

# WHY THE Y?



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road Mountain Lakes NJ 07046

August 2016

www.lakelandhillsymca.com

A NEWSLETTER FOR THE MEMBERS AND VOLUNTEERS OF THE Y

VOLUME II - ISSUE XII

## Shutdown Update:

Our annual shutdown timeframe has been **significantly** reduced this year. The Y will be **closed from Saturday, August 27 through Monday, September 5** to allow for painting, deep cleaning, gym floor resurfacing, retiling, emptying/cleaning the pool, air duct cleaning, installing new carpeting, ceiling tile replacement, etc....

We will reopen our normal hours on Tuesday, September 6. Enjoy the rest of the summer!

## Camp Updates...BreAnne Law

The LIT (Leaders in Training) camp is a unique and fun experience where young people develop leadership skills through a balanced approach involving local trips, fitness electives and leadership training consisting of entrepreneurial and community service projects. The LIT's are experiencing new adventures every day. To date, they have earned their peers' trust through a low ropes and teambuilding course, braved the coasters at Six Flags, learned to paddleboard, kayak and fish at the lake, hiked Turkey Mountain, made their own chocolate creations, raced go-karts, rode the waves at the beach and more! The LIT's are all entering grades 8 through 10 so this is no ordinary summer camp; it's designed to keep them active, allow them to make new friends and expose them to new experiences!

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## Important Reminder:

Camp is underway and parking becomes a challenge. We strongly encourage members, when possible, to **avoid the following drop-off and pick-up times...**

8:45-9:45 a.m.

&

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 a.m.** Thank you in advance for your patience and understanding.

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## Camp Updates ....Shannon Bujoreanu

So far at camp this summer we have been having a blast! We have had a chance to create Andy Warhol Triptychs in Art, shoot arrows at targets in archery, play 3 goal soccer and international dodgeball in Sports and Games and so much more! With 600+ campers signed up per session the School Age Day Camp has been keeping very busy. Some of our new rotations for this summer include Character Counts where the campers experience a kindness curriculum as well as Knocker Ball, which is a version of soccer played in giant inflatable bubbles. We also had some amazingly awesome activities during hobby time in the afternoons. Some of our more popular activities were Ninja Turtle Pizzas, Inside Out Stress Balls, Kung Foo Panda Faces, Kan Jam and so many more!

But the most fun we had so far was Camp's First Theme Day: Cartoon Craziens on July 7<sup>th</sup>. Campers got to experience some cartoon favorites including: Sponge Bob, Alvin and the Chipmunks, Animaniacs, Marvel Avengers just to name a few.



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## TASC (Teaching Applications to Succeed in the Community)

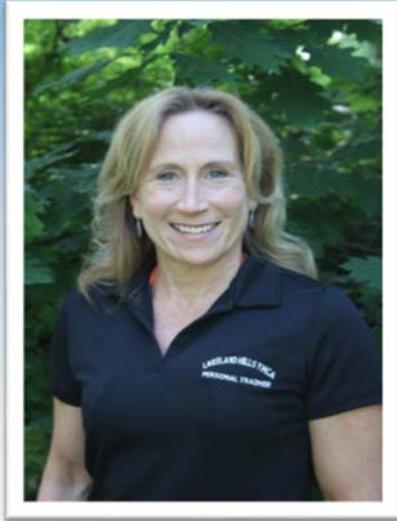
Anthony Shovlowsky, Fitness Director announced an exciting new program at the Y. This program is designed for young adults with special needs to learn basic vocational skills to succeed in the community work force.

Anjalee S. Nirgudkar, PhD., BCBA-D Founder and Program Director of Behavior Analysts of New Jersey and Anthony have structured this program that provides young adults the training and techniques to work confidently alongside others or on their own while developing proficiencies in a work environment. Job skills related to professionalism, comprehensive performance and work efficiency are targeted and systematically taught. The Y's program limit will be 6 young adults and the goal will be to assist them to be ready for employment after a set of vocational skills criteria is met.

Welcome and good luck to the participants!

# STAFF OF THE QUARTER

We're honoring our star staff for the second quarter of 2016 - be sure to congratulate them if you see them!

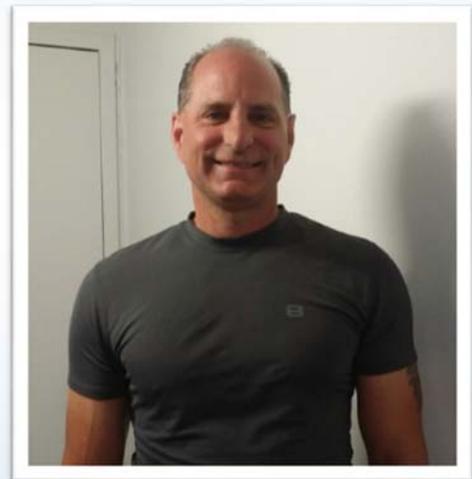


## BARB KANE

Barb has been teaching here at the Y for over 15 years and we could not have a more dedicated and knowledgeable person to teach and lead our members to get the results they need! Barb has taken much of her personal time the past few months to help coach and prepare our instructors for our new Les Mills BodyPump® class. Her passion and commitment shines through with all her classes and the Y is honored to have such a great team player!

