

OUR VOICE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA IN GREENFIELD

451 Main Street, Greenfield MA 01301

Winter 2019

413-773-3646

ymcaingreenfield.org

OUR VOICE | A newsletter for members and volunteers of the YMCA in Greenfield

OUR HISTORY

The YMCA in Greenfield was granted its first Y-USA charter in 1889 – but due to lack of financial support had to close in 1903. From 1903 through 1939, YMCA programs were conducted by local Y volunteers, trained by Boston YMCA staff, in churches and schools in Franklin County.

In 1939 our Y received its current charter from Y-USA thanks to the support of local business leaders and the tremendous effort's of a young man in his twenties, George Gregory. Gregory grew up being active in local Y programs.

Sisters, Anna Whitcomb, Clara Deane and Mary Washburn, whose father, Governor William Washburn, lived at 451 Main Street, donated use of their carriage house as the first permanent location of the YMCA in Greenfield in 1943. The home and the 3 acres our Y sits on, was donated by the sisters in the late 40's, along with a financial donation to build a gym, pool, and locker room addition which was opened in 1950.

SPECIAL START

Thanks to three Washburn sisters, and George Gregory who went around town and motivated local business owners to apply for a new Y charter, our YMCA got restarted! These four individuals knew the importance of having a YMCA in Franklin County. They saw how the lives of area children and teens were improved by being a part of Y programs and wanted to be able to pass along a permanent structure to house the Y.



VOLUNTEERISM IS OUR BACKBONE

From 1889 to 1939 all sports, camps, teen clubs, and swimming were conducted and led by local volunteers. The first full-time employee was hired in 1939.

Today, volunteers still play a very important role at our YMCA. From our many social responsibility project leaders, workers, donors, committee and board members.

Presently, we have over 300 volunteers but we can always use more! **Is there a new adult or teen program, service, or club you are interested in starting? How about being a Welcome Center greeter, Preschool assistant, or joining a Y committee? Contact Jayne Trosin at 413-773-3646 x448 if you want to get involved with one of the oldest and one of the most important non-profit charities in Franklin County.**



2019 ANNUAL SUSTAINING CAMPAIGN LEADERSHIP

Each spring our YMCA conducts its largest and most important fundraiser, the Annual Sustaining Campaign. This campaign helps support our YMCA by providing about 40% of the financial aid we provide to over 3,000 Franklin County youth, families, and seniors each year.

YMCA Executive Director, Bob Sunderland said, "I am very happy to announce that **Phelicia Howland** and **Linda Dagilus** have agreed to be co-chairs of our 2019 campaign. This annual campaign is our largest volunteer project with about 100 volunteers involved if all positions fill. We hope to have 16 teams of five volunteers, four division leaders, ten major gift fundraisers, and extra phone callers."

Division Leaders are: Liz Millner, Wendy Blanchard, John C. Cormican, and Andy Killeen.

Captains to date are: Amy Bovaird, Amy Bowse, Bill Doyle, Peter Wozniak, Brian Thompson, Deb Klein, Lisa Alber, David Donoghue, Don Simms, AJ Bresciano, Marilyn White, Michelle Laurie, Mike Currie, Jay Dillon, Shelby Snow.

Major Gifts Chair is: Merrill Gagne.

The campaign will kick off in early March and run for 8 weeks. Our goal this year is to raise \$180,000. This is the same goal as last year, where we unfortunately came up short. If more members stepped up and gave a little more in 2019- hopefully we can reach our goal!

THANK YOU! TO OUR ANNUAL SUSTAINING CAMPAIGN CORPORATE DONORS

The YMCA Board of Directors has started a new Corporate Donor Project. There is a new Corporate Donor board just inside the door past our Welcome Center.

We are so thankful for the first 3 businesses to step forward by supporting our Annual Sustaining Campaign: **Greenfield Savings Bank; Freedom Credit Union; and Greenfield Cooperative Bank.**



The Board of Directors hopes to add many more companies to the Donor Board. There are three sponsor levels: \$1,500-\$4,999; \$5,000-\$9,999; and \$10,000+ a year. **Contact Bob Sunderland if your company would like to become our next Corporate Donor.**

BOARD OF DIRECTORS & Y COMMITTEES

Our Y has different ways in which community members and Y Members can be involved with our Y.

