



SPRING 2021

Newsletter

Message from CEO, Darryl McKenzie



In late February, The YMCA's Board of Directors announced my appointment as Interim CEO, following the departure of Andre Gallant, who provided leadership to the organization since 2008.

Over the past few months, I've made it a priority to meet as many people involved in our Y as possible. Our YMCA has a great deal to be proud

of in the programs and services it provides to the Cape Breton community, and I feel fortunate to be here during this important time.

The YMCA of Cape Breton is driven by a Board of Directors, each of whom volunteer their time and bring many years of experience to the Association. Several of our Board Members will be retiring this year and a committee has been formed to recruit new members for election at our Annual General Meeting in June. If you are interested in becoming a volunteer, please contact our committee at board@cb.ymca.ca. The deadline to apply is May 31, 2021.

In addition, the YMCA has formed a committee to lead the recruitment and selection of our next leader. As part of this process, the CEO Selection Committee will be conducting a stakeholder consultation, focused on identifying the skills and attributes you'd like to see in the future CEO. Additional information on the process will be shared on our website and Facebook and we anticipate completing the process in Fall 2021.

As Interim CEO, my other priorities include developing a pandemic recovery plan, enhancing our financial reporting and strengthening board governance practices.

I'm currently scheduled to complete my assignment in Cape Breton in the Fall, once the new CEO has been onboarded.

In response to member feedback, I'm pleased to announce exciting changes to our health, fitness and aquatic programming. On April 12th, we launched a revised aquatic schedule featuring 6 new weekly lane swims. We launched the Spring Release of the MOSSA programs including, Group Active, Power, Blast and Ride! We are also excited for the return of YMCA Summer Day Camp after a one year pause due to COVID-19.

Our YMCA was also recently selected as one of four sites across Nova Scotia to offer the EDGE Pilot Program which will provide employment-focused services to approximately 50 youth clients ages 18 to 26.

Last, but certainly not least, I would like to recognize the over 85+ incredible volunteers who contribute to the success of the YMCA! We couldn't do it without you! April 18-24 is National Volunteer Week and I encourage you to take the time to thank the volunteers at our YMCA and throughout the Cape Breton community.

As you can see, it's been a busy time at the YMCA! If you have any questions, comments or concerns please contact me at darryl.mckenzie@ymca.ca. And, by all means, say hello when you see me in the building!

Sincerely,

Darryl McKenzie
Interim CEO
YMCA of Cape Breton

Call for Board Member nominations

Apply to: board@cb.ymca.ca

Deadline: May 31, 2021

Annual General Meeting

Mark your calendars!

Date: June 24th
5:30pm to 7:00pm



YMCA of Cape Breton
Unama'ki District of Mi'kma'ki
www.capebreton.ymca.ca
Building healthy communities.



Aquatics Center

Meet Noah:



Noah is one of three brothers involved in the YMCA Aquatics Programs, including older brother Nicholas and younger brother Kristofer.

My name is Noah Starzomski-Wilson,

I've been an active member of the YMCA of Cape Breton for the last ten years. Starting as a student in our learn-to-swim program, I am now a supervisor for swim lessons in our aquatics department. I've been involved with the junior lifeguarding program, completed the Bronze Medallion/ Cross Course and Volunteered at the YMCA until I completed my National Life Guarding course. I have been a swim instructor for the past four years.

Our aquatics department offers an excellent volunteer program for those interested in swim instructing or lifeguarding. The program allows you to become familiar and comfortable with the aquatics department operations, creating an excellent employment opportunity.

Working at the Y throughout my years as a high-school student allowed me to get in touch with my community, giving me plenty of experience with public relations.

Thank you very much.

Noah Starzomski



JOIN OUR AQUATICS TEAM!

Upcoming Certifications

- Bronze Medallion April 30th - May 2nd
- Bronze Cross May 11th, May 13th - 16th
- Nationals May 28th - 31st & June 3th - 5th

SPRING PROGRAM SCHEDULE: <http://capebreton.ymca.ca/Schedules>



Group Fitness



YOGA/SPIN ROOM – EXCITING NEWS!

Our Spin room has taken on some new friends! The yoga program has joined the spin team and now share a beautiful space! “Coming together is the beginning; staying together is progress, and working together is success!” Henry Ford

Checkout the Studio Schedule – combined 25 weekly classes!



MOSSA RELEASE SPRING 2021 – HUGE SUCCESS!



Mossa’s workout goals are simple; getting people moving!

With MOSSA workouts, regardless of age or condition, you’ll become a better mover, be more resilient, and feel better in your body. If you are starting your movement journey or are an athlete pushing your performance, MOSSA workouts will help you get muscle and movement strong so that you can move younger, longer!

