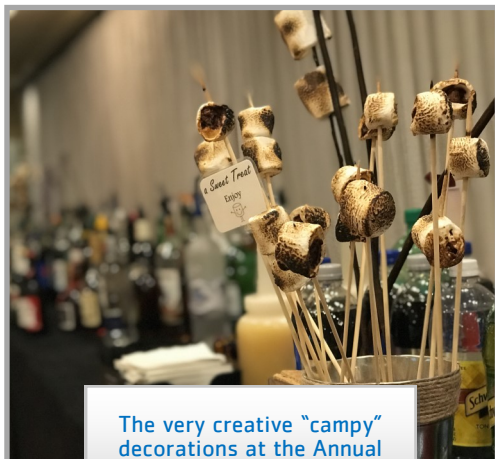
-Contributed by Karen Robson



<bits & pieces>



Edison's "Mission Matters" Board recruiting players for the Y's golf classic.



The very creative "campy" decorations at the Annual Dinner were a big hit!



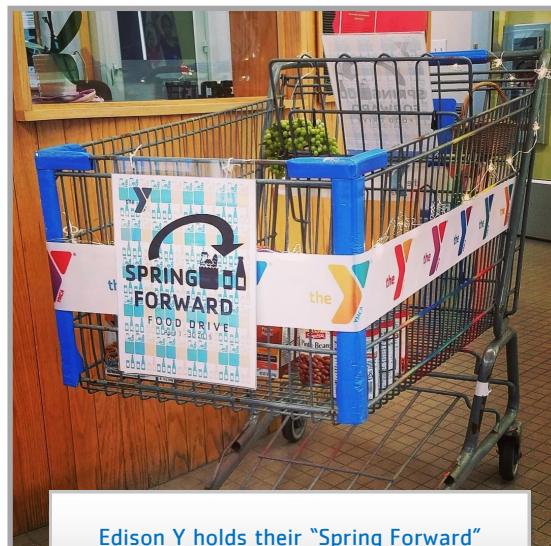
SAY will be participating in Riley's Touch-a-Truck event on May 19th, where children can learn about cool vehicles including our YMCA tractor!



The Association Office pledges to protect kids from sexual abuse.



Edison Y member Varsha with Personal Trainer Sterling is the first winner of their new "Choose to Lose" Program!



Edison Y holds their "Spring Forward" Food Drive.



Coach Joe at SAY starts a new session with energy and spirit and building confidence in the kids!



Our Savior's Learning Center kids bring their decorated tree branch outside.



Tender Smiles 4 Kids visits Grace Early Learning Center to teach the children the importance of brushing their teeth properly and keeping their gums clean.

EDISON HOLDS SPRING TALENT SHOW

The Edison Y had a great time at their very first Child Care & School Age Childcare Spring Talent Show! Their performers, emcees and backstage crew were true stars. This event was a great success, thanks to counselors and staff, as well as the parents and family members who attended to support the students!



GRANT AND DONOR RECOGNITION

**PROVIDENT BANK
FOUNDATION**

\$10,000

S.T.E.A.M. (Science, Technology, Engineering, Art and Math) for all three branches.

Visit <https://www.ymcaofmews.org/about-us/annual-report> to view the Annual Report and see a full listing of our 2018 donors.



7TH ANNUAL HEALTH BEE

The seventh annual United HealthCare Health Bee competition was held on April 11, 2019 at Woodrow Wilson Middle School. Four local middle schools joined the competition, including Herbert Hoover, Edgar, Woodrow Wilson and John Adams.

The competition is a Jeopardy-style game designed to get children excited about health, fitness and nutrition. Category questions included Physical Fitness, Food and Nutrition and General Health and Science.

Congratulations to the first place winner, Woodrow Wilson, who received a check in the amount of \$1,000!



