



YMCA of Kanawha Valley
We build strong kids, strong families, strong communities.

Happenings

Vol. 21 No. 2

What's Happening at Your YMCA

June 2007

YMCA Spirit Recipient Announced

The Spirit of the Valley award, given annually by the YMCA of Kanawha Valley, will honor Dr. Ed Welch, a Charleston resident and volunteer leader in the field of academics. Ed took over the president's role at the University of Charleston in 1989 and has worked tirelessly to grow and improve the university during his 18 year tenure. He has led the institution through a period of unprecedented fundraising and expansion of student enrollment, tripling the endowment, transforming both the academic and campus environments. His work to better the valley by improving the quality of education in Charleston makes him an excellent example of what the Spirit of the Valley is about.



Ed is a native of Maryland and earned degrees from Western Maryland College, Boston University School of Theology, and Boston University Graduate School. He studied International Relations at the London School of Economics and Political Science and Higher Education at the Harvard Institute for Educational Management. His Ph.D. is in Social Ethics and he is an ordained minister in the United Methodist Church.

In addition to his many academic and educational efforts Ed has invested time to chair the Quality Committee

for the Charleston Area Medical Center Health Systems and Vice Chair for Public Information for the National Council of Independent Colleges.

Thank you Ed, for helping to make our community a great place to live! He has displayed those qualities of "charity, wisdom, patience and humility" that the Spirit of the Valley was created to honor. Your hard work and leadership will inspire many to continue in the path of your example.

The YMCA Spirit of the Valley serves as the annual fundraising campaign for the YMCA of Kanawha Valley. YMCA members and the community at large are asked to give to the Spirit Campaign in honor of this year's recipient. Proceeds of this campaign will benefit the YMCA Community Assistance Scholarship Fund, which assists individuals and families to become YMCA members or participate in programs no matter what their financial circumstances.

For information on how to donate to this year's campaign, please contact Greg Cottrill or Linda Pauley at 340-3540.



SAVE THE DATE • AUGUST 15, 2007

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YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Caring • Honesty • Respect • Responsibility



**5513 Rocky Fork Road
Cross Lanes, WV 25313
776-3323**

YMCA Yard Sale a Success!

On April 28 the Tyler Mountain YMCA held the 3rd Annual Community Yard Sale. Items sold at the event were donated by friends of the YMCA for resale. This year's sale generated over \$1,200 in sales and, as an added bonus, seven new memberships were sold. All proceeds from the event go to help support the YMCA Youth Scholarship Fund which provides financial assistance to children who want to attend YMCA Summer Day and Sport Camps. A special thanks to all those who helped make our 2007 Yard Sale a success by donating items and volunteering time!

Cooling Down....

With warm weather upon us, the Tyler Mountain YMCA is happy to announce upgrades to the Health and Fitness Center cooling system. Last summer YMCA volunteers and staff recognized the need to improve cooling in the Health and Fitness Center as well as the facility as a whole. During the spring a commitment was made to make that happen. Rock Branch Mechanical was hired to install new units in the fitness wing of the facility before temperatures peaked in late May. This upgrade has not only greatly improved the temperature in the fitness area, but has also improved cooling throughout the entire facility. This is one of several improvement projects planned for the coming months. Other projects include repairs and improvements to the parking lot and upgrades to the facility security system.

Day Camping at the YMCA

Did you know that the YMCA has been operating programs in the Cross Lanes area for nearly 7 years? Long before the Tyler Mountain YMCA was established the foundation was being formed through programs. One of the first programs to be offered was summer day camp. Through a partnership with Cross Lanes United Methodist, the YMCA began offering summer day and sport camps to Cross Lanes area youth in 2001. Since those early days at C.L.U.M., the YMCA summer programs have grown by more the 4 times the original size. Camps run for 11 weeks throughout the summer and include not only day camp but also basketball, soccer, dance, baseball, softball, volleyball and adventure camp. For more information on YMCA Summer Camps contact the Tyler Mountain YMCA at 776-3323 or visit us on the web at www.ymcawv.org. Remember that no child is turned away due to inability to pay; financial assistance is available through the YMCA Youth Scholarship Fund and the DHHR Link and Connect Programs.

The Senior Corner

Congratulations Richard Finney!!

***Ran the 111th Boston Marathon
on April 16, 2007***



Richard finished in the top 30 of his age group, 70 & over. His time was 4:00:42.