## PHIL CIBINIAK

Phil has been working for our Y for quite some time and has been a team player since the beginning. He is always willing to help other employees when he can and is very easy to work with when it comes to the schedule and random jobs we have during the day. It's nice to have someone look out for the Y like he does; he really likes being part of the "Y family."



## SOHAM PATEL

Soham Patel has been working at our Y for twelve years and is a multi-talented employee. Along with his excellent skills at Member Services, Soham also supervises the I-SNAP swim program for Aquatics and assists with the youth/teen Leaders program... and this is just his part-time job! Soham works evenings at the desk as well as supervises staff on the weekends. He is helpful and welcoming to members and goes out of his way to ensure they have a great visit. In his spare time Soham trains for mud runs with other Y employees.



# STOP HUNGER NOW MEAL PACKING EVENT

The Lakeland Hills YMCA has graciously offered their gym space on **Sunday, August 7<sup>th</sup> from 11:00am-1:00 pm** to conduct a meal packing event to support the efforts of STOP HUNGER NOW. This is a great organization, which distributes humanitarian food aid to people in need all over the world.

The goal is to pack 10,000 meals in 2 hours...we need your help!!

We're asking volunteers to help us pay for the food, assemble, and box it. We know this is a little different type of donation request...but without your monetary donation there is no food, and without your time there is no way to ship it.

Your relatively small investment of time and money will help feed thousands:

## Here's how it works:

Sign-up for the event by visiting the following website:

[https://shn.secure.force.com/events/SA\\_EVENTS\\_Home?id=701j0000001k6uU](https://shn.secure.force.com/events/SA_EVENTS_Home?id=701j0000001k6uU)

You will have the choice to donate \$36.25 to work a 1-hour shift or \$72.50 for a two hour shift.

*If you cannot work but would like to contribute, you may do so by visiting the website.*

The event coordinator is Carol Herring... [cjaherring@gmail.com](mailto:cjaherring@gmail.com)

Thank you in advance for your participation. It will be a great experience!

To learn more about Stop Hunger Now please visit the following website:

<http://www.stophungernow.org>



# LAKELAND HILLS FAMILY YMCA

## 5K FOR A CAUSE



### SATURDAY, SEPTEMBER 24, 2016



Proceeds to benefit our "Give a Kid the Y" financial assistance campaign



### Join Us For Our 1<sup>st</sup> Annual Run!

#### SCHEDULE:

**8:00 am** – Registration and Packet Pick Up at Briarcliff School, 93 Briarcliff Road, Mountain Lakes, NJ

**9:00 am** – Start Time 5K Run

#### ENTRY FEES:

Pre-Registration 5K or Walk (stroller friendly):

\$20.00 After September 1: \$25.00

Walkers and Runners 12 & Under: \$15.00

Race Day: \$30.00; 12 & Under: \$20.00

USATF NJ members: \$3 Pre-Registration discount through September 14

#### REGISTRATION:

T-Shirts for all Pre-Registered Participants

Online: <http://www.compuscore.com/event/4055>

#### AWARDS:

1, 2, 3 Overall M & F, Top 3 M & F

10-Year Age Groups, Up to 80+

## COUCH TO 5K DATES TO REMEMBER

THURSDAY, **AUGUST 4** @ 6PM: COUCH TO 5K PREP NIGHT @ THE Y ([Register](#))

THURSDAY, **AUGUST 25** FROM 6:30-8:30PM: SPORTSCARE® RUNNING ANALYSIS & OPEN HOUSE, SPORTSCARE®, ROUTE 10, WHIPPANY ([Drop In](#))

THURSDAY, **SEPTEMBER 15** @ 6PM: THE FINAL COUNTDOWN @ THE Y ([Register](#))

SATURDAY, **SEPTEMBER 24** @ 9:00AM: RACE DAY! ([Register](#))

# 6 Reasons to Run a 5K

By Jeff Galloway/Runner's World®

5K's are one of the most popular races out there, and here are six reasons why:

**1. Ease.** Most of you are busy, and training time is precious. Therefore, it's really tough to find the time to train for a half-marathon or marathon. **Not so with the 5K.** You can work up to it quickly (from scratch) and train for it adequately on just three days a week.

**2. Convenience.** With a 5K, race day is a snap. You arrive at the race, warm up for 10 to 20 minutes, race for 40 minutes maximum, cool down, replenish with food and drink, and head home in your **new race T-shirt** before your family has finished breakfast.

