

# WHY THE Y?



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road Mountain Lakes NJ 07046

June 2016

www.lakelandhillsymca.com

A NEWSLETTER FOR THE MEMBERS AND VOLUNTEERS OF THE Y

VOLUME II - ISSUE X



## CAMP IS COMING MONDAY, JUNE 27!

The annual arrival of happy and excited children attending the Y's immensely popular summer camp is almost here! Every effort is made to accommodate this extensive program involving over

600 children, along with the daily needs of our members. Obviously, parking is the primary issue and we strongly encourage members, when possible, to **avoid the following drop-off and pick-up times... 8:45-9:45 a.m. and 3:15-4:15 p.m.** Also when exiting, in an effort to facilitate traffic on Fanny Road, there is a **right turn only at the top of the driveway between 8:45-9:10.** Thank you in advance for your patience and understanding.

Our campers ages 6-8 (School Age Half Day Camp) and ages 5-12 (Full Day Camp) are offered numerous opportunities to grow socially, physically and emotionally through various cooperative activities. The Y camp experience provides a nurturing environment where the youngsters develop problem-solving skills and pro-social behaviors. Noted camp consultant, Michael Brandwein wrote, *"What makes camp a special community is its focus on celebrating effort. In this less pressured atmosphere, children learn more readily what positive things to say and do when they make mistakes and face challenges."* Our counselors are also trained to encourage the campers to include and not exclude their peers and respect the differences of one another. In summary, the Y camp experience is absolutely consistent with our mission of youth development, healthy living and social responsibility.

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## Partial Day Preschool

### Program Notes...

On Friday, May 6 the pre-k students in our partial day program celebrated Mothers' Day with a special tea party. The moms and children all came dressed for a tea party where they enjoyed light snacks and tea. Everyone had their picture taken and it was placed in a frame decorated by the children. We hope that all of the moms had a special and happy Mothers' Day!



Left William Bledsoe and Mom, Kelly Bledsoe

## BODYPUMP has arrived!



Thanks to the research, planning and training efforts of both Denise Munday and Darlene Kievit, a new group fitness program, BODYPUMP from Les Mills was demonstrated in late May to a group of eager participants. According to Les Mills, *"This new group fitness class utilizes light to moderate weights with lots of repetition, BODYPUMP gives you*

*a total body workout."* The response from the participants was extremely enthusiastic and two classes have been added to the schedule (Tuesdays at 6:00 p.m. with Darlene Kievit and Thursdays at 10:00 a.m. with Barb Kane).

# The Earth Day Movement Continues...

The very first Earth Day was celebrated in 1970 and it provided recognition of and a spirit towards environmental issues. However,



Earth Day is far more than a celebration of one single-day, it is the acknowledgement that society needs to protect the earth's resources in all of their forms. Congratulations to the **Riverview Kids Club** who spent Earth Day giving back to our planet by planting a little garden! Their efforts were replicated by millions of concerned individuals around the world.

## Put on Your Walking Shoes!

In collaboration with the NJ YMCA State Alliance, our Y will be conducting a "Walking Audit" of Mountain Lakes. The NJ State Alliance has asked all Y's to conduct this audit to collect statewide data in response to the Surgeon General's Call To Action on Walking.

**We need your help!** Please join us in participating in the walking audit! It's an easy walk from the back of the Y (paved path) to the Boulevard and back! At the end of our walk, we will fill out a brief survey that will be submitted to Y-USA. It should not take more than 1 hour! Families welcome! Hope to see you there!

**Tuesday, June 7**

**5:30PM**

Please email BreAnne Law if you are willing and able to help us with the walking audit.  
[breannel@lhymca.com](mailto:breannel@lhymca.com)

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## Dawn VanDooijeweert, Full Day Early Childhood Learning Center Director... “Good-bye” and enjoy retirement!

“Thank you so much for the opportunity to work at the Lakeland Hills Family YMCA since April 1993. The Y has been a home and with all of my co-workers and participants, a family. It was such a pleasure and a privilege to be a part of helping children grow socially, emotionally, and academically.

As a child I always wished to attend camp but due to limited funds, I was not able. As a high school student, I became involved with a neighboring YMCA working the front desk and then moving on to their day camp as a counselor, and as a Site Director for one of their off site after school programs- I just loved it. I got to finally experience camp AND give children a safe and fun environment. After graduating college I was a Kindergarten teacher by day and avid YMCA staff/user by night.

Once hired at Lakeland, I spent 11 seasons as the School Age Director before moving to the Early Learning Center as the Full Day Program Director. I have been working with our youngest students ever since and will always cherish the memories of watching them grow.

Working for an association that believes so strongly in offering children opportunities, regardless of their ability to pay is, again, a privilege. Thanks to all for wonderful memories that I will treasure. I am sure I will see you all around the facility as a member.”



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## Good-bye Carrie Dickey, Aquatics Director

I've been a member here at the Y for almost 30yrs. I loved growing up here and calling this my second home.

For the past 12 yrs, whether with the swim team or as a director, I have thoroughly enjoyed working at the Y. I had to make a both easy and hard decision finally to resign from my current position. My two children are a priority and I am lucky enough to make that my full time job. The struggle came with leaving my staff, co-workers, and a program that I am truly proud of building over the past two years.

