



Together

JANUARY 2012 Building healthy communities

Here's to a New You

2012 is your year to shine from the inside out. Your health is truly all you have, without it all else fades away. A strong mind and body allow you to live your best life and be your best for those you love. The world we live in demands that we vigorously and resolutely pursue our own well being. Make the time today for your health or you will find the time later for illness. Ask yourself what areas of your life you could make positive changes to for the sake of your health. Here are some ideas;

Eat Right – what you eat and how much is one of the most important things you can do to maintain your body and fight disease.

Exercise Daily – exercise benefits every part of the body including the mind. Look better, feel better, lose weight, reduce the risk of disease and age well.

De-Stress – the conditions and diseases linked to excessive stress are too numerous to list. Manage your stress and enjoy greater productivity and emotional stability.

Sleep Well – adequate sleep plays a vital role in promoting physical health, longevity and emotional well being. Do not underestimate its impact on your daily life.

Connect – strong social networks improve your physical well being. Feel happier, reduce stress and live longer.

Your friends at the YMCA wish to help you make this year a happy and healthy one. It is our mission. Please call today to set up an appointment to meet with one of our certified health and fitness staff and start working on the new you!



Y Connect: Meet Your Trainers



**Personal Trainer,
Group Fitness
Instructor**

Jamie Porter
came to our facility

in 2007 where he learned about many aspects of the association. In 2010, he began working in the Health, Fitness and Recreation department of our “Y” as a group fitness instructor and personal trainer. Jamie has recently moved into the position of Adult Coordinator for the HFR Team. His favourite thing to do as an instructor is facilitating running groups and helping people achieve their goals and realize their potential as everyday athletes.



**Personal Trainer,
Group Fitness
Instructor**

Desirae Heine
is an energetic and determined person with a passion for fitness. She graduated from Health and Fitness Promotion with honours. Her experiences include half marathons, triathlons, Spartan races, intense cardio workouts, total body training, and specialized core workouts. She always looks for new and exciting workouts to bring to our Y members. “I love to see our Y members push through my workouts, work up a sweat and never give up, it is really amazing to see how tough our members are!



**Personal Trainer,
Group Fitness
Instructor**

Tony Stevens
specializes in safe and very effective workouts for older adult and special needs clients. He offers his skill and talent in both group fitness classes, and in a one-on-one environment. Tony enjoys the fun and dynamic challenge that the YMCA’s Zumba class offers. He says, “If you like a cardio class based upon Latin dance, then come dance with me. It does not matter what you are doing, just move it and have fun!”



building health

New and Exciting Program Highlights

“WOMEN IN WEIGHTS” - build lean muscle mass and keep bones strong

ZUMBA® - get dance and fitness all in one class. Latin and International music with easy to follow steps!

KIDS CAN COOK - build the skills and confidence necessary to prepare healthy and delicious recipes.

Ontario Anti-Bullying Strategy



December 1, 2011, the Ontario government announced a five-point plan to address bullying in schools.

1) The government tabled the Accepting Schools Act that proposes:

- Tougher consequences for bullying and hate-motivated actions – up to and including expulsion
- Requiring all schools to support any students who want to lead activities that promote understanding, acceptance and respect
- Requiring school boards to develop policies and guidelines that include greater supports for students
- To designate the third week of every November **Bullying Awareness and Prevention Week**

2) Connecting the bullying prevention initiative to the Mental Health Initiative by increasing the number of mental health support workers into schools

3) Creating an Accepting Schools Expert Panel to provide advice about resources that focus on a whole school approach, including prevention and early intervention

4) Direction to Ontario's Curriculum Council to report back next year on integrating equity and bullying prevention across the curriculum

5) A public awareness campaign, which will stress that all Ontarians have a role in preventing and ending bullying

The YMCA believes;

- Bullying affects everyone. We must work together to prevent it by promoting a safe and inclusive environment in our schools, our communities and our homes. Effective prevention interventions focus on understanding the unique circumstances and challenges that young people face, particularly as they become teenagers.
- Staying in school and connecting to the community are critical success factors in breaking the cycle of violence.
- Effective bullying prevention starts with working with families from when children are young. The YMCA's values-based approach nurtures the potential of kids by creating a safe and welcoming environment where young people are supported by caring adults.