If you see Richard around the YMCA offer your Congratulations!



YMCA HEALTHY KIDS® DAY

The YMCA held its eighth annual Healthy Kids Day at the Charleston Family YMCA on Saturday, April 21, 2007. Over 586 children, age 12 and under, participated along with almost 40 vendors and 13 sponsors. This event allowed us to give away 25 bicycles, over 30 footballs, basketballs, soccer balls, skateboards, and helmets, 500 t-shirts, book bags, free food and drinks for all. Over 1,400 people (children and adults) attended this event. In addition, multiple activities, such as horse and carriage rides, climbing wall, and the Fire House were available throughout the day. The purpose of this event was to enlighten children and parents alike on healthy lifestyles and resources available to them throughout the valley. This event was entirely free to the public and a great success. This is a way the YMCA says thank you to the community for your support.

Barracudas: Summer Swim Team

The Barracudas are a multi-level, competitive swim team meeting the needs of individual swimmers. In the tradition of the YMCA, the Charleston Family YMCA Swim Team program emphasizes sportsmanship, competition, development of mind, body and team spirit.

The Barracudas participate in the Greater Kanawha Valley Summer Swimming League Meets, which are dual team meets. The YMCA is part of Division III which also includes: Berry Hills Country Club, Highlawn Pool, Lakewood Pool, Nitro City Pool and Ridgewood Pool. The season is comprised of home and away dual meets against the local outdoor pools listed above. The meets are held on Wednesday evenings. Swimmers who qualify can compete at the Tyler Mountain Water Company/Greater Kanawha Valley Summer Swimming Championships in July.

Practices will be held Monday, Tuesday and Thursday from 11:00am -12:00pm unless otherwise noted by the Head Coach, Erin Dydland.

The fee for summer swim team is:
Members \$65.00 Non-Members \$95.00



Charity Golf Outing Benefits the Youth of Kanawha Valley

The 14th Annual Partners with Youth Charity Golf Outing was held May 21 at Edgewood Country Club with 60 golfers participating. All proceeds from the tournament go to YMCA Scholarships. The Wells Fargo team consisting of Tony Paterno, Sam Femia, Bernie Eller and Mark Kurten shot a 55 to take first place. Second place went to the team from Ferris Baker Watts, Inc. consisting of Ed Stike, Phil Kincaid, Gary Creed and Marty Creed who also shot a 55 but lost on scorecard regression.

Many sponsors contributed to this year's event to ensure its success. Sponsors for the tournament were Brickstreet Insurance, Radon Medical Imaging, Pray Construction, Bayer, NTV Asset Management, T-Graphics, Ntelos, City of Charleston, Bert Wolfe Ford, Pepsi, City National Bank, Kanawha Manufacturing, Energy Corporation of America, Wells Fargo Insurance, Augusta Engineering, Petroleum Products Fleet Fueling, Subway, and Drug Emporium. Their continued support of this event and other YMCA events make them all valued partners in the YMCA's goals of serving youth in the Kanawha Valley and making sure that no child is turned away for the inability to pay.



The 2007 YMCA Partners with Youth Charity Golf Outing Champions:
 Left to Right - Tony Paterno, Mark Kurten, Sam Femia and Bernie Eller



Cindy Says...
 “You Can Find Health in your **Hectic World**”

Fitness consultant and columnist, Cindy Boggs has released her new healthy lifestyle advice book - a must have for anyone interested in living an energetic life. Cut through the fitness confusion by ordering your copy today.

Available NOW!!! Order online at www.cindysays.com
 Contact Cindy Boggs at 304.342-3533

YMCA Spring Break Spin Week

The *YMCA Spring Break Spin Week* was a great success. Four classes were taught by instructors Cathy Capps-Amburgey, Gina Wilson, Gail Pitchford and Ryan Kittle. Each class had a specific training focus such as strength, speed and endurance. The classes filled up with willing participants who donated toward the “*Send a Kid to Camp Fundraiser*”. Wonderful prizes were donated by area companies and individuals for the participants who were spinning for a good cause. *They raised over \$700.00* which sent as many as 25 children to camp who might otherwise not have gone. A special thank you to Cathy and Gina for their exceptional organizational skills and for the generous time and effort they put into this event.



