

BOARD OF DIRECTORS NEWSLETTER

YMCA OF METUCHEN, EDISON, WOODBRIDGE & SOUTH AMBOY
ROSE CUSHING, PRESIDENT & CEO

November 2019



FALL FUNDRAISERS

The YMCA of MEWSA counts on our fundraisers throughout the year to offset the financial aid that is given to individuals and families in need. But these events also foster a sense of community, bringing people together, creating special memories and celebrating friends, family and life. Thank you to all of our Board members who continue to support these events by volunteering, participating or making a donation. As the foundation of our organization, your support matters!



JANICE GARBOLINO MEMORIAL 5K RUN/WALK

The Janice Garbolino Memorial 5K Run/Walk was held on Saturday, September 14th in Roosevelt Park. This year, there were 276 runners and walkers and raised over \$22,000! All proceeds from the race go to LiveSTRONG® at the YMCA, a free program for cancer survivors.

The theme was once again "Calling All Superheroes" to pay tribute to all those who have fought this beast like true heroes. Many participants came out in full garb, including the kids who had the option of wearing capes or t-shirts.

The race was spotlighted on News 12 New Jersey, which can be seen [here](#).

See photos from the day's event on page 2!

TOT TROT & FALL FESTIVAL

The 11th Annual Tot Trot & Fall Festival was held on Sunday, October 13th at Metuchen High School. Over 148 children and their families enjoyed the day which started out with games, activities, face painting, a Bounce House and more. This year the event was renamed as a fall festival to attract more families which indeed it did!! Additional "festival" activities included corn hole, color a pumpkin activity, and Bradford on stilts! The Metuchen cheerleading squad was also on hand to give a rousing cheerleading routine to the crowds! The event raised over \$10,000, which is 25% more than last year!

The event was spotlighted on News 12 New Jersey, which can be seen [here](#).

See photos from the day's event on page 5!

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EDISON INTRODUCES NEW PROGRAMMING

This month the Edison YMCA introduced new clubs and programming to their school-age child care (SACC) students! Currently, they have Zumba Kids (led by Group Ex instructor Bindiya), Chess Club, Vision Quest (their SACC volunteer group) and swim lessons!



Vision Quest Bake Sale



Zumba Kids

Save the Date

YMCA BOARD OF DIRECTOR'S
HOLIDAY PARTY



Wednesday, December 11

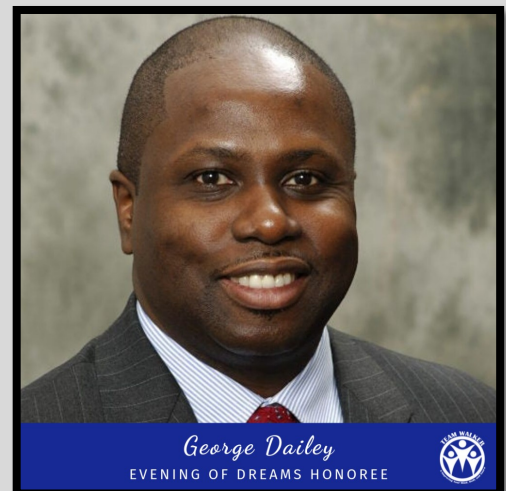
6:00-8:00 p.m.

Metuchen Golf & Country Club
244 Plainfield Road, Edison

GEORGE DAILEY HONORED

We are proud to announce that one of our Board members, George Dailey, was honored with the Pop Curry award at the 2019 Team Walker Evening of Dreams! Team Walker, founded by Jerry and Jasper Walker, is an organization dedicated to improving the lives of children in Jersey City. Team Walker continues the legacy of youth programs started by their grandfather, James "Pop" Curry, whose youth programs provided a foundation of dedication, determination and discipline for Jersey City youth. The program provides positive role models, such as George, to encourage students to realize their capabilities, enjoy a sense of accomplishment and provide an opportunity to increase their quality of life for years to come.

Congratulations, George, on this prestigious honor!



