



# Peninsula Metropolitan YMCA

We build strong kids,  
strong families,  
strong communities.



## FARMER'S MARKET

SATURDAY  
MAY 17  
9AM - 1PM

THE TAVERN WILL BE HOSTING  
YMCA FAMILY DAY  
AT THIS MONTH'S  
FARMER'S MARKET.

- ARTS/CRAFTS
- INFLATABLE SLIDE
- CAMP REGISTRATION
- FOOD
- BLACKSMITH GUILD

BEHIND TAVERN AND YMCA

# Character Note



## Northumberland Family YMCA

Caring

Respect

Responsibility

Honesty

VOLUME 2, ISSUE 3



MAY 2008

### \$150,000 Pledged to YMCA Project

By Mark Huffman

Mason Brent of Heathsville has pledged \$100,000 to the campaign, and will have naming rights to the building's lobby. Pim Montgomery, also of Heathsville, has pledged \$50,000 and will name the Y's Teen Center.

"It's very gratifying to see people step forward like this to support this cause," said Betty Hall, Chairman of the Capital Campaign Committee. "It's so exciting and energizes all of us who are involved in this campaign."

Montgomery is a long-time Northumberland resident who has been active in the Northern Neck YMCA since 1995. She said her concern about children attracted her to the YMCA and its programs.

"Children need a place to go where they get moral support and guidance from adults, and learn how to become adults themselves," Montgomery said. "We as adults have a responsibility to provide that place."

Brent who lives on a Heathsville farm that has been in his family for 156 years, was also attracted to the project because of what it will mean for the



Mason Brent and Pim Montgomery discuss new YMCA floor plans

county's children and young people.

"I know the YMCA will be able to offer many new programs for adults, but I think it will have its biggest impact on the younger generation," Brent said. "It's extremely important to have a facility like this for our youth."

Montgomery said she has long been troubled by the growing phenomenon of "latch key" kids, children who are often at home by themselves. She says the

*Continued on next page...*

### Bam Bam T-Ball Underway



Twenty One little sluggers are taking to the diamond this spring for the Northumberland Family YMCA's Bam Bam T-ball league. Participants are ages 3-4 years old and are preparing for the county's little league program in a year or two.

like the pros.

The first game of the season was April 9 on the grassy fields behind

to the stat book. In addition, a record 912 dandelions have been plucked from the infield and given to mothers and grandmothers amongst the crowd.



For most, this is their first time swinging the bat, fielding a grounder and turning the double play.

the YMCA office. The season opener had quite a first inning, as the game broke open with an in-the-park grand slam!

You can hear loud cheers each time a little one hits the ball. As proud parents imagine their son or daughter hitting the game winner in game 7 years from now. This truly is a Great American Game!!!

Donned with helmets 2 sizes too big and jerseys to their knees, these big eyed ball players swing

In total this season so far, 472 RBI's, 364 homeruns, 981 strikes and 577 errors have been assigned

**- Building Strong Kids**

**TO OUR CAPITAL  
CAMPAIGN  
COMMITTEE FOR  
WORKING SO  
HARD TO PROVIDE  
THE COUNTY WITH  
A NEW YMCA.**

**BETTY HALL  
WARREN HAYNIE  
BOB KANE  
NANCY BRAND  
LYDIA HAYNIE  
MIKE HARWOOD  
NATHAN MOORE  
SONNY HARPER  
MEADE KILDUFF  
LEWIS REYNOLDS  
STEPHEN RADCLIFFE**



**TO ALL THE  
VOLUNTEERS THAT  
HELPED WITH  
HEALTHY KIDS DAY:  
MID COUNTY RESCUE  
STATE POLICE  
SHERIFF'S OFFICE  
THE TAVERN  
VA COOPERATIVE EXT.  
RED CROSS  
SYDNEE BAKER  
FENTON CROWTHER  
JESSICA BOARMAN  
ALICE SMITH  
LIZ FAVAZZA**

**TO CONTRIBUTING  
WRITERS FOR THE  
CHARACTER NOTE  
MARK HUFFMAN  
PAUL ANDERSON**

# 100+ Attend Healthy Kids Day

Despite the wind and rain, over 115 volunteers and participants took full advantage of the YMCA's Healthy Kids Day on April 12.



Volunteers from the Tavern, Red Cross, Virginia Cooperative Extension, Mid County Rescue Squad, the State Police and Northumberland County Sheriff's Office were on hand to provide healthy living tips to community members.

Children and parents enjoyed the giant inflatable slide and moonwalk that were on hand. They also took part in a post holiday egg hunt. A few lucky egg "finders" won gift certificates to the Y's summer day camp and other programs.



Separate from the inflatable playground and egg hunt, participants learned about community safety, disaster preparedness, healthy eating and rescue equipment.

Registrations were taken that day for 4-H and YMCA Day Camps. All had a wonderful time.

## - Building Strong Families



*Continued from front page . . .*

## Major Gift for YMCA

YMCA is the perfect alternative to that. "Children can go to the YMCA each day for structured activities," she said. "They get exercise, and they also learn things, even if they don't realize they're learning."

Both Brent and Montgomery are urging their fellow county residents to support the cause as well. Brent notes that the new YMCA, with its state of the art wellness center, gymnasium, numerous classes, and eventual swimming pool, will provide a significant recreational benefit for the county's full time, as well as weekend residents. "For weekend residents, what better way to get involved in the community than to support this vital YMCA project?" Brent asked.