Photo: Spin Instructor Cathy Capps-Amburgey, Will Swann and Zena Harris

“Get Movin’ West Virginia Campaign”

Get Movin’ WV!



This campaign will fund after-school programs in YMCA’s and other after-school programs all across the state.

How to participate ...

OMEGA members, convenience stores such as One-Stop, 7-11, Super America, Go-Mart, etc., will sell Y’s in their retail locations throughout the state the entire month of August. Purchase Y’s to support your YMCA!

Y We build strong kids,
 strong families,
 strong communities.

OMEGA
 west virginia oil marketers & grocers assoc.
 Providing Life’s Essentials to West Virginia —
 Fuel, Food & Convenience

YMCA Endowment Board makes gift to Youth Programs at YMCA

The Endowment of the YMCA is a separate 501c3 organization administered by its own Board of Directors chaired by David Lanham of Lanham, O'Dell and Associates. The Endowment Board has been working hard to increase the endowment holdings and manage the investments to provide assistance to families and youth to enjoy the YMCA programs. At its September 2006 meeting the Endowment Board decided on a distribution of \$27,682.81 to the YMCA for 2007. A check presentation was held at the April Association Board Meeting at the Tyler Mountain YMCA. To help the YMCA continue to care for more children, donate to the Endowment. Contact Greg Cottrill or Linda Pauley to ask about making a contribution.



Photo: Carl Agsten, Jr. and Cecilia Wehrle, Endowment Board Members, presented Mike Forbes (right), Chairman of the YMCA Board of Directors with a check for 2007 Endowment Distribution. This gives the YMCA the ability to help care for at least 70 youth year round at full scholarship.

Plan for Camp

Summer is almost here and planning for YMCA camps is heating up. This summer the YMCA is offering a number of fun and exciting camps for children of all ages. A staff of 35 will provide supervision for nearly 200 children daily at the Charleston location. Funshine Camp will give children 3 - 5 years of age their initial YMCA camping experience full of games, camp songs and new friendships. The "big camp" will provide campers five to eleven years of age a summer of outdoor activities, character development and traditional camp fun. The newest addition to our camp lineup, Teen Opportunities for Growth and Achievement (T.O.G.A), will provide teens a summer of personal growth, peer socialization and team building activities. The traditional tried and true camp activities are mixed with new and innovative ideas to provide campers with a unique summer experience. Field trips to locations such as Blennerhassett Island, amusement parks and water parks provide campers with an added bonus. Registration is available but spaces are very limited. Sign up today to ensure your child has a fun and enjoyable camp experience.



22nd Annual Corporate Cup

In case you haven't noticed the 22nd year of the Charleston Family YMCA Corporate Cup got under way on June 16, 2007, we will be wrapping up at Laidley Field on June 30. Thirty-seven teams varying in size and skill are participating in over 30 events throughout the two weeks of competition at various sites around the Kanawha Valley. YMCA Corporate Cup offers everyone the opportunity to train, achieve a higher level of physical fitness and develop healthy habits that last a lifetime. It also improves employee morale and strengthens the bond between employer and employee. To ensure your corporation doesn't miss out on the Kanawha Valley's premier corporate wellness event next year, contact Travis Chandler at 340-3535.

Tennis Across America 2007

The YMCA held its 16th annual USPTA Tennis Across America day on Friday, May 18th. On this day, YMCA tennis instructors and local volunteers come together to introduce tennis to those youth that would normally not have the opportunity. This year, 105 children participated in the event along with 35 community volunteers. A free tennis clinic was offered to all participants followed by pizza, drinks, and prizes.

This year we utilized the East Gym as well as the tennis courts which enabled us to give each child more attention. The children seemed to really enjoy themselves, and I believe everyone had a positive experience.

The children attending were from Ruffner, Chesapeake, and Piedmont elementary schools, as well as the Boys and Girls Club, Bream, and the YMCA Afterschool program.

The YMCA would like to thank: the Charleston Area Tennis Association, KRT, Wilson, Pepsi, and Papa John's Pizza for sponsoring the event. Thank you to the YMCA staff and all of our tremendous volunteers for helping to make this an enjoyable day for everyone involved.



