

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

August 2017 ★ Board of Directors Update

TEE UP FOR KIDS!



The YMCA Annual Richard Hale Memorial YMCA Charity Golf Classic was held on Tuesday, June 6th at the beautiful Metuchen Golf & Country Club. Even though we had some

rainy weather, this did not dampen the golfer's spirits! After an early lunch, all 84 golfers were very eager to get onto the green and get their golf game started! Afterwards, golfers enjoyed a cocktail and dinner, and awards were presented.

All proceeds from the golf classic go to the Send a Kid to Camp Scholarship Fund, in memory of Richard "Dick" Hale's legacy and his tireless efforts as a YMCA champion. He created a standard of generosity which we are committed to continue. Katie McAdoo is happy to report that this year we raised over \$23,000!

The YMCA of MEWSA awards over \$80,000 each year to deserving families which allows them to enroll their children in summer camp. While children attend summer camp, the parents are able to work with peace of mind, knowing that their children are in a safe and nurturing environment. Our donor's participation in the Richard Hale Memorial YMCA Golf Classic helps children enjoy a happy, fun summer.

See page 2 for pictures of the day's events!



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DID YOU KNOW?

Did you know that as a Board member, you are required to attend at least 70% of all Board meetings, be prepared and actively engage in meetings? All Board members should also serve on at least one Standing Committee and attend at least 70% of meetings.

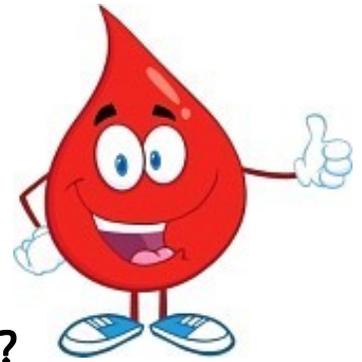
RICHARD HALE MEMORIAL GOLF CLASSIC MOMENTS!



BLOOD DRIVE AT SOUTH AMBOY

COMMUNITY BLOOD DRIVE

Monday, August 14th 2 PM — 8 PM
SOUTH AMBOY YMCA



Did you know there is an emergency demand for blood?

Help save lives by donating blood at the YMCA on Monday, August 14th from 2PM to 8PM. Donors will receive a pair of Mets tickets as a thank you!

LOCATION: SOUTH AMBOY YMCA
200 John T. O'Leary Blvd
South Amboy, NJ 08879
732-553-9622
ashley.malone@ymcaofmewsa.org



 **New Jersey Blood Services**
A Division of New York Blood Center

EDISON Y OFFERS PRIVATE MUSIC LESSONS



The Edison Y has started a new program offering private music lessons in a variety of instruments including flute, clarinet, piano, violin and guitar. The lessons are taught by Michele Grondin who is a Master of Music and Instrumental Conductor. Lessons also include reading music, so the students can practice on their own time. Thirty and 60 minute lessons are offered for children 5 and up, teens and adults.



Pictured here is Lea Hom, who is only four years old and playing the 1/4 guitar after starting lessons only four months ago!

-Submitted by Cindy O'Neill

HAMMERHEADS MAKE A SPLASH IN THE NEWS!



The local competitive swim team that uses the Metuchen Y for practice, the Jersey Hammerheads, has been making a splash in the news recently! The team was formed and is coached by Mike McQuay, the father of one of the swimmers, after doctors told him 15 years ago that his son would never walk or talk after receiving the diagnosis that he son had Autism Spectrum Disorder. Not only did Mike refuse to accept this

prognosis, but he did something about it. He started the team and recruited other youth with autism to participate in this competitive team. The swim team initially used the Raritan Bay YMCA facility for their lessons, but 2 1/2 years ago, Mike approached Marie Patterson to see if the team could use the Metuchen branch for their lessons. Of course, Marie welcomed them with open arms and since that time, Marie and Danica Lindsey, Aquatics Director, have been privileged to watch them make remarkable progress. Not surprisingly, Michael has defied all of the odds and now has an impressive collection of gold, silver and bronze medals from various local and state Special Olympic competitions.

