Happy Summer!

What was considered one of our coldest, and wettest springs in Central New York history has now blossomed into a much welcomed summer, with warmer temperatures, humidity, and sunshine. Thank goodness! Seasonal Affective Disorder (SAD) is more than a true medical condition; the acronym is spot on. We see it nearly every day at the Y, with over 500 members and visitors entering our doorways of our Rome and Oneida branches. The weather is the true topic of conversation on a daily basis. The one good thing the challenging weather did, was keep people focused on their health and continuing their workouts longer than normal.

I too am guilty at times. I want to mow the lawn, ride my bike, and take a walk outside. But because of all of the rain, that makes it difficult. I spent much more time indoors than I would like to, and saw many of our members doing the same. Because our summer months are so short, we have to cram in as much as possible before the leaves turn! Now that it is here, for us at the Y, it is time to focus our attention on youth summer camps, outdoor Pickelball, our Golf Tournament fund raiser, Cycling The Erie Canal Breakfast, staff training, community partner visits, and preparation for fall programming. We hope that you continue to focus on your health, even through the summer and stay engaged in group exercise classes, so that your health is a year-round commitment. We have some exciting news coming in the fall- a new Mobile Web Application for smart phones that will allow our members to access pool and group exercise schedules, scan in at the front desks, and register for programs. You will even be able to renew your membership through your cell phone. Constantly making improvements, we care about you, and your time and need for convenience. Please stay tuned throughout the summer for this and more as we head into the fall.

Hank Leo
CEO
A MESSAGE FROM OUR ROME YMCA MULTI TEAM LEADER, BRUCE HAIRSTON.

Keeping you in the know!

I believe it’s safe to say that summer is finally here. It’s important that we enjoy the nice weather while we have some in Central NY. Let’s not forget about all the wonderful things we can still do inside at the Rome Y. We’ve just introduced our Hydro Spin program in the main pool and class sizes are starting to grow. It’s something different and new and not offered in our area, accept at the Rome and Oneida Y as far as I am aware. Our membership numbers continue to climb, thanks to the positive word of mouth, that I’m sure many of you, our members, are spreading throughout the various communities. Summer is the time where we try and get some year long projects completed in the facility. We will be draining and cleaning both pools towards the end of August, we will have the gym, aerobic room, and all three racquetball courts refinished during Labor Day week. We are getting quotes together for fixing the main entrance to the building, which is a priority of ours, for the safety of you, the member! We received a HEPA Grant which will allow us to purchase new and improved kitchen equipment, which will benefit the kids and staff in our Camp and in our Before and After School Programs in Rome, Oneida and New Hartford. Our CEO has applied for grants for a new Infrared Sauna, Spin Bikes, and possibly a Reiki/Massage Room. As with any grant you write, there are no guarantees but the effort to improve services at the Rome Y are continuous. We will be introducing the Lemon and Cucumber water again, which was extremely popular. Look for it no later then the first week of July.

A couple of reminders, we have our member survey located at the front desk. Please take a minute to fill out a form and submit in the box located on the counter. This will allow us to service you better and improve in areas you may find us lacking in. My motto is; you can’t fix or change anything if you don’t know what needs fixing or changing.

We are hoping there is enough interest to do a bus trip to see the New York Yankees, and we need you to sign up if your interested sooner rather then later so we can start making firm plans. The clip board is located at the front desk in Oneida and Rome.

Last but not least, I was given the honor of giving two new scholarships out at the RFA awards ceremony on June 20th in honor of one of our own, Mr. Dudley Gig Rowland. His family was generous enough to start a youth scholarship in his name, in which two deserving students in our community, who meet the qualifications receive a one year membership to the Y. This years recipients were Cameron Kenealy, and Lauryn Long both RFA seniors who are attending college in the fall. I would like to thank the Rowland family for their many years of supporting the Y and the Rome community.
Summer is finally upon us and it has never been a better time to be a part of the Oneida Family YMCA! June 2017 marks our highest membership in our branches history and 25 years since the Oneida Family YMCA was built. From the beginning vision of those who were involved in the project to the full facility that we have come to know today, we have come a long way.

The Oneida Family YMCA opened on June 2, 1992 featuring a 25 yard swimming pool, locker rooms and small fitness center. After three expansions and multiple renovations, the facility now boasts a gymnasium, racquetball courts, group exercise room, child care, steam room, sauna, weight rooms, massage therapy and more.