At the YMCA in Greenfield, our volunteer **board of directors** works closely with executive staff to deliver our mission and guide our efforts to strengthen the community through youth development, healthy living and social responsibility.

In addition to the board of directors, **six management committees** meet 10-12 times a year to establish policies for administering Y programs, monitor the Y's financial affairs, develop and review the current strategic plan and fundraise to help sustain the Y. These committees include Program; Property; Membership; Fiscal; Financial Development; and Marketing.

YMCA Trustees are responsible for our Endowment Funds which provide annual earnings and interest to help sustain our YMCA.

Recently, three new board members have accepted 3 year terms: Lisa Alber, Linda Dagilus, David Donoghue.

Mark Donoghue and Walter Boyd were voted by the Board of Directors to 5 year terms as Trustees. All of our Trustees were YMCA Board Presidents or Long Term Board Members.



Are you interested in joining a committee? Contact Bob Sunderland at 413-773-3646

LIVELY'S AT THE Y

Josh and Lindsey Lively have been coming to the YMCA in Greenfield for over 7 years, along with their three children: Addison (9), Silas (6), and Caroline (3.5). We caught up with Lindsey about why she thinks the Y is the place to be.

DIPPING THE TOES IN...THE FOAM PIT

"We first joined the Y because of the gymnastics programs. I had recently left my full time job to be at home with Addison who was about a year and a half. I was looking for fun activities to do with her during the day and the parent/child gym class was a perfect option for us. All three of the kids loved the parent/child gym class and, as a parent, I loved having a fun indoor space to take the kids especially when the weather got cold.

Our family started taking advantage of Family Night this fall. Caroline is now old enough to stay up a little later, so Friday night we are at the Y burning off some extra energy."

SOMETHING FOR EVERYONE

"We are at the Y six days a week! Josh enjoys being able to get an early morning work out in before he is off to work. I utilize the morning child watch hours to work out after Caroline and I drop the big kids off at school. Caroline loves preschool gymnastics. Silas participates in both Y soccer and basketball. Addison is in the gymnastics room multiple nights a week working hard and learning new skills as part of the Gymnastics Team [the Tumbling Tigers]."

FITNESS, FUN, AND FRIENDSHIP

"We love the Y community and all of the different people that we have gotten to know through our activities. It is easy for us to allow our kids to try out a variety of different programs because the YMCA in Greenfield has so many different options all in one place!"



SCHOOL AGE CHILD CARE

The school age child care department has been busy. You can find our kids battling it out in a Wii bowling match, being crowned champion of the bumper pool table, practicing their foul shots or completing their homework assignments.

"It's a huge help knowing that when my daughter comes home from the Y her homework is done and we can spend the evening talking and spending time together. After school is a blessing to our family" Parent of a 7 year old

The arts and crafts table is always a first stop for certain kids. We have a themed craft everyday and the kids have become snowflake making professionals. When glancing around, the room and walls are covered in art made by the kids and are hoping to have an art show in the near future.

"The arts and craft area was a nice addition to the program this year, it's so nice to see the kids so engaged and proud of what they are doing" Grandparent of a 6 year old.

While we offer a lot of fun, we also want to make sure our kids are active while having fun. Children and adolescents should do 60 minutes or more of moderate-to-vigorous physical activity daily. Our program is designed to keep kids moving and on their feet. We offer a weekly swimming lesson, daily structured games in the gym and work outs in the KidFit Center.

"I am so thankful to the after school program for adding in the swimming option. Being a single working parent it's hard to find the extra time to register for classes that work in our schedule. Thanks to the Y I am more confident in knowing that my child will be comfortable in the water this summer" Parent of a 6 and 8 year old.

Our program opens its doors at 6am, we bus the kids to school and get them from school and bring them to the Y until as late as 7pm. We are open on holidays, snow days, school delays, in-service days and school vacations. We have designed this program to fit the need of a working family.

