



YMCA North Branch  
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 www.ymcacolumbus.org



**YMCA Mission:**  
 To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind, and body.



# News

## YMCA North



YMCA North Branch

March 2010

Issue 7

### Letter from the Associate Vice President—Paul Weber



Well it is March and in our YMCA world this is the time of year when we are half way through our **People Helping People Campaign**. Every year we try to raise money for scholarships that are used towards membership and programs and this year is no different.

To date we have raised \$28,000 of our \$60,000 goal. So we need your help and support. **If you can make a pledge, please do so. You have until December to make the payment.**

If you would like to impact the campaign in a larger way **consider being a table host at one of our Ask events on March 26<sup>th</sup>, 2010 and April 1<sup>st</sup>, 2010.** Your job is simple, invite 3-5 friends or coworkers to the event and make them feel welcome. During the event we will share all the wonderful things we do and then invite your guests to make a pledge. This is a great way to learn more about your YMCA, staff and volunteers. If you are interested please contact any of our directors or send me an email at [pweber@ymcacolumbus.org](mailto:pweber@ymcacolumbus.org).

I would like to thank you for choosing the YMCA North. Your membership allows us to have a diverse and caring membership. As you know, we are more than just a fitness facility and your involvement makes us stronger.

**Finally I would ask that you give to our campaign, you never know who it will impact and how they might turnout with a little YMCA influence.**

Paul Weber—Vice President—YMCA of Central Ohio  
 Scholarship Recipient--Youngstown YMCA –1973-1977

### Spotlight Program of the Month—Preschool

#### North Preschool Registration Begins March 15<sup>th</sup>!

The YMCA North Branch Preschool program is a half day program that has attained its NAEYC Accreditation and is a Step Up to Quality Star 2 program. To attain these accomplishments we must meet certain criteria concerning staff education, staff to student ratios, specialized training and various other requirements.

Our preschool programs follows an educational enriching curriculum that focuses on School Readiness, Character Development, Health and Fitness, Diversity and Values Education. YMCA Preschool is a great way for your child to interact with other children and to gain the social skills that they will need as they grow and mature into school-agers.

The program runs from 9:30 am-12:00 pm and is either two or three days a week depending on the child's age. Each class includes a weekly water exploration class as well as the normal classroom activities. To sign up for this program, please visit the Member Service desk starting March 15, 2010. If you have more specific questions, please contact Chloe Viers at 614-885-4252 or [cviers@ymcacolumbus.org](mailto:cviers@ymcacolumbus.org).





# Member News

## Congratulations

Congratulations to Allen and Emily Nederveld on the birth of their daughter Anneke Paige on February 16, 2010.

## Condolences

## Thanks!

### Cultural Corner

I dedicate this Cultural Corner to all women; mothers, daughters, sisters and friends.



Throughout history woman have been the **glue** that keeps us together. They have some special gene for nurturing us, being compassionate, selfless and understanding. My mother once told me “Believe in yourself and you will succeed.” Without her I wouldn’t be the woman I am today; strong, confident, happy, independent and compassionate.

Maya Angelou said “How important it is for us to recognize and celebrate our heroes and she-roes!” In reading this quote I thought of my mother. To me she is my she-roe.

This month please focus on the women in your life. Celebrate them, take them to dinner, dance with them, tell them “You make me strong. You make me happy. Thank you for being you.” Without women life, happiness, the fruits are labor would be meaningless. —Dolly Crespo

**NORTH Y's**  
**SERVICE CLUB!**  
*Service to aspire, inspire*

Our **March Service Project** will be held at the Karl Rd. Christian Church. The church is adjacent to the North YMCA. We will be painting and striping the floors.



## Volunteers are needed!

**Please contact Neil Eichensehr at 885-4252 x205**

Contact Joe Segna at [jsegna@segnaassociates.com](mailto:jsegna@segnaassociates.com) or Toni DiBlasi at [tony.dibiasi@sbcglobal.net](mailto:tony.dibiasi@sbcglobal.net) for more information on becoming a Y Service Club member.

