

**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.
- There has been a YMCA presence in the Belleville community since 1860.

**Membership Matters**

Across the region, we are serving 6833 members, including 3261 adults, 690 seniors, 948 students and 1934 children and youth. Families comprise 76% of our membership.



*Exciting changes in youth programming are coming this fall!*

- Our Belleville YMCA provided more than 5200 days of camp for summer 2009
- Quinte West provided 1600 camp days and expects great things next summer with a full year present in the community.
- We are pleased to extend our offering of youth orientations to Monday through Friday 4pm to 7pm . We expect this will improve access and the safe usage of our conditioning areas.

**New Youth Initiatives in the Belleville YMCA**

The YMCA of Belleville is renewing our commitment to youth in our community.

This fall we are seeking the ideal candidate to become our Youth Program Leader. This person will be responsible for the development and implementation of youth programs and special events. Once on board, we expect this person will be a critical part of our YMCA team.

We will be unveiling our new Youth Activities Area with interactive game systems including Wii Fit and Dance Dance Revolution. There will be two cycle fit bicycles for our young members to use too. This room will be the kind of place kids can build relationships in a safe environment and have fun. Supervised by the YMCA Youth Program Leader and other YMCA staff, with a balance of planned programming and unstructured time, we anticipate this will be a very popular area for young (and young at heart) members.

Our fall renovations in the Child Minding room will provide the space for this activity centre. After swiping cards at the Membership Desk, this room will be accessible using the staircase across from the Free Weight Room.

In our Fall Program Guide, there are additional programs for our young members including more dance options, expanded swim lessons and pool activities.

**And still more changes and improvements...**

As you may have seen on our notice boards, there have been many improvements made to the YMCA of Belleville this fall. There has been painting completed outside and in the pool area. A new Life Fitness cross trainer arrived, as well as 13 new Keiser M3 Cycle Fit bicycles. All of the strength training equipment in the conditioning room has new matching black pads of high quality vinyl.

We have also completed a renovation in our licensed child care kitchen area. The increased number of cupboards and rearranged appliances offer our terrific cook Trish Dainard more flexibility and better storage options. There are nutritious snacks and meals prepared three times daily, for the children in our care between the ages of 18 months and 6 years.

And, outside, in the parking area and driveway loop we have had resurfacing and pothole repair, line painting and the addition of 2 new wheelchair accessible parking spaces.

YMCA Before and After School Programs are growing again. Adding to our school age family is Tyendinaga Public School and V.P. Carswell Public School.

- Healthy habits are easy to CATCH! The YMCA has implemented a wonderful new program into many of our Before and After school programs. CATCH is an acronym for Coordinated Approach to Children's Health. Children participating in our programs are learning how to incorporate healthy choices into their day. This program demonstrates that healthy eating and physical activity behaviours of children can be positively changed.

## Volume I, Issue I Membership Matters

### Marinated Chicken and Rosemary Kebabs

#### Ingredients:

1½ lb boneless, skinless chicken breasts, trimmed and cut into 2-inch (5-cm) pieces (750 g)  
 3 tbsp olive oil (50 mL)  
 3 tbsp lemon juice (50 mL)  
 2 tbsp fresh rosemary leaves (25 mL)  
 Freshly ground black pepper

#### Instructions:

Thread the chicken onto metal skewers and lay in a shallow dish. Mix the oil, lemon juice, rosemary and pepper together in a small bowl and pour the marinade over the kebabs. Cover and refrigerate 2 hours.

Preheat broiler. Arrange kebabs in a baking pan. Broil kebabs about 10 to 15 minutes or until the chicken is cooked through, brushing with the marinade during the first 5 minutes, turning frequently. Serve hot. Makes 8 servings.

#### Notes:

Nutritional value /serving (1/8 of recipe)  
 Calories: 136  
 g fat – total: 7  
 g saturated fat: 1  
 mg cholesterol: 47  
 mg sodium: 41  
 g carbohydrate: 0  
 g dietary fibre: 0  
 g protein: 17  
 Food choice values (per serving)  
 Carbohydrate Choices: 0  
 Meat & Alternatives: 2½  
 Fats: 0

*This recipe made available with permission by Key Porter Books Ltd. Copyright © 1995 by The British Diabetic Association. The Everyday Diabetes Cookbook is available in stores across Canada.*

### Getting to Know You



Many of you will know Bruce as the gentlemen that brings us fresh produce from his garden. Bruce Craft has been a member at the YMCA of Belleville since 1976, when he walked through the doors to expand his fitness experiences beyond karate. Now 75 years old and proud of it, he is a steadfast member. (Over 20 visits in August!) The 1980 Belleville YMCA Marathon was his first, and he went on to complete 9 more, and 12 area triathalons. He credits the Adult Master's Swim program in helping him

develop his stroke from the dog paddle to the front crawl. (FYI, the Adult Master swim program is back on the schedule this fall!) When he retired 15 years ago, he began gardening as a hobby, to provide for his family and friends and to can pickles and sauces. All year, we are grateful for his kindness and loyalty and in the growing season we appreciate his bountiful garden. Members make the difference at our YMCA.

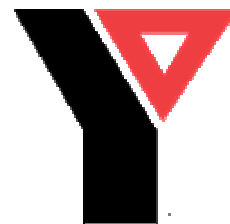
**Program Dates:**

**September 14—October 31, 2009**

**November 2—December 19, 2009**

*ALL MEMBERS:*  
 Please consider joining our great team of volunteer fitness instructors. The Basic Theory course will take place in our QW branch October 16, 17 and 18. This will be followed by Applied Theory—group fitness (Oct 24,) YMCA Fitness Streams in November and December and Applied Theory—Individual Conditioning Level II (January 23 and 24) Y members pay only for the manuals, and take the courses for free.

*Our new Y Knot program will require caring individuals to be in the pool with children with physical challenges. While you don't need to have completed advanced aquatics courses, you will need to be in the pool. We are always happy to have new volunteers at the YMCA. Please see membership services for more information.*



**YMCA**