



The Greater Morristown YMCA



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Expanding Our Outreach: Child Care

The Y has a rich tradition of quality child care programs. Before this fall, the Y managed three child care centers, The Richard F. Blake Children's Center, The Children's Corner at Morristown Memorial Hospital and The Allamuchy Early Childhood Center, providing year-round, early childhood care for over 350 infants, toddlers and preschoolers. Our child care centers help youngsters gain self-confidence and social skills while developing positive attitudes about school and learning. Our programs at The Blake Children's Center and Children's Corner are accredited by the National Association for the Education of Young Children (NAEYC), a distinction earned by only 8% of child care centers in the US. With over 23 years of child care experience we are committed to providing secure, nurturing locations for children and aspire to meet their needs while promoting physical, social

emotional and cognitive development.

This fall, the Y has expanded our outreach to include two additional early childhood programs: A Preschool Program at Collinsville Child Care Center in Whippany and A Kindergarten Enrichment Program at the Central School in Great Meadows.

Collinsville Child Care Center has been caring for the preschoolers of federally eligible, low-income parents for the past 41 years (since 1970). In September 2010, Collinsville relocated from its home of 38 years in Morristown to its current location at the United Jewish Communities of MetroWest New Jersey in Whippany, NJ. In September 2011 The Greater Morristown YMCA took over management of Collinsville where we care for 37 preschoolers.

10 children from the Central Elementary School

are currently participating in the new Great Meadows Kindergarten Enrichment Program. Trained teaching staff are using several innovative educational programs. Color Me Healthy is a program that provides fun, interactive learning opportunities on physical activity and healthy eating. The CATCH program also promotes healthy lifestyles for young children by teaching them about nutrition and how to identify, practice and adopt healthy eating habits. Discovery Science gives children the opportunity to explore, experiment, create, and problem solve through various activities and experiments. Discovery Science encourages kids to refine their use of language as they talk about what they do or explain what they have discovered.

We are happy to welcome these new children and their families to our ever-growing Y family of child care programs.

Join us for a ZUMBATHON

to benefit

The American Cancer Society—Making Strides Against Breast Cancer

Saturday, Nov 12th

2:00 - 4:00 PM

Registration begins at

1:15 PM

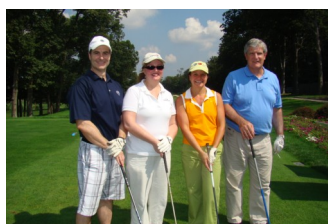
2011 Golf Outing



On September 12, 2011 The Greater Morristown YMCA held its 24th Annual Golf Challenge at Spring Brook Country Club in Morristown, NJ. The event raised almost \$45,000 for the Y's Strong Kids Campaign, providing financial assistance to underprivileged children and families for child

care, summer camp, before and after school programs, Y-memberships and recreation programs.

The Title Sponsor for the Golf Challenge was Capital One Bank. Other



event sponsors included Hackensack University Medical Center, Microsoft, Atlantic Health



Systems, Les & Carol Armour, Deltronic Crystal Industries, Denville Line Painting, Beacon Trust a Subsidiary of The Provident Bank, Essextec, PPGI, Don & Angela Lepore, Coherent Inc., Einhorn Harris, Kern Augustine Conroy & Schoppmann P.C, Gene Thomas, Joe & Madeline Longo, Dave Burke, Firm

Foundations, Landice Inc., Ted & Sheila Vogtman, Korn Hynes Advertising, Cortese & Associates, Hanover Township PBA No 128, Phoenix Insurance Group, Full Service Vending, Dennis & Agnes Neider, and Bob Lagno. Nearly 100 golfers participated in the event.



In Memory and Appreciation of F.M. Kirby II

“Though he was masterful with the written word, he leaves behind a legacy of momentous deeds. His academic, athletic, military, professional, civic and charitable achievements combine with his steadfast devotion to family and nation to personify all that is so redeeming about his country's "Greatest Generation." He lived by the highest standards of personal conduct and will endure as an example for future generations.”

Star Ledger, Feb 2011

On October 12th, The Greater Morristown YMCA planted a tree in memory of Fred Morgan Kirby II, former president of the Morristown-based F.M. Kirby Foundation. The Y is among a vast number of charitable organizations that the Kirby Foundation has generously supported.

