

The Wilson Family YMCA

Fall 2010 Newsletter



From The Director

Dear Friends,

The summer of 2010 marks a critical milestone for YMCA's as we embark on not just brand revitalization, but a Movement revitalization. Our goal is to be one Movement, with one voice that establishes broad understanding and support of the Y. As a Movement, we have grouped our programs and services into three areas of focus; For Youth Development, For Healthy Living and For Social Responsibility. The reason for being is our mission "To put Christian principles into practice through programs that build healthy spirit, mind and body for all." A fundamental goal of our brand revitalization is to unite around a common cause—strengthening community. I believe that having a Y in our community makes it better.

The Y's logo is changing, the Y's Christian mission is not. YMCA is still our formal name and YMCA is a required part of the undated logo. Y is like a nickname, it suggests a closer, friendlier relationship with our members. We want to be open, friendly and caring. The Y isn't just a name on a building. We're a spirit, a movement and a cause. Let's join together to build a bigger, bolder and better Y in Wilson.

There are some printed materials at the Y from YMCA of the USA about the brand change. Copies are located on the tables at the front. Please feel free to give me a call if you have questions.

See you at the Y,

Kathie Davis

Executive Director

We love to hear from our members! Please contact us with any questions, concerns or suggestions.

Kathie Davis
Executive Director
director@wilsonymca.com

David Caudle
Wellness/Program Director
wellness@wilsonymca.com

Terry Hey
Business Manager
businessmanager@wilsonymca.com

Gwen Artis
Membership Coordinator
membership@wilsonymca.com

Louise Dillard
Personal Fitness Coordinator

Mary Sargent
Group Fitness Coordinator

Julia Harold
Pre-School Wellness Director
Gymnastics Coordinator

Member Services Staff

Kristie Barbour
Bryan Cannon
Candace Evans
James Jones, Jr
Rosie Mallory
Kristin Taylor
Kathy Werline

The Child Watch Staff

Ashley Batista
Julia Harold
Kathy Heibel (Volunteer)
Christie Kirkley
Johna Kite
Jessica Morris
Joanie Parker
Michelle Winstead
Jerica Woodard

The President's Pen



Dear YMCA Members and Supporters,

Our YMCA sign is in the ground at our recently purchased parcel of land on Wooten Blvd!! We are very grateful to Pat Ryan and his committee for their *years* of hard work required to get us to this historic point. I'd also like to thank the Harrison Family for donating a portion of the land. Now we can work towards the ultimate goal of building a larger facility. The design committee is already in place and will begin meeting in August so that when the economy improves we will be ready to start the fundraising.

The Robin Givens Youth Wellness Center has been very busy this summer and it is heartwarming to see so many of our youth participating in the wellness programs and camps offered at our Y. Let's all pledge to make one small change to benefit our health this month, whether it's stretching in the morning or eliminating the after-dinner snacks. I know you can think of many creative ways to incorporate wellness into your family's daily routine and if you'd like to share your successful strategy with other Y members, just e-mail us at or drop a note into the suggestion box at the Y.

MINDFUL WELLNESS!

Sincerely,

Carol Bowen
Board President

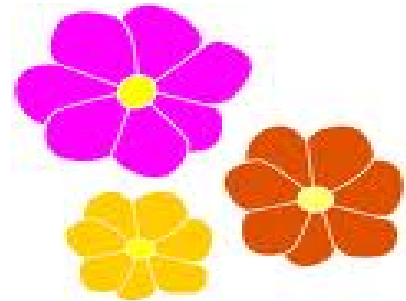
Please Welcome Our New YMCA Staff!

Candace Evans

My full name is Candace Danielle Evans. I am from Micro, NC. I graduated from North Johnston High School in 2005 and then attended University of North Carolina at Pembroke, where I played on the Women's Softball team and majored in Health Promotions. I love sports, the beach, running, and could not live without peanut butter and jelly sandwiches. I totally adore hibiscus flowers and my favorite color is pink. Mexican food is amazing and shopping is my therapy. I am a people person and enjoy living a healthy lifestyle. I love how the Y encourages healthy lifestyles using an extremely positive environment and I am happy to be a part of such an amazing community organization.

