

A YEAR OF NEW BEGINNINGS



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THE YMCA OF THE PALOUSE
NEWSLETTER | January 2016
105 NE Spring St. | Pullman, WA 99163
www.palouseymca.org

A newsletter for members and volunteers of the Y

GET INVOLVED IN 2016

Volunteer with the YMCA of the Palouse!

The YMCA of the Palouse would not be able to operate successfully without the tireless efforts of our volunteer corps! In 2015, our programs, operations and events were aided by **150 volunteers** who dedicated over **3,000 hours** to the Y and to our community. Thank you to all who volunteered last year!

We need volunteers for 2016! Here are some FAQs:

What program can I work with?

We need volunteers for our Special Olympics program, Young Athletes program, Elementary After School program, and Middle School Mentoring program.

Do I need certain qualifications?

No! You will need to pass a background check.

How many hours/days do I need to volunteer?

It varies from program to program. We like to create consistency, but can work with your schedule.

Do I need to be a WSU student?

Absolutely not! Anyone can get involved!

How do I find out more?

Call **509-332-3524** or email **volunteer@palouseymca.org**.



THIS ISSUE

- Get Involved in 2016
- Spring Break Plans
- New Year for After School
- Special Olympics Updates
- Young Athletes Spring Season
- LMS Mentoring in 2016
- What's Happening at the Y from the Chair
- New Faces at the Y
- The CEO's Happy New Year

COMING SOON

- After School program Full-Day at Sunnyside Elementary: **January 18th**
- After School program Half-Day at all sites: **January 27th**
- Lincoln Middle School Closed: **January 18th and 27th**
- January Young Athletes Practices: **January 16th and 30th**
- January Special Olympics Basketball Practices: **January 7th, 14th, 21st, and 28th**

MAKE YOUR SPRING BREAK PLANS EARLY

The YMCA Spring Break Day Camp is Coming Soon!

The Y's **2016 Spring Break Day Camp** will be held from **April 4th-8th** at Sunnyside Elementary School. Our campers will be gearing up for adventure with our camp theme "**Passport to the World**". Campers will make their own passports as they explore various countries and cultures. Camp hours of operation will be from **8:00 am to 5:00 pm**, with extended hours available between 7:00 - 8:00 am and 5:00 - 6:00 pm, for an additional fee. Don't let this opportunity pass you by, reach out to the Y to sign up! Call 509-332-3524 or email **Zac Brown** at directorofprograms@palouseymca.org.

NEW YEAR, NEW OUTLOOKS

From the After School Program

2016 is here and the Y programs are back in action! The Y **Elementary After School program** still has full time, part time, and drop in spots available at all sites. Contact the Y to sign up today!

The Y is happy to announce our new partnership with USDA. This partnership will help the Y provide a greater variety of fruits, vegetables, and other healthy foods to students in our programs. During the month of January, the Y will be sending out USDA's Child and Adult Care Food Program informational letters and enrollment applications to our Elementary After School program families. If you have any questions about the new program, please contact the Director of Programs, **Zac Brown** at **509.332.3524**.



SPECIAL OLYMPICS

Basketball and 2016 Updates

The **Special Olympics of Whitman County** Basketball season is in full swing! 15 of our athletes are participating in the basketball season and working hard on their dribbling, shooting, and passing skills for the upcoming East Region Basketball Tournament at WSU on **February 13th, 2016**.

The staff and volunteers of the Special Olympics program are enthusiastic about the 2016 Special Olympics seasons. We are in the process of developing new opportunities for our athletes in this upcoming year. We hope to add recreational activities in the summer and we need your help! Find out how by getting in touch with the Program Coordinator, **Danielle Boatright** at specialolympics@palouseymca.org.



YOUNG ATHLETES SPRING SEASON

New Afternoon Practice Time Starting

There is only one more morning practice left for the fall season! **January 16th** marks the last **10:00 am** practice for **Special Olympics Young Athletes program**. We will then commence a new time for a new season, starting **January 30th**! For the 2016 spring season, practices will meet in the afternoons in the Sunnyside Elementary gym at **3:00 PM**. We are sure that the spring season will be just as successful as the fall one, with songs, games, and activities that are fun and engaging for all ages!

The Young Athletes program still needs volunteers for the spring season. Call the Y office at **509.332.3524** or email **volunteer@palouseymca.org** for more information.

Make sure to add the YMCA of the Palouse to your Amazon Smile account! .5% of all of your purchases can be reinvested in the Pullman community! Set up your account by going to smile.amazon.com.

LMS MENTORING IN 2016

The **Lincoln Middle School Mentoring program** restarts **Monday, January 11th**! We hope all of our students have had a chance to rest over the break and are ready to attack the spring semester with renewed energy. For 2016, there are some changes in store! Firstly, the students will be going on additional service trips so that the Spartans can get out in the community and get involved! We will also be collaborating with Alternatives to Violence of the Palouse once again, this time to learn about creating healthy relationships. We will be helping Joe Astorino and other Spartans prepare food for the cafeteria this semester. There is still room for new students to register and for volunteers to become mentors! To learn more, contact Program Leader **Kayla Iverson** at **lincoln@palouseymca.org** or call the Y office at **509.332.3524**.

WHATS HAPPENING AT THE Y!

A Message from the Board Chair

Happy New Year! Did you know that the Y is already gearing up for spring break camp? We want to be sure we're providing a safe, active and memorable experience for children on the Palouse. Forty-five hours of friendship, fun, learning and activity with amazing staff. It's an exceptional alternative to staying home alone. Please share with families you know. Need based scholarships are available on a limited basis.

Wishing you a 2016 full of possibilities,
Cheryl

NEW FACES AT THE Y

Introducing Kelly Cruz and Rebecca Nourot



Kelly is joining the Y team as a Program Leader for the After School program at Jefferson Elementary. She was born and raised in small Okanogan County. Currently a junior at WSU and majoring in Sport Management with a double minor in Communication and Human Development, she is a fan of spontaneous adventures and athletics. She enjoys working with children of all ages and helping them grow in a positive environment. Having volunteered in many different areas such as youth athletics, YMCA Special Olympics, and Elementary/Preschool programs, Kelly is excited to be a part of the Y and making a difference in children's lives whether it be big or small. Kelly loves spending time with her family, friends, and fur babies.

Rebecca has also joined the Y team as a Program Assistant for the After School program at Franklin. She grew up in Northern California, where she taught environmental education and geology. Her work included more than two years as a teaching naturalist with the YMCA of the East Bay, and she now spends her summers as a park ranger in Alaska. In her spare time, Rebecca enjoys hiking, cooking, eating, and rock climbing. She looks forward to getting involved with her new community and working with the Y to promote youth development, healthy living, and social responsibility. Additionally, Rebecca is excited to learn what life is like in a place that has all four seasons!



HAPPY NEW YEAR FROM THE CEO

Greetings Friends of the Y!

As we embark on a new year, I am thankful for our amazing Y team of staff, Program Coordinators, and volunteers. Because of people like these, we are able to operate quality, values based programs and services for the community. I truly believe we are making a difference in the lives of those we serve and I am proud to see the impact our Y has on the Palouse. I look forward to embracing new participants in our programs and giving them the opportunity to experience all our Y has to offer. We are truly thankful as we begin our 122nd year on the Palouse!

In Service, Colleen Hinman