In an article in the Observer Dispatch dated November 21, 1988, the Executive Director of the YMCA of the Greater Tri-Valley at the time, Peter Hoontis, stated “that dream includes a swimming pool... You show us there is a constituency and we can further our dream of constructing a pool in Sherrill or Oneida.” To imagine that in 1988, our swimming pool was just a dream, and now our facility serves 4,600 members. We see members of all ages from newborn infants to seniors beyond 100 years old enjoying the benefits of swimming, fitness, child care, massage, classes and more on a daily basis. I believe this community has truly shown that there is a need and we are thankful that the Y is able to meet that need and provide this service each and every day.

I couldn’t be prouder of the progress we have made to provide the community with more tools to keep their families healthy in spirit, mind and body. Being a part of the history of the Y in the Oneida and surrounding communities is an honor and a privilege. The staff at the Oneida Y are in the process of planning a large 25th Anniversary Celebration during our Open House Weekend in October and I encourage all of you to save the date and celebrate with us!
SCHOOL AGE CHILD CARE
ROME, WESTMORELAND, AND NEW HARTFORD

Diversity Week at the New Hartford YMCA Branch! Children shared their nationalities and heritage with maps, treats and costumes!

It was “Family Week” at the New Hartford YMCA and Abigail Kantor and Ista Rao enjoyed working on YMCA Family tree at Hughes Elementary!

GREAT JOB!!!!

The New Hartford YMCA Branch is celebrating Billie Jo Ross, our Site Director at Sauquoit, who has been chosen for a “Spot-on-Award.” From our CEO.

Billie Jo has given 100% to the SACC program and children and continues to shine as a committed Y employee spreading the word of our mission statement and to our child care program.

SCHOOL AGE CHILD CARE
ONEIDA, STOCKBRIDGE, WATERVILLE

The boys at the Stockbridge SACC program are working on a science project which looks at the acidity content in different liquids and the effects on coins.

Oneida Y- This month SACC has been spending most of their time outside enjoying the nice weather. The children helped to plant our community garden located behind the Oneida YMCA pool. Also, the Oneida SACC children helped decorate our Summer Camp donation box located in the lobby.

We have been working on a “safe place” where the children can go when they need a quiet alone spot for reading, relaxing or meditation in a low traffic area.

The Children have also been engaged in creating a doctor’s office for dramatic play. Lots of fun!
YOUTH DEVELOPMENT

Washington D.C.- The kids from STEP visited Washington DC! A group of 24 kids and 5 chaperones went to Washington DC this past weekend. The group went from Silver Springs, MD to downtown Washington, DC exploring the whole area. Beginning the trip by exploring the history of WW2 and the Holocaust Museum. The kids got to see a huge piece of our history and explored how it was like to be a kid in the holocaust. They followed a diary from a boy named Daniel and got to see partial reenactments of what it was like to be him. The kids explored paintings, journals and watched documentaries from holocaust survivors. To continue on with history and education, we walked to the middle of the National Mall to find ourselves in between the Lincoln and Washington memorials. Immediately following the kids seeing these from afar, you see smiles and phones up to try and remember this moment. In this moment alone, every minute that was put into the trip was worth it. To give the kids from the program a memory and experience that they may never have is exactly why the program was created. The next exhibit on the list was the Smithsonian’s history museum. The first thing I was asked as a chaperone, “is this the place from Night at the Museum?” This was a great question because it shows that kids can connect what they have seen around them to what they are about to experience. All of the kids got to see dinosaur remains, collections of precious gems and a replica of a full size blue whale hanging down from the ceiling. Walking around and watching the kids with a permanent smile on their faces was an entertaining experience. Bringing something that they have seen only in movies and on t.v to real life experiences was an accomplishment that was extremely rewarding. From here on, we headed towards the Lincoln memorial. A monument that is seen in movies and has been a major tourist sight in Washington, DC since it was created. On the way to this monument, we experienced the true height of the Washington memorial and the amazing WW2 memorial. The sight seeing ended when we reached the Lincoln memorial. Hundreds of people surrounded this monument and it was breath taking. As the day came to end, the group got to relax back at the Doubletree hotel with dinner, pool and each group having their own rooms.

