



Message from Mitchell Englander

"I could do it with my eyes closed!" is what people say to illustrate ease and familiarity with a task.

Well, thanks to an electrical outage, that's practically what we did at the 22nd Annual Booster Club Dinner, Nov. 12. Despite 45 minutes of darkness, the silent auction and casino night went forward under the glow of cell phones and flashlights. When the lights came back on, the dinner continued, raising nearly \$200,000 to benefit youth programs at the North Valley Family YMCA.

So, this year, a special thanks to all who purchased tables and tickets and stayed in place during the blackout. I think it's a tribute to the loyalty and dedication of all North Valley's supporters who understand how this event helps the YMCA provide for San Fernando Valley residents.

Thanks also to Councilman Greig Smith, honorary chair, for promoting one of the signature events in the Valley. We drew past and present Council members, in addition to top staff from the governor's office, as well as those from numerous businesses and organizations from throughout the Valley.

These funds are more important now than ever before. With more and more families not able to afford after school, camping, and senior assistance programs, the dollars raised from this booster dinner will go a long way to provide the much needed help for many.

Thank you again to our major donors, as well as more than 30 sponsors and the entire Board of Directors. With your help and support, North Valley continues to help build strong kids and families in our community.

Mitchell Englander is the chair of the North Valley Family YMCA Board of Managers and chief of staff to Councilman Greig Smith.

64th Annual Volunteer Recognition Dinner

Hundreds of volunteers honored on 12/2/09



North Valley Family YMCA VOLUNTEERS OF THE YEAR - Patil Family
Camp Volunteer of the Year - Jennifer Saba
Child Care - Terri Messina & Billie Jean Carello
Healthy Lifestyles Volunteer - Ed DeSouza
Y-Guides Parent-Child Program Volunteer - Kevin Mitchell
Youth Sports - Volunteer of the year 2009-Robert Ruiz
Lifetime Achievement Award - Dave Hasson



PATIL FAMILY, 2009 North Valley Family YMCA Volunteers of the Year
The Patil family (Sunil, Maithili, Ronak and Saloni) has been members of the North Valley Family YMCA since 2004. Sunil and Maithili have volunteered in many capacities for the YMCA. They enjoy working out in the fitness rooms and have made it part of their lives

today, tomorrow and forever. Their children, Ronak and Saloni, have also been involved in our Youth Swim Programs and Teen Fitness Programs. This year, the YMCA had the opportunity to see the Patil family grow with involvement and volunteering their time, talent and treasure.

Read more Volunteer Winners stories on p. 3, 4 & 5

EXERCISE & PLAY

with the North Valley Family YMCA.

Psychomotor Program: A School's Perspective

Here's part of a letter that North Valley Family YMCA received from one of our child care site directors. She attended a PTA meeting where a vote was being taken on funding physical education.

North Valley Family YMCA is proud to be able to help fill a sorely needed gap at **35 elementary schools**. Ever since the state of California stopped funding physical education classes, childhood obesity rates have risen dramatically, says Thaddeus Molman, senior director of North Valley's P.E. program.

The YMCA P.E.-like program focuses on increasing kids' awareness of physical education, creating appreciation for being healthy and active, providing the basics of sports like basketball and volleyball and improving fitness levels with running and strength-building exercises.

"We also teach them playground games, like tether ball and four square," Molman said. "Those are the kind of games I learned as a kid. But today's kids are not

exposed to those. If they don't get to experience those types of games, they can end up just standing around at recess."

With only one 45- to 55-minute class a week, the exposure kids receive is limited, Molman admitted. But the P.E. program has as its ultimate goal keeping kids healthy with activities and awareness they will carry throughout their lives.

Read more about the North Valley Family YMCA's Psychomotor Program on our [website](#).

First, the principal introduced the program and gave an overview. Then a 4th grade teacher talked about how wonderful the program was and how she wished the children could do it more than once a week.

Next, the Room Teacher Coordinator who has two children at the school talked about all the program benefits: from developing small and large motor skills, all the way to the social interactions they acquire that will help them grow up to be well rounded adults.

Then a parent added that her kids talk about the coaches at home and how much they look forward to the classes. Another parent added how she thought it was a great program because the coaches are positive role models for the children. A couple of other people had a few more positive comments and then it was time to vote.

When the PTA president asked all that attended to raise their hand if they approved PTA money being used for the P.E. program, every hand in the room quickly went up. After the vote was recorded there was a round of applause.



HOLIDAYS ARE HERE

at the North Valley Family YMCA.