YMCA of Cape Breton is proud to offer the following MOSSA Programs:

Group Active® is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health™ for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. **ACTIVATE YOUR LIFE!**

Group Power® is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. **GET MUSCLE & MOVEMENT STRONG!**

Group Blast® is 60 minutes of athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. **HAVE A BLAST!**

Group Ride® is a 60-minute cycling experience brought indoors that will get your heart, lung, and legs strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! **RIDE ON!**

Here’s what members are saying about the spring release!

“easy to follow, and the music pumped me up.”

“the chest workout was insane!”

“The workout felt like a team sport-we were all in it together.”

“A great workout with such a fun instructor.”

“that was the most fun I have had in a while.”

Register for these plus so many more options online up to 24 hours in advance:
<http://ymcaofcapebreton.punchpass.ca>



SUMMER DAY CAMP

- Daily Swims
- Themed Weeks
- Weekly Field Trips
- Open to children ages 5-12yrs (5 year olds must have completed pre-primary & must be five before July 1st)

Runs: July 5th – August 27th, 7:30 am - 5:30 pm

Cost: \$165 per week (Members)
\$175 per week (Non-members)

Member Registration Date:

Thursday, May 6th – 5:00 pm -7:00 pm

Open Registration Date:

Saturday, May 8th, 10:00am-1:00 pm

MEMBERSHIP SERVICES

Meet Melissa:



My story with the Y started in October 2017. I went to Nova Scotia Works to find employment, and a part-time position opened up at Membership Services. I started part-time and went up to full-time in June 2018 and then became Membership Services Team Lead in August 2019.

You usually see me when I open the downtown Y at 5 am on weekdays. You can also find me working out in our Wellness Center.

I have never seen myself working in a “gym” because I wasn’t really into fitness. The Y is so much more than a gym. It has helped me mentally and started my fitness journey. I have met so many amazing people working here and made lifelong friends. The Y is my happy place!



Y@HOME+ Launches May 1st!

You can now add even more to your YMCA membership, for FREE!
 Y@HOME+ is our new virtual YMCA experience providing members with access to YMCA programming and services you can do both at home and at the YMCA.



Y@HOME+ INCLUDES:

- 30 Live fitness classes every week including Yoga, YMCA Arriba, YMCA Barre, TotalFit and Bootcamp.
- Fitness videos for all fitness levels and ages to get active anytime, anywhere.
- Workout plans and coaching programs including instructional videos and downloadable workout cards
- Kids and family activities including arts & crafts, sing-along songs and activities for the whole family.
- Wellness programs including meditation and leadership development programs.
- An inclusive and active community
- A fun, interactive, good time!

YTHRIVE GROW

GROW will keep you active. This program is for 10-15 year olds who are looking to maintain a healthy weight, increase strength, endurance & flexibility, as well as meet new friends and have fun!

Goals:

- Stay fit and keep active
- Develop/maintain healthy habits
- Make new friends

The GROW program is 90 days in duration and a new routine will be released every 90 days.

Support Available in small group setting, Dedicated fitness experts, YThrive health and fitness tips



WALKING TRACK - UPDATE!

After a very long year (are we sure it wasn't a decade? It felt like it!) we are so excited to have been able to partially re-open the walking track around the Wellness Center! With the help of some dedicated volunteers, we moved some equipment around, while making sure things are still safely socially distanced, and are happy to announce that the walking track is now open for one way traffic only. Please walk counter-clockwise around the track, and keep your mask ON while walking, as you will now be sharing space with equipment that is also on the track!

Spring Group Fitness Schedule visit: <http://capebreton.ymca.ca/Schedules>



Volunteers

“The Value of One, the Power of Many” is a beautiful reflection of the individual and collective efforts we have seen during the pandemic. The power of many enables us to thrive together.

We are very proud of and grateful to all our Y volunteers. Their vision, passion and dedication have contributed to the development of stronger and healthier communities. Our volunteers come from all ages and stages of life, including students looking to gain work experience and retirees who have volunteered for over 30 years.

Beyond fitness, volunteers from many other facets of the Y also donate their time in the areas of childcare, camp, swim lessons, child and youth programs, philanthropy and on our board of directors. To learn more or to become a Y Volunteer, contact Program Manager, Janice Curnew Janice.Curnew@cb.ymca.ca



SOME OF OUR AMAZING VOLUNTEERS!