The last day in Washington, DC was spent at the National Zoo. The group got to see a wide range of animals from the endangered red panda to exploring the reptile house. As the group was almost back home, it was important for the students to really understand why this program was created. We stressed the importance of never giving up on yourself. Opportunities are endless to create success and to never let anyone tell you otherwise.
The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. The benefit of mind, body and spirit connection is very important to many of our members. In this segment, Aquatics Instructors will be explaining to you the benefits of a healthy lifestyle in their own words.

“Spirit” Written by Karen Martin:
When I was asked to share my thoughts about spirit and how it impacts my life as a member and Aerobics Instructor of the YMCA, I first looked for the definition. Spirit is described as a nonverbal part of a person that is the seat of emotion and character. It is the qualities defining a group in thought, attitude, courage, energy and determination. Historically, in 1821 founding father George Williams and 12 other men from England were inspired by god’s spirit to create an organization that would reach out to a friend or stranger, meeting all spiritual or physical need they might have through the love of Jesus Christ. This organization was birthed and named the Young Men’s Christian Association. Presently here at the Rome YMCA and worldwide the spirit of the YMCA continues to reach out to all offering an array of services that strengthen and build the whole person, being the mind, body, and spirit. Frequenting the YMCA as often as I do has had a tremendously positive influence and effect on my life, not only improving my medical and physical health but socially I’ve made many new friends whom I call my Y family. I honestly find the YMCA to be fun and full of enjoyment for this reason my soul soars!! I want to reach out and tell others. Come and make a change for the better in your mind, body, and spirit. I am so grateful to my God whom I also call Jesus Christ) to be a recipient of that vision born in the heart of those 13 men from some 195 years ago.

It was a good number of years ago that I began working for the Y. In fact it was when the Rome Family Y first opened its Bloomfield Street doors. I was a teacher in the Rome School system and had two elementary school children of my own.

At that time, when you checked in at the front desk you picked up a towel which was yours for the day. Yes, both staff and patrons were supplied with freshly laundered towels. However, that hot tub which is so popular now, didn’t become a part of the pool area for many years.

Being a swimming teacher, my main focus was on the pool. At that time there was a 1 meter diving board. Some years later, it was lowered and eventually, due to safety concerns, removed. The pool wasn’t always as crystal clear as it is now unless “Frank” was around. He was the only maintenance man who could get the chlorine adjusted properly until Randy Hirschey. There was no therapy pool, so all classes were held in the main pool. It was (and still is) a fun place to be. These classes included, swimming lessons, diving, scuba, synchronized swimming, adult swimming, life saving and any number of other activities. There was a very active swim team and Rome often hosted swim meets.

Through the years various activities have come and gone but the Y pool has always been a busy and innovative place to be.

STAFF SPOTLIGHT:
LINDA STURTEVANT
YMCA STAFF

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HEALTHY LIVING

We have just finished our Spring Competitive and Recreational Basketball Leagues. This year we had some big upsets in which two unexpected championship teams were crowned. Our Recreational League Champions Were the Game Breakers with a dominant win over the Orange Machine. Our Competitive League Champions were the Super Ballers with a close but impressive win over the returning league champs King of Cuts. This was a very fun and competitive league and the sportsmanship was at its highest level. Thank you to all the players and congrats to the two championship teams.

Introducing Pickleball leagues at the Rome YMCA

Invented in 1965, Pickleball is a paddle sport with a fun combination of badminton, tennis, ping pong, and racquetball. The net is similar to a tennis net, but is two inches lower. The game can be played in either singles or doubles’ matches. For new players, the basics of the sport are easy to learn.

Boosting your mood and overall mental health, burn calories, and fewer injuries occur due to the low impact nature of the game. Pickleball specifically works on your balance and agility while it also offers the same benefits of other regular exercise. These include reducing your risk of heart attack and chronic disease, toning your muscles and increasing your energy. Most of all, pickleball is a social sport where you will create friendship anywhere you play!

Mondays-Wednesdays-Fridays 9AM-11AM
June 19th-July 31st
Aug 7th-Sept 18th
Sept 25th- Nov 6th

Register today, registration forms located in the lobby!