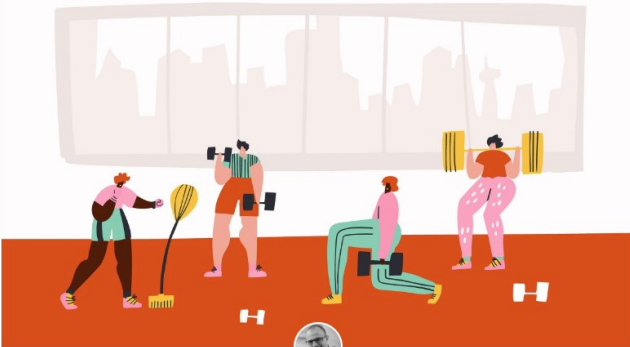
George Dailey
EVENING OF DREAMS HONOREE



HOW YOUR LOCAL YMCA'S COULD CHANGE THE WORLD

How Your Local YMCA Could Save the World

A modest proposal that, at the very least, will make your community better



Brad Stulberg
Oct 18, 2019

Bestselling author, health coach, motivational speaker and [Outside](#) magazine's *Do It Better* columnist, Brad Stulberg has recently written a wonderful article entitled "[How Your Local YMCA's Could Change the World](#)". The article sings the praises of working out at your local YMCA where one can receive not only a workout, but a sense of community and diversity, as well as an opportunity to engage with other people.

After reaching out to the author, he was more than happy to allow us to share this article with you, our staff and our community. I urge you to take a moment to read this article which is truly uplifting and a wonderful testament to our cause and our mission!

SWIM TEAM MERGE

MEY and SABY swim teams recently merged to create one, unified, strengthened swim team, enabling all participants to be eligible for USA swimming-level competitions and shared coaching practices.

GO MANTA RAYS!



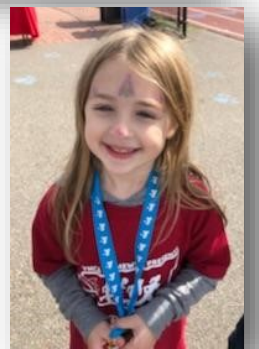
GIVING TUESDAY

IS FRIDAY DECEMBER 3

[DONATE NOW](#)

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

MOMENTS FROM THE TOT TROT & FALL FESTIVAL



STAFFING NEWS

The South Amboy YMCA welcomes their new Business Coordinator, Jean Christel! Jean is a tremendous asset to the South Amboy Y Welcome Center staff with over ten years of experience and acquired knowledge from the Y's multiple branches.

We know this position will be a great fit for you, Jean!



JOE COHEN BECOMES A DAD!

South Amboy's Program Director, Joseph Cohen, was recently celebrated as an expectant father by South Amboy staff.

His greatest gift was a vision of what his son might look like without his head and face full of his thick hair. Thanks for always being a "Good Sport"!



CONGRATULATIONS, MISS RITA!

Congratulations to Rita Weiss, pre-K teacher at Edgar Early Learning Center, retired after 29 years at the Metuchen YMCA! Shown left, she receives a farewell clap-off from teachers, students and staff!

We wish you a very relaxing and enjoyable retirement!

STAFF RECEIVES DISNEY TRAINING

On October 17th, staff members attended Disney training which was hosted by the South Amboy YMCA. Keynote speaker John Formica, the "Ex-Disney Guy" and leading authority on tourism, hospitality and services industries, provided motivational training centered around the question, "if Disney was running our Y, what would that look like?" His final inspirational message was, "If you think you've done everything you can, what's that "one-up"?" Staff left feeling very enthusiastic about providing excellent customer service to our members and our community!

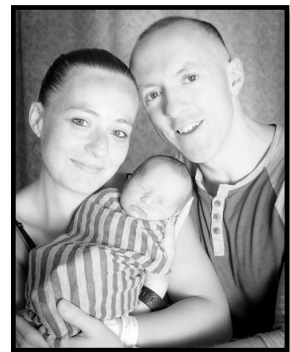


THE FARLEY'S WELCOME BABY JACKSON!

Congratulations to James and Ara Farley, who welcomed their son, Jackson James Farley, on September 18, 2019.

Ara works as a Wellness Coordinator at the Metuchen branch. James also works at the Metuchen branch as a Personal Trainer, and also runs the Exercising Speech Program.

