

Newsletter



YMCA-YWCA of Northeast Avalon Volunteers & Donors

Volunteering at the Y Makes the Difference for Youth!



Robyn Nelson, Youth Volunteer & Member

Volunteers at the Y learn, grow, develop and give back to their communities. These opportunities are what make the Y a unique organization that inspires gifts of time, talent and treasure.

This is just a quick note to express how honoured I am to represent the youth volunteers from the Y as part of YMCA Peace Week celebrations.

I am enjoying the leadership program at the Y since joining. It has played an important role in my leadership abilities and opened up my zest for volunteering. I love working with the children in the after school program and also seniors in the community. The leadership group is helping to make the Y accessible to others by encouraging and promoting the Y mandate.

The educational program I am involved in requires creativity, action and service hours, most of which I am able to attain through my Y membership. The opportunity to be involved at the Y has opened doors for me in University.

During the past summer I attended YMCA Camp Wapomeo in Nova Scotia and completed their CIT training. I absolutely adore this camp and that's why I decided to join the Y in Newfoundland. Being hired as a camp counsellor is a dream of mine.

Thank you for this opportunity and for being such a great organization in St. John's. I feel very privileged to be involved – all the staff at the Y are so thoughtful and caring.

Robyn Nelson

Robyn truly embodies the spirit of the Y. I know she misses it this year as it was a main stay of her life for 3 years. She is now attending Mount Allison University.

Robyn completed the International Baccalaureate program at Holy Heart High School. I would pick her up after school after a hard and demanding day, drop her off at the Y and pick her up 2 hours later. She would be bubbling with enthusiasm and that Y spirit after spending time with the kids.

Her time volunteering in the after school programs with boys floor hockey was a complete delight and she loved the exuberance of the boys. Robyn was honoured to head up the GO Girls GO program in her final year volunteering with the Y, helping girls build their self esteem and feeling of self worth. It was because of this experience that Robyn felt the confidence to apply to the Tim Horton's Children's Foundation camps and was employed with them as one of their youngest counsellors in the summer of 2008.

Robyn's volunteering with the Y resulted in her working as a counsellor with the YMCA of Yarmouth, Nova Scotia, Camp Wapomeo. She completed the leadership program building her communication and counselling skills with the guidance of the Y.

Robyn was asked to serve on the St. John's Y Advisory Committee for two years as the youth representative. A position she took great pride in. She would speak of how the committee members would listen to her youthful idea's with vigour.

The Y and its ideals have shaped Robyn and her spirit and she continues to give back and be involved in her community at university. She hopes to someday work with non profit agencies and possibly the United Nations.

Cheers to you all and all you do for the community. Exciting about the new Y!

Palmer Nelson (Robyn's Mom)

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Sun Life Helps Ensure No One is Turned Away

On November 5, 2008, Sun Life Financial presented a cheque to the Y in support of the YMCA Strong Kids Campaign. This campaign helps raise the funds needed for the Y to provide support for children, youth, and families who are unable to afford the full cost of participation in a Y program or activity.

At the Y, we believe everyone should be able to participate in programs they need regardless of their ability to pay the full fees.. The Y is open to everyone – all ages, backgrounds, abilities, and financial circumstances. Gifts to the Y from companies like Sun Life Financial help people in our communities become healthier.

Thank you to Sun Life Financial for their generosity and helping the Y build strong kids, strong families, and strong communities!

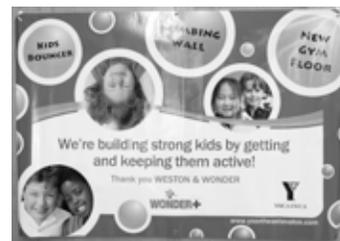
Right: Keith Vincent, Financial Centre Manager, Lloyd Osmond, Financial Advisor, and Jim Osmond, Financial Advisor, present a cheque to Michelle Northover, Director, Development, YMCA-YWCA of Northeast Avalon in support of the Y Financial Assistance program.



Thank You, Weston!