Montgomery is also an enthusiastic advocate for the campaign. "People say I have a fire in my belly about this," she laughed. But turning serious, she asked, "if not us, who? And if not now, when?"

"Having Pim and Mason as financial supporters is wonderful, but their strong advocacy of our cause is just as important," Hall said. "They are not only helping making this dream a reality, but are helping spread the word about our efforts. We are so grateful."

Anyone considering making a gift can contact Hall at her office in Burgess, 804-453-3701, or can get in touch with Cristian Shirilla at the YMCA office in Heathsville 804-580-8901.



Activate America is a national movement that promotes healthy living through exercise and diet. Each month you can check this section of the Character Note for healthy living tips, provided by Paul Anderson, Activate America representative for the Peninsula Metropolitan YMCA.

## Health Tip...

Say...Salmon! Don't miss the boat! Salmon is one of the richest and possibly most delicious sources of omega 3s. You may help ward off depression, severe menstrual cramps, macular degeneration (a cause of blindness), fatal heart attacks and even breast cancer. A 3 oz serving of cooked salmon contains 1.9 g of omega 3s; in comparison, 3 oz of cooked chicken breast has a mere .05 g.





# Spirit Point



**NORTHUMBERLAND FAMILY YMCA DAY CAMP NEWSLETTER**

## Fun, Fun, Fun in the Sun!!!

June 16, 2008, 6:30 a.m. ... Your school age child jumps out of bed. "No school!" he shouts. "Woo-Hoo!" as he races to get ready for the day. He has an energy level you haven't seen in months. Going over his checklist – as only a 7 year old can – he grabs the summer time necessities: towel, flip flops, favorite ball cap. He races out the front door, headed for the car, only to forget his lunch. Don't worry, mom has it!

This young boy has a busy schedule ahead of him: he's going to YMCA Day Camp for the whole summer. A daily routine of swimming, playing, laughing and exploring will unleash his youthful energy for 10 weeks, sending him home each day, happily exhausted.

The Northumberland Family YMCA offers day camp for children ages 5-12. A staff of eight are now working in full force to plan activities for 80 campers.

Children in the program will participate in typical camp activities every week – everything from arts, crafts, songs, plays, skits and games will be on your child's agenda. You name it, they'll play it! Every Wednesday is field trip day; these weekly excursions will take your child roller skating, bowling, fishing, to the museum, to Kings

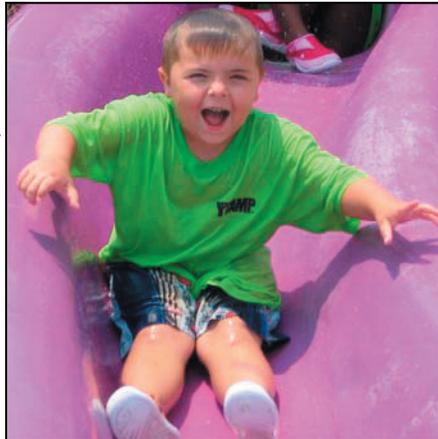
Dominion, to the movies and to other adventurous locations. Of course safety is our number one priority and the questions on every parent's mind are, "Will my child be safe? Are the staff well trained?" The answer is "YES." Counselors are hand-picked for their ability to work well with children and go through many hours of training for CPR, First Aid, planning, risk management and child abuse prevention. The entire program is licensed by the Virginia Department of Social Services.

Although space is limited, the YMCA ensures no child misses the opportunity to attend camp due to the inability to pay. The Guardian Scholarship Program allows the Y to make this promise, just ask us about it.

Are you looking for a fun-filled summer for your child? Come to the Y – the doors are always open and the welcome mat is out!

Contact your Northumberland Family YMCA at 804-580-8901 for registration information. Hurry! Camp spots are filling up fast!

- **Building Strong Kids**



## Local Northumberland Graduate Takes the Helm for Day Camp

The Northumberland Family YMCA is excited to introduce a new face to the Day Camp program.

Allison Cockrell, a 2004 graduate of Northumberland High School will be the camp director for the 2008 season. She is the daughter of Mark and Pam Cockrell of Ophelia.



Allison will graduate this May from Virginia Wesleyan College with a Bachelor's Degree in Recreation and Leisure Studies. While at VWC, she has served as president of the Alpha Sigma Alpha sorority and captain of the varsity softball team.

Her natural talents have lead her to run a

majority of VWC's student recreation activities and leagues in her senior year. When asked what she looked forward to about coming to work for the Y she said, "I look forward to coming back and serving the community that has been so good to me over the years. I love everything that the YMCA stands for and I'm excited to have the opportunity to share the YMCA's core values with the young people of Northumberland County. Ultimately, I hope to have an impact on the lives of young people and provide them with positive recreational opportunities that they can remember for the rest of their lives. It's great to be home!"

"We have an incredible team of staff working camp this summer," says Y Director Cristian Shirilla. "A very talented group of young individuals who want nothing more than to have an impact on

child's life. You can't ask for anything more."

The Day Camp staff this year are Sarah Duncan, Fenton Crowther, Sydnee Baker, Kimberly Ogg, Sheila Booth and Jyl Sisson.

"Each one brings a different energy level, and skill set to the camp, which will make this year's day camp the best ever. Camp continues to grow and improve each year and so does the staff," notes Shirilla.

If you or your organization are interested in working for or volunteering with the Day Camp program in the future, contact the YMCA at 804-580-8901.

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