"The flexibility the Y offers is the best part. I am able to make it to work on time and my kids are able to make it to school on time. I don't have to take days off when there is no school and I know that my kids are active and entertained. Kara and the staff are easy to work with and I am so glad we found this program. We are looking forward to many more years at the Y." Parent of two 8 year olds



NEWS FROM PRESCHOOL:

Our full-day preschool has been active all year, working hard! We've had our annual Trick or Treat around the Y in October, visiting various group ex classes. We had our Thanksgiving Family Potluck luncheon in November where the kids were so excited to have lunch with their families at their school! And in December, Santa Claus and his helper Jingles (Walter and Dorothy Ely) came to visit all of the children. They all got a great big teddy bear and a candy cane from Santa and their holiday spirit was just contagious!

Thanks to all of the hard work of our new aquatics director and her staff, the kids are making amazing progress during swim time! Children who have never been exposed to the pool are now comfortable and having lots of fun! And the kids who have been swimming with us for a while are learning new skills to push them even further along!

"I am so glad that my child is being exposed to swim class for the very first time. As a first time mom, it was very scary to imagine that my little one would be in the pool but because of all that the Y staff do to help my child feel comfortable she now looks forward to her swim day and loves to show me what she's learning when we go to family swim." Mom of a 4 year old

The kids are growing just as much in gymnastics class. They are learning how to roll and swing on the bars. They are learning how to balance on the balance beam and getting stronger all of the time. Many kids come to us with low gross motor skills and gymnastics helps them to improve by leaps and bounds!

We've had our first snow day of the year but that didn't stop the Y Preschool from being open. We pride ourselves on being available for the working family and we try to stay open as many work days as possible so that parents don't have to lose time from work.

"If it weren't for the Y Preschool, I wouldn't know what to do on snow days and holidays. I have a very busy work schedule as a full time ER nurse and it's almost impossible to be out. The Y Preschool is amazing for being open to busy working families so that we can still go to work and know that our child is safe and well cared for."

Dad of a 3 year old



STAFF AWARDS

In September, about 100 Y staff attended an All-Staff Meeting where safety and procedural items were reviewed and discussed by Y Program Directors. Bob Sunderland, Executive Director, presented the 2017-2018 Staff Awards. The five winners names will be added to the wall plaques in the coffee hallway and each received \$100 in cash. Sunderland says, "It is a real honor to be nominated by your coworkers and peers and to be seen as a role model to other staff."

BETTY HINKELL ROSE AWARD



Given for being a role model of how to provide good service to our members and for being a superior example of how to care for members and fellow staff. **WINNER:** Marsha Staples-Love
Nominees: Bill Fitzpatrick, Susan Holmquist, Don Jalbert, Chris Johnson, Susan Koch, Emma Marscher, Karen Mills, Charlene Neeley, Paul Phillips, Vanessa Ricketts, Kayla Schmitz, Kaytlin Skiathitis, Sarah Smith, Barbara Tardif

JIM ALLEN AWARD



Given for being a role model of regular personal fitness, for encouraging our members to develop their spirit, mind and body, having a positive attitude and for exemplifying YMCA values to our members. **WINNER:** Cassie Damkoehler
Nominees: Don Alexander, Stacie Baumann, Kellie Beres, Lynn Clydesdale, Bella Dickerman, Tracy Fisher, George Funk, Sara Hannon, Jarice Hanson, Bob Sunderland, Barbara Tardif, Jayne Trosin

RICHARD LAPINE AWARD



Given for excellent attendance, having a positive attitude and a tireless commitment to quality work. **WINNER:** Kaytlin Skiathitis
Nominees: Nancy Bair, Ryan Bristol, Judy Flynn, Patricia Goodwin, Ben Johnson, Chris Johnson, Vicky Maleno, Sara McCulloch, Zoe Neeley, Tina Newton, Gail Steele, Jayne Trosin

PROGRAM CREATION/IMPROVEMENT AWARD



Given to a staff member who develops a new, successful program or enhances an existing program. Successful means one or more of the following: better member service, increase in participation or members, saves money due to cost reduction, new programs to serve a new population, values education, etc. **WINNER:** Becca Bellows
Nominees: Cassie Damkoehler, Dawn Dorsey, Tracy Fisher, Shane Foster, Caitlyn O'leary, Kayla Schmitz, Jayne Trosin

YMCA ADVOCATE AWARD



Given to the person who consistently promotes Y programs and services in the Y and out in the community. **WINNER:** Barbara Polowy
Nominees: Becca Bellows, Dave Garappolo, Ann Marie Meltzer, Ann Skowron, Bob Sunderland, Barbara Tardif, Kara Younger

Well I went to the Y. I was a mess
 NO exercise, too much stress.
 Changed my ways, now I fess
 To the positive power of water fitness.
 It's alright, it's OK,
 I'll live to see another day.
 Feelin' better, I know why,
 It's all due to the Greenfield Y.