Aquatics: Marlene Wallace, Naseem Farooq, Shelly Stevens, Willina Gregor, Jean Ryan, Kim Fitzner, Aiden MacArthur, Kayleigh Anderson, Bhreagh Dean, Park MacKenzie, Alec MacPhee, Stella Condon, Kathy MacIntyre, Debra Chiasson, Odile Ryan,

Group Fitness: Sheila Artus, Christine Reeves, Eric Power, Kathleen Mccluskey-Mojeiko, Kathleen Yurchesyn, Christine MacDonald, Joyce Lively, Lynn LeVatte, Lisa McKenzie, Alicia Burke, Ellen Neville, Jen Shiner, Mary Wade, Eileen Bruleigh, Andrea Donato, Allison Dolhanty, Kim MacNeil, John MacPhail, Shannon Garnier, Terrie MacIntyre, Colin Wade, Carole Lee MacAskill, Katelyn McPherson, Colette Sexton, Carmie Zahara, Rhoda McCormick, Joan Andrews, Jamie Crane, Rebecca Powney, Naseem Farooq, Mohammad Farooq, Maryam Mohseni, Linda Campbell, Valerie Dolhanty, Helen Graham, Darren Adams, Abbey Burns

Childminding:

Randy He, Priscilla Diaz, Tracy Phan

Greeters:

Tenny Awosusi, Debra Curtis, Hanna Darwish, Robert Zwarun, Tram Le (Grace)

Wellness Center:

Raymond Doyle, Ron Delaney, John Fraser, Eddie Moules, Matty MacDougall, Roddie MacNeil

Ride for the Y:

Cathy Horechuk, Kathleen Yurchesyn, Colette Sexton

YLotto Toonie Draw:

Robert Silverstein, Steve Brown, Charlie MacKinnon, Maria Morrison, John Henry, Theresa Butler

Strong Communities Campaign:

Craig Boudreau, Kathleen Yurchesyn, Dr. Rex Dunn, Mark Inglis, Joe MacDonald, Gail Rudderham

Board of Directors:

Mark Galley, Jeff Ward, Monika Dutt, Stephanie Myles, Michelle Milburn, John Murray, Julius Gercio, Jill Perry, Kevin MacEachern

Board of Directors Nominating

Committee: Dave Farmer, Darlene Jennings



Fundraising



A YEAR OF WINNERS
Totalling \$77,918.00



YLOTTO TOONIE DRAW

We celebrated the YLotto Weekly Toonie Draw First Anniversary with a week of **BONUS** Draws.

Weekly Jackpots are \$1,900 and growing!

All money raised goes to support the YMCA of Cape Breton

To learn more visit our webpage: ytooniedraw.com or to purchase your **NUMBER for LIFE** call: 902-270-7529(PLAY)



RIDE FOR THE Y - Sign up!

You don't want to miss out on "Ride for the Y"! The YMCA will be hosting an outdoor fundraising event, "Ride For the Y," on Saturday, June 5, 2021. This half-day event will provide over 200 "spinners" of all levels with a one-of-a-kind experience.

Our "Ride for the Y" fundraising goal is \$15,000, and we need riders!

Registration opens May 3rd. To reserve your bike, sign up on line and pay the \$50 fee, and you will be ready to ride!

Funds will provide financial support to Sydney-area families to ensure they have access to YMCA childcare, day camp, swim lessons and health and wellness programs. We hope you will join us!





Financial Assistance - We can help!

Our goal is to eliminate financial barriers and provide as many people as possible with the opportunity to participate in YMCA programs and services that help make life healthier and happier. As a charity, the YMCA raises money year-round to help those who may be unable to participate in YMCA life-enhancing programs and services for financial reasons.

We'd love to help you and your family reach your full potential by removing any financial barriers to participation in YMCA programs you may face.

To learn more and to register visit our Membership Services team or check out our webpage: <http://capebreton.ymca.ca/Join-the-YMCA/Frank-Rudderham/Financial-Assistance>

YMCA Nova Scotia Works

NOVA SCOTIA WORKS DIGITAL SERVICES



Are you or someone you know on the hunt for a new job? Did you know that our Nova Scotia Works Employment Services Centre now offer a bundle of digital services? Contact us today so we can help set you up with your Nova Scotia Works Online Account.

Sometimes finding work is a two person job. Let us help!

EDGE Sydney

We have exciting news to share! The YMCA of Cape Breton has been selected as one of four pilot sites, across Nova Scotia, to offer the EDGE Pilot Program. Under the direction of our new Program Director/Youth Navigator, Jacqueline Holmes, the YMCA will offer this Early Intervention Pilot Program to 50 Employment Support and Income Assistance (ESIA) youth clients over the next year, providing intensive wrap around employment-focused services to youth ages 18 to 26. This is a direct referral program offered in collaboration with the Department of Community Services. The program includes one-door entry, peer group delivery, individualized mentorship and mental health related supports. EDGE Sydney will offer a dedicated youth-centred space on the second floor of the Frank Rudderham, in the current community room. Join us in welcoming Jackie to the team and EDGE youth to our YMCA family!



YMCA of Cape Breton Unama'ki District of Mi'kma'ki
www.capebreton.ymca.ca
Building healthy communities.