Mr. Kirby, who was called “a lion of philanthropy” led the Kirby Foundation for 43 years (1967-2010.) Fred Kirby took seriously the words found on his family's coat of arms: "Facta Non Verba," meaning "deeds, not words."

The Kirby Foundation's philosophy and Mission states that, “History demonstrates time and time again that when people unite in a charitable cause, which is right and good, the impossible becomes possible.” Funding from the Kirby Foundation for the Y's Strong Kids Campaign has made much possible over the years for local, underserved families and children in need. Their ongoing support has provided scholarship assistance for child care, summer camperships, special swim programs, and so much more.

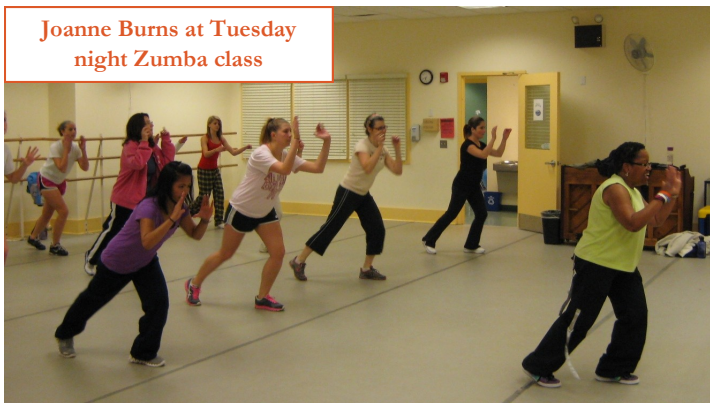
We are deeply grateful for the magnitude of charitable spirit Mr. Kirby possessed and for his philanthropic vision that lives on through the work of the Kirby Foundation.



Children from the Preschool Program at Morristown Neighborhood House pose with the newly planted F.M. Kirby II tree before receiving a weekly swim lesson at the Y

Spotlight on Joanne Burns

Joanne Burns at Tuesday night Zumba class



Joanne Burns has been teaching at the Y for over 17 years. When she first moved to New Jersey, Joanne came to the Y as a volunteer. "I have to credit my mentors: Betty Brennan, who took me under her wing and taught me everything I needed to know about the Aerobic world; and Janet Toler for all of her helpful hints, music and choreography. I practically lived in their classes

taking notes and watching." Now Joanne teaches her own Cardio Sculpt, Zumba, and Cardio Fusion classes at the Y.

Joanne has been teaching Zumba for 4 years. While she doesn't have a fitness background, she loves to dance. "I've always done Latin dancing because I like shaking my booty!" says Joanne. "My

mother was a great dancer and taught all of us (children) how to dance. Now my children are teaching me the new moves so I can keep up with them!"

Joanne loves Zumba because the music is, "awesome to move to." Joanne can hear a song for the first time and work out the choreography in her head. Plus, "when you forget your choreography you don't look stupid fixing your mistake!" When first-timers come to class and stand in the back, Joanne says she always shows them the steps so they won't feel uncomfortable. "I want new students to have fun and come back! Participants in the back should never feel they are the forgotten ones, just because they may not be as coordinated as others. Thank you back row—that's why I love my job!"

Joanne also touts the fitness benefits of Zumba. "I have seen so many people losing weight by doing Zumba. I have lost at least 13 lbs. It may sound crazy," she explains, "but when I sweat, I feel good." If you work hard, Joanne says you can burn up to 500 calories in a 1-hour class. She also suggests that when you're done working out, don't go back to your old eating habits. "If you're working on a goal, find a buddy to help you before falling off the wagon. When I am done Zumba class, I will tell my students, 'you feel real good now so do not go home and have that glass of wine!'"

Come take a class with Joanne!
Cardio Sculpt - Mondays, 5:30pm
Zumba - Tuesdays, 6:30am & 1st & 3rd Saturday of month, 9:15am
Cardio Fusion - Thursdays, 6:30pm

Red Oaks Physical Education Enhancement Program

The YMCA is pleased to partner with The Red Oaks School in Morristown to offer a new Physical Education Enhancement Program at the Y. The program participants range is age from 10 to 12-years-old.

