

Mission

- Our YMCA is a charity, open to all, dedicated to service to others and to providing opportunities for growth in spirit, mind and body.

Membership



Matters

YMCA

Number of Visits to YMCA Quinte West Branch since opening: 86389

Number of Visits to YMCA of Belleville since January: 127720

YMCA Peace Week November 21—28, 2009

YMCA World Peace Week is an annual YMCA Canada event to celebrate and promote peace and peacebuilding in communities across Canada and around the world. It provides an opportunity for the YMCA to teach children, youth and adults about the many dimensions of peace such as tolerance, inclusiveness, caring, respect and responsibility for others.

In celebration of 25 years of building peace YMCA Canada has identified the central theme “ymca inspire peace”. Think it! Say it! Do it! Inspiring other to become actively engaged in peace, in their everyday lives is the goal of the YMCA’s peace efforts. And we hope people will be inspired by the work of the YMCA in Canada and around the world.

Locally, at the YMCA of Belleville and Quinte, we will have banners and posters around the buildings to raise awareness and generate dialogue. We will have a Giving Tree in the lobby to promote health, environmental stewardship and citizenship through peace. We ask you, what will you give (up) for Peace Week to improve your health, the environment and to promote peace?

In addition, our association will participate in the national “Yoga for Peace” initiative on Tuesday November 24 . In Belleville we will have a lunch time **yoga** class from noon to 1pm, and the regularly scheduled evening yoga class at 6:15 to 7:15pm. We will also have **aqua yoga** in Belleville at 1pm and in Quinte West at noon and 8pm. Please come and join us for one of these classes and contemplate peace with YMCA members across the country.

“Nobody made a greater mistake than he who did nothing because he could only do a little.” Edmund Burke

Financial Assistance

The YMCA of Belleville and Quinte has provided more than \$115 000 in assistance to children/youth and families to access YMCA membership and programs in the first 8 months of 2009.



Funky Fact



Over 1.82 million people are involved in the YMCA in over 250 communities across Canada.

United Way of Quinte Fundraising Campaign

The United Way of Quinte launched their giving campaign on September 10, in Kindness Court at Quinte Mall, and again for Quinte West with a chili luncheon. United Way of Quinte funds more than 75 programs in 49 health and social service agencies throughout Hastings and Prince Edward Counties. 1 in 3 people will use at least one of those programs this year. For more information please visit www.unitedwayofquinte.ca or call 613-962-9531

History of Peace Week

1981 World Alliance of YMCAs adopts a “Statement of Peace” and declares the third Sunday of November as YMCA Peace Day

1984 YMCA Canada launches YMCA World Peace Week to expand on YMCA Peace Day

1987 YMCA Canada launches the YMCA Peace Medallion to recognize individuals and groups who have demonstrated their commitment and contribution to peacebuilding in Canada and around the world

Today Peace Day is celebrated in 127 countries and in more than 40 YMCAs across Canada

- Program Dates November 2 to December 19, 2009
- Our motorized curtain in the gym was installed in October and has been successfully used during birthday parties and open gym time. The addition of this dividing wall allows us to provide more program space for our members. Open gym time can now be more successfully utilized by the diverse YMCA membership. Young adults playing a vigorous game of basketball on one side, and families with smaller children on the other side for example. Thank you for your patience while we completed these improvements.



Operation Red Nose

First and foremost, Operation Red Nose is an awareness campaign against impaired driving. Arriving in the Quinte area in 1997, the YMCA became the host organization for Operation Red Nose in 2005. This free and confidential chauffeur service offers members of our community a safe trip home in their own vehicle. While it is a free service, donations are gratefully accepted and 100% redirected into youth programming in the community. At the YMCA, the funds are used for our Annual Giving/ Financial Assistance Program which provides access to YMCA programs and membership for those that might otherwise be unable to afford it.

Red Nose Quinte officially launched the 2009 campaign with the naming of Chris Malette as Honorary Chair. A long time YMCA member and supporter, Chair of the Strong Kids Campaign, Chris is the City Editor for the Belleville Intelligencer. We are thankful for the service of Paul Ferguson of Cool 100 as 2008 Chair. Paul is also a good friend of the Y, and part of the Strong Kids Campaign.

A Look at the Numbers for Operation Red Nose 2004-2008:

2381 volunteer nights
3752 trips
7688 individuals taken safely home
108245 km's driven
\$82891 donated to the YMCA of Belleville and Quinte and The Rotary Club of Quinte- Sunrise on behalf of Camp Trillium

We need 300 volunteers for the estimated 1100 rides for the 2009 Red Nose campaign.

Those thinking of becoming part of the essential volunteer team for the 2009 campaign may call 613-962-4334. Registrations forms are available at the Belleville and the City of Quinte West YMCA locations.

Membership Matters

Breakfast with Santa Saturday December 12 from 9am to 11am at the YMCA of Belleville.

Getting to Know You

Twenty one years of volunteering at the Y. That is how long Nancy Murray has been teaching classes at the YMCA of Belleville. She and a friend walked through the doors for a 7 week program to improve their fitness, Nancy never left. She knew that her commitment to fitness would be even stronger if she led the classes so she enrolled in the training. Nancy quickly came to think of the Y as a home away from home complete with a second family. Her children grew up at the Y, often sitting in on mom's classes until they were old enough to take judo. The popularity of Nancy's classes indicates we feel the same way about her! Ask among her "posse" and all can tell you a story of how fitness and health goals become much more with Nancy. You become friends, you become part of something. That is what makes the YMCA more than a gym, more than a pool. Because you become part of something more. **Volunteers** make the difference at the YMCA of Belleville and Quinte.



Ed Keuning is a man to watch. That is if you can see him underneath the "full bunker gear" he has been wearing to get ready for the World Championship Firefighter Combat Challenge (FCC). Taking place November 15-20, in Las Vegas Nevada, Ed has also been working with YMCA Personal Trainer Joe Sliwa to prepare for this intense competition. The FCC is designed to simulate the physical demands of real life firefighting. Ed and his competition partner Brian Jones came in first place in the over 50's at the FireFit Nationals in September and are participating in the pairs and the 4 man relay competition in Vegas. Something else you should know is that Ed has only been a firefighter for 7 years, coming to it as a second career. While he and his wife Linda raised their family, Ed worked at Proctor and Gamble, but always volunteered with the Fire Department. As one of the oldest candidates hired by the Belleville Fire Department he was in the top 10 of his class. This 2009 World Championship is Ed's fifth, and we wish Ed and his teammates much success in the upcoming event.

"Peace is not merely a distant goal that we seek, but a

means by which we arrive at that goal." Martin Luther King, Jr.