The team caught the attention of independent producer and director Lara Stolman who made a documentary called "Swim Team" which "chronicles the daily struggles and triumphs that families such as the McQuays have experienced while seeking a sense of inclusion despite differences." (See the full article that was published on this documentary [here](#).) The film has already won several awards around the country and will be released in movie theaters in the United States within the next month. It has also been recently acquired by PBS' non-fiction showcase "Point of View" and will make its national television debut in October. Our local newspaper, the Home News Tribute, also published an article about the team that you can find [here](#) and the Today Show has expressed an interest in doing a segment for their show and will be visiting the Metuchen Y in October to film!

While all of the media attention is exciting, the main objective still remains clear that children diagnosed with autism face challenges and obstacles everyday, and it is the Y's commitment to help them overcome the odds by providing the means necessary to help them succeed.

Learn more about the Hammerhead's and Mike's wonderful and inspirational journey by watching the trailer and viewing their Facebook page here:

Swim Team trailer: <http://www.swimteamthefilm.com/index.php>

Jersey Hammerheads: <https://www.facebook.com/jerseyhammerheads0416/>

-Submitted by Marie Patterson

TOGETHERHOOD UPDATE



HUNGER DOESN'T TAKE A VACATION FOOD DRIVE

Togetherhood is hosting a [summer-long food collection drive](#). Summertime is when food insecurity is at its highest. In response to this demand for food, the Metuchen and Edison Branches will hold a food drive to benefit those in our community who need food assistance. Donations of non-perishable foods are requested and will be given to the Metuchen Food Pantry at the First Presbyterian Church. Donations can also be made at the Oakcrest Pool &

Swim Club. More details and a shopping list can be found the [website](#).

BLOOD DRIVE

Except during emergencies, summer is the most critical periods for shortages of donated blood. This is due to people taking vacations and groups who hold drives suspend them during the summer months.

Togetherhood held a blood drive on July 22nd and will hold another one on September 17th. The drive will be held at the Metuchen YMCA from 9:00 a.m. to 3:00 p.m.

METUCHEN FARMER'S MARKET VOLUNTEER TABLE

The YMCA will have two tables at the Metuchen Farmer's Market on Saturday, August 5th to promote the YMCA programs as well as the food drive, blood drive, National Day of Service project and Togetherhood. Please stop by to say hello and to support our local vendors. The market is located in the Senior Center parking lot at the corner of New Street and Center Street.



NATIONAL DAY OF SERVICE



"The time is always right to do what is right." -Martin Luther King, Jr.

September 11 has been named a National Day of Service and Remembrance. The YMCA of Metuchen, Edison, Woodbridge & South Amboy is partnering with other community groups, in the spirit of service, to host and complete a project that touches the lives of others.

The Metuchen YMCA volunteers will partner with the American Legion Auxiliary and the Metuchen Department of Public Works to beautify the area around Metuchen's Freedom Plaza. This project will take place on Friday, September 8 to have the Plaza ready for the September 11 Memorial Service.

The South Amboy YMCA volunteers, partnering with Operation Gratitude, will host a station in the lobby of the Y on September 11 for members to write a letter or create a drawing to be included in care packages that will be sent to active and deployed military.

The Edison YMCA volunteers will be visiting the Menlo Park Veterans Home on September 11 to do a trivia event, chair yoga/exercise, and hand out thank you cards to the veterans in appreciation of their service to our country.

To take part as either a volunteer for these projects or as a food and/or blood donor, please contact Paul Edgcomb at 732-887-6633 or pedgcomb@optonline.net.

ENRICHMENT SHOWCASE AT SOUTH AMBOY

The South Amboy Y held their first ever Enrichment Showcase on Friday June 23rd at 7pm. Over 50 parents and children attended the event. They were treated to a guitar solo, a gymnastics and cheer routine, and a hip hop dance number to Michael Jackson's "Billy Jean". The children who performed had just completed the Spring 2 Enrichment session where they learned their skills over the 8 weeks. Each child was recognized with an Achievement certificate.

-Submitted by Beth Helsby



SENIOR SCREENINGS AT SOUTH AMBOY

On

Wednesday June 28th from 9-2pm; the Woodbridge Medical Group provided preventative tests and screenings for seniors with Medicare. Tests included bone density ultrasound for osteoporosis, circulation testing, abdominal aorta ultrasound to check for aneurysms and much more!