Theirs is a true Y love story, having met at the Metuchen branch in 2015 and wed in 2018! They even got engaged at the Metuchen branch!



WELCOME BACK ANNMARIE!

Healthy Living Director Annmarie Sabovick visits the South Amboy Y with her newborn, Lily and son, Clark before her return to work this past September.

Annmarie also represented the South Amboy Wellness Department at the annual Janice

Garbolino Memorial 5K on September 14th, along with staff members Giovanni Spataro and Jaylen Hays! (pictured right).

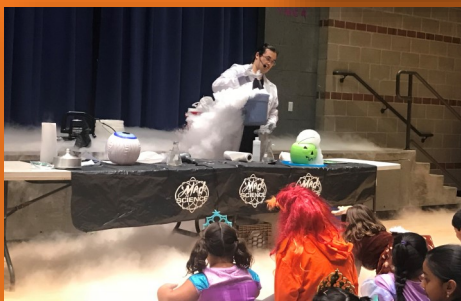


**HALLOWEEN
AT THE YMCA**

METUCHEN



EDISON





The South Amboy YMCA participated in the Trunk or Treat where their decorated branch team members created a first place winning trunk! Parents, toddlers and teens loved visiting their "roadside fruit market" where almost 1,000 pieces of fruit were shared with guests!



The Y partnered with the City of South Amboy and the new South Amboy Arts Alliance by providing scarecrow kits for families to engage in an art project to make a scarecrow together. Scarecrows were hung around Town Square by the Department of Public Works to allow people to vote.

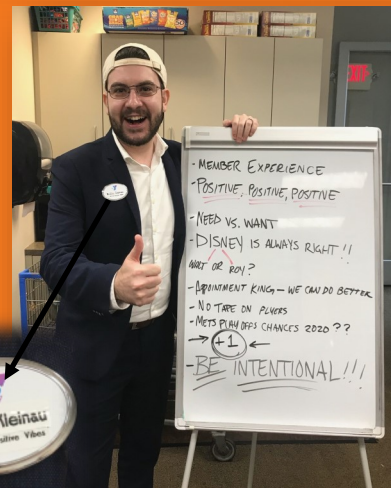


Congratulations to the Murphy family for winning a free Y membership for one year!

Mike Tivey, Director of School Age Child Care from the Edison branch, decided to dress up as none other than our very own energetic and motivational Vice President of Operations and Branch Leadership, Bobby Kleinau for Halloween this year.

Mike is sporting Bobby's ubiquitous backwards baseball cap (when not in work) and has captured the essence of Bobby on his dry erase board. His outfit, complete with name badge reading, "Bobby Kleinau, VP of Positive Vibes", is a nod not only to Bobby's contagious enthusiasm, but his wonderful sense of humor as well.

Let's go Mets!!



- MEMBER EXPERIENCE
- POSITIVE, POSITIVE, POSITIVE
- NEED VS. WANT
- DISNEY IS ALWAYS RIGHT!!
- WANT OR BUY?
- DEPARTMENT KING - WE CAN DO BETTER
- NO TALK ON PLACES
- METS PLAY OFFS CHANCES 2020??
- > (+1) ←
- BE INTENTIONAL!!!

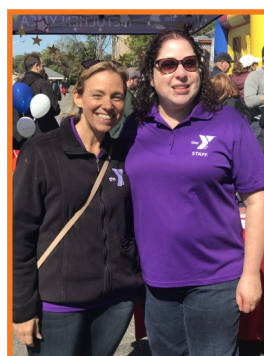
METUCHEN COUNTRY FAIR

The Metuchen Country Fair was held on Saturday, October 5th with the theme of “Broadway” this year. The Metuchen branch did not disappoint with their creative design, a team effort spearheaded by Bradford Lindsey. In fact, for the second year in a row, they won the “Spirit Award” as the Chamber of Commerce member contributing most to the spirit of the 56th Annual Metuchen Country Fair. Special thanks to Rosanna Pagtakhan for contributing many of the Broadway-themed decorations!

There were many activities and games on hand for the children, including face painting, the Bounce House, plus a “Broadway Bingo” activity game, with the prize being a gift tray of Broadway-themed cookies (pictured below).