The bi-weekly training sessions will be based upon activities and exercises that will enhance the children's coordination, strength, and endurance as well as promote teamwork, cooperation and good sportsmanship practices.

The activities and games will be selected to appeal to a variety of ages, abilities and skill levels.



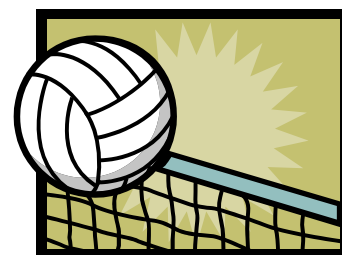
The children will have exposure to skills and drills needed for team sports such as basketball, floor hockey, volleyball and others. They will also participate in group boot camp style classes

that will be based on increasing strength, endurance and balance.

The Greater Morristown YMCA staff feels that a progressive approach will foster the participants' development of confidence both individually and as a core group. We feel that group physical activity will not only help the children to better concentrate, focus, and learn, but they will also be provided with the opportunity to develop the skills, self-confidence,

and enjoyment of physical activity that can foster a physically active lifestyle that will support their overall health throughout their lives.

The Red Oaks Phys-ed Program will run Tuesdays and Fridays through April.



Math with Neil Frigand

The Greater Morristown YMCA is pleased to have Mr. Neil Frigand return, for his 2nd volunteer year as a mathematics tutor with the Y's Borough After School program. Neil volunteers one afternoon a week, working with 3rd through 5th graders from Morris Plains.

Neil received both his

B.A. and M.A. degrees from Kean University, and taught both mathematics and physical education at the elementary and high school level, prior to his 12 year service as a United States Army Scientist. He subsequently worked as a University Mathematics Professor at Farleigh Dickinson University in Madison



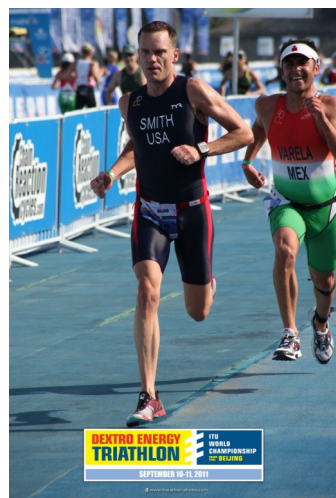
for 7 1/2 years, and then for 19 years at his alma-mater, Kean University.

All of the children and Y staff that Neil works

with at the Borough After School Program feel lucky to have this opportunity. Neil is one of hundreds of Y volunteers who make a big difference in the lives of others and make our mission possible. If you are interested in volunteering your time for one of our programs, please contact the front desk.

Y Members/Staff in the News

Board Member **Jim Smith** competed as a member of Team USA in the 2011 ITU Triathlon World Championship on September 11th in Beijing, China. Jim finished the Olympic



Jim Smith in Beijing

Distance race that included a 1.5km swim, 41km bike, and a 10km run, with a time of 02:17:42. A total of 2000 age-group athletes from around the world competed on the 2008 Beijing Olympic course in the sprint and Olympic distance races.

Staff member **Dawn Granada** appeared on the Dr. Oz Show on October 28th. The show followed Dawn and two other women as they participated in *Dr. Oz's Most Extreme Experiment Ever: Could*

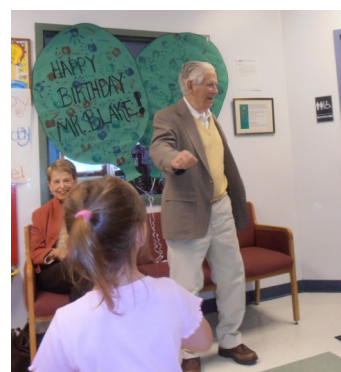
a Prehistoric Diet Save Your Life? We're happy to report that Dawn survived to tell the tale!

Y member **Rich Burke** competed in the 2011 Hawaii Ironman World Championship Triathlon. Way to go,



Rich Burke in the Kona Ironman

Rich!



Richard F. Blake, better known as *Grandpa Blake*, recently celebrated his birthday with us at the Blake Children's Center. The preschoolers treated Grandpa Blake and his wife, Wanda, to songs and plenty of birthday hugs!