-Submitted by Susan Chanese



UPCOMING BOARD OF DIRECTORS MEETINGS

SEPTEMBER 27



NOVEMBER 29



DECEMBER 20

RAISED GARDEN BEDS AT OAKCREST



This year Oakcrest Pool and Summer Camp installed raised garden beds with the help of a Shop and Stop grant. The garden beds are a welcomed addition to the camp as campers have been working hard planting, weeding and watering during their busy camp days. Campers planted lettuces, tomatoes, peppers, radishes, cucumbers and herbs to complete their salad gardens.

Campers use STEM based activities to chart growth, measure and predict produce outcomes. The vegetables collected are shared with the campers to help bring fresh Oakcrest grown salad items home to their dinner table. Campers look forward to seeing what's new growing in the garden! The garden beds were installed by City Green, from Clifton NJ.

-Submitted by Christine Tolley



METUCHEN JUNEBUG ARTFEST



The Metuchen YMCA was on hand for the Metuchen JuneBug ArtFest on June 17th, an art and music festival that features local talent in open air exhibits and window galleries. Live music performances and art events are also part of the fun evening festivities.

The Artfest is held every Saturday evening from 6:00-10:00 p.m. on Main Street during summer months.



METUCHEN FUCE 5K



Ara McKay in red shirt

particular, the Baginski Family. Donna Baginski has served in a number of roles at the Metuchen YMCA including instructor and trainer for the LiveSTRONG® at the YMCA program. Her husband, Thomas, was diagnosed with a brain tumor in the cerebellum in November of 2015. After surgery was performed to save his life, he suffered significant cognitive and physical impairments and had to relearn how to do simple tasks such as walking, speaking, writing and swallowing. He is now on a rigorous physical, occupational and speech therapies and Donna has become his primary caregiver.

The Fuce 5K is an event sponsored by the Fuccile Foundation, a nonprofit organization dedicated to the service and support of local families affected by tragedy. Each year, the "B Team", comprised of staff from the Metuchen Y, run in the race to represent one family in



Ara McKay and Marcus Farrus, Personal Trainers at Metuchen

Y staff who ran included Cathy Haugh, Hannah Thomas, Ara McKay, Robin Guensch, Christine LeCompte, and Amy Brooks, who also volunteered in the coordination of the race.

Also of note is that Cathy Haugh, Association Advancement Assistant and Group X instructor, came in second place!!! Congratulations, Cathy!



ANNUAL SUPPORT CAMPAIGN KICK-OFF RALLY

January 9, 2018

YMCA 97TH ANNUAL DINNER

May 2, 2018

RICHARD HALE MEMORIAL YMCA GOLF CLASSIC

June 5, 2018

POST-IT WALL AT THE METUCHEN Y



Togetherhood set up a bulletin board and handed out post-its to members, asking them to write something positive about themselves and posting it on the bulletin board. The exercise was to bring diverse people together and tackle social issues and create more cohesive communities.



ANTI-BULLYING PRESENTATION AT EDISON

On Saturday, June 17th, the Edison YMCA offered an Anti-Bullying Presentation for parents and children. Dr. Sairah Qureshi, President of Action Against Bullying and also Bolly-X instructor at the Edison YMCA, discussed the perils of bullying in and out of school. The event also included a Q&A segment.



MAYOR LANKEY VISITS OAKCREST!



On July 26th, Mayor Lankey visited the Oakcrest Camp and Swim Club, along with Councilman Coyle and Sendelsky, to enjoy the beautiful weather and to say hello to all the members and campers!

Pictured left to right are: Councilman Joseph Coyle, Cindy O'Neill, Councilman Len Sendelsky, Mayor Thomas Lankey, Rose Cushing, Carol Toth and Paul Casey.

-Submitted by Kristine Rosko



amazonsmile
You Shop. Amazon Gives.

When shopping at Amazon, don't forget to choose AmazonSmile by going to www.smile.amazon.com and choosing the YMCA of Metuchen NJ as your charitable organization! When you shop through AmazonSmile, Amazon will donate a portion of your purchase to the YMCA of MEWSA. The site will remember your selection each time you make a purchase. It's a great way to make a donation to the Y while having fun shopping!

DAY OF CAMPS



On July 11th the YMCA of Metuchen, Edison, Woodbridge & South Amboy held their 3rd annual Day of Camps at Oakcrest Family Swim Club. All the children from Lenape, Munsee, Oakcrest, Our Saviors, Ken Shirk, Centenary and Oak Tree camps came together for a day of fun and sun! Activities, contests, and events were planned throughout the day. With 470 children present and 35 staff members, there were almost 500 people in attendance to enjoy the beautiful day!