UPCOMING YMCA EVENTS:

Friday July 14th: Erie Canal Bicycle Breakfast
Volunteers Needed! Contact Kelly at
kkowalski@ymcatrivalley.org

Wednesday September 13th: The Changing Lives charity Golf Tournament...more details coming soon!
MEMBER SPOTLIGHT:
BONNIE CHARNEY

Bonnie is a very active member of the Rome YMCA who participates in spin, hydrospin and personal training not once but twice a day. Shown in this picture is Bonnie prior to the start of her second spin class of the day.

Bonnie is a retired elementary school teacher who taught in the Vernon Verona Sherrill (VVS) school district. Bonnie’s healthy lifestyle did not start when she retired, she has lived a healthy lifestyle her whole life. Bonnie maintained her twice a day workouts even while working full time. Even if she had a minor setback with an injury, she never stopped her daily regimen. Bonnie may have scaled back her intensity but she never gave up because she would never settle for being sidelined. People have asked her, including myself, “how do you do it?”, referring to her dedication of daily exercise. Bonnie simply said “you have to treat your workout like a job.” In my view, that is excellent advice.

Kind, hardworking, sweet, driven, intense, awesome, dedicated and caring are some of the words used by members and staff to describe Bonnie. Part of the Mission of the YMCA is Core Values: Caring— to demonstrate a sincere concern for others, their needs and well-being. Bonnie truly represents this core value. Everyday Bonnie comes to the YMCA, greets everyone with a smile, asking members and staff how they are doing. Bonnie does not ask that to make small talk, she truly cares about how you are doing. If for some reason someone is not having a great day or doing well, Bonnie is always the first one to listen, give advice or just be a shoulder to lean on. In addition, Bonnie is always complimenting the instructors and the staff on a job well done.

Bonnie is truly an inspiration to all.

The Oneida Y is proud to announce the opening of our Massage Therapy Services! Massage is generally considered part of complementary and alternative medicine. It’s increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

We have three Licensed Massage Therapists who have joined the YMCA Team; Julie Polak, Hannah Barley and Jay Douthit. Booking options vary from 30 to 60 minutes and include hot stone, full body, deep tissue as well as prenatal and seasonal oil options. Preferred pricing is available for members, although appointments are also available to non-members and includes access to the facility for the day. Visit our website for more details or call our Front Desk today to book your next appointment! 315-363-7788 x0
Stop in and check out our new lobby furniture at the Oneida Family YMCA! We hope our members and guests enjoy the new seating as much as we do!!

Several Oneida Family YMCA School Age Child Care staff were honored by Cornell Cooperative Extension at their annual Friends of Children Awards Banquet on May 9th at the Radisson in Utica. Child care staff from across the region are nominated by parents and peers for these awards and selected based on “outstanding service and dedication to children.” There were a total of 121 nominations and 91 awards received. We are so proud that five of our School Age Child Care Staff received nominations and one award received. Nominations were received for Samantha Mayle, Holly Panebianco, Rebecca Ross and Martha Mudong. Lucilla Farfaglia was nominated and honored as a Friend of Children recipient. Congratulations to all of our nominees for their hard work and dedication to the program and participants. We are very proud of our child care staff!!

FROM OUR MEMBERS:

I wish to express my great appreciation of the water aerobics program at the Oneida YMCA pool. I started in the program right after I retired, 10 plus years ago. It has been a very positive activity in my life. The ladies and gentleman that participate in the program are friendly and enthusiastic and help to make exercising fun. The instructors are exceptionally competent, friendly and present us with a challenging work out. I always come out of the pool feeling much better then when I entered.

I find that I have much more energy and have been able to put off and/or diminish some of the aches and pains of advancing years. My flexibility is much better than it was when I joined the group and I am able to do many of the things that make life interesting and productive.

Thanks to the YMCA, Colleen Herzog and all the instructors and staff that have made this an activity that is fun and beneficial.

Sincerely,
Jean

Thank you to Doreen Borders and NBT Bank for their generous contribution to the YMCA of the Greater Tri-Valley’s Capital Campaign! We truly appreciate NBT Bank’s support of the Y’s mission!
MEMBER SPOTLIGHT: MIKE LOSO

Mike is a US Navy retiree. Thank you Mike for your service! He has been a member of the YMCA for years. He never gives anything less than 100% while in the gym. Everyone here knows Mike as a great person/friend, very helpful, excellent advice giver, and the “go to guy” for gym talk. He has purchased numerous gym equipment over the years, for example—stability balls, resistance bands, 45 pound bars, weighted plates, and more! Not to mention he’s always coming into the gym with bags full of fruit and granola bars for our members! He is definitely a cause of positive talk in the gym! Thank you Mike for everything you do for our gym and our members it is greatly appreciated.