## You can help the YMCA just by shopping at Kroger!

If you are a Kroger shopper please take a moment to follow the link below and sign up so that a percentage of your shopping dollars will benefit the YMCA of Central Ohio. You just need to click on the link, have your Kroger Plus Shopper's Card number available and select the YMCA of Central Ohio to be your recipient of dollars that you spend at Kroger that they donate quarterly to nonprofits and charities. Every dollar that we receive from Kroger goes directly to our People Helping People annual giving fund that gives financial assistance to kids and families in need. The last two quarters alone we have received about \$1,000 each and that was with just under 100 donors. Imagine how many dollars we could raise and how many kids we could help with thousands of our staff, family, friends and members signed up? Again, please just take a moment to sign up so that the Y will benefit from all of those extra holiday dollars you will be spending at Kroger.

Did you know that **YOU** can help the YMCA of Central Ohio **EVERY TIME** you shop at Kroger? **It's easy...**

1. Go to [http://www.kroger.com/mykroger/016/community/Pages/community\\_rewards.aspx](http://www.kroger.com/mykroger/016/community/Pages/community_rewards.aspx)
2. Scroll to "Participant" and click "Enroll"
3. Complete the Enrollment Process and **select** YMCA of Central Ohio as a recipient of Kroger Community Rewards.

## Member Highlight —Ellen Schneider

Meet our featured Member of the Month Ellen Schneider. Ellen and her family were initially members of our "Y" about 13 years ago. During that particular period involvement with our YMCA was not conducive to the family's needs. When Ellen's grandson, Sam, was born she thought it a good idea to return to our YMCA, as fitness is important to her and the ability for Sam to be with other children and develop social skills is equally as important.

Ellen and her family have been actively engaged in our YMCA North Branch for about three years. Sam's engagement in Child Watch has served to be very beneficial.

Ellen is pleased that our staff recognizes Sam and always expresses how happy they are to see him. She values the sense of belonging it provides him.

Ellen's entire family has made use of our facility. Ellen rotates between fitness classes and independent workouts. Her husband, Stephen, is a runner and uses our track during inclement weather. Her Daughter, Lizzy, used to be a lifeguard here at our branch. Her daughter Mary utilizes the facility now during breaks from college. And, Ellen is happy to report her son, Pete, who has served in the U.S. Army and stationed in Korea for the past 2 years, will be home for a visit this month, and Ellen fully intends to ensure he has an active YMCA membership during his visit, enabling him to stay in shape. Grandson, Sam, is taking both swimming and soccer classes.

For Ellen's family the YMCA is a multi-generational affair. She loves the YMCA, and loves to see our facility filled with people engaged in a healthful array of activities.



## Staff Highlight —Pam Turner

Pam Turner has been working at the North Branch YMCA for close to 2 years. Pam was introduced to the YMCA by a friend that worked in our Childwatch program. She was also interested in getting her daughter, Joy, involved in preschool. Pam began working for the Childwatch program and her girls have participated in preschool and swim lessons at the Y.

When Pam was asked what she liked most about working in Childwatch, she simply responded "I like the kids". That pretty much sums it up. She is great with the kids and always has a smile on her face.

Pam spends her spare time working out, cleaning and taking care of kids, which keeps her pretty busy. She has four children Jen 26, Jeremy 20, Julianna 8 and Joy 5. She and her husband Jim are preparing to take the family on a cruise this month. We will miss her, but she deserves a little time off!

## Personal Trainer Highlight— Leah Johnson



As a personal trainer, I enjoy teaching people how to exercise without getting hurt. I have a background in injury prevention and correction, and I use this knowledge in developing personal training programs for people. I enjoy exercise and like to share this joy with others as well.

## March Health & Wellness Tip

Add Movement to Your Life. Park further so you walk between the car and the stores, take steps instead of elevators, and take longer routes to your desk. Find ways to add some fun exercise to your routine. You don't have to run a marathon. Simply add a little more walking to your routine. Increase it on a regular basis.

## March Family Fun at the YMCA

Every Friday evening in March—7:00pm

Family Fun Challenges

Parents—challenge your kids at board games, Guitar Hero, DDR, and Wii.



### Family Pinewood Derby March 20

Everyone Invited

Contact MichelleGerdeman for details.