Sharon Horan, Y Campaign Cabinet Chair, Darlene Anstey, Territory Manager Weston Bakeries, Jason Brown, Y CEO, and a group of children at the Mount Pearl Y celebrate the completion of the new climbing wall by cutting the ribbon at an event held on October 18, 2008. The capital developments were made possible by a \$71,000 gift from the Weston Foundation and the WONDER Play, Dream, Grow community spirit program.



Resolution Run - December 31, 2008

The Running Room will be helping the Y build strong kids again this year with its annual Resolution Run. Proceeds raised from this event will be generously donated to the YMCA Strong Kids Campaign. Last year the event raised \$2000 to help the Y offer financial assistance to those who would otherwise be unable to benefit from participating at the Y.

Come out and take part by running, walking or volunteering for this fun 5km event. Your participation helps the Running Room and the Y partner to make children and families healthier in our communities. A great way to start the new year!

For more information or to sign up contact:

The Running Room
9 Rowan Street, St. John's
738-3433 www.runningroom.com



Volunteer Spotlight - Sharon Sparkes



Sharon Sparkes

In her free time, Sharon enjoys spending time with her family, son Mitchell and husband Grant. Mitchell is now eleven and has been part of the Y since he was three years old. Sharon also generously volunteers her time as Treasurer on the Board of Directors for the Y.

In her professional life Sharon is a chartered accountant. In addition to holding a Bachelor of Commerce and a Masters in Business Administration from Memorial University, she holds the position of Vice President, Finance and Chief Financial Officer with the Newfoundland Labrador Liquor Corporation. Prior to this she has worked in the telecommunications industry and the retail and wholesale grocery industry in various capacities, primarily in the financial function.

The Y has been a tremendous source of comfort to me as I've raised my son. The after school program is second to none in terms of the care given and the opportunity for children to develop social and other life skills in a safe and secure environment. Mitchell's first friendships were formed when he entered the Y playschool program at three years old.

Having the opportunity to serve on the Board of such an outstanding charitable organization is a privilege. I am excited for the future of the Northeast Avalon Y. It is an honour to be part of a dedicated team of individuals who truly want to enhance opportunities for families and individuals in our community.

The Y for me is an important part of the fabric of our community. The new building will serve as the hub of the Northeast Avalon Y. From this base we will be able to do so much more in reaching out to families and individuals in the community and grow the Y family. I am thrilled to be a part of the team that will work to make this happen.

The Charity of Choice

The YMCAs of Newfoundland and Labrador Strong Kids Campaign was chosen as the recipient charity of choice for the proceeds raised from the Rod Benson Memorial Golf Tournament hosted by the Newfoundland and Labrador Credit Union. The 7th Annual Rod Benson Memorial Golf Tournament took place at Clovelly Golf Course in St. John's on Wednesday, August 27th, 2008. The tournament honours Rod Benson, a former co-worker with Newfoundland and Labrador Credit Union (NLCU) who passed away suddenly at the age of 31. Rod's co-workers decided to do something to preserve his memory. A man of kindness and generosity, and a lover of golf, it was determined a charity golf tournament would be organized in his honour.

The funds donated to the campaign will be used to help children and youth attend programs at the Y in St. John's, Mount Pearl, Grand Falls-Windsor, and Corner Brook. A special thank you goes to the Benson Family and the NLCU Charitable Foundation.



Left: Sharon Horan, Craig Rowe, Karen Ryan, Jerry Kirkland, and Jason Brown represent the Y team at the Rod Benson Memorial Golf Tournament.

Right: Craig Rowe, Y Board Chair, and Michelle Northover, YMCA Strong Kids Campaign Provincial Coordinator accept a cheque from Raymond Piercey, NLCU Charitable Foundation Board Co-Chair.



Foundations Help Give Children Opportunities at the Y!

Thank you to the The United Way of Avalon and the VOCM Cares Foundation for their funding support of \$5000 each for two special projects.