Kristie Barbour

My name is Kristie Barbour. I am from Wilson, NC. I love animals and my favorite color is purple. I enjoy spending time outside, cooking and reading. I am very excited to be a part of the Y team and look forward to meeting all of the YMCA members!



New Fitness Instructors



Brianna Ringer

I have been practicing yoga on and off for years and began to seriously practice about a year ago. I am a former ballerina and a former marine. I currently work in the service center at Kidde Aerospace, I am also completing an engineering degree. I love spending time with my family, being outdoors, reading, learning and helping others. I am really excited about the opportunity to teach yoga at the Y.

Susanna Hamilton

I grew up in Southern California without a car, riding a bicycle or walking anywhere I went. In 1997 I began studying yoga in a class practicing the style Iyengar teaches. Since then I have practiced Vinyasa, Ashtanga, and Hatha styles with teachers from America and India. I hope to attain 200 hour certification from Kripalu, Summer 2011. In the meantime I will be certified through IFTA in September.

Currently I teach 4th grade in Nash County, and waitress, hostess, or cashier at Silver Lake Oyster Bar on the weekends. I also co-facilitate a local meditation class/group here in Wilson as my gift back to the community. I hold a B.A. in Anthropology and an M.A. in Environmental Education. When not at work or working out I love long road trips, camping, hiking, white-water rafting, canoeing, fishing, gardening, meditation, and laughing out loud (including laughing yoga).

I have an affinity for the mountains and waterfalls, love the desert in Spring and Autumn, and prefer the beach in early evening or after dark.



Mission Statement

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



Things to Remember!

The Robin Gives Youth Wellness Center Guidelines
Must have a Family or Adult w/Dependent Membership!

Proper Clothing

1. Appropriate clothing is required: Sandals and flip-flops will not be allowed
2. No loose jewelry is allowed



Equipment and Cardiovascular Machines

1. Please be courteous at all times
2. Allow others to work in during your rest periods
3. Keep hands and feet away from all moving parts and weight stacks
4. Equipment must be put back in place if it is moved
5. Youth must attend an equipment orientations and wear lanyards at all times
6. Youth ages 6-9 must be accompanied by a parent and can only use equipment under parental supervision. Parents must be present at orientation. Red card lanyards
7. Youth ages 10-13 may use the youth equipment without parent supervision, but parent must be in facility at all times and child must attend an orientation. Blue card lanyards.
8. Youth ages 14 and up may attend without parent and use equipment on their own after attending orientation. Yellow card lanyards.
9. During regular gym hours there will be a 30 minute time limit on cardio machines when others are waiting.

Behavior

1. Appropriate language is to be used at all times
2. All youths must wear lanyards at all times
3. Respect one another
4. No food or drink in area other than water bottles
5. Parent must sign waiver before child uses any equipment



We respectfully request that you return any wash cloths or hand towels that you may have inadvertently taken home or left in your gym bag (back to the YMCA.) There are laundry baskets for your convenience located throughout the gym. Also, please remember the YMCA does not provide bath towels. We have donated towels for emergency use but please remember to pack your bath towels when you plan to shower after your workout. Thank you in advance for your help!



Take A Class At The Y

The Wilson Family YMCA is proud of the number of fitness classes that we offer and we are also proud to have such knowledgeable instructors. Please continue to support the classes you enjoy and also try something new. We want to keep our calendar full, but we need participants!



Y Thank You!

Nancy Stocks- Kettle Bells
Tom Anderson and Russell Hill
Jack Saylor- Volunteer trainer and maintaining the outdoor sign
Dave Haas- Wooden key cubby
David Caudle and all the Triathlon Volunteers
Erica Etheridge and Kecia Richardson- Y Volunteers
Kaitlyn Casulli- Senior at Fike, Raised money for the Y for her Senior Project
Andrea Michalak, Pool Manager
Pool lifeguards and Staff



Y Day Camp Thank You!