Child Care had a table promoting the Tot Trot and giving away Tot Trot t-shirts from last year’s event.

Thanks to the many staff volunteers who gave up their Saturday morning to work the event. All in all, it was a very successful day!



GRACE ELC RECEIVES DONATION

Congratulations to Ms. Laura, Pre-K teacher at Grace Early Learning Center who received donations from the Donors Choose Project for two low ride bikes, six potato sacks, and a knockdown game! Through this site, teachers may request items needed for their classroom, and through donations from the community, the items are purchased and shipped straight to the school.

They were very excited to have received these donations to help enhance the children’s gross motor skills!



METUCHEN VOLUNTEER HONORED

Each year, the New Jersey YMCA State Alliance hosts a dinner honoring and recognizing YMCA community champions and outstanding youth. This year, the honor goes to Andrew Lau of the Metuchen YMCA. Andrew is a dedicated volunteer at the Metuchen YMCA and has been very active at the branch. He has been a part of the Leader's Club for two years, volunteering for many events including Family Fun Nights, food drives and collecting animal supplies for the Edison Dog Shelter. Andrews plays a big part in the



After School Program at the Y, and can often be found in the gym, playing basketball or volleyball with the children to help them improve their sports skills, or being a homework helper to the students to help them improve their academic skills! He is also a member of the YMCA swim team as well as the Metuchen High School swim team. Andrew is currently a junior at Metuchen High School, where he is the Founder and President of the Origami Club. He is an ordinary teen who produces extraordinary results! Congratulations, Andrew!



L. to r.: Bobby Kleinau, Gabrielle St. Fleur, Christine Tolley, Andrew Lau, Rose Cushing, Katie Barnes, Michael Lackland.

Worth mentioning is that Andrew almost missed the dinner because he was also being accepted into the National Honor Society on the very same night! Thank you, Andrew, for choosing to join the YMCA of MEWSA on this important evening!

BACK TO SCHOOL!

Before and After School time at the South Amboy Y has been revitalized with a reboot for morning care activities, restructuring of space for middle school students and healthy snack calendars which are decided by the students.



KNOCK OUT OPIOID ABUSE

The South Amboy YMCA has partnered with the South Amboy Municipal Alliance, and through this partnership, 6,000 door hangars were distributed to educate the community on the impact of opioid abuse. The South Amboy Y thanks Mayor Fred Henry for always stopping by to support their efforts!

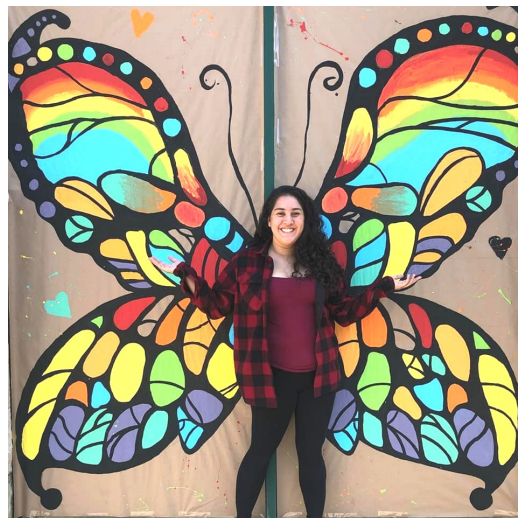
-Contributed by Karen Robson



<bits & pieces>



Former CEO Bill Lovett stops by the Association Office for a visit.



SAY staff members Elizabeth and Cordelia Moreira created a butterfly mural for an abandoned storefront for the South Amboy Arts Alliance.

"Hello! My name is James South and I am a proud WWII veteran! I will be turning 100 on October 7th, 2019. I would like to receive 100 birthday cards. Please mail to: 5800 North Park Dr., Watauga, TX 76148. Thank you!" the sign reads.



James South is turning 100 next month and for his birthday is requesting 100 cards in a post that has since gone viral. (Brookdale Watauga senior living)

South Amboy Y SACC participants helped send 100 birthday cards to Mr. South, a war veteran who turned 100 in October.



Mary Valera (pictured left) held a pumpkin decorating team-building contest for Welcome Center staff. Members will vote and the winner announced on Halloween!



