



October 2018

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

JANICE GARBOLINO 5K RUN/WALK

The 2018 Janice Garbolino Memorial 5K Run/Walk was held on Saturday, September 15th in Roosevelt Park. This year, there were 302 runners and walkers, an increase of almost 40 participants from last year! All proceeds from the race go to the LiveSTRONG® at the YMCA Program. Of note is that dozens of staff walked in honor of Nicole Miller, a South Amboy staff member who passed away earlier this year from cancer, and wore t-shirts honoring her memory, which was organized by Matt Kaefer of the South Amboy YMCA. T-shirts were purchased for \$20 and the proceeds were donated to the Nicole Miller Memorial Fund which will benefit camp and child care programs. Sixty t-shirts were sold, raising \$427!



South Amboy staff from l. to r.: Tara Francis, Sue Chanese, Mary Valera, Beth Helsby, Matt Kaefer, Roxann DeVoe

The theme was once again "Calling All Superheroes" and many participants came out in full garb, including the kids receiving capes this year instead of t-shirts.



This year, the Y offered an 8-week training program, led by Zev Rosenberg, a veteran

runner who has run countless 5K's, half marathons and full marathons. See more on page 2!

The top three male winners and top three female winners received gift cards that were donated by Runners High in Metuchen. Race results can be found [here](#), including a complete list of sponsors. The race was also spotlighted on News 12 New Jersey. See page 10 for details!



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STAY CONNECTED!

Association Office



Metuchen



Edison



South Amboy



5K TRAINING PROGRAM



The Y offered a 5K Training Program that was designed to help new runners complete the Janice Garbolino 5K Memorial Run. Led by Zev Rosenberg (pictured right), a veteran runner whose resume includes countless 5K's, half marathons and full marathons, participants were able to learn the basics and then some of running. They increased their mileage, learned about running safety and used tips and tricks to help achieve their goals. Through the sport of running, they also built lasting new friendships. All the participants who ran the race finished and they were all beaming with pride (pictured left). It was quite an accomplishment! Congrats to all the 5K runners!



-Contributed by Deborah Wider

DID YOU KNOW?

STEPS IN PREPARING A PERSONAL SOLICITATION

Being prepared to ask someone for a gift is critical to campaign success. Making an appointment for a personal visit, knowing who to bring with you on the visit, what you hope to accomplish during the visit and where to have the face to face meeting all needs to be planned before the ask occurs. [Click here](#) for more information.



UPCOMING BOARD OF DIRECTORS MEETINGS

October 24



November 28



December 19 (Holiday Party)

A TRIBUTE TO PETER J. BARNES, JR.

The YMCA pays tribute to Peter J. Barnes, Jr. who passed away on September 11, 2018, just one day shy of his 90th birthday. Peter's life was dedicated to one of public service, and his contribution as a public official to the mission of the YMCA and the community at large was noteworthy. He was a resident of Edison for more than 50 years, and served on the Edison Township Council, Planning and Housing Authorities and Chairman of the Middlesex County Democratic Organization. Peter Barnes also served for 11 years in the New Jersey Legislature where he represented the 18th district. He is a Past President of the Middlesex County Bar Association and Past President of the Metuchen Rotary Club. He also served on the Executive Board for the Metuchen-Edison YMCA and to honor his commitment to service, the YMCA has established the Peter J. Barnes, Jr. Community Champion Award, which is given each year to a prominent and influential individual in the community who has a legacy of community service and is responsive to and interested in the work of the YMCA.

Peter served as a legacy of community service and served as an example for others in leadership, integrity and the core values of the YMCA: caring, honesty, respect and responsibility.

He continued to honor his commitment to the greater good by asking for memorial contributions to the YMCA of MEWSA as well as the Central Jersey Spinal Cord Association in lieu of flowers at his service.



