



Summer 2009

BULLETIN



international

International Programs

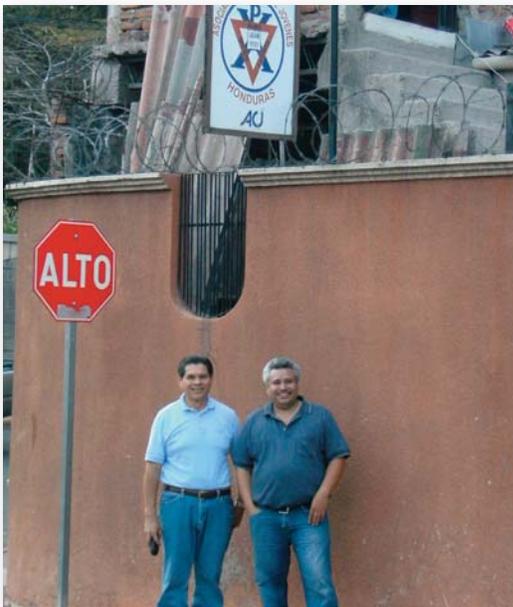


YMCA Canada East

HONDURAN YMCA TO DEVELOP FITNESS CENTER

Like a majority of YMCAs in developing countries, the ACJ [YMCA] of Honduras depends heavily on support from overseas partners in order to carry out their work. In this regard, they are not different from YMCAs in the North which are also often economically dependent upon donors in order to maintain programs.

The ACJ [YMCA] of Honduras, however, is committed to raising a larger amount of funds locally. To that end, they have been working with the YMCA of the USA to examine a number of possibilities by which they would be able to generate income. After considering several options, it has been decided that the ACJ will take steps to establish a Fitness Center, similar to those common in YMCAs in Canada and the United States.



René Brizuela (left) with Marco Antonio Perez, Executive Director of the Honduran ACJ

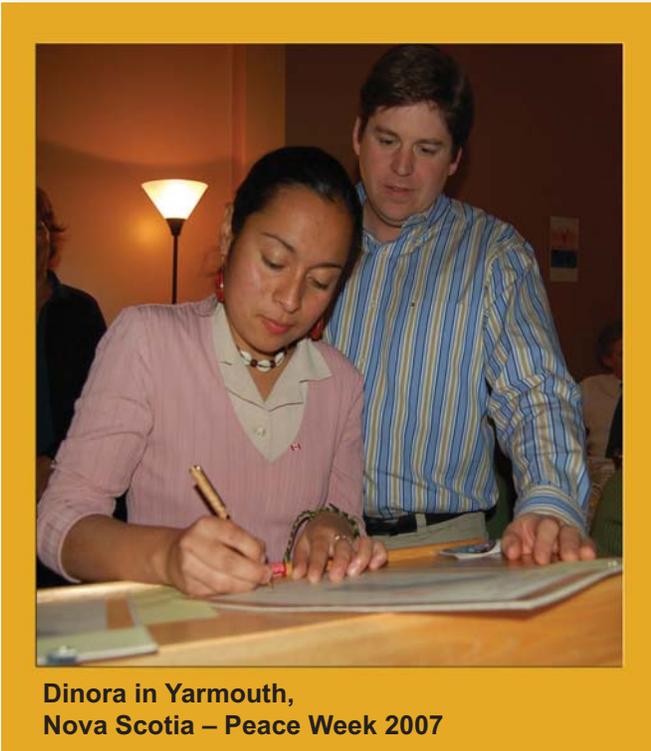
A for-profit gymnasium had been operating in the neighbourhood of the ACJ and was successful enough that it moved to larger quarters some distance away. This provided a natural opportunity which the ACJ is moving to take advantage of. Renovations are being made on the second floor of the main offices in Tegucigalpa in order to accommodate the proposed Fitness Center.

The proposal and floor-plan for the new Center were developed by René Brizuela, the Executive Director of the Southeast Rio Vista Family YMCA, Los Angeles, California. The ACJ has begun the construction and is now seeking assistance from its various partners to acquire equipment for the center.

A copy of the proposal for the Wellness Center, translated into English, is available on the YMCA Canada East website.

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DINORA IZAGUIRRE



Dinora in Yarmouth,
Nova Scotia – Peace Week 2007

(Several YMCAs in Nova Scotia will remember the visit of Dinora Izaguirre to their associations during Peace Week of 2007. Dinora was one of the three representatives from the Honduran Y who came to the Atlantic Provinces that November to sign the partnership agreement between YMCA Canada East and the YMCA of Honduras. Dinora wrote the following article about the significance of the YMCA in her life.)

My name is Dinora Izaguirre. I am 21 years old and am in my third year of studies in the Psychology Department at the National University in Honduras. I am the oldest of three children, and have been a volunteer at the YMCA for five years. Currently, I am the Secretary of the Board of Directors.