Staff members Gio Spataro from South Amboy and Sam Marhsall from Edison get together to plan workouts!

Edison gives free henna to members during Welcoming Week.



South Amboy staff recognizes donors on their birthdays whenever possible!



Leader's Club members help out at Halloween Spooktacular!



Rose Cushing celebrates her 30 year anniversary with the YMCA!

SAY HOLDS SMALL GROUP TRAINING DEMOS

Trial classes are being offered at the South Amboy YMCA to help support the many communities of health-seekers including: Teens Only (pictured right), Women on Weights, Core Crusher and Tackle the Turf.

-Contributed by Karen Robson



GRANT AND DONOR RECOGNITION

Y-USA	\$15,000	Character Development Learning Institute (see article below for more information)
PNC Foundation	\$7,500	Brainy Boot Camp (a STEM Program for Preschoolers)

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

YMCA RECEIVES Y-USA GRANT

The YMCA of MEWSA has been chosen to participate in the launching of a Y-USA pilot program, Character Development Learning Institute (CDLI). A grant in the amount of \$15,000 was awarded to support this self-directed experience to help initiate and enhance character development among teens during out-of-school time. The program will teach teens through a variety of lessons and activities how to make good decisions and choices and how to get along with others. The participants will come from the Teen Leader's Club.

Cindy O'Neill leads the cohort with staff team members Eric Meshirer for Edison, Gabby St. Fleur for Metuchen and Joe Cohen for South Amboy to oversee program implementation. The CDL Team meets once a month and is self-guided to accomplish specified tasks. The grant will support various activities set out by the Leader's Club which then culminates in an end of school year retreat to YMCA of the Pines in Medford, NJ.

-Contributed by Cindy O'Neill

HAVE YOU SEEN US AROUND TOWN?

You may have noticed as you were driving through town the presence of some YMCA billboards! Ciyo Uzun, our new Marketing Coordinator, has begun expanding our marketing opportunities, including billboards in Metuchen, Edison and South Amboy. Shown below are two versions from the digital billboard located northbound on Rt. 35/Ernst Road which depict Healthy Weight & Your Child and Join Today.

Metuchen currently has two billboards in town, one on Kentnor Street and a shared billboard with the Edison Y on Parsonage Road.

Watch for the other Edison billboard near Metro Park in 2020!



UPCOMING BOARD OF DIRECTORS MEETINGS

December 11 (holiday party)



December 18



January 22

EDISON HOSTS DIWALI CELEBRATION!

Last week, Edison hosted their first ever Diwali Celebration! They marked the occasion with a Meet and Greet, where family members wore traditional Indian clothing and brought in their favorite cultural snacks and sweets to share with the community. There was even a prize for the best dish presentation. They can't wait to celebrate again next year!

-Contributed by Cindy O'Neill



SOUTH AMBOY HOLDS BASKETBALL CLINICS AND TRYOUTS

The South Amboy Y hosted a 3-week basketball clinic with certified staff for 2nd to 12th grade to learn the fundamentals of basketball. The athletes were drilled and rotated through stations, taking their games to the next level.



Evaluations were held for Grades 5-8 for the South Amboy Cyclones travel basketball team to compete in a YMCA basketball league from December to March.



ROTARY INTERNATIONAL

The South Amboy YMCA has re-engaged with the South Amboy-Sayreville Rotary Club International Club with donated dictionaries and Rotary Interact Clubs for the students.



PTO FUN!

South Amboy staff Joseph Cohen, Program Director and team members Dwayla and Shantel recently attended the South Amboy PTO event with a fun obstacle course.



SOUTH AMBOY ARTSFEST



The South Amboy ArtsFest was held on Sunday, September 22nd and was a day filled with music, art, activities, prizes and great food! A Scarecrow Contest was also held (see page 8 for full details).

Congressman Frank Pallone, Jr., Speaker Craig Coughlin and Mayor Fred Henry were just a few of the attendees that attended.