NEW BRUNSWICK CHILDREN VISIT OAKCREST

David Jefferson Harris, Director of Greater New Brunswick Day Care Council, collaborated with Cindy O'Neill over the summer which allowed the children from the daycare center to Oakcrest as part of a program called "Read Eat Swim". After "reading and eating" at the child care center, the children visited Oakcrest for swim lessons and free swim time to accommodate the "swim" part of the program. The children attended nine lessons with Claudia Morgan (shown back center). The children absolutely loved going to Oakcrest to enjoy being outside and learning how to swim. On the last day, they presented Ms. Morgan with flowers and a huge thank you!

David expressed his gratitude to Cindy O'Neill and the Y, noting that "their support was deeply appreciated".

To learn more about the Greater New Brunswick Day Care Council, visit <https://www.gnbchildcare.org/>

-Contributed by Cindy O'Neill



MOMENTS FROM MARIE'S RETIREMENT PARTY



METUCHEN Y LAUNCHES BALLET ACADEMY

The Metuchen Y has officially renamed their ballet program at the branch the Metuchen Ballet Academy. The program has been offered for seven years, and because the popularity of the class has grown over the years, it has evolved in size and scope, resulting in increasing the number of class offerings and adding levels of increasing complexity. The classes are taught by Elizabeth West, who danced professionally for 15 years.

There are currently two levels of dance classes available for dancers ages 4-7 and two levels of dance classes available for growing dancers, ages 7-12. Both boys and girls are welcome at the classes and teens and adults are also welcome via a class-card program or drop-in rate.

For more information, contact Barbara Verikas at barbara.verikas@ymcaofmewsa.org or Elizabeth West at metuchen.ymca.ballet@gmail.com.

-Contributed by Barbara Verikas



CHOOSE TO LOSE PROGRAM AT EDISON

Deborah Wider, Edison Wellness Director, is happy to report that their Choose To Lose program is filled to capacity. Participants are provided with the tools necessary to achieve their fitness goals, including learning how to meal prep, creating a calorie deficit, getting the most out of their workouts and leaning on each other for support and guidance.



Each week participants are weighed in, engage in a short Q&A segment to review struggles and successes, and then participate in a 45-minute calorie burning workout. The program is run by Sterling Brown, a Certified Personal Trainer and Certified Nutrition Specialist and Deborah Wider, who is also a Certified Personal Trainer. The next program is scheduled to run in January 2019.

-Contributed by Deborah Wider

The Edison YMCA Blood Drive was a huge success!

The Edison Y held a Blood Drive on September 20th and it was a huge success! Sixteen units of blood were collected which helped save the lives of trauma patients, patients with blood disorders, cancer and many other life-threatening injuries and illnesses in our hospitals.

Edison is truly thankful and appreciative to all of their donors, noting that their efforts may have just saved someone's life!

-Contributed by Deborah Wider

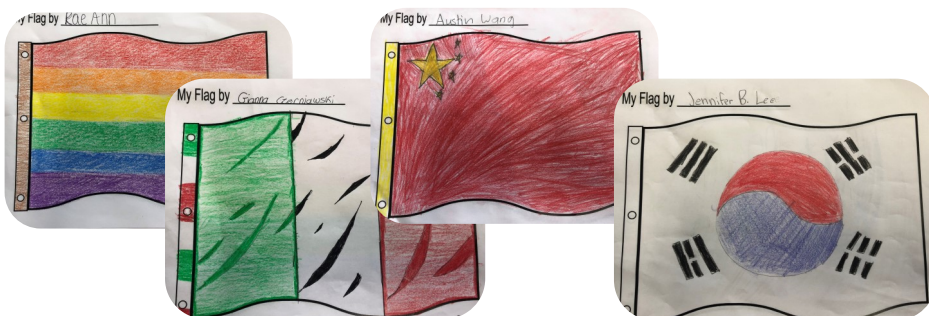


WELCOMING WEEK AT THE Y

Created by Y-USA's national partner—Welcoming America, **Welcoming Week**, which takes place each year in September, celebrates the growing movement of communities that fully embrace new Americans and their contributions to the social fabric of our country. It's a chance for neighbors—both immigrants and U.S.-born residents—to get to know one another and celebrate what unites us as a community!