I can't thank Susan, Edie, Karaline, and Joanne enough for their constant support, my dedicated staff, and committee. I know you all will be in great hands with our new director, Ed Soder. I am excited to see where he continues to take the program. My family will always remain members at our "second home" and I look forward to slowing down a bit and seeing you all finally working out again and around the Y!



## Ed Soder, new Aquatic Director says "HELLO!"

Our new Aquatic Director, Ed Soder is bringing 10 years of experience as a YMCA director to the Lakeland Hills Family YMCA. He has been part of the YMCA movement for over 25 years when he started as a swim instructor at the West Morris YMCA. He has coached several competitive swim teams and has most recently worked for the Gateway Family YMCA as an Associate Executive Director at the Rahway Branch.

Ed is excited to bring his experience and knowledge to our Y to enhance our great lesson program, add new programs and assist in the growth of our ISNAP program. Please feel free to call Ed with any questions about our Aquatic Programs.

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# Five Historical Reasons the Y Makes

## *For a Better Us™*

On June 6 the YMCA marks more than 170 years, as more than a place, it is a movement that offers programs and services designed to foster youth development, healthy living and social responsibility. Here are five past notable events and achievements that demonstrate the Y's commitment to the communities it serves:

- 1. American Institutions:** Celebrations such as Father's Day, and organizations like the Peace Corps, all have their roots at the YMCA.
- 2. Camping Under the Stars:** The oldest known summer camp, Camp Dudley, first opened in 1855 and countless numbers of boys and girls have since learned the skills and wonders of camping through the Y, developing critical skills and making memories along the way.
- 3. Inventing New Ways to Play:** From James Naismith's invention of basketball to instructors creating racquetball and what would eventually become volleyball, the Y has a rich tradition in activities that are played by millions of people around the globe. One Y staffer, Robert J. Roberts, is even credited with inventing the term "body building."
- 4. Nobel Laureate:** YMCA leader John R. Mott was awarded the Nobel Peace Prize in 1946 for the Y's groundbreaking role in raising global awareness and support and for the organization's humanitarian efforts.
- 5. Furthering Education:** The Y is credited with spearheading the first public libraries, night school for adult education and English as a second language courses.

## How the Y is relevant in 2016?

Today, the Y serves more than 22 million people annually and offers resources at over 2,700 locations across all 50 states. Here are three ways "community" continues as the Y's number one cause:

- 1. Nurturing the Potential of Our Kids:** When kids are out of school, they can face hurdles that prevent them from reaching their full potential. Nationwide, the Y helps over nine million youth to close gaps in hunger, health, learning, water safety and safe spaces while providing a place to stay healthy, build friendships, and achieve more – all while having fun! Each program demonstrates the Y's unwavering commitment to ensuring children are on track for a successful education, especially those in underserved communities.
- 2. Improving the Nation's Health:** More than a place to work out, the Y offers programs that help individuals and families improve their health and enact changes that strengthen community and society as a whole. From working with people who are trying to find ways to improve health, but don't know how, to helping people recover from serious illnesses like cancer, the Y is one of the few organizations in the country with the size and influence that can effectively reach millions of people. Ys are also active in the community, creating communal gardens, increasing access to farmers markets and ensuring children have a safe route to school.
- 3. Support For All Our Neighbors:** As one of the nation's leading nonprofits, the Y's social services and volunteer programs help more than 10,000 communities nationwide. From organizing volunteers when disaster strikes to member-led community service projects through the *Togetherhood* program, every effort helps to make a difference.

# YMCA Leaders' Rally

Lakeland Hills hosted its first-ever Teen Leaders Rally on May 20-22 at both the Y and at Mt. Lakes High School. YMCA's with Leaders Clubs take turns every year hosting these weekend-long events and BreAnne Law, Lakeland's Community Service Director was responsible for organizing this rally.

The event is a leadership conference for middle and high school students designed to encourage teens to work together and develop their leadership skills. The participants were encouraged to "think outside the box" as they worked on various creative team-building activities.



## Rally Highlights:

- Participants included over 80 teens, 15 staff and 11 Junior Staff (college students who were selected to be part of the Leadership team)
- 12 Y's were represented from NJ, PA and DE
- The teens participated in a service project to assist the North Country Mission of Hope in Nicaragua
- The guest speaker was Ruben Henriquez who is an attorney from White & Case in NYC, who inspired the teens to think about the next 10 years of their lives and encouraged them to take advantage of all opportunities that may present themselves.

Congratulations to BreAnne and all of the volunteers who made this rally a rousing success!

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# Remembering Sue Finney

*-Bev Cooper, Communications Director*

Sue Finney, a long-time member, volunteer extraordinaire, member of the Board of Trustees and Board President passed away on May 19 at the age of 89. Sue regularly volunteered at the front desk and was very engaging and entertaining during that 8 a.m. to 1 p.m. shift! When she was on, she manned the laundry room and was teased about her expert towel-folding; so much so, that the membership director had a plaque made in her honor that hangs in the laundry room to this day.



Left Bev Cooper and right, Sue Finney

Sue was faithful doing her laps in the pool although she always moaned about it. "I hate the pool," she would say, "but I know it's good for me." She was an avid enthusiast of the group fitness classes, especially yoga. Over the years poor health began to plague her but not enough to prevent her from coming to the Y and participating in classes, always with humor and something nice to say to everyone. She truly was a fixture at this Y and her presence will surely be missed by everyone.