Volunteer making a difference at Children's Corner

When Morristown resident Heather Hazen graduated from school in 2004 her goal was to work with children. Mary Griggs of Community Personnel Services, Inc. recommended Heather to Children's Corner, the YMCA managed child care center at Morristown Memorial Hospital. Initially Heather worked two hours a day, five days a week. She loved it so much that she asked if she could volunteer a few hours a week. Heather was thrilled

when the answer was yes and she increased her hours the next week. Heather was a quick study and instinctively knew what to do if a child fell, needed comfort, needed a playmate, was hungry or wanted a back rub during naptime. She now spends about five hours (three of which are volunteer hours) each day in the Children's Corner Preschool 1 Classroom.

Heather also helps the

Front Desk by going to the mailroom for the mail and photocopies the notes to be sent home for the teachers. In addition, she assists in the review of the center's schedule, then copies and collates it. One of Heather's favorite duties is taking birthday cards or notices around for everyone to sign.

Heather's dedication and love for the children shows through all her activities with the children. Recently Heather's sister who is

a firefighter stopped by Children's Corner with a fire engine. She gave a demonstration and helped the children learn about fire safety.

Heather is here to greet the children, families and her co-workers every day and six years later will tell you she still loves her job.



Heather and her sister

Richard F. Blake Children's Center receives NAEYC Accreditation



The Richard F. Blake Children's Center has earned reaccreditation from the National Association for the Education of Young

Children (NAEYC) – the nation's leading organization of early childhood professionals.

"We're proud to have

once again earned the mark of quality from NAEYC, and to be recognized for our commitment to reaching the highest professional standards," said Ashley Kindberg, Executive Director of Child Care at The Greater Morristown YMCA. "NAEYC Accreditation lets families in our community know that children in our program are getting the best care and early learning experiences possible."

To earn NAEYC Accreditation, The Blake Center went through an extensive self-study process, measuring its child care program and its services against the ten NAEYC Early Childhood Program Standards and more than four hundred related Accreditation Criteria. Only 8 percent of all preschools and other early childhood programs are currently accredited by NAEYC.

Congratulations!



The Greater Morristown YMCA

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www.GreaterMorristownYMCA.org



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Y *Sign your kids up now for Basketball at*
O *the Y this winter!*
U
T There's still time to sign up for Youth
H Basketball League (YBA.) We offer the following
 divisions:
B Little Happy Hoopsters Division -Ages 4-5
A NEW! Girls Only Division - 1st and 2nd grade
S Y Rookies Division Kinder - K-2nd grade
K Y Collegiate Division 3rd & 4th grade
E Y All-Star Division 5th, 6th and 7th grade
T
B League runs December 2nd—March 3rd
A *T-shirts for all participants*
L
L *Visit our website for more information/
 registration forms or speak to
 the front desk today!*



Carol Armour
President/CEO

Carol's Corner

We want to thank you for your membership and loyalty to the "new" Greater Morristown YMCA and hope you recognize our continuing efforts to constantly improve our facility. We are very excited that the time has finally arrived when we are positioned to respond to the membership's desire to renovate and expand our locker rooms.

When our YMCA was constructed in 1980 the trend among Y's was to create a two-tier membership. Although counter to the YMCA of the USA's philosophy, many Y's built in New Jersey during that era followed that trend. The YMCA of the USA has strongly discouraged this practice and encouraged all Y's to convert to a one-tier membership. At this juncture there are only three YMCA's remaining in New Jersey with this locker room structure. Therefore, as part of the planned renovation we are going to one adult membership for ages 23 and above.

Additionally, over the last decade there has been a proactive movement among Y's to offer a family locker room. This is a locker room where a Dad can take his daughter to change for swim lessons, an adult can assist his/her handicapped family member, and where there are adequate privacy areas. We will be including a new family locker room in the renovation.

We began construction last month and our plans call for state of the art men's and women's locker room facilities. The newly renovated locker rooms will be equipped with many new amenities including

televisions and lounge areas, as well as new saunas and a whirlpool. We are diligently planning to make the transition as smooth as possible and welcome your cooperation while we once again work to upgrade our facility for you.

We thank you for your continued support as we strive to make The Greater Morristown YMCA even GREATER.

With warm regards,
Carol Armour