Each of the branches held various activities and events to celebrate Welcoming Week!



The kids at the South Amboy SACC program designed and colored flags from their home countries or a flag that is important to them. Each flag represents a different race, ethnicity or community are welcomed and feel at home at the South Amboy YMCA. A pot luck dinner was also held to experience the cuisines from different countries. Pictured right, staff member Ann Scapolatempore shows that all individuals are welcomed at the South Amboy YMCA!



Metuchen Preschool and Kindergarten children celebrate their multicultural backgrounds and learn how to say hello in many languages.



To commemorate the occasion, the Edison Y asked their staff to reflect on why they celebrate welcoming week, and displayed their responses throughout the building. To help show just how far our impact has reached, they also had staff and members mark state, national, and global maps to show where they and their families are from. The members and Child Care parents shared their own cultures, by writing "Welcome" in other languages from all over the world!



9/11 DAY OF SERVICE

All three branches participated in the national 9/11 Day of Service.



L. to r.: Mark Goldstein, Michelle Valian, Marie Patterson, Matthew Melchione, Susan Molineaux, Jim Pack, Paul Edgcomb and Elaine Edgcomb.

METUCHEN YMCA

Metuchen staff and volunteers once again worked with the Department of Public Works and the Metuchen Garden Club to beautify the area around Freedom Plaza. Public Works provided the mulch and removed the bags of debris after the work was completed. And perhaps it was serendipitous that the mark left on Paul's shirt after all that work is most clearly...a heart.

EDISON YMCA

Staff and volunteers once again visited the Menlo Park Veterans Home where they enjoyed the many stories the veterans shared about their experiences. Tom Zimmerman, Enhance Fitness instructor, led an exercise class set to patriotic music. The event was humbling to all the volunteers who helped out and very validating to the veterans.



Back Row: L. to r.: Cindy O'Neill, Jennifer Guthlein, Jillie Peguero, Rosemary Orlandini and Debbie Wider visit with the veterans.

OUR SAVIORS

Many of the child care centers also celebrated Day of Service. Our Saviors children invited local fire, police and ambulance departments to thank them for their service to our community. In preparation for their arrival, the children made various banners to show their appreciation for all that they do. The kids also prepared yogurt parfaits as a treat that the servicemen and women could take along with them on their shift!



SOUTH AMBOY

Volunteers at the South Amboy Y painted inspirational words, messages and designs on wooden stars for their Stars of Hope project. This project empowers children of all ages to transform communities and individuals in need of hope through

the power of art and healing. The stars are displayed in public places in communities worldwide to serve as beacons of hope and compassion for all to see in the immediate and long term aftermath of tragedy.



SAYREVILLE DAY

On Saturday September 15th, staff from the South Amboy YMCA attended Sayreville Day in Kennedy Park. The day is about celebrating the diverse and unique businesses in Sayreville and South Amboy and to give businesses an opportunity to showcase what they have to offer to the community.

This was also a part of Welcoming Week for SAY as the staff used this opportunity to speak with the community to promote SAY membership, programs and services.

-Contributed by Matt Kaefer

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



L. to r.: Breanna Hathcock and Lynnette Ragazzo

EDISON CARDIO & STRENGTH ROOMS GET A FACELIFT



The Edison Cardio and Strength Room got a facelift when the old pads were replaced with pads from the Metuchen Y, giving it a new look. Ever thrifty, Edison repurposed old padding that the Metuchen YMCA was no longer using, instead of having to purchase new pads!

Gene Brem, owner of Upholstery, the company that did the work, and his assistant came to the rescue! They "set up shop" right in the Cardio and Strength Room and within a day, had repaired the old, worn pads to look like new!

Cindy O'Neill noted that she was quite impressed with how quickly they set up their workspace and how skillfully and efficiently they worked to get the job done in just a few hours!

