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THE YMCA of the Palouse
NEWSLETTER | November 2015
105 NE Spring St. | Pullman, WA 99163

A newsletter for members and volunteers of the Y

A MESSAGE FROM THE NEW CHAIR

2015 marks a very special time in the history of the YMCA of the Palouse! The Y's progress has been incredible thanks to a small board of community volunteers, our dedicated staff, and the phenomenal leadership of our past chair, Marcia Saneholtz. Thank you Marcia for all you have done for the Y in your tenure! As I assume the chair position for the next two fiscal years, my focus will be sustainability, continued partnership with the community, and promotion of fun and healthy alternatives to staying home alone for children and families in our area from grades K-8.

In Service,
Cheryl Oliver

MARK YOUR CALENDARS

Jingle Bell Fun Run: December 5th

The 5th Annual Kid's Jingle Bell Fun Run is fast approaching! This festive event will take place at **4:00 PM** on **Saturday, December 5th**. The run begins by the YMCA of the Palouse office. Join us for a costume contest, hot cocoa, cookies, live entertainment, the tree lighting, and more! The fun run is geared for kids ages 12 & under and is **\$10** per participant. Contact the Y office at **509-332-3542** for more information!

THIS ISSUE

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COMING SOON

- Full days at Sunnyside:
November 11th and
November 23th – 25th
- Lincoln Middle School Closed:
November 11th and
November 23th – 27th
- Special Olympics
Basketball Season Starts:
November 19th
- Jingle Bell Fun Run:
December 5th



AFTER SCHOOL UPDATE

The Y's **After School Programs** for 2015 - 2016 are still accepting registrations for Jefferson and Sunnyside Elementary School programs. These programs run Monday through Friday 3:00 PM to 5:30 PM. We will be offering full day programming at Sunnyside Elementary on **November 11th, 23rd, 24th, and 25th** between **7:00 AM** and **6:00 PM** for the holidays. For more information, contact Director of Programs Zac Brown at **directorofprograms@palouseymca.org**.

We had an entire week of half days October 26th-30th while the Pullman School District held conferences. The theme of the week was Outer Space! The kids had a chance to make rockets, practice their moon jumps, and make planet suncatchers. The week culminated in a field trip for Jefferson and Franklin students to the WSU Planetarium.

LMS MENTORING

Happenings at Lincoln Middle School

The semester is halfway through, but there is still time to register for the **YMCA Mentoring Program at Lincoln Middle School!** The program meets Monday through Thursday from 3:00 PM to 5:00 PM. To register or find out more information, please email Program Leader Kayla Iverson at **lincoln@palouseymca.org**.

So far this year, we have brought several successful collaborations to the program. Every Tuesday, we partner with Pullman Parks and Recreation to teach life skills to our students. We have additionally hosted presenters from the WSU Office of International Programs, and Alternatives to Violence on the Palouse. We are so grateful for these partnerships, which help to enrich this wonderful program.

ZAC BROWN JOINS THE Y

The Y's New Director of Programs!



Zac is excited about continuing his involvement with the YMCA of the Palouse as the Director of Programs. He began his experience with the Y in 2015 as a Summer Camp Counselor. Zac is a Washington State University graduate with a bachelor's degree in Speech and Hearing Sciences. He is currently co-raising a guide dog puppy in-training with his fiancée through the WSU Guiding Paws Club and Guide Dogs for the Blind. During his free time, Zac enjoys playing or watching sports and spending time with fiancée, two cats, guide dog puppy in-training, friends, and family. He is thrilled to continue to build on our already strong programs with the Y team. He also plans to promote our organization throughout the Palouse and increase visibility in the community.

YOUNG ATHLETES UNDERWAY

Y Kids Work on Motor Skills

On October 17th, the Y had its first **Young Athletes** practice of the year! Thank you to all the volunteers, athletes, and families who made the event so successful. This wonderful program takes place bi-monthly at Sunnyside Elementary gym, **10 AM on Saturdays**. Young Athletes is a free program open to kids with and without disabilities between the ages of 2 and 7.

Young Athletes and Special Olympics joined together to host their first Halloween party at the Pioneer Center on October 30th. The party was filled with all manner of costumed guests. The festivities included face-painting, prizes, games, and a costume contest! Thank you to all of our athletes, families, and volunteers!

We still need volunteers to help with the Young Athletes program. For more information, please email Volunteer Coordinator Kayla Iverson at volunteer@palouseymca.org.



SPECIAL OLYMPICS SUCSESSES

From Bowling to Basketball

The East Region Inland Bowling Tournament on October 24th for **Special Olympics of Whitman County** was an absolute triumph! Twenty-two athletes participated, and every athlete placed 4th and above in their age group. The Whitman County Cougars were awarded a total of 4 Fourth Place Ribbons, 5 Bronze Medals, 6 Silver Medals, and a whopping 7 Gold Medals! Thank you to everyone who helped make the 2015 Bowling Season so successful!

Basketball season is just around the corner, and is free for all participants! The season starts **Thursday, November 19th** in Sunnyside Elementary gym. The team will meet weekly from **7:15 PM to 8:30 PM**. There will be no practices on **November 26th, December 24th, and December 31st** due to the holidays.

We are still accepting applications for Special Olympics volunteers. For more information, please email the Volunteer Coordinator Kayla Iverson at volunteer@palouseymca.org.

MORE NEW FACES AT THE YMCA

Introducing Kayla Iverson and Danielle Boatright



Kayla joined the Y as the new Program Leader for the LMS Mentoring Program. She has since become the third full-time staff member with the YMCA of the Palouse! Her new roles now include Volunteer Coordination and Marketing, so she gets to have her hand in basically all of the Y Programs! Kayla recently moved to Pullman from New Haven, Connecticut, where she received her master's degree in Religious Studies. In her spare time, she plays with her two dogs, sings, and plays crossword puzzles.

Danielle is our new Special Olympics Program Coordinator! Danielle received a Bachelor's degree from Eastern Washington University in Special Education, and subsequently taught for a year in Spokane. She is now in Pullman to pursue her master's degree from WSU. In her spare time, Danielle enjoys camping with her family and spending time with her friends. She is passionate about working with individuals with disabilities, and providing opportunities for them to be successful in all aspects of their lives.



MEET INTERN MARC LAMBERT

YMCA of the Palouse Fall 2015 Office Intern



Marc Lambert was born and raised in Issaquah, WA. He has been living in Pullman for 4 years while working on his degree in Sociology at WSU, and is excited to be graduating in December! He joined the YMCA team in August as the Fall Office intern and has been helping out behind the scenes since then. Marc is pursuing a career in human resources and hopes that the YMCA can help him grow. In his free time, he enjoys listening to music and watching movies. He hopes to be a benefit to the YMCA and is grateful to be part of the team.