The YMCA is looking forward to reviewing the legislation. Through the Ontario After-School Collaborative, the YMCA is delivering a Bullying Prevention series across Ontario for school-age child care staff over the next several months. Many thanks for doing your part in keeping our kids healthy and safe.

Playing to Learn

Starting in infancy, many social and emotional skills begin to develop in children that will last throughout their lives, into adulthood. One of those skills is self-concept. As YMCA Early Childhood Educators we provide children with an environment which allows for individual growth while appreciating individual differences. Knowing that self-esteem is a part of self-concept it is important that all children are in an environment of inclusiveness giving them the comfort of knowing that he or she is worthy to be valued and loved.



“Self-concept is the awareness of self as a unique individual. It is the product of interactions with significant others and how the child perceives the response of others. A child who grows to feel loved, secure and competent will develop the healthy self-esteem needed to think responsibly and achieve self- fulfillment.”

How can you help your child’s self-concept?

- Treat each child as an individual, do not compare them to other children
- Respect each child’s ideas, abilities, values and attributes
- Give your child/ren your full attention when they are speaking to you. It makes them feel as though you are interested in what they are saying, and will feel valued.
- Be aware of your own personal prejudices and stereotypes.

*“To keep the body in good health is a duty...
otherwise we shall not be able to keep our mind strong and clear.”*

Buddha

Tomorrow's Leaders Incorporates Duke of Edinburgh Award

Tomorrow’s Leaders Today, a youth leadership program at the Brockville and Area YMCA recently incorporated the Duke of Edinburgh Award into its programming. The Award is an exciting personal challenge for young Canadians. It provides a balanced, non-competitive program of voluntary activities which encourage personal discovery and growth, self –reliance, perseverance, responsibility and service to the community.

Since it began in 1956, The Award has become one of the world’s most prestigious youth programs, offered in 130 countries. It is amongst the highest accolades a young Canadian can receive. 37,000 youth in Canada between the ages of 14 and 25 participate each year. To achieve an Award, an individual must complete four sections: community service, skill development, physical recreation and plan and carry out an adventurous journey. There is a bronze, silver and gold level.

Tomorrow’s Leader Today’s participants are ages 14 and up. This popular program creates the opportunity for youth to make new friends and develop skills while they help their community. It combines leadership training, teamwork, self-government and volunteer placement to help build confidence and connections. TLT is open to the community at no charge. Sessions are held on Saturdays from 4 pm to 5:30 pm with Youth Night leadership from 5:30 to 8:30 pm. The winter-spring session runs from January 14 – June 16. (no class Feb 18, Mar 17, Apr 7 or May 19). For more information contact Ruth McFarlane at (613) 342-7961 x 43.



Building healthy communities

Y Story

Over the years I have collected many “Y” stories; so many amazing individuals have come through our doors and into my life via the Y. I considered them all, but then realized that the collective had more meaning than the single stories.

For me the true story of the Y is the sense of community and belonging membership brings. I appreciate the determination of the aqua fitters as they overcome age, hip and knee replacements, heart conditions and even cancer to participate in their classes. I applaud the first timers who come to a class alone and afraid to participate, then leave empowered as part of the group. My participants in swimming lessons make me smile when they jump in to the deep end for the first time, or suddenly swim alone – much to their own surprise. I admire the courage of members who nervously join the Y on a financially assisted membership (FAM), worried that they will be discriminated against, only to realize that it doesn't matter how you get here, as long as you are here. I have absolute respect for all the volunteers who are here for no other reason than their generosity and willingness to give.

There are so many special people in this facility; as members, staff and volunteers, they are the heart of our Y community and the true story of our YMCA.

Louise Bonvie, Y Staff



It's an EPIC Opportunity

You can be a part of something EPIC! Join fellow members of your community for a massive Aquafit event on Sunday, February 5th from 9:30 to 10:30 am in the YMCA pool. This is your opportunity to help raise awareness and funds for our Annual Giving Campaign so all community members can benefit from membership. You do NOT need any swimming skills to join us. Maximum pool deck number is 150. Keep your eyes peeled for more information, or call the Association Services Desk at 613-342-7961.

Did You Know...

- Your YMCA is a charity and open to all
- Your YMCA is 5000 members strong
- Your YMCA is supported by 400 donors
- Your YMCA is over 150 years old
- YMCA home child care started 25 years ago
- Your YMCA is supported by 300 volunteers
- YMCA child care serves over 450 kids
- D.B. Green Pool at the Y opened in 1996