-Contributed by Cindy O'Neill

SUPPORTING LOCAL GIRL SCOUTS

Caroline, a long-time member of the MEY Swim Team and Leader's Club, completed her "silver award" for girl scouts at the Metuchen Y! She has been working hard all summer on bluebird houses, which were placed around the grounds of the Y, as well as a few locations in town.

Through this process, Caroline was able to identify various ways that she can service her community. She researched the design of bird houses, constructed them, met with Y staff to plan the placement of the houses, and contacted various people in the community to receive permission to install the houses in each location.

This project gave Caroline the opportunity to research and plan a project from start to finish, and she was very proud of what she accomplished! So was everyone at the Metuchen Y!

-Contributed by Barbara Verikas



<bits & pieces>



First Day of School at Edison!



Harborview students learn about STEM, a program funded by PNC Bank Foundation



Leader's Club volunteers and Barbara Verikas, Matt Melchione at the 5K Livestrong® table



SAY staff show their support with their #TeamNicole Memorial t-shirts



Our new VP Bobby Kleinau and family, cheering on the 5K Runners!



Metuchen staff show their solidarity during Welcoming Week!



Board member Paul Edgcomb and wife, Elaine beautify Freedom Plaza



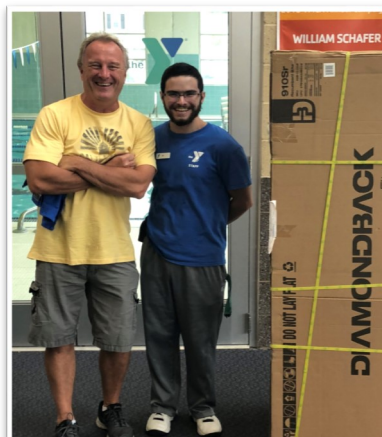
Cathy Haugh, Metuchen Fitness Instructor and Association Advancement Assistant, comes in 1st place in her age division in the 5K!



Former SACC student Olivia Yassine spots herself in last year's Tot Trot picture



Edison members have a difficult workout on the TRX machines



SAY member Andrew Hulsart, winner of the recumbent bike raffle. Proceeds went to the LiveSTRONG® Program

CHARITY HOCKEY GAME FOR LIVESTRONG® PROGRAM

The Edison Firefighters have planned a "Let's Extinguish Cancer" fundraising event with all proceeds going to the LiveSTRONG® at the Y Program. The event planned is a hockey game between the Edison Firefighters and the NY/NJ Port Authority hockey team. It will be held on November 17th at 8:30 p.m. at the AmeriHealth Pavilion Prudential Center in Newark. T-shirts designed by the Edison Fire Department are also being sold to the general public as a way to raise funds. For more information, contact Christine Tolley at christine.tolley@ymcaofmews.org.

-Contributed by Chrissy Tolley

WELCOME NEW BOARD MEMBER SEEMA PANDE!

The YMCA of MEWSA welcomes newest Board member Seema Panda!

Seema has spent her professional career in Technology Audit and Information Technology, holding various positions of increasing and diverse responsibility within the financial services industry.

She and her husband moved to Metuchen in 2010, after living in New York for 12 years. They have two daughters, ages 16 and 7, who are students in the Metuchen school district. Both daughters were enrolled in YMCA child care centers in both New York and Metuchen. Her younger daughter was a full-time student at Edgar Early Learning Center until Kindergarten, and now attends before and after care at the Y. Seema is a YMCA member and enjoys all of the programs that the Y offer.

Seema has a desire to be more connected to the community and to offer her assistance and expertise. She has contributed to the community in various volunteer organizations and associations, and her current position provides the flexibility to pursue her interests and contribute to the community as well. Seema feels that being a member of the YMCA Board of Directors aligns with her goals, and she feels that this opportunity could not have come at a better time.



BACKPACK DRIVE A SUCCESS!

The Metuchen Y has been working in conjunction with "Metuchen Gives Back" on a backpack/school supply collection that ran all summer. Supplies were collected at three different locations (the Metuchen Y, What's the Scoop and Farmer's Insurance) and SACC staff helped manage the collection of supplies.