### Saturdays in March

10-10:45am

### Music and Movement Class

### YMCA Members...You are Invited! Please join us for our People Helping People Fundraising Events... Table Hosts still needed

March 26—People Helping People Breakfast Event at the YMCA North

April 1—People Helping People Evening Event at the Winking Lizard

RSVP Required. Please contact Paul Weber at [pweber@ymcacolumbus.org](mailto:pweber@ymcacolumbus.org) for more information or to RSVP!



## Volunteer Corner

### “HOW DO YOU SPELL LOVE”

Generally when we think about charitable contributions our minds immediately shift to financial giving. How many times, however, have we heard the saying the greatest way to spell LOVE is T.I.M.E.

There are many people within our North Branch YMCA for whom our “Y” serves as a home away from home, and it is true that “everybody has a story”. You might just be surprised by the story of the person working out on the treadmill beside you, the person walking the perimeter of our gym, or the youth that you pass sitting outside our building while waiting for their ride to come. You may be moved by many of the needs that exist.

Many of our YMCA Family members simply need TIME....just a little of **your** time. Often a few kind words or a few minutes of undivided attention can alter the course of a another’s life.

## March St. Patrick’s Day

### Recipe



### Classis Irish Soda Bread

#### Ingredients:

- 4 cups flour
- 4 tsp baking powder
- 1 cup sugar
- 1/2 tsp salt
- 1 tsp caraway seeds
- 1 1/2 cup raisins
- 2 beaten eggs
- 1 cup melted butter or margarine
- 1 cup milk

#### Directions:

Preheat oven to 350 degrees. Lightly grease a loaf pan. Place raisins and caraway seeds in a large bowl. Sift together flour, baking soda, sugar, and salt. Pour sifted mixture over raisins. Add butter, eggs and milk to bowl. Mix well. Mold dough into a loaf shape on a floured board. Place dough in greased pan and bake for one hour or until bread tests done.

Enjoy!



## March Joke

### It's an Irish Puzzle

Doolin bought himself a jigsaw puzzle with 20 pieces. It took him a month to fit the pieces together correctly. He thought this was terrific, but his mate O'Reilly said, 'What's the big deal?'

Doolin said, 'Well it said on the box: 4 to 6 years.'



## Calendar of Events March 2010

Every Friday evening in March —Family Fun Challenge—7pm  
Saturdays in March—Music & Movement—10-10:45am

March 6	Summer camp registration begins for program members
March 8	1st round PHP Silent Auction begins
March 8-13	3 on 3 for PHP
March 10	Adult racquetball registration begins
March 12	Member Appreciation—make your own trail mix
March 14	Member Involvement—March madness bracket buster
March 15	Adult kickball league registration begins
March 15	Adult bocce registration begins
March 20	Family Pinewood Derby—See Michelle Gerdeman for details
March 22	2nd round PHP Silent Auction begins
March 28	Soccer registration ends
March 29	Soccer clinic —Ages 3-6
March 29	American Red Cross Blood Drive at the YMCA
March 31	Soccer clinic —Ages 7-12

### Coming in April

Columbus Public School Day Off & Rugby Day

Meet our YMCA Staff	Meet our YMCA Consulting Board
Paul Weber—Associate Vice President Mandy Bealer—Senior Program Director Neil Eichensehr—Facilities Director Chloe Viers—Program Director—Child Care Becky Rogers—Child Care and Camp Registrar Jenny Puett—Program Director—Aquatics Dolly Crespo—Program Director—Youth Programs Michelle Gerdeman—Program Director—Camp-Teens-Family Sarah Whitney—Program Director—Health & Wellness Dawn Patterson—Membership Director Jason Russell—Membership Coordinator	Debbie Brooks      Matt Kifle Mariann Brush      Allen Nederveld Judy Bryant      Steve Nester Michael Butler      George Schmidt Glenn Byers      Joe Segna Tony DiBlasi      Lisa Smith Veronica Dillard      Doug Staton Jim Durham      Susan Strohacker Matt Fish      Shannon Teague Jonathan Howard      Dylan Walls

**The North Branch YMCA is starting our very own Lending Library!  
Look for details in the Lobby of the YMCA!**