

BOARD of DIRECTORS NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

September 2017 ★ Board of Directors Update

REFLECTIONS ON CHARLOTTESVILLE

Kevin Washington, President & CEO of Y-USA, had this powerful and important message regarding the recent events in Charlottesville, Virginia.

Dear Colleagues:

The events in Charlottesville, Virginia, this past weekend were a stark reminder of the chasm between our nation's founding ideals and present-day reality for so many Americans. Safety and happiness are out of reach for an unacceptable number of people in our communities, and sadly, there are extremists who want to keep it that way.

At the Y, we resolve to be light in this darkness. We stand strongly in opposition to the hate, racism and white supremacist ideology that fueled the violence in Charlottesville. We stand against hate and violence anywhere, in any form. We stand for all. We stand for caring, honesty, respect and responsibility—values that can lead the way to a brighter tomorrow for our nation and for all who do and all who wish to call it home.

To be clear, this is not about politics. Hate and racism know no boundaries, political or otherwise. This is about right and wrong. Those of us who work toward love, inclusion and equity—no matter where we come from or what party we support—will be on the right side of history. And we must work tirelessly, to assure our story is the one told years from now about this point in time.

I believe deeply in the power of the Y's mission and cause, and in our collective capacity to move the country forward by giving voice to the marginalized and underserved and promoting community cohesion. As an organization and as individuals privileged to play this vital role, we have an obligation to be purposely and fully inclusive, across all dimensions of diversity. Many of us have made a point to reach out to those with different viewpoints as a means of finding common ground. We need to stay on this path. We should never accommodate or legitimize hate, but we should continue to build bridges with reasonable people who challenge us to consider other perspectives. Unity requires all of us—For a better us.

It has taken me a few days to process the horrific images and videos I saw from Charlottesville, and frankly, I'm still not sure I fully understand how and why this is happening in our country in 2017. But I do know that I am choosing optimism over despair, purpose over inaction, love over hate. I invite you to join me.

Sincerely,

Kevin Washington
President and CEO

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DID YOU KNOW?

YMCAs know that meaningful, lasting change can only come about when people work together. A Y's standing in its community and within the Y Movement is enhanced when the board makes a deliberate effort to cultivate relationships with government officials, key community leaders, the State Alliance, and other YMCAs.

JERSEY CARES HELPS OUT AT SAY!

The South Amboy Y partnered with Jersey Cares on August 1st to bring 40 volunteers from the law firm Fragomen Worldwide in Matawan to the Y. Jersey Cares is a non-profit organization that meets community needs by recruiting volunteers to work directly with nonprofit agencies and schools. They offer meaningful volunteer opportunities that showcase the rewards of civic engagement and address some of our communities' most pressing needs. The volunteers did several projects at the Y,



including building benches, painting decorative pots, making hop scotch mats, showing the children how to use 3D pens, and coordinating a health and fitness event for the campers. The volunteers organized sack races, tug of war, and other fitness games for the camp children. They even provided every child with a fitness backpack that they could take home which included a Frisbee, water bottle and jump rope. The volunteers expressed how much they enjoyed working with the children and volunteering for the Y.

For more information, visit www.jerseycares.org.

-Contributed by Beth Helsby

SIEMENS RETURNS TO THE EDISON Y!

Siemens International and Siemens Caring Hands Foundation located in the Metro Park complex visited Edison's Junior Enrichment camp again this summer. Renee Molloy from Siemens (pictured below) has returned for her 3rd year introducing engineering to Edison's youngest campers. The theme on August 11th was to build sustainable structures using toothpicks and marshmallows to understand the concept behind engineering. Also pictured is Charlyne Emmanuel, Edison's Kindergarten Wraparound teacher and Junior Enrichment Camp Director. Each camper went home with their structure and a backpack filled with goodies from Siemens.

The Siemens Caring Hands Foundation is a not-for-profit organization recognized under section 501(c)(3) of the Internal Revenue Code. The organization was established for purposes of receiving, maintaining and disbursing funds for sponsoring and encouraging charitable activities. Through various activities, Siemens Caring Hands mobilizes employees to donate their time and talents to worthy causes to carry out Siemens' commitment to impact the communities in which we live and work through volunteerism.

Thank you for coming to the Edison YMCA to teach our children the important concept of engineering!



-Contributed by Cindy O'Neill

BRIGHTON GARDENS SUPPORTS THE Y!