**3. Exhilaration.** In a 5K, you feel like you're really racing. And that's a good feeling. Not many runners can maintain a 10K race pace that is much faster than their daily training pace. With a 5K, however, you can motor as much as one minute per mile faster than your usual training pace.

**4. Improvement.** Racing the occasional 5K is an excellent fitness booster. It will elevate your max VO<sub>2</sub>, improve form and efficiency, and make your regular training runs feel easier.

**5. Change.** Too often in our training, we run the same course at the same pace at the same time of day. Don't get me wrong. Routine is good - essential, in fact, if you want to stay with a long-term running program. But too much of a good thing is too much of a good thing. You need variation, and a **short-and-sweet 5K** every once in a while is a great way to mix things up.

**6. Motivation.** Races are great motivators. Each year, scores of runners tell me that having a regular schedule of 5K races gets them out the door on days when they would have stayed in bed in the morning or hit the couch at night.

I'm not  
telling you  
it's going  
to be  
**easy,**  
I'm  
telling you  
it's going  
to be  
**WORTH IT.**

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# History of the Y Part II (1926-Present)

## Strengthening Communities for 172 Years

**1926** - Based on the Native-American family model, the parent-child program Y-Indian Guides starts at the St. Louis YMCA to foster the companionship of father and son. The program expands to include mothers and daughters and eventually evolves into Adventure Guides.

**1936** - Sponsored by the New York State YMCA, the Youth and Government program begins in Albany to encourage high-school youth to understand and participate in the government process.

**1941** - During World War II, the Y, along with five other national voluntary organizations, found the United Service Organizations (USO).

**1960s** - As more women begin to enter the workforce, the Y responds with full-time child development centers to support the needs of these new working parents.

**1971** - Dr. Leo B. Marsh starts the Black Achievers program at the Harlem Branch YMCA (NY) The program helps African-American teens improve academic standards and boost self-esteem.

**1975** - Y-USA and the NBA Players Association start the Youth Basketball Association (YBA) to create programs that stress abilities and teamwork over winning at any cost.

**1991** - The Government Relations and Public Policy Office is formed in the nation's capitol to champion the Y cause with lawmakers and work with Ys to advocate for the kids, families and communities they serve.

**1992** - Y's conduct the first national Healthy Kids Day, emphasizing the importance of play in keeping kids healthy and happy and enhancing their developmental skills. It becomes an annual April event.

**1998** - Y-USA establishes Arts and Humanities as a national program, spotlighting the importance of arts to the development of a young person's imagination, critical thinking, communication and social skills.

**2000s** - The Y responds to several world crises-September 11 (2001), Pacific Rim tsunami (2004), Hurricane Katrina (2005) and the earthquakes in Haiti and Chile (2010) through fundraising, rebuilding and programs to rekindle hope in the affected communities.

**2001** - On Saturday, June 2, 1,200 Ys host 700 YMCA World's Largest Run™ events in the country's first synchronized run/walk across all U.S. time zones. The event celebrates the 150th anniversary of the Y in America and highlights the importance of physical activity for both kids and parents.

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**2002** - YMCA of the USA creates the National Diversity Initiative to support the YMCA movement in valuing the diversity of all people within its associations and the communities it serves.

**2004** - Before a U.S. Senate hearing, Y-USA launches Activate America and the Healthy Community work, beginning a partnership with the Centers for Disease Control and Prevention (CDC). Healthy Communities spreads to more than 150 YMCA communities engaging millions of people in making the healthy choice the easy choice.

**2008** - The Armed Services YMCA and Y-USA partner with Department of Defense in the Military Outreach Initiative, which funds memberships and child care for families facing the hardship of military deployment.

**2010** - The Y revitalizes its brand, officially referring to itself by its most familiar name the Y-for the first time.

Positioning the YMCA as an important partner in preventing chronic disease throughout the nation, Y-USA garners the support of high-ranking government officials. In 2010, first lady Michelle Obama chose the YMCA as the venue to launch the pillars of her "Let's Move" campaign against childhood obesity.

**2011** - YMCA of the USA makes a commitment to the Partnership for a Healthier America (PHA) to help end the childhood obesity epidemic. All YMCAs will adopt a set of Healthy Eating and Physical Activity (HEPA) standards in all its before and after school programming.

To help end childhood hunger during the summer, the Y and the Walmart Foundation serve more than 7 million meals and snacks to 70,000 children when school is out of session.

**2014** - Togetherhood, the Y's signature program for social responsibility, makes its debut. The member-led community service program encourages Y members to find projects to improve their neighborhoods.

**2016** - YMCA of the USA launches its first national positioning campaign, "For a Better Us.™" that aims to raise awareness/increase financial support of the Y as a cause driven organization.