On August 30th, all supplies were transported to the Y, where the Leader's Club sorted and organized all of the items. Karolina, the leader of Metuchen Gives Back, spoke with the Leader's Club teens about the work that her organization does in town. The supplies were brought to Jersey City, where children were able to "shop" and pick out what they liked, so that they would feel confident on their first day of school.

-Contributed by Barbara Verikas



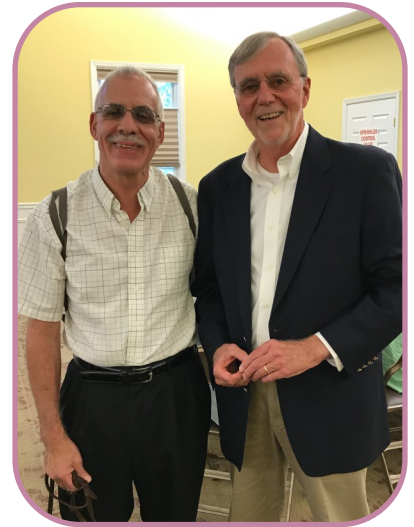
PAUL EDGCOMB RECEIVES AWARD

Board member Paul Edgcomb was honored at the First Presbyterian Church Food Pantry Community Service Awards on Saturday, September 29th at the FPC Social Center. Paul received the first ever Community Service Award in recognition of the significant contributions he has made to the Food Pantry and



Christine Tolley presents Paul Edgcomb with the Community Service Award

the community. Tom Giordano (pictured right) was also honored at this event. The honorees selected serve as role models for compassion, service and striving to make the world a better place through the Food Pantry.



Christine Tolley, Senior Program Director at the Metuchen Y, presented the award to Paul, detailing Paul's countless hours of volunteerism at the Y and in the community. "Even when you can't see the difference, you are creating a ripple effect of change, simply because you are a volunteer", said Chrissy. "Paul, thank you for being that change for us."

A tricky tray was also held with all fund raised benefitting the YMCA and the First Presbyterian Church Food Pantry.

RECORDBREAKING TURNOUT FOR METUCHEN LEADER'S CLUB!

Barbara Verikas, Youth and Teen Program Director at the Metuchen Y, was thrilled to report that the kick-off for this year's Leader's Club drew in a whopping 27 teens!

The Leader's Club started in November 2017 with just nine members, but gathered steam as word of mouth about the program grew and participants increased. During the school year, the teens took on many community service projects and hosted or volunteered at many YMCA events, including

blood drives, joining forces with Togetherhood for community clean-up projects at public parks and the Greenway, Family Fun Nights, the Janice Garbolino 5K, Spooktacular and Healthy Kid's Day. They also recently assisted Metuchen Gives Back with collecting and organizing backpacks and supplies for donation to families in need and are excited to volunteer at the Tot Trot for the first time this year. This year they created their first official "Club Constitution" and the group is excited to earn their way to the Teen Leadership Retreat at the YMCA's Camp Mason in the spring by attending regular club meetings, being an active volunteer and consistently participating in Club events.



The Y is able to offer this initiative and the retreat free of charge, largely in part to two grants that were received, including \$5,000 from the Wells Fargo Foundation and \$10,000 from the Investor's Bank Foundation.

This year looks to be even more productive, with the teens learning how to become leaders and create change in their communities through volunteering!

-Contributed by Barbara Verikas

YMCA ON NEWS 12 NEW JERSEY!

The YMCA had two recent events highlighted on Della Crews' Spotlight New Jersey on News 12 New Jersey. The 30-second highlights covered the Janice Garbolino 5K Walk/Run and the upcoming Tot Trot & Youth Family Run. Check them out!