Edison YMCA's neighbor, Sunrise at Brighton Gardens Senior Living, was presented with their tee flag from the Richard Hale Memorial Golf Outing that took place June 6th at Metuchen Country Club.

Brighton Gardens supports our YMCA programs and is an asset to our community. Their donation will help support the Send a Kid to Camp Scholarship Assistance Program. The Edison YMCA thanks them for their support over the years and dedication to the community.

Stay tuned for more collaborations with Brighton Gardens as they work with our After School children in the fall for multigenerational activities with the residents in their community.

-Contributed by Cindy O'Neill



L. to R.: Cindy O'Neill, Angela Bisking, Associate Executive Director and Tracey Borges, Executive Director



DONATE TO SUPPORT THE YMCA'S HURRICANE HARVEY RELIEF FUND

All funds will go directly to Y's serving the communities in Texas hit hardest by the storm

NEW SWIM CURRICULUM BEGINS IN SEPTEMBER!



This Y will be launching its updated swim lessons curriculum to increase the accessibility and enjoyment of swimming to all ages and skill levels. The latest evolution of swim lessons accommodates varying abilities to help foster a sense of achievement as swimmers' progress between levels. Through this approach, advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who

stick with lessons and develop a love for swimming that can last a lifetime.

There are three general categories of Y Swim Lessons:

Swim Starters develops water enrichment and aquatic readiness in children ages 6 months to 3 years. This category focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

Swim Basics develops personal water safety and basic swimming skills in students of all ages. Swimmers develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water.

Swim Strokes introduces and refines stroke technique in older students (school age, teens and adults). Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity. For more information, [click here](#).

EDISON KIDS DAY AT THE FARMERS MARKET



The YMCA, in conjunction with the Edison Dept. of Health & Human Services, co-hosted a Kids Day at the Farmers Market in the parking lot of Jade Dynasty on August 20th. Board member Jay Elliot and Director of the Dept. of Health & Human Services for Edison was

instrumental in coordinating this fun day for the children. It was a great way to connect with and introduce families in the community to the availability of healthy options right in their own neighborhood! There were fun activities for kids of all ages including the Dragon Bounce House, carnival games, HEPA tips and recipes, temporary tattoos, crafts and more!

Donations were also collected for the Hands of Hope Food Pantry. *-Contributed by Cindy O'Neill*



SAY HOSTS A FUNDRAISER BOOK SIGNING



Author, Marie Marchione

The South Amboy Y hosted a book signing of "The Two Chameleons" on Friday, August 25th. The book was written by Marie Marchione and was illustrated by one of South Amboy's Welcome Desk employees, Jamie DeGroot. Both Jaime and Marie's daughter, Aubree Marchione, were on hand to read the book to campers. They held a coloring contest for the children as well. A portion of the proceeds are being donated to the YMCA of MEWSA's Send a Kid to Camp Scholarship Fund.



The children enjoy a coloring contest

SAY FUNDRAISERS AND EVENTS

The South Amboy Y held a fundraiser at Arirang Hibachi Steakhouse on Wednesday and Thursday, August 2nd and 3rd to raise money for the SAY scholarship fund. 15% of every dollar spent was donated back to the South Amboy YMCA.



\$126.80 was raised at the event!

On August 14th the South Amboy Y held a blood drive. There were over 50 donors who came out to support the drive and 42 pints of blood were collected to help those in need!



Another blood drive is scheduled for December 28th.

ENRICHMENT SHOWCASE AT SOUTH AMBOY



The South Amboy YMCA camp attended a Solar Eclipse viewing party at the South Amboy Library on Monday August 21st from 1:30 p.m.—4:00 p.m. The children learned the science behind the eclipse and were all given a chance to view the eclipse with special viewing glasses. It was a rare opportunity for the children to enjoy the eclipse in a safe as well as educational environment.

-Contributed by Beth Helsby

7TH GRADE POOL PARTY AT OAKCREST

As part of the YMCA's 7th Grade Initiative, a free membership is offered during the school year to participating 7th graders.



This year, students were invited to Oakcrest Pool to enjoy a day of fun and sun before getting ready for the new school year. Everyone had a great time and we look forward to increasing the number of participants this coming school year!



-Contributed by Kristine Rosko

UPCOMING BOARD OF DIRECTORS MEETINGS

SEPTEMBER 27



NOVEMBER 29



DECEMBER 20

BACKPACKS FOR KIDS!