64th Annual Volunteer Recognition Dinner

(continued from p.1)

Here is a recap of what the Patil Family has done for the YMCA in just this past year: ► Volunteered and helped sponsor: the 2009 Health Expo, 2009 Healthy Kids Day & Camp Sign Up event, 2009 Harvest Festival, 2009 Turkey Tri (Triathlon)

► Volunteered for our 2009 Community Support Campaign, (Maithili - Division Manager, Sunil – Team Captain) ► They volunteered, sponsored, and were a part of the committee for the 2009 Thanksgiving Basket Event.

Sunil and Maithili love the YMCA because of what the programs have done for their family, and the relationships they have built over the years. If there was something to receive from giving their time, talent and treasure, it would be from seeing the joy of others as they volunteer at the YMCA.

Camp Volunteer of the Year - Jennifer Saba

Jennifer Saba has been a part of the North Valley Camp staff for the past five years. This year, Jennifer volunteered for a number of camps: Camp Whittle, Camp Round Meadow, the Cabrillo Beach Campout, Whites Landing and the Mammoth Caravan. She also helped out with the YMCA Kids to Camp Golf Tournament as a volunteer. She is committed to the camping program. Jennifer started out as a CIT, camp counselor and this year she was a Unit Director at Camp Whittle. When we needed a driver for Mammoth, she stepped up without hesitation to help out in the camping program. She is truly dedicated to the children in the camping program and will do what it takes to make it a successful program. She is well respected by others and is a great role model to the children at camp.

Child Care Volunteer - Terri Messina

PAC Chair, Campaign Rookie of the Year, Campaign Division Manager, Healthy Kids Day Volunteer. The list goes on and on. Terri Messina has been heavily involved with the YMCA ever since her daughter Josie began attending the Y at Porter Middle School. Every afternoon Terri Messina comes into the Y, greets the children, the staff, and asks how everything is going.

Read more Volunteer Winners stories on p. 4

December Calendar:



To sign up for any of these activities, log onto www.ymcala.org/nv or visit the Welcome Center.

▪ Santa Photos December 12th!

Join us at the YMCA Infant & Preschool Centers for a free photo with Santa.

9am-12pm: Preschool Learning Center
15950 Chatsworth St. Granada Hills, CA 91344

1pm-3pm: Infant & Preschool Center
11630 Indian Hills Rd. Mission Hills, CA 91345

▪ Winter Volleyball & Indoor Soccer: Sign up for the next season of fun and teamwork for both leagues.

▪ Now Enrolling NEW Preschool Learning Center
15950 Chatsworth St. Granada Hills, CA 91344 For kids ages 2 to 5 years. Hours: 6:30am to 6:30pm.

▪ Child Care: After School Time Licensed, on-site, before- and after- school programs at 14 public schools in the Valley. Our programs focus on the whole child and work to develop the 40 developmental assets in all children. We offer homework time, healthy lifestyle activities and a wide variety of enrichment classes. Also, ask about our special Club Mid program at Porter Middle School. *Also: check out our all-day licensed child care for Winter Camp December 21st- January 8th*

▪ Summit Seekers Hike – Join us Saturday, Dec. 12th, at 9am, at Chesseboro Canyon, Agoura for our monthly hike. Please contact Jody Guerrero at jodyguerrero@ymcala.org to receive more information regarding the hike.

▪ Adult & Child Posture Screenings – Join Dr. Nicholas Houston, from our Medical Partnership Committee, as he gives FREE Posture Screenings from 8:30am-10am, in the Lobby of our YMCA on Saturday, December 12th. This screening is FREE and open to the community.

VOLUNTEERS

make it all possible.

64th Annual Volunteer Recognition Dinner (continued from p.3)

In addition she also asks “what can I do to help?” During our Thanksgiving basket drive, Terri Messina’s family donated two thanksgiving baskets that went to needy families in the area. She then helped the YMCA identify families that would benefit from the Y’s generosity. Currently Terri is putting together a Holiday celebration at Porter Middle School to help parents get more involved with their children and the YMCA. Terri Messina is a great example for children, parents and anyone else who is looking for ways to do more in our community. Thank you Terri for all you have done and being an amazing volunteer.

Child Care - Billie Jean Carello

Today we are recognizing Billie Jean Carello for her outstanding volunteer service in our child care department. Billie Jean and son Tyler Carello Vinci became a part of the YMCA in June 2008 and has since remain active in our programs. Since Tyler has started at the Haskell YMCA, “BJ”, as anyone who is familiar with her would call her, has been our PAC chair.

While in this position BJ has been instrumental in the recruitment of other YMCA parents whom have now joined the YMCA cause; which is to build strong kids, strong families, and strong communities.