The United Way funding helped send 10 children to Y Outdoor Camp for four weeks giving them experiences to last a lifetime. Children had the opportunity to swim, canoe, enjoy campfires, develop leadership skills, and take part in healthy, fun activities.



The VOCM Cares Foundation funding will allow 22 children to participate in child and youth member programs for one year with a Y membership at the St. John's Y and Mount Pearl Y. Children and youth who otherwise would not be able to participate are able to develop a sense of belonging, make new friends, have fun and become healthy and active all at the same time!

The Y is grateful for these partnership opportunities. Our community benefits greatly and everyone become healthier when organizations share resources to meet the needs of those most vulnerable in our society.



Share your Y story! My Y is...

Do you have a story about the Y you'd like to share? Every day Ys across the country impact lives and we want to spread that good news to others. By sharing your story you can help make a difference in someone else's life. Take a moment and reflect on your own experience or that of someone close to you and tell us... "My Y is..."

Please contact Michelle Northover at mnorthover@ynortheastavalon.com or 754-2982 ext. 27.



YMCA World Peace Week

The YMCA-YWCA of Northeast Avalon is proud to participate in the 21st Annual YMCA World Peace Week. Ys across Canada are recognizing Peace Makers in their Communities and are excited to be hosting a Peace Week Breakfast.

This year, the Peace Week breakfast was held on November 21, 2008 at the Holiday Inn. At this year's event, the YMCA Peace Medallion was awarded to Edward Patten. Edward is a member of the community who focuses his time and energy on helping others.

L - R: Janet King, Communications Coordinator, YMCA-YWCA of Northeast Avalon; Wayne Hebb; Edward Batten, Peace Maker; Jason Brown, CEO, YMCA-YWCA of Northeast Avalon.



a message from the CEO

Transformation and Change

Our charity is in the transformation business. Through our programs in health, child care, and employment we help children, youth, adults, and families in our communities transform their lives from unhealthy to healthy, from isolated to involved, from unemployed to employed, and from unsupported to supported.

In 1854, the founders of our Y could not have imagined the changes to St. John's, to Newfoundland, and to the world that would take place over the next century and a half.

Similarly, in 1979 when Y leaders cut the ribbon to open our facility at 34 New Cove Road, they likely could not imagine how the Y could be called upon to respond changes to our communities and society in future decades.

The stewardship of Y leaders in 1854, to 1979, to today and all days in between, has led us to another period of change. Throughout, the Y was and is our gift to our communities.

Starting with important and strategic decisions in 2005, our Board of Directors and staff have transformed our Association into a pro-active, responsive, sustainable, quality, and growing provider of urgently needed programs and services. Our Y has a very bright future.

Change is never easy, but it is necessary. If we are to fulfill our role long into the future, the Y must continue to change and adapt. We will also continue to work to help our program volunteers, advisory volunteers, members, participants, donors, and staff understand these changes and why they are necessary.

The transformation will continue over the next 20 or so months as we work to complete our campaign, start construction, and then open the new St. John's Family Y at the corner of Ridge Road and Higgins Line. When this new location opens, we will be able to increase the number of people involved in the Y, and help even more people have their lives transformed.

Thank you for being a part of the Y. Help us build the new Y and we can do so much more.

Jason Brown
Chief Executive Officer
709-754-2982
jbrown@ynortheastavalon.com



Jason Brown, CEO

Our Mission

The YMCA-YWCA is a charity that provides opportunities for all to grow in spirit, mind, and body.

Vision 2010

The YMCA-YWCA will be a leading charity providing access to all in employment, child care, and health programs.

YMCA-YWCA Core Values

Caring
Honesty
Respect
Responsibility
Health
Inclusiveness



health fitness & recreation - employment & enterprise services - children's services - voluntarism and philanthropy

YMCA-YWCA of Northeast Avalon
P.O. Box 21291
St. John's, NL A1A 5G6
Phone: 709-754-2982
Fax: 709-754-2870
www.ynortheastavalon.com
Charitable Registration # 108225533RR0001