Camp Munsee staff felt that ever kid deserves to go back to school with something fresh and new so they decided to hold a school supply drive and then fill backpacks with school supplies to donate to those in need. What a wonderful way for YMCA staff to do their part towards our mission of social responsibility!



Top Row: Clarence Smith, Gabby Bing, Brandon Beckford
Bottom Row: Sydney Pratt, Doug Deter, Shamar Waterman

JANICE GARBOLINO MEMORIAL 5K RUN/WALK

CALLING ALL SUPERHEROES! Register for the 2017 Garbolino Memorial 5K Run/Walk now! The run will take place Saturday, September 23 at Roosevelt Park in Edison. Proceeds will benefit the LiveSTRONG® at the YMCA Program.



Sign up at <http://www.ymcaofmewsa.org/5k!>

STAFF APPRECIATION DAY

As a thank you for all of their hard work and dedication all year long, YMCA staff were treated to a Somerset Patriots Game and picnic dinner on Wednesday, August 9th. The weather cooperated and the evening was beautiful! Although the Patriots lost, there was still a good time had by all and for those who stayed until the end, there was a fireworks show to cap off the night!



EDISON'S PRE-K SUMMER CONCERT

Edison's Preschool and Pre-K classes celebrated the end of summer by performing some songs and putting on a short play for their families.

The children did a great job and their parents were so proud!

-Contributed by Jen Guthlein



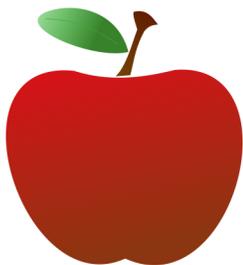
LIVESTRONG GRADUATES ANOTHER CLASS



The Metuchen YMCA just wrapped up another session of their 12-week LiveSTRONG® at the YMCA program with 9 people graduating—the biggest group yet! Some of the participants of this session are also participating in a research study through Rutgers University and will continue for another 12-weeks to stay in communication with “health advocates”—oncology

nurses who will give encouragement and reminders to stick to their exercise routine.

-Contributed by Hannah Thomas



As part of the Y's continuing commitment to maintain our standards of excellence in the areas of child growth and development, family engagement and communication, nutrition, health and safety, the Child Care Services Annual Training event is being held on August 30th at Middlesex County College and August 31st at the Middlesex Fire Academy. The training will also enable staff to acquire their Professional Development hours towards their continuing education requirements.

GIRL SCOUTS VISIT OAKCREST!

Oakcrest campers and staff learned the importance of pet population and adoption from Elizabeth Lackland Girls Scout Troop 80763.

Campers made animal toys for a local animal shelter, as part of Ms. Lackland's Silver Award Project. Oakcrest will continue to collect pet supplies, towels and blankets for the shelter through Labor Day!



TOGETHERHOOD VOLUNTEER OPPORTUNITIES!



Volunteers from the YMCA of MEWSA are partnering with community organizations to honor the National Day of Service and Remembrance. The branches have come up with different ways to honor our veterans and active military members with ways to do something good on the anniversary of a tragedy.

METUCHEN YMCA

Freedom Plaza (Corner of Woodbridge Avenue & Main Street, Metuchen)
Morning of 9/8/2017

Partnering with the Metuchen Fire Department and the Dept. of Public Works to clean up and beautify the Metuchen Freedom Plaza in preparation of the town's Annual 9/11 Memorial Event.

EDISON YMCA

Menlo Park Veterans Home
132 Evergreen Road, Edison
9/11/2017, 10 a.m.—12:00 p.m.

Will engage with veterans during the Trivia Town Square event and offer interactive physical activities to US veterans in residence.

SOUTH AMBOY YMCA

200 John T. O'Leary Boulevard, South Amboy
8/1-9/11/2017

Partnering with Operation Gratitude to hold a collection drive for care packages to be sent to deployed troopers, new recruits, veterans, first responders, wounded heroes and their caregivers. "Wish List" items are on Amazon.com.

**This Day of Service is made possible, in part, by a grant from the Metuchen & Woodbridge Farmers Insurance Agencies.*

BLOOD DRIVE

Summer is the most critical period for shortages of donated blood. Please volunteer to donate blood at the Metuchen Y on **September 17th** between 9:00 a.m.-3:00 p.m. Contact Paul Edgcomb for details at pedgcomb@icloud.com.