I was born in the Department [Province] of El Paraíso, in a very small community where I lived until I was seven years old. At that time, my parents separated, and we moved to the city to stay with a relative. Now I live in Tegucigalpa with my mother and two brothers. I completed my primary schooling in 1999 and entered secondary school the following year. It was in 2003 that I had my first contact with the YMCA, specifically through the Citizenship Formation Program, which was operating in my school. During the three years since I became involved with the Citizenship program, I have become daily more active in the work of the YMCA and now volunteer with them. In 2006, I became a member of the Board, and, in 2007, I trained a group of youth engaged in a YMCA project.

To speak about the YMCA is to speak about my life, because it has allowed me to develop my abilities and provided me a way of contributing to the well being of young women in my country. The YMCA is like a second home for me, a place where I have grown and have become better qualified, where I am able express my ideas without fear of being judged. If the YMCA had not been part of my life, I would not be the person I am now. I believe that thanks to my association with the YMCA, I have a different vision of life. It has helped me grow both personally and professionally. It has also helped me to develop a sense of commitment, solidarity, and empathy for others. Especially it has supported my commitment to take the message of the YMCA to other young Honduran women.

Moncton



YMCA staff member, Chris Robicheau, and volunteer, Carrie Smith, taking part in the Spin-a-thon

February 20th was the date for the first YMCA of Greater Moncton Spin-a-Thon. It is hoped this will become an annual event.

In addition to raising over \$5000, the Spin-a-Thon was a great opportunity to inform members about the activities of the International Committee, more specifically, about the partnerships between the Moncton Y and the ACJ YMCA in Riseralda, Colombia, and Moncton's participation in the regional partnership with the Honduras ACJ.

Over 100 people participated on 16 teams, including many corporate teams. Every hour, new team members joined, providing the opportunity for a short presentation about the partnerships. Other activities included a poster presentation and the sale of *Just Us!* products to participants and their friends, as well as members participating in other areas of the Y that day.

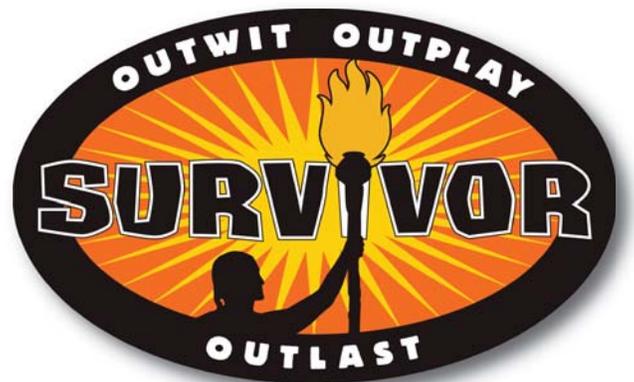
Cumberland

33 young people from across Cumberland County survived a night at the YMCA. The Youth were divided into three teams which challenged each other both physically and mentally through six events. The winner was decided during the very last event when Team Lizard defeated the Kijji Tie Died Turtles and the Black Knights.

The night was based on the TV show "Survivor" which has aired since 2001. Some of the places "Survivor" has taken place have been: Borneo (2000), Australia (2001), Africa (2001), the Marquesas (2002), Thailand (2002), the Amazon (2003), the Pearl Islands (2003), Vanuatu (2004), Palau (2005), Guatemala (2005), Panama (2006), the Cook Islands (2006), Fiji (2007), China (2007), Micronesia (2008), Gabon (2008), and Brazil (2009).



During the night, the teams learned about different cultures through games and food from around the world.



The World of 100 Exercise

July 11 is the United Nations World Population Day.

The following exercise can be used to help groups understand the way in which the world's population is divided.

The participants are asked to imagine that the world consists of only 100 persons. The advantage of using a base population of 100 is that one can work with percentages. Participants can be asked to guess at the answers to the various questions, or this can be done as a research project.

If there were 100 people in the world:

- How many would live in Asia? – 61
- How many would live in Europe? – 12
- How many would live in North America? – 8
- How many would live in South America or the Caribbean? – 5
- How many would live in Africa? – 13
- How many would live in the Pacific? – 1

- How many would be men? – 49
- How many would be women? – 51

- How many would be Christian? – 33
- How many would be Muslim? – 18
- How many would be Hindu? – 14
- How many would be Buddhist? – 6
- How many would be members of another religion including Judaism and Sikhism, which are both less than 1% of the world population – 13
- How many would have no religion? 16

- How many would live in a city? – 47
- How many would live in a rural area? - 53

- How many would be disabled? – 9
- How many would not have access to decent sanitation? – 43
- How many would have access to safe drinking water? – 18