ESL BOOK CLUB AT METUCHEN Y

The Metuchen YMCA has begun an English as a Second Language Book Club for high intermediate to advanced ESL students 18 years of age or older. The book club theme is Journeys, Secrets and Visions in Literature and explores the ways writers talk about faraway places or plunge into secret regions and share these worlds with their readers. There will be discussion each week about a poem, play, novel, speech or short story, and raise questions, compare ideas, and think about connections to their own lives.

CELEBRATE YOUR DOGS DAY AT SOUTH AMBOY Y!



On May 19th, the South Amboy Y hosted a Dog Day at the Y for dogs and dog lovers in the community with a variety of special events throughout the afternoon. There were contests for best dressed, owner look-alike, best trick most obedient, best groomed and many more!

There was also a grooming demo from Poochie Doo, an obedience demonstration from the Middlesex County 4H Dog Training Club, an Ask the Trainer session, a housebreaking seminar and various recue groups and veterinarians were on hand. This event was free to all participants. There was a great turnout and both dogs and humans had fun!



-Submitted by Beth Helsby

SAY MIDDLE SCHOOL CAMPERS AT THE VENETIAN

The South Amboy YMCA middle school campers partnered with the Venetian Senior & Rehabilitation Center to earn volunteer hours while helping with a good cause. This July the campers produced their second annual music video with the clients at the Venetian. Campers had a blast teaching their dance moves to the seniors bringing a smile to everyone's face. The middle school camp group regularly volunteers each Tuesday morning throughout the camping season. Whether its joining in a game of bingo or putting together healthy snacks good old fashion fun is had by all!

-Submitted by Krystyn Gallant



Y ART? BECAUSE IT MATTERS!

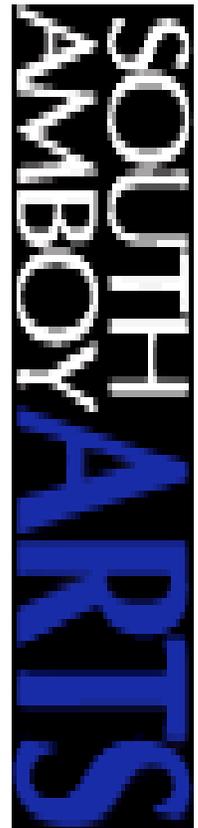
Beth Helsby, Director of Operations at the South Amboy Y, has developed a partnership with South Amboy Arts to bring arts to the South Amboy YMCA. Events are now listed on the South Amboy Arts website with a series of speakers and workshops all to be hosted at the South Amboy Y. The first four events to be held at SAY are listed below. Go to [South Amboy Arts website](#) for more information.

The Paradox Process™: a Feeling Miracle
Thomas M. Jones
Saturday, September 9, 6:30pm – \$25 – [Register Now](#)

Meet the Artist, with Laura Petrovich-Cheney
Professional Best Practices for Artists
Saturday, Sept. 23, 6:30pm (\$10 Suggested Donation) [Register Now](#)

Painting with Mozart
Irina Maryanchik and Dennis Connors
Saturday, October 21, 6:30pm – [Register Now](#)

Getting What You Want: The Paradox Process™
Thomas M. Jones
Saturday, November 18th @6:30 PM – \$25 – [Register Now](#)



UPCOMING EVENTS & MEETINGS

SEPTEMBER

- 1 **PROPERTY COMMITTEE MEETING**
AO Conference Room—9:00 a.m.
- 6 **BOARD GOVERNANCE COMMITTEE MEETING**
AO Conference Room—5:30 p.m.
- 8 **INVESTMENT COMMITTEE MEETING**
AO Conference Room—8:00 a.m.
- 12 **FINANCE DEVELOPMENT COMMITTEE MEETING**
AO Conference Room—5:00 p.m.
- 21 **FINANCE COMMITTEE MEETING**
AO Conference Room—6:00 p.m.
- 27 **BOARD OF DIRECTOR'S MEETING**
Wernik Room—5:30 Fellowship/6:00 Board Meeting

OCTOBER

- 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
Office

Edison

Metuchen

South Amboy