Please consider volunteering at the next Rummage Sale sponsored by the First Presbyterian Church of Metuchen. The event will be held on September 22nd and 23rd, however, Togetherhood volunteers will help the church with this effort by volunteering to receive, unpack and sort donated items, making them ready for sale. Volunteers will be needed on September 19th and September 20th. There are morning, afternoon and evening hours available. If you are able to volunteer, please contact Paul Edgcomb at 732-887-6633 or pedgcomb@icloud.com.



SCRATCH, JR. GRANT RECEIVED!

The YMCA recently received notification that they have been awarded a grant from the PNC Bank Foundation in the amount of \$7,500 for the Scratch, Jr. program! Scratch, Jr. is an introductory programming language that enables young children, ages 5-7, to create their own interactive stories and games while learning how to solve problems and design projects, and develop sequencing skills that are foundational for later academic success. They also use math and language in a meaningful and motivating context, support the development of early childhood numeracy and literacy. With the already successful Scratch Program for 8-16 year olds leading the way, Scratch, Jr. promises to provide a rich and challenging environment for these children.

THE Y PARTICIPATES IN WELCOMING WEEK



Welcoming Week is an annual celebration bringing together thousands of people and hundreds of local events that celebrate the contributions of immigrants and refugees and the role communities play to foster greater welcome. Welcoming Week is September 15-24 across the country and now expanding to other parts of the world.

To show our support of New Americans and to celebrate how they enrich our lives and our communities, each of our branches will be hosting events during Welcoming Week.

Check back next month to see how each branch promoted cross-cultural understanding, resulting in stronger communities for all! For more information, visit www.welcomingamerica.org.

NATIONAL NIGHT OUT



The National Association of Town Watch is a nonprofit, crime prevention organization which works in cooperation with thousands of crime watch groups and law enforcement agencies throughout the country. Since 1981, NATW has been dedicated to the development, growth and maintenance of organized crime and drug prevention programs nationwide.

Representing the Metuchen Y at National Night Out: (from l. to r.) Pat Colandra, Volunteer Coordinator, Pamela Cohen, Child Care Director, Robin Guensch, Adult Program Coordinator and Angelica Causing, Membership and Marketing Director.

The Metuchen Municipal Alliance hosted the impactful and fun event for the community. This amazing group of people coordinated the event, brought in all of the vendors and welcomed everyone with a smile!



TOT TROT & YOUTH FAMILY RUN



For children 2-12 years of age

Sunday, October 1, 2017 (rain or shine)
9:30 am—12:30 pm
Metuchen High School
400 Grove Avenue, Metuchen



UPCOMING EVENTS & MEETINGS

SEPTEMBER

- 8-11 **NATIONAL DAY OF SERVICE EVENTS**
Various. Click [here](#) for individual branch event information.
- 12 **FINANCE DEVELOPMENT COMMITTEE MEETING**
AO Conference Room—5:00 p.m.
- 15 **PROPERTY COMMITTEE MEETING**
AO Conference Room—9:00 a.m.
- 17 **BLOOD DRIVE**
Metuchen YMCA—9:00 a.m. to 3:00 p.m.
- 21 **FINANCE COMMITTEE MEETING**
AO Conference Room—6:00 p.m.
- 22 **IT COMMITTEE MEETING**
AO Conference Room—8:00 a.m.
- 22-23 **RUMMAGE SALE**
First Presbyterian Church, 270 Woodbridge Ave, Metuchen
- 23 **JANICE GARBOLINO MEMORIAL 5K RUN/WALK**
Roosevelt Park
Registration: 7:30 a.m. Start: 8:30 a.m.
- 27 **BOARD OF DIRECTOR'S MEETING**
Wernik Room—5:30 Fellowship/6:00 Board Meeting

OCTOBER

- 1 **TOT TROT & YOUTH FUN RUN**
Metuchen High School
9:30 a.m.—12:30 p.m.
- 4 **BOARD GOVERNANCE COMMITTEE MEETING**
AO Conference Room—5:30 p.m.
- 5 **CHILD CARE COMMITTEE MEETING**
AO Conference Room—6:00 p.m.
- 6 **PROPERTY COMMITTEE MEETING**
AO Conference Room—9:00 a.m.
- 10 **FINANCIAL DEVELOPMENT COMMITTEE MEETING**
AO Conference Room—5:00 p.m.
- 19 **FINANCE COMMITTEE MEETING**
AO Conference Room—6:00 p.m.

Association

Edison

Metuchen

South Amboy