Y Day Camp

Johna Kite, Camp Director
Ashley Batista, Counselor
Beau White, Counselor
Andrea Michalak

Camp Volunteers

Casey and Catherine Potter
Kaitlyn Nelson

Rescue Hero Camp

*Wilson Fire Dept- Ben Houston, Captain Langley, Station 5
Wilson EMS- Chris Thompson
Wilson County Sheriff Dept- SRO Billy Woodard
Wilson Police Dept- Sgt Benny Boykin
Officers Rob Snider, Glen Langley
Beal Hannah, Edith Ward & Izzy, McGruff
NCSHP-Troopers Kevin Woods, Brandon Johnson*



Animal Mania Camp

Michelle and Payton Winstead, Gabi and Sparticus
Tom Anderson, Nova
Julia and Emily Newton, Sally
Blair and Ryley Kite, Gus

Camp Donations

Glasgow Family, Watermelons
Beau White, Cane poles and
fishing line

Y Youth Exercise and Healthy Living for Kids

Fit Together and Teens

Tues & Thurs 5:30– 6:30 pm

Includes a monthly fitness assessment.
(Weight , BMI, BP, Height and Flexibility.)

Please contact David Caudle
at 252-291-9622 or by email
wellness@wilsonymca.com if you have
questions or stop by the YMCA for a visit
at any time during our operating hours!



Youth Fit

Dates: Sept 13– Dec 16

Ages 6-9

M-T-W 3:45– 4:15 pm

Ages 10-12

M-T-W 4:15– 5:00 pm

Home School

M-T-TH 1:30-2:15 pm

Member Fee: \$10 per 4 week session
\$5 per additional child/children
Max \$20 per family

Non-Member Fee: \$15 per 4 week session
\$7 per additional child/children
Max \$30 per family

DID YOU KNOW!



There are shelves and bins in the Robin Givens Wellness Center
game room that are available to store your items and hold
your belongings while you are at the Y!

Look for the new key cubby in the front lobby!



Summer Corn Chowder

6 ears of corn
2 c. fat free half & half
2 c. skim milk
1 large onion– diced
1 c. diced tomatoes
1 tsp. salt
3 tbsp cornstarch

-shuck corn and cut kernels off the cobs
-place cobs in 1 c water
-cover and boil for 30 mins
-remove cobs and add milk, half & half,
onions and corn kernels
-boil 20 mins on low
-add tomatoes and salt then cook another 5 mins.
-dissolve corn starch in a little water and add
heat until thickened
-top with 1 tbsp shredded cheese if desired

Yields 8 servings



2010-2011 Gymnastics

Girls and Boys
Preschool "Nastics"

Monday 4:30
Or
Tuesday 4:30
Or
Thursday 5:30

Girls Only
Kindergarten and Older

Monday 5:30
Or
Tuesday 5:30
Or
Thursday 4:30

Boys Only
Kindergarten and Older

Wednesday 4:30

Girls Only
Advanced

Wednesday at 5:30

Cost for Members \$40 per session / Non-Members \$50 per session

Students will be grouped according to their skill level within each class.

Call 291-9622 for more information or register at the Wilson Family Y!



Child Watch News

Thank you to:

Jennifer Joyner and Family for Thomas the Train table with all the tracks, tunnels and trains. The children love it!

Brianna Renner for donating receiving blankets.

Carol Perez Navarro for donating toys.



Wish list

- Baby doll clothes
- Barbie's
- Coloring books
- Storage containers
- Baby swing

Please welcome our newest staff members

Michelle Winstead and Volunteer Katherine Heibel

**WILSON FAMILY YMCA
3436 AIRPORT BLVD
WILSON, NC 27896**

RETURN SERVICE REQUESTED

**NON-PROFIT
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**WILSON FAMILY YMCA
We build strong kids, strong families, strong
communities!**

Phone: 252-291-9622

Fax: 252-291-9664

Email: director@wilsonymca.com

We're on the Web! and on Facebook!

www.wilsonymca.com