Whether in the shallow, or in the deep,
 We're stayin alive, stayin alive.
 Jumpin' and runnin' our shape to keep,
 Stayin' alive stayin' alive.
 Ah ha ha ha, Stayin' alive, stayin alive.
 Ah ha ha ha, Stayin' alive.

When the water's cold and my will is thin,
 The smiles of friends invite me in.
 Splashing and laughing and I get movin'
 Thanks to water fitness, I am groovin'
 It's alright, it's OK,
 I'll live to see another day.
 Feelin' better, I know why,
 It's all due to the Greenfield Y.

Don't be a fool, get to the pool,
 We're stayin' alive, stayin' alive
 Shake of the sleep, swim to the beat,
 Stayin' alive stayin' alive.
 Ah hah ha ha, Stayin' alive, stayin alive.
 Ah ha ha ha, Stayin' alive.

Arms and legs still movin'
 Aquatics helps me,
 Aquatics helps me, yeah
 I'm feelin' groovy,
 My teachers help me, yeah
 Stayin' alive



Marsha, Sue, Deb, and Cindy came up
 with a fun Y rendition!
 Sung in the tune of 'Stayin' Alive' originally
 written by the Bee Gees.

2018 KIDS-TO-CAMP GOLF TOURNAMENT

On Monday, July 16, 2018 the YMCA in Greenfield hosted its 16th Kids to Camp Golf Tournament. 91 golfers participated in this annual event at the Country Club of Greenfield.

Just over \$31,000 was raised to provide 400 campships for area low-income children to attend the Y's four day camps. The tournament was founded by Bill Fitzpatrick in 2003. The YMCA in Greenfield is a locally supported, not for profit, charity dedicated to developing the health and well-being of all Franklin County citizens with its focus on youth development, healthy living and social responsibility.

Many thanks to all of the golfers, those who volunteered their time to help, and the many individuals who purchased mulligans, raffle tickets, and auction items.

Thank you to County Club of Greenfield and Terrazza Restaurant for hosting our event.

We are grateful to all of our sponsors, donors, participants and volunteers. It is generosity and community spirit like yours that makes Franklin County a special place to live.

Tournament Committee: Co-Chairs John Cormican & A.J. Bresciano, Bob Sunderland, Tina Newton



KIDS-TO-CAMP GOLF TOURNAMENT SPONSORS

Thank you to the following sponsors and donors who also made the tournament a success.

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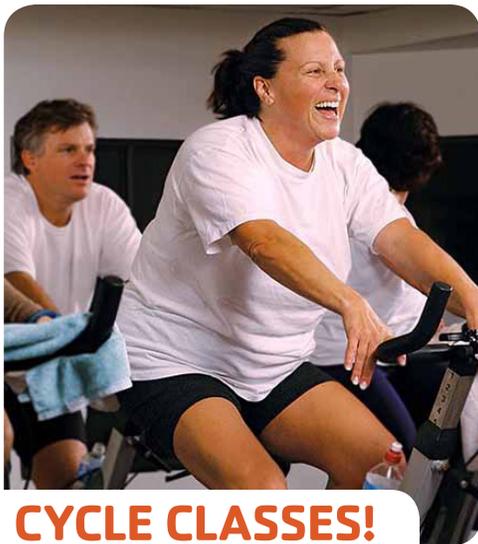
All Session 3 classes
begin January 2 - 8.

REGISTER TODAY!

For up-to-date program info
visit ymcaingreenfield.org



SOMETHING FOR EVERYONE!



CYCLE CLASSES!



PICKLEBALL!



FAMILY NIGHT!

ONLY AT THE YMCA IN GREENFIELD!