

- **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.

YMCA OF BELLEVILLE AND QUINTE

Membership Matters

Summer 2010

Visit the YMCA Canada website at www.ymca.ca for the 2009 Annual Report to learn more about the impact of YMCA's from a national perspective.



YMCA

Important Dates:

On July 22 through July 23 there will be a Treadathon in the Quinte West Branch. On August 15 there will be a Y Tri in the Belleville Branch. For more information on either event contact the aquatics supervisors Tiffany and Sandy.

YMCA Summer Camps get underway beginning July 5. A trip and bbq are included every week. Our vibrant and caring staff are eager to build strong kids and strong communities with young campers for another summer in the Quinte region.

The 24th Annual **CFB Trenton Surf n Turf Race** took place on June 11 with more than 500 participants. This event was opened up to civilians and the community at large in 2008 and grows in popularity every year. The YMCA of the City of Quinte West entered for a second year, and finished in first place in the mixed category for the second year in a row! In the photo above: Tiffany Ward, Jodie Barker, Connor Mahoney-Ashberry, Judy Christopherson, Junta Merilainen, and JoAnn Hormann. (Missing from the photo are Sue Gauthier and Ron Riddell) Finishing with an impressive fourth place overall the team had a terrific day. This annual event is in support of Canadian Forces Health and Physical Fitness Strategy and had 8 events covering 60 kms throughout Quinte West.

YMCA of Quinte West Masters Swim Program Open Water Swim (article of June 3, 2010 reprinted with permission from Quinte West EMC)

EMC Sports - The Quinte area was well represented this past weekend near Buckhorn, Ontario, at the 2010 Zoot Open Water Swim Race. After a little convincing from Coach and Aquatic Supervisor Tiffany Ward, the group jumped at the chance to get out and try something new.

"We have swimmers of all different levels and ages," explains Ward of the YMCA of Quinte West's Masters Swim Program. "We practice together three nights a week and I thought this would be something fun to work towards."

Swimmers were able to choose from either the one-, two- or four-kilometre options. "One of our swimmers, Kevin Beatty, who is training for the Ironman Canada Triathlon, competed and placed in the four-kilometre swim with a time of just over an hour," adds Ward.

The Quinte West YMCA Masters program is great training for those working toward triathlons or for those who may just be interested in swimming recreationally for fitness. "There is no pressure to compete, it's completely optional," adds Ward. For more information, please contact the YMCA of the City of Quinte West at 613-394-9622.



Quinte area swimmers took part in the Zoot Open Water Swim Race recently. Back (l-r) Jason Scott, Kevin Beatty and Ricardo Melendro, front (l-r) Jodi Webb, Sarah Boggett, Pilli Palm-leis, Tiffany Ward and Jaclyn Grimmon



The YMCA of Quinte West Celebrates First Birthday.



YMCA staff, and community dignitaries gathered to help celebrate the anniversary of the opening of the YMCA of Quinte West. With over 5000 members, we have much to celebrate in Quinte West.

IMPORTANT NOTICE: Please note that all payors in our database are receiving important news regarding the HST. This letter provides information about the tax increase and was mailed in mid-June. More information can be obtained at the Canada Revenue Agency website: www.cra.gc.ca

• MISSION Our

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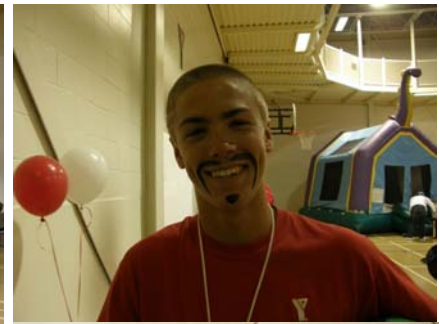
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Watch future newsletters for information about Daddy'n'Me, a new program this fall offered in partnership with the Hastings and Prince Edward County Health Unit, and Children's Mental Health .



The annual YMCA Healthy Kids Day was celebrated in both branches on Sunday June 6th. Both sites hosted a variety of fun activities and were well attended despite the rainy weather. In the Quinte West branch (first left) there was a fish pond, Brighter Smiles, Tri n Run sports and the OPP Bike Rodeo in the gym. In the Belleville branch there was beach ball volleyball, floor hockey, a free bbq and samples of healthy foods and snacks.

Erin Palmateer Community Pool in Tweed opens to the public on July 1, 2010

In partnership with the Erin Palmateer Community Pool Committee, the Municipality of Tweed, and the YMCA of Belleville and Quinte, there were poolside Canada Day celebrations. This was the first day the pool was open to the public. The YMCA is operating the summer program sched-

ules including aquafit, family swims and summer camps. We also have special plans for the grand opening, taking place on Sunday July 18 at 12 noon. This outdoor swimming pool, in tribute to Erin Palmateer is a welcome addition to the community and the YMCA is a proud partner in this project.



News from Child and Family Services

Happy Retirement Flo! Flo Jesshope is retiring after almost 21 years of service with the YMCA of Belleville and Quinte. Starting as the Manager of Child Care, and part-time manager of School Age Children programs, Flo has watched the Child Care Services department grow and change. At the time she started, there was a school age program at the Belleville branch and at Queen Victoria School. In our pre-school and nursery school programs we were licenced for a total of 31 children. We now have 16 school aged sites, and a combined licence for 39 children in our toddler and preschool programs. We are building approximately 350 strong kids every year in our Child and Family Services programs. This means in her two decades, Flo has overseen the development and care of thousands of children. Indeed, there are adults that were in our care as children that now bring their children in to our toddler and preschool programs. Over the years, Flo has been thankful for the constant opportunity to meet new people and families, and to

learn new things. Also very meaningful were the opportunities to provide support and resources for families when they most needed it. From ping pong to parental separation anxiety, she has been a kind and caring witness to so many moments for so many people. The staff, volunteers members and families are deeply grateful for all she has contributed over the years.

In other news, in June the YMCA of Belleville and Quinte hosted more than 90 participants in a Playing to Learn training session for the eastern Ontario YMCA Child and Family Services staff from Brockville, Kingston, Northumberland, Peterborough and Belleville. The full day of training for this significant YMCA developed child care platform took place at the Quinte West branch and was considered a success by all who attended.