METUCHEN VOLUNTEER HONORED

Metuchen volunteer Connie Ying is the recipient of this year's NJ YMCA State Alliance Youth Volunteer Award. Connie is being nominated for this award because of her dedication, commitment and enthusiasm in bettering the lives of others. Connie started volunteering at the Metuchen YMCA last October, after transferring from Highland Park High School, and immediately volunteered for the Y's "Spooktacular" Halloween event. She then joined the Leader's Club, which was developed to build teens as leaders and foster a sense of service to the community. Connie helped plan and implement two Family Nights, and also helped plan Healthy Kids Day, one of our largest community events of the year. Connie also volunteered her time cleaning up litter from Papaiani Park on Earth Day. Connie has made great strides in becoming a true leader by attending Leader's Club focus group meetings to discuss group projects. After less than a year, Connie holds the #1 spot for the most volunteer hours in the Leader's Club. Connie sets the bar for her peers, by giving back and making a real difference in the community.

Connie will receive her award at the NJ State Alliance Annual Dinner on October 15th at the Hyatt Regency in New Brunswick. Great job!

-Contributed by Barbara Verikas



EDISON STARTS SCRATCH CLASSES



The Edison Y has started their new Scratch classes, where children learn a programming language and interact with an online community to share interactive media such as stories, games and animation with people from all over the world. Scratch is designed and maintained by the Lifelong Kindergarten Group at the MIT Media Lab.

Pictured left, Edison SACC students are excited about learning Scratch

CAMP FAMILY FUN NIGHT

A Family Appreciation Night was held on Friday, August 17th at Oakcrest Family Swim Club. The evening was presented by the Leader's Club and Camp staff and hosted families from Camps Munsee, Oakcrest and Oak Tree.

Activities included swimming, games, music and food. Parents were given a chance to visit and enjoy the location where their children swim for camp.

-Contributed by Barbara Verikas



METUCHEN FARMERS MARKET



The Leader's Club joined forces with the Metuchen Membership staff to promote Y programs and services at the Metuchen Farmers Market. While the inclement weather could have put a damper on everyone's moods, instead, the crew wound up dancing all day in the rain and having a fantastic time!

Leader's Club members interacted with children and families and made sure everyone was having a great time, despite the rain.

-Contributed by Barbara Verikas



FAMILY MOVIE NIGHT

The Metuchen Y held a Family Movie Night to wrap up Welcoming Week and celebrate Peace Day on Friday, September 21st. The Leader's Club and Aquatics Department hosted the event which was held in the gymnasium. The movie "Trolls" was played on the big screen and following the

movie, activities included face painting, parachute games and a Troll-themed craft. Pizza, cotton candy and water were also served. This event was free of charge to the community.

-Contributed by Barbara Verikas



IMPORTANT DATES

Tot Trot & Youth Fun Run
October 14

Fall I Session
September 3-October 28

Fall II Session
October 29-December 23

Halloween at the Branches
October 26 (Metuchen/Edison)
October 19 (South Amboy)

Board Holiday Party
December 19

Winter Session
December 31-February 24

UPCOMING EVENTS & MEETINGS

OCTOBER

- 3 BOARD GOVERNANCE COMMITTEE**
AO Conference Room—5:30 p.m.
- 4 CHILD CARE COMMITTEE**
AO Conference Room—6:00 p.m.
- 5 PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 9 FINANCIAL DEVELOPMENT**
- 10 SOUTH AMBOY BRANCH BOARD**
South Amboy Branch—6:00 p.m.
- 17 FINANCE COMMITTEE**
Wernik Room—6:30 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

NOVEMBER

- 3 PROPERTY COMMITTEE**
AO Conference Room—9:00 a.m.
- 3 BOARD GOVERNANCE**
AO Conference Room—5:30 p.m.
- 5 INVESTMENT COMMITTEE**
AO Conference Room—9:00 a.m.
- 14 EDISON BRANCH BOARD**
- 14 METUCHEN BRANCH BOARD**
Metuchen Branch—8:00 a.m.
- 21 FINANCE COMMITTEE**
Wernik Room—6:30 p.m.
- 15 AUDIT COMMITTEE**
AO Conference Room—8:00 a.m.
- 28 BOARD OF DIRECTOR'S MEETING**
5:30 Fellowship—6:00 p.m. Meeting

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)