-Contributed by Karen Robson



LIGHTS ON AFTERSCHOOL



Metuchen School Age Child Care celebrated Lights On Afterschool, a project of the Afterschool Alliance, a nonprofit organization dedicated to ensuring that all children have access to quality, affordable afterschool programs. Launched in 2000, this event is celebrated in 1,200 communities nationwide. More than 8,000 Lights

On Afterschool rallies are held annually, attracting 1 million Americans. Former Governor Arnold Schwarzenegger has served as Chair of Lights On Afterschool since 2001.

Metuchen celebrates another year by allowing parents to view their program in action with a healthy snack and a fun craft, including demonstrations of STEM and CATCH. Afterschool programs keep kids safe, help working families and inspire learning. They provide opportunities to help young people develop into successful adults!

-Contributed by Gabrielle St. Fleur



TOGETHERHOOD UPDATE



Several key **Togetherhood** projects are scheduled for the final two months of 2019. Board members and their families and friends are encouraged to participate in:

- **The Y's two year-end Food Drives to support the Metuchen Food Pantry.**

Food items and cash donations can be brought to the Edison Y throughout November and to the Metuchen Y throughout December. A team of **Togetherhood** volunteers will be "on call" to transport donations from both Y branches to the pantry.

In addition, volunteers are needed to help pack and distribute food baskets and gift cards for recipients. Dates for these events are:

- In November, adults and kids can pack baskets on Monday, November 25th, from 6:00 pm to 7:30 pm; adults can distribute baskets on Tuesday, November 26th from 8:30 am to 11:00 am.
- In December, adults and kids can pack baskets on Tuesday, December 17th from 6:00 pm to 7:30 pm; adults can distribute baskets on Wednesday, December 18th from 5:30 pm to 7:30 pm
- The Metuchen Y's sixth **Blood Drive** of 2019 will be held on Thursday, December 26, from 1:00 pm to 7:00 pm. The final week of the year almost always means donated blood is in very short supply. Through **Togetherhood**, our Y is responding to this critical need by holding this drive. Please consider donating that day, and bringing a family member, a friend, or a neighbor with you.
- YMCA **Togetherhood** volunteers are also supporting our downtown Metuchen merchants, helping the Metuchen Area Chamber of Commerce (MACC) and the Metuchen Downtown Alliance (MDA) with promotional events. If you are interested in helping with Small Business Saturday (November 30) or the Metuchen Winter Festival and Parade (December 1), volunteers are needed.



L. to r.: Paul Edgcomb, Jim Peck, Joan Mistrough, George Koscs and Mark Goldstein at the August Blood Drive.

Togetherhood at the YMCA of MEWSA has had a strong 2019. To date, over 180 volunteers have given nearly 450 hours of volunteer service, participating in 23 community projects and events. **Togetherhood** aims to close strong with its five remaining projects. For more information—and to volunteer—contact Paul Edgcomb at 732-887-6633 or pedgcomb@optonline.net

-Contributed by Paul Edgcomb

IMPORTANT DATES

Fall II Session
Oct 28-Dec 22

Giving Tuesday
December 3

Board of Director's Holiday Party
December 11

Winter Session
Jan 2-Feb 23

LiveSTRONG Breakfast
December 14

Annual Support Campaign Kick-Off
January 15

UPCOMING MEETINGS

NOVEMBER

- 1** PROPERTY COMMITTEE
AO CONFERENCE ROOM—9:00 a.m.
- 6** EDISON BRANCH BOARD
EDISON BRANCH—8:30 a.m.
- 8** INVESTMENT COMMITTEE
AO CONFERENCE ROOM—8:00 A.M.
- 13** METUCHEN BRANCH BOARD
Metuchen Branch—8:00 a.m.
- 13** SOUTH AMBOY BRANCH BOARD
SOUTH AMBOY BRANCH—6:00 P.M.
- 19** FINANCE COMMITTEE
WERNIK ROOM—6:00 P.M.

DECEMBER

- 5** CHILD CARE COMMITTEE
AO Conference Room—6:00 p.m.
- 10** FINANCIAL DEVELOPMENT COMMITTEE
AO Conference Room—6:00 p.m.
- 18** BOARD OF DIRECTOR'S MEETING
Wernik Room—5:30 Fellowship
6:00 Meeting

MISSED AN ISSUE?

All Board newsletters can be found on the YMCA website at

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

