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THE YMCA OF THE PALOUSE
NEWSLETTER | December 2015
105 NE Spring St. | Pullman, WA 99163
www.palouseymca.org

A newsletter for members and volunteers of the Y

JINGLE BELL FUN RUN GETTING INTO THE HOLIDAY SPIRIT

Our 5th Annual Jingle Bell Fun Run was a great success! Jingle Bells were ringing throughout downtown as 37 kids along with their parents ran down the Riverwalk from the YMCA office to the Pine Street Plaza. Pictured below are all the kids getting ready at the starting line. At the end of the course, the families celebrated the Holiday Fest with the Chamber of Commerce, drinking hot chocolate, and participating in a costume contest and watching the Christmas tree lighting. Thank you to all of our families that participated! We hope to see you next year for the next Jingle Bell Fun Run!

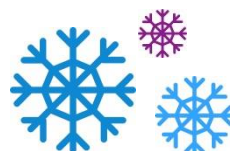


THIS ISSUE

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- Young Athletes Update
- Basketball Bonanza
- After School Wrap-up
- Middle School Mentoring
- Happy Holidays from the YMCA Chair
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COMING SOON

- After School program Half-Day:
December 9th
- Lincoln Middle School Closed for Collaboration Day:
December 9th
- Next Young Athletes Practices:
January 16th and 30th
- Next Special Olympics Practices:
January 10th and 17th
- YMCA Programs and Office closed:
December 19th – January 3rd



YOUNG ATHLETES UPDATE

NEXT MEETING IS JANUARY 16th

Young Athletes is rounding out its fall season! Our last fall practice will be on **January 16th at 10:00 am**. Then, Young Athletes will begin its Spring season on **January 30th**. Spring practices will be at **3:00 pm**. Young Athletes meets at the Sunnyside Elementary School gymnasium located at 425 SW Shirley St. This program is open to 2-7 year olds with and without disabilities. If you are interested in enrolling your child or would like to volunteer with Young Athletes, please email the Program Coordinator, Leah Watts, at youngathletes@palouseymca.org.

BASKETBALL BONANZA

SPECIAL OLYMPICS OF WHITMAN
COUNTY

The **Special Olympics of Whitman County** Basketball season got off to a great start! 14 athletes came to the first practice on November 19th, and we are anticipating more athletes to join. The athletes had a fun time practicing their basketball skills and playing games in preparation for the East Region Tournament that will take place in February 2016 at WSU. The Special Olympics program still needs volunteers, so please contact the Volunteer Coordinator, Kayla Iverson, at volunteer@palouseymca.org in order to learn more.



AFTER SCHOOL WRAP UP

SEE YOU IN 2016!

'Tis the Season! Temperatures are dropping and the Y is gearing up for a new semester. It has been a great year for the Y, thanks to all of our wonderful participants and families. Pictured above is a photo from our field trip to the Connor Museum on November 24th. On **December 9th**, we are holding a half day of programming at all of our elementary schools. Our staff planned a day full of winter fun including: building snow people, performing winter dances and skits, and playing snowflake games!

We also want to share how our Y is impacting the Palouse community. If you have an impactful story or experience with the Y, please share it with us by emailing:

directorofprograms@palouseymca.org

Please note that the Y will be closed from **Saturday December 19th** through **Sunday, January 3rd**.

Happy Holidays from the YMCA of the Palouse!

VOLUNTEER SPOTLIGHT

APRIL CASTEN



This semester, the Y was fortunate enough to have the help of April Casten with our **Special Olympics of Whitman County** and **Young Athletes** programs. During the fall semester, she served as the intern for the Young Athletes program. April is currently a senior at Colfax High School, and her involvement with the YMCA of the Palouse stemmed from her independent senior project. Her project proposal was to volunteer time with the Y Special Olympics programs in order to learn more about program geared towards special needs communities and motor skill development. During the course of the semester, she volunteered over 30 hours of her time between the programs and the Y office. Next year she will be off to college, and if she gets accepted to WSU or U of I she would love to stay involved with the YMCA of the Palouse! In her spare time, she loves to dance and hang out with her younger brother and 3 cats.

MIDDLE SCHOOL MENTORING

THANK YOU TO OUR PROGRAM PARTNERS

We are almost at the break at the **Lincoln Middle School Mentoring Program**, but we had so much fun this semester! Thank you to all of our wonderful WSU and Pullman High School volunteers who dedicated their time to the program. We also would like to thank our partners who helped to make this semester so enriching for our students. We are finishing our collaboration with Pullman Parks and Recreation, who brought the Pullman Leader Program to the Middle School with teacher Shelley May. The middle school mentoring program was also pleased to bring a new collaborative program in November with the Alternatives to Violence of the Palouse, presenting a program about constructing and respecting boundaries. We additionally experimented with fall produce and flavors, making smoothies, pictured below. We are looking forward to coming back in January to continue the fun and welcome new students to our program! We wish everyone a fun, safe and festive holiday season!



HAPPY HOLIDAYS FROM THE CHAIR

A CLOSING MESSAGE FROM CHERYL

Dear Friends of the Y,

What a year this has been! We have so much to celebrate and so much to look forward to. Now, more than ever, local families need your support as they seek a safe, healthy environment for their children after school. Our Special Olympics athletes rely on us to provide a nurturing, developmentally appropriate environment in which they can compete and grow.

As you celebrate the holidays and plan for the end of the year, please consider the Y of the Palouse in your charitable giving. Thank you for your support of the Y. I am amazed by the outpouring of support from our generous community

Wishing you a joyful season,
Cheryl

GOODBYE GRADS!

CONGRATULATIONS FROM THE Y



The YMCA of the Palouse is saying goodbye to our wonderful Office Intern, Marc Lambert. Marc is graduating this month from WSU with a bachelor's in Sociology. He has been an instrumental figure around the office, and has helped with a range of duties, from building the Palouse Resource Guide, to marketing, to running errands! The Y wishes him the greatest of success in his new endeavors, and with his goal to work in Human Resources!

KEYS THANK YOU

STAY TUNED FOR NEXT YEAR!

Thank you to all who attended and contributed to our 9th Annual Keys to Success Fundraiser earlier this fall! The evening was incredibly successful and we so appreciate all the support from our community. We were able to raise over \$29,000 for our Y programs!. A special thanks to our speakers for the evening: Deb Niehenke, Beatriz Schweitzer, and Nicole Tuffield. Please keep an eye out for a save-the-date postcard for the 2016 Keys to Success event which is guaranteed to be another fun filled evening you won't want to miss!

A NOTE FROM THE CEO

Greetings Friends of the Y,

2015 brought great changes for our Y and we navigated them with pride. Our programs are stronger than ever as our enrollment continues to grow and our outreach in the community expands. 2016 goals include tackling hunger insecurity within our community, starting with our own programs. Our Summer 2015 program, Healthy Hearts, Healthy Kids, was able to provide over 200 free meals to needy children. We know this is a growing issue in our community and believe it is our social responsibility to take a step towards ending it. Many thanks to our generous donors and friends of the Y. Without your support, we would not be as strong as we are today! Finally, a special thanks to our Board of Trustees for their continued support and service to the Y. Have a joyous holiday season!

Colleen