To add, BJ has volunteered for numerous YMCA events such as the Haskell Haunted House, Harvest Festival & Y Arts week. We also cannot forget her hard work during our annual support campaign. When not at work BJ can be found at the Haskell YMCA, helping children out with homework, serving snack, reading books to the children, or just playing mom for everyone. We are truly appreciative of her sacrifice of personal time, and her belief in the Y and what it stands for. Thank you Billie Jean, this recognition is truly well earned.

Healthy Lifestyles Volunteer - Ed DeSouza



Ed DeSouza has been a key volunteer for our YMCA Healthy Lifestyles, Membership and Child Care Programs throughout the past 10 years. This year has been one of Ed’s best years of service to our YMCA. Ed has a passion for Healthy and Nutritious eating, and his goal is to educate as many people as he can on a daily basis. Ed gives all of his heart to the YMCA and you can definitely see it through his passion and love for educating others on living a healthier life. Ed is a committed volunteer, and our YMCA cannot wait to have more of him at our YMCA.

Read more Volunteer Winners stories on p. 5

A Holiday Treat

New machines now at the YMCA

Main Conditioning Room:

- * Abdominal
 - * Chest Press
 - * Seated Leg Press
 - * Tricep Press
 - * Torso Rotation
 - * Seated Leg Curl
 - * Hip Abductor
 - * Leg Extension
 - * Assisted Dip/Chin
 - * Biceps Curl
 - * Lat Pulldown
 - * Seated Row
 - * Shoulder Press
 - * Pectoral Fly/Rear Deltoid
 - * Cable Motion Adjustable
- Cable Crossover
- * Signature Smith Machine (1)
 - * Signature Multiple Adjustable Bench (6)
 - * Hammer 45 Degree Back (Bench)
 - * HD Half Rack 8 Foot

T2:

- * Signature Series Calf Raise

VOLUNTEERS

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64th Annual Volunteer Recognition Dinner (continued from p.3)

Below are a few things he has done this past year. ▶ Hands on healthy cooking lessons for kids and their parents at Health Expo, Healthy Kids Day event, Harvest Festival, and at all of our Child Care sites. ▶ He is a volunteer instructor for our new hands-on cooking class for parents and their children - "Chef Poppy and Me" - alongside nutritionist Jesse Katz. ▶ Leads our Member Appreciation Day - preparing delicious, healthy foods free to our members. ▶ Member of our Healthy Lifestyles and Harvest Festival Committees for 2009.

Y-Guides Parent-Child Program Volunteer - Kevin Mitchell

Kevin Mitchell is a great dad and volunteer for the North Valley YMCA. He has been instrumental in the recruitment and mentoring of a new tribe for the Ga-Sioux Nation. He has helped out on recruitment and planning for the parent-child program and without him we would not be able to have our Pinewood Derby event each year at the YMCA. He has been a leader in putting the Pinewood Derby event on for the past two years. Kevin is very helpful in our Longhouse meetings and cares deeply about the parent-child program. He has been a tribal chief for the Seminole Tribe and this year he is the Assistant Nation Chief for the Ga-Sioux Nation.

Youth Sports - Volunteer of the year 2009 - Robert Ruiz



Robert Ruiz is the man!! He's been a volunteer coach for over 4 years. He has coached 9 basketball seasons, and 8 indoor soccer seasons. He and his family are also recently new members at the North Valley YMCA. Since joining Youth Sports as a volunteer coach over four years ago, he has not missed a basketball or soccer season. Many kids sign up early and request Robert Ruiz as a coach. This is a testament to his outstanding leadership and coaching ability. Youth Sports is very lucky to have such a dedicated, responsible, and nurturing type of volunteer coach. He demonstrates what the six pillars of character are all about. We are definitely lucky to have a volunteer coach like Robert Ruiz and look forward to his continued volunteer help! Luckily his daughter Elisa is only 6, so that means many more years!

Lifetime Achievement Award - Dave Hasson



Dave Hasson has been involved in the YMCA for 16 years at our North Valley Family YMCA as a Board member and a key volunteer. He is a member of our Executive Committee and serves on several committees, including the Capital Campaign Steering Committee, Booster Club Dinner Committee, and Building and Properties Committee. Dave has worked tirelessly as project manager for three construction projects at our Y: the installation of program modular, a new preschool, and 78 new parking spaces with the improvement of a nature park trail.

Dave's effort and volunteer involvement this past year has been truly extraordinary. Supposedly retired from the construction and contracting business, he has been putting in 40+ hours a week volunteering for us in order to get these projects done well. He continues to lead us through these projects with a wonderful sense of humor, a positive outlook and calm reassurances. He received the YMCA Volunteer of the Year Award in 2004.

Join us as a Volunteer today. Stop by the Welcome Center to find out how.