UPCOMING BOARD OF DIRECTORS MEETINGS

June 26



September 25



October 23

STAFF UPDATES

YMCA supervisory staff attended a Leadership Development Meeting on Thursday, April 11th, hosted by the South Amboy Y. The day began with a refresher course on Sexual Harassment Awareness Prevention led by Keya Denner, Esq., a partner at Ford Harrison and who also sits on the Y's HR Committee.

Keynote Speaker Fred Wasiak of Humanics Consulting, LLC then led a dynamic and interactive presentation on Emotional Intelligence and Mindfulness. After lunch, which was provided by the Y, Denise Zimmer, Director of Financial Development, gave a presentation on "Who Are All the Great People We Meet?", where she spoke about everyone having a role of some type with the Y: be it a volunteer, a staff member, a program member, a donor or a Board member, and how that role can be identified. Y staff member Marisa Daniels, testing out her passion for public speaking, then gave a presentation on "The Impact and Perils of Gossip". Overall, the day was informative and inspirational and gave staff the chance to interact with staff members from other Y branches.



As part of the Y's commitment to professional development, staff participated in Listen First Institute to help strengthen emotional intelligence, communication skills and customer service delivery. The multi-week practice courses will wrap up in early May with over 50 staff certified with credits eligible towards YMCA Leadership certifications.

PRESIDENT & VP READ TO CHILDREN IN MONTH OF THE YOUNG CHILD

Rose Cushing and Bobby Kleinau visited Harborview Early Learning Center to read to the children during Month of the Young Child.

As you can see by the children's enthusiasm, they really enjoyed the visit!

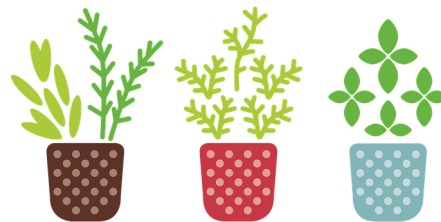
-Submitted by Rita MacNeill



SAY KIDS LEARN ABOUT GARDENING



At South Amboy's recent family event on April 17th, families helped the Y plant fruit and vegetable pots in order to prep them for their garden this summer. They are looking forward to harvesting the fruits and vegetables to be used in their summer camp cooking activities!



-Contributed by Karen Robson

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

METUCHEN HOLDS FUNDRAISER

Preschool and Kindergarten families from the Metuchen Y were invited to join them for a special Eric Carle-themed family event (author of the book, "The Very Hungry Caterpillar").

The event included crafts, face painting, tattoos, snacks, a bounce house, gym time tumbling/play mats and so much more!

Healthy foods were served that the very hungry caterpillar ate (as an example, on Monday he ate through one apple, one Tuesday he ate through two pears...) As you can see in the attached photos, the teachers really took the theme to heart.

All proceeds from this event went towards the Annual Support Campaign.

-Contributed by Pam Cohen



IMPORTANT DATES

Oakcrestfest
May 11 (rain date May 18)

Richard Hale Golf Classic
June 4

Camp Family Fun Night (Oakcrest)
July 9

Summer Camp
June 24-August 30

Summer Session
June 17-August 25

Annual Day of Camps
July 16

UPCOMING MEETINGS

MAY

- 8 **SOUTH AMBOY BRANCH BOARD**
South Amboy Branch—6:00 p.m.
- 10 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 15 **METUCHEN BRANCH BOARD**
Metuchen Branch—8:00 a.m.
- 15 **FINANCE COMMITTEE**
Wernik Room—6:00 p.m.
- 30 **CHILD CARE COMMITTEE**
AO Conference Room—6:00 p.m.

JUNE

- 7 **PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 11 **FINANCIAL DEVELOPMENT**
AO Conference Room—6:00 p.m.
- 19 **FINANCE COMMITTEE**
Wernik Room—6:00 p.m.
- 21 **IT COMMITTEE**
AO Conference Room—8:00 a.m.
- 21 **BOARD OF DIRECTORS**
Wernik Room

MISSED AN ISSUE?

All Board newsletters can be found on the YMCA website at

<http://www.ymcaofmewsa.org/about-us/association-newsletter>

