



## Message from Mitchell Englander

With families and individuals continuing to suffer from layoffs, unemployment and cutbacks, the North Valley Family YMCA can be counted on to be here and provide needed support. We are here to:

- Provide a place where families can come together and spend quality time together at our special events, youth sports and classes & programs that bring parents and kids together.
- Teach and guide kids at our PE, child care and pre-school and youth sports programs throughout the Valley.
- Keep you healthy with fitness classes and good health information, even as many employers cut back on health insurance.
- Create a place where people care about you in an atmosphere that helps you make friends for a lifetime.
- Provide scholarships for those who would otherwise be left out.

North Valley is doing all this, but even we struggle with money issues. That's why, every year during our Community Campaign, we ask for your help.

Please support us in our efforts to strengthen families and communities in the San Fernando Valley and create a better future.

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

## Pass it On Community Campaign Helps Others

The woman had a bad attitude. Irritable and terse, she barked at YMCA staff members. But wouldn't you if you were living out of your car?

With a North Valley Family YMCA scholarship membership, she now has a partial home, a place to exercise, shower, relax and prepare to face each day. Her son can swim in the pool or participate in classes. She smiles now and chats easily with staff members.

A single mom, she worried how she would provide a Thanksgiving Day meal for her four kids. The Thanksgiving basket she received from the North Valley Family YMCA was a lifesaver. It even included a turkey!

But even more unbelievable was the family membership provided by the YMCA. Now, she and her kids can swim, take classes, and attend free events. That's important for her kids who otherwise, would crowd around the single TV in her apartment.

If you ran into these two moms or their kids at the North Valley Family YMCA, you wouldn't be able to tell if they were on scholarship. That's because the YMCA brings people together, regardless of income, employment or any other differences.

[Read more Pass It On stories on p. 3](#)



**\$1,000:**  
Gives two needy kids  
– five to 14 year olds –  
their first time ever to hike in the woods  
and sit around a campfire at Camp Round  
Meadow in Big Bear for a week.

... pass it on

# TEAM SPIRIT

at the North Valley Family YMCA

## Gearing Up for Youth Basketball



Junior Lakers and Shooting Sparks basketball players – ages three to 17 years old – return to the courts in March during the spring season which runs through June 5. Early registration began in January and continues through March 16.

More than 40 volunteer coaches, California Interscholastic Federation-certified referees for older divisions and 450 players participate in the games which incorporate YMCA values, teach kids sports skills and draw on a historic game with roots in the Middle Ages (more on that below).

### YMCA Values

“Everyone plays!” is literal. Star players don’t dominate because the focus is on character development: being on a team and working with others. Scores are not even kept for younger players. Instead of building points, the focus is building children’s confidence, self-esteem and morale. Keeping kids physically active and having fun are also key values for their whole lives.

### Skill Building

Three-year-old players begin with basics: catching the ball which can be tough! Dribbling and shooting come later with portable hoops rolled onto courts for age-accessible basket heights. Coaches provide court and skill fundamentals as kids get older and move on to strategies and techniques for older players, who by then are equipped to play on high school teams.

### Medieval Roots

Just about everyone knows basketball’s origins: that in 1891, James Naismith, a Canadian-born physical education professor and instructor at the International Young Men’s Christian Association Training School in Springfield, Mass., invented the game as an indoor sport using a soccer ball and peach baskets.

Less known is that basketball was based, in part, on a childhood game Naismith played called Duck on a Rock, involving stone throwing, running and tagging. Duck on a Rock has been traced back to play by children in medieval times.

*North Valley Family YMCA Basketball runs March 27 to June 5 at nine San Fernando Valley middle school campuses and San Fernando High School. Cost \$139, \$119 for players with usable jerseys from the year before. Contact Mike Greco, 818-368-3231.*



# GIVE A LITTLE

receive A LOT. pass it on.

## Pass it On (continued from p.1)

It's a core YMCA value: to help strengthen families and community. That task can sometimes involve actually providing help with basic needs, but then moving on to meet even more essential needs – self-esteem, confidence, togetherness, honesty and caring.

These needs must be met to give our community a positive, secure future. That's why our goal is set at \$400,000 during our Community Campaign. Each contribution helps.

For example:

**\$75:**

Feeds a child on scholarship with a nutritious, hot-meal daily for a month at preschools in Granada Hills and Mission Hills.

**\$100:**

Enables an elementary school child – otherwise home alone, isolated & unsupervised after school – to play and learn with other children each month at one of 14 North Valley YMCA childcare centers.

**\$200:**

Provides a scholarship for a teen from gang-plagued streets to get away for a week in the summer at YMCA's White's Landing Teen Beach Camp on Catalina Island.

**\$300:**

Enables an elderly adult with limited income to remain active, healthy and be with others as a North Valley scholarship member for a year.

**\$400:**

Gives a financially strapped mom & dad and their kids a YMCA scholarship membership, allowing the whole family to exercise, have fun together and make friends at the North Valley YMCA.

Please help us meet our \$400,000 goal.  
Please help us help others.  
Contact Miki Shelton today at 818-368-3231.

## February Calendar:



To sign up for any of these activities, log onto [www.ymcala.org/nv](http://www.ymcala.org/nv) or visit the Welcome Center.

- **Spring Basketball:** Sign up today. Read more on p. 2
- **Now Enrolling [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:](#) Swashbuckling Spring Break Adventures** Ahoy mateys! From March 29-April 2, 2010 campers will celebrate their desire for discovery as they navigate their way through the times when pirates sailed the high seas with age appropriate activities, projects and games. Contact Nicole Casper at ext 2390 for more information.
- **Kids Ages 6 - 13 perform Grease!**  
Sat, Feb 20th, 2 pm at Temple Ahavat Shalom  
The 30-member cast has been rehearsing – acting, singing and dancing – since October. Tickets are \$6 per person, available only in advance from the North Valley Family YMCA. Please call 818-368-3231 for more details.
- **Free Electronic Waste Collection**  
Sat, Feb 20th, in the back parking lot  
Benefitting the Leukemia & Lymphoma Society and the North Valley Family YMCA, bring your computer monitors, toner cartridges, household and auto batteries, phones, VCR/VCD/ DVD players, T.V. sets.... EVERYTHING!!!!
- **Chef Poppy & Me - family cooking class**  
4 Saturdays at 2pm beginning Feb 6th  
For “Kid Chefs”, ages 8 and up, and their families. Each class will have hands-on cooking lessons, fun workshops, and try healthy food that tastes great. For more info, contact Chelsea Good at ext 2317.