Sean Murphy
YMCA Director of Tennis

West Virginia Symphony Idol

Jessica Liston, a YMCA Bright Beginnings Development Center employee, has been chosen as a finalist in the West Virginia Symphony Orchestra, "Symphony Idol" competition. Nine finalists were chosen during the April 2007 competition. Jessica has been singing her entire life and has previously won several local competitions. She is the mother of four year old twin girls who attend Bright Beginnings Development Center. Jessica will be featured singing with the West Virginia Symphony Orchestra February 15-16, 2008; tickets go on sale August 1, 2007. The competition will be very similar to the format of the popular American Idol television show; the audience will choose the winner through votes. Come out and support Jessica! Good Luck & Congratulations.



Power Foods: Best bets for eating well

These 10 health foods are some of the healthiest because they meet at least three of the following criteria:

- Are a good or excellent source of fiber, vitamins, minerals and other nutrients
- Are high in phytonutrients and antioxidant compounds, such as vitamins A and E and beta carotene
- May help reduce the risk of heart disease and other health conditions
- Are low in calorie density, meaning you get a larger portion size with a fewer number of calories
- Are readily available

**Apples + Almonds + Blueberries + Broccoli
+ Red Beans + Salmon + Spinach + Sweet
Potatoes + Vegetable Juice + Wheat Germ**

YMCA Opens Outdoor Pools for Summer

The Summer of 2007 is upon us and the YMCA is again busy with the work of providing safe and fun aquatics facilities in the Upper Kanawha Valley. Both the City of Montgomery and Kanawha County Parks have contracted with the YMCA to run their pools.



The City of Montgomery Pool will be open daily 12:00 Noon to 6:00 PM and will offer swim lessons, pool parties and swim team activities. The Pioneer Park Pool in East Bank will offer the same hours and also provide shelter rentals and putt-putt golf along with the traditional aquatic activities.

Individuals wishing to find out more about either pool may contact them directly:

Montgomery City Pool – 442-8890

Pioneer Park Pool – 949-3500

Spirit, Mind, Body

It's important that children learn the importance of pitching in at home and at school. Having children help with chores teaches skills, independence and responsibility. Children feel they belong when they can make a contribution. Getting children to do chores is easier if they have some say in deciding what chores they do and when they should do them.

Some suggestions for easing the process:

Start early. Even young children (age 3 and up) can learn they need (and like) to help and be given small tasks to do like clearing their dishes, picking up toys or helping the cook stir batter, tear lettuce or add pizza toppings.

Give children responsibility that is meaningful or has a purpose. We can all grow resentful if we're only given menial tasks or chores that no one else wants to do.

Vary the tasks and let kids pick a chore from time to time. Put chores in a hat, use a chore wheel or sign-up sheet.

Be clear about your expectations. Be specific and thorough in your instructions. "Clean your room" should be further broken down into "bed made, clothes hung up, toys and games put away".

Give children time to learn. If you take over and do things when children make mistakes or criticize their efforts, children will never learn to master the task.

Offer lots of praise and thanks for a job well done.



We want to hear from you!



The YMCA is always eager to hear from our members. Tell us what you think of your YMCA, how are we doing and what can we do better. Tell us how the Y has helped you. We may use your story to inspire others. Drop us a note or email Rebecca Loughry at marketing@ymcawv.org.

Summer Session Dates

Session IV (5 week session)

June 9 – July 20

Member Registration May 26

Non-Member Registration June 2

No classes July 1-7, 2007

Y closed all day July 4, 2007

Session V (5 week session)

July 21 - August 24

Member Registration July 7

Non-Member Registration July 14

Building Shutdown August 29 - September 2, 2007

Y closed all day September 3, 2007

Don't Forget To Register!

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Tony Paterno

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Julia Shreve

Craig Stilwell

Lisa Stover

Ed Tiffey

Cecilia Wehrle

Mark Younis

CFY Summer Hours

(effective May 26 - Sept 6, 2007)

Monday - Friday 5:30 a.m. - 10:30 p.m.

Saturday 8:00 a.m. - 6:00 p.m.

Sunday 10:00 a.m. - 6:00 p.m.

TMY Summer Hours

(effective May 26 - Sept 6, 2007)

Monday - Friday 6:00 a.m. - 9:00 p.m.

Saturday 8:00 a.m. - 6:00 p.m.

Sunday Closed

Check us out on the NEW & IMPROVED website: www.ymcawv.org



We build strong kids, strong families, strong communities.
100 YMCA Drive
Charleston, WV 25311
email: info@ymcawv.org



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