Congrats Oneida YMCA Employee Graduates!!

Andrew Gowens
Melissa Krak
Benjamin Osinski
Mcailin O’Rourke
The Rome Family YMCA employs many young adults from our local community who attend Rome Free Academy. These students work hard and are responsible with both work and school demands. The following high school seniors have shown they can and prosper in the classroom as well as at work. These students and all others should remember the following quote. “Always remember to appreciate what you have and be proud of what you’ve accomplished so far.”

You spend every day working hard, studying hard trying to become a better adult. Stay motivated by being proud of what you’ve already accomplished and always appreciate what you have, and don’t stop pushing yourself to be a better person. Receiving awards at the senior’s celebration at Rome Free Academy:

Nichols Wenndt (lifeguard and swim lesson instructor)
Laura Jopling Principal’s award,
Varflex Educational Foundation Scholarship,
Knight Spot Scholarship,
The Rome Bowling Association Hall of fame Scholarship,
Fort Stanwix Elementary Award

Cameron Kenealy (lifeguard)
The American Red Cross Rome Chapter Award,
The College Night Scholarship,
The Triple C Award,
The Dudley “Gig” Rowland YMCA Award

Elizabeth Hahn (lifeguard and swim lesson instructor)
Bernard Family Scholarship,
The College Night Scholarship,
The Roy H Austin III Memorial Awards in Memory

Summer Camp starts soon! Join us for one week or all weeks!
Here’s what we have planned for the summer:

Week 1—Backyard Bash
Start the summer off by gathering in the backyard for some summer fun! From arts & crafts, nature walks and swimming and cool summer backyard snacks.

Week 2—Around the World
What do children do for fun around the world? We will discover the games, arts & crafts and snacks that children are enjoying from around the world!

Week 3—STEAM
Science, Technology, Engineering, Art & Math! A whole week focused on hands-on learning that will help build skills in our technology focused world.

Week 4—Decades of Fun
From dinosaurs to robots... Let’s paint with dinosaurs & create our own robot. We will spend the whole week traveling through the decades discovering fun.

Week 5—Space Station Vacation
Let’s discover the moon, stars and Earth from space. Be an astronaut for the week! A vacation in space. What will we find? What will we eat? How will we exercise?

Week 6—Water, Water Everywhere
Everything the children will do this week will include water. Water fun, water painting & even water relay races.

Week 7—Mad Scientist
Let’s get experimental! Testing different scientific theories, making experiments, creating and working with some sticky-icky slime!

Week 8—Pirates of the YMCA
Aarrgh matey... it’s all about living the pirate’s life this week! Hop aboard and spend the week on the open sea!

Week 9—Celebration
The summer is coming to an end let’s celebrate what we have achieved this summer

The YMCA of the Greater Tri-Valley offers a summer day camp program for children ages Kindergarten through 15 years old (must be enrolled in Kindergarten for Fall 2017) at each of our three locations (Oneida, Rome and New Hartford). Day Camp runs from 6:30AM to 6:00PM Monday thru Friday during nine weeks of summer vacation. Find out more about Summer Camp, online at ymcatrivalley.org!
A MESSAGE FROM BRIDGES, A COMMUNITY PARTNER

Students in the Rome YMCA STEP created these posters after a lesson on the dangers of tobacco from staff from the Oneida County Health Department.

The YMCA would like to thank the following businesses' for their support through Community Partnerships:

- AmeriCU Credit Union
- Assured Information Security
- The ARC of Madison Cortland
- BRIDGES
- BAE Systems
- Bartell Machinery
- Camden Central School
- Central New York DDSO
- City Of Rome
- DFAS
- Holland Patent Central School
- HP Hood
- Madison County
- Madison Oneida BOCES
- Mohawk Correctional Facility
- Oneida City School District
- Oneida Healthcare
- Oneida Nation Enterprises LLC
- Revere Copper Products Inc
- Rome City School District
- Rome Memorial Hospital
- Rome Sentinel Company
- Stockbridge Valley Central School
- VVS School District

Strategic Teen Enrichment Program) created these posters after a lesson on the dangers of tobacco from staff from the Oneida County Health Department.