

# STAUNTON-AUGUSTA FAMILY YMCA

# NEWSLETTER

**MARCH 2024**



- P. 2 Youth Development Center Update
- P. 4 How the SAYMCA Started
- P. 6 Community Spotlight: YBL Wraps Up
- P. 8 Mental Health Minute: How We Learn
- P. 10 Youth Programs
- P. 12 Mission Spotlight: Affordable Childcare
- P. 16 Rally For The Y Fundraiser Update
- P. 18 Group Fitness
- P. 19 Adult Programs

Proud parents Octavio Cancino and Duglis Morales enjoy watching their son, Diego, during Youth Basketball League Saturday games. Read about Diego's efforts to fundraise for the Rally for the Y on page 16.



# YOUTH DEVELOPMENT CENTER UPDATE

**Look at what you're helping us build!**



A new day dawns over the completed pavilion at 575 New Hope Road.

We need volunteers to help us undertake the Capital Campaign to pay for everything we have planned at the new Youth Development Center. Please let Executive Director Josh Cole, or Associate Executive Director Candace Martin know if you would like to help with this effort.

We have the certificate of occupancy for the pavilion. Our next step is to get the license to run child care at the facility.

There are many people to thank for their efforts and support of our new facility including: Moffett Paving & Excavating, Nielsen Builders, Inc., Lineage Architects, P.C., Balzer & Associates, Inc., SAYMCA Board Members and Trustees and SAYMCA staff.

**YMCA TASK FORCE:** Alison Denbigh, Jason Lackey, Julian Moffett, Maggie Ragon, Paul Vames, John Keene.

**OUR EARLY DONORS:** The Houff Family Foundation, David Didawick & Family, Paul Vames, Billy Sowers, Julian Moffett & Family and several anonymous donors.



With Phase 1 of the project complete, we are thrilled to envision what this property means for our Mission Programs. Previously we operated our summer camps through local churches and schools but now we have a beautiful, permanent site where the children can enjoy the outdoors.

Summer camp registration opens March 1. For more information, turn to page 15 or visit [saymca.org](http://saymca.org).

# Diabetes Alert Day: March 26

the

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVES  
AND SOCIAL RESPONSIBILITY

## Did you know?

- About 37.3 million Americans – or 11.3% of the U.S. population – have diabetes
- It is estimated that 1 in 5 Americans are unaware that they have diabetes
- Approximately 96 million people age 18 and older have prediabetes
- Close to half of the women diagnosed with gestational diabetes will go on to develop type 2 diabetes.

## There is something you can do about it!

Information and statistics gathered from The National Institute of Diabetes and Digestive and Kidney Diseases website: [NIDDK.NIH.GOV](http://NIDDK.NIH.GOV)

Proper diet and a healthy lifestyle can help you prevent and manage diabetes. Come hear the strategies that Dr. Cox wants to share with you in this workshop.



**NO JOINING  
FEE**

## Ready for a New Approach?

Join us on Saturday, March 16 for a **FREE** and informative talk by Dr. Daniel Cox on how to manage type 2 diabetes through diet and lifestyle changes.



**10-11 a.m.**

## SAYMCA Multipurpose Room

Dr. Cox is an NIH investigator who has been managing his own diabetes for the past 14 years with no medication while maintaining an A1C below 6.0. This talk is open to members and non-members.

## MINUTES.

35

At a meeting of citizens of Staunton held in the lecture room of the Presbyterian Church at 4 o'clock P.M. in pursuance of notices given from the pulpits of the churches on the same morning, Sunday, November 8th 1874, for the purpose of considering the propriety and feasibility of organizing in this city a Young Men's Christian Association.

Major J.W. Newton was called to the chair, and Mr. Thomas A. Bledsoe appointed Secretary.

Minutes from the first meeting of the SAYMCA in 1874.

## The Beginnings of the YMCA in Staunton

by Heather Cole

On Sunday, November 8, 1874, a notice was read from the pulpits of Staunton churches announcing a meeting to discuss starting a Young Men's Christian Association in town. That afternoon, representatives from five local churches gathered at the First Presbyterian Church and decided to proceed. The group then appointed two members from each church to recruit additional members and made plans to meet a week later at Methodist Episcopal Church.

The five churches that sent representatives to the founding meeting of the Staunton YMCA represented each of the major Protestant denominations in Staunton at the time:

- Central Evangelical Lutheran Church (now Christ Evangelical Lutheran Church), founded in 1853. Located at the intersection of Beverley Street and Central Avenue in 1874; now located at 2801 N. Augusta Street.
- First Presbyterian Church, founded in 1804 and located at 100 E. Frederick Street.
- Methodist Episcopal Church (now Central United Methodist Church), founded in 1797 and located at 14 N. Lewis Street.
- Staunton Baptist Church (now First Baptist Church), founded in 1853. Previously located at the intersection of Beverley and Washington Streets; now located at 406 W. Frederick Street.
- Trinity Episcopal Church, founded in 1746 and located at 214 W. Beverley Street.

A YMCA had been organized in Staunton nearly two decades earlier - in January 1856 - and had been met with early enthusiasm. This first Staunton YMCA had a membership of close to 100 men and rented two rooms for a meeting space and a reading room. The organization held at least five public lectures by guest speakers on topics ranging from "The Philosophy of Dress" to "The Types of Modern Infidelity." However, by the end of the year,

interest had apparently dwindled and a writer to the **Staunton Spectator** complained that there were only a dozen active members and not enough books to fill the shelves of the YMCA's library. It appears that by early 1857, the first Staunton YMCA had fizzled out. This was not uncommon in the early days of the YMCA movement.

When the next generation of Staunton YMCA founders gathered 18 years later, they moved quickly to incorporate the organization and, perhaps, put it on more solid financial and organization footing. By their second meeting on November 14, the founders had the names of 125 local men who were interested in becoming members as well as a draft constitution. They also had an offer of the use of two rooms in a building at the corner of Augusta and Frederick Streets and estimates on what it would cost to launch the organization: a grand total of \$526 to purchase furniture, a coal-burning stove, fuel and an assortment of periodicals for the reading room. They also declared their intent to obtain their own building where they could have a full library.

The official founding of what would eventually become the STAUNTON-AUGUSTA FAMILY YMCA occurred three days later - November 17, 1874 - at the Methodist Episcopal Church. At this meeting, the gathered accepted a constitution which stated the purpose of the organization as follows: "Its object shall be the promotion of evangelical religion, the cultivation of Christian sympathy, and the improvement of the social, mental and spiritual condition of our young men." Each attendee was asked to sign the membership register and pay a \$1.50 annual membership fee. A total of 61 men became members of the Staunton YMCA on that date.

Things progressed quickly from that point. At the next meeting, members approved bylaws that described how meetings would run and established committees that would manage their various



In 1926, with the support of the Staunton YMCA, local women organized a Young Women's Christian Association. Founded in 1855 in London to support traveling nurses, the YWCA was a separate organization from the similarly-named YMCA. By the 1920s it was also a largely secular organization, focused on women's education and social activism. Additional research is needed to determine how closely the Staunton YWCA fit the national mode and what activities it pursued. The YWCA was active for about six years and operated out of space rented from the YMCA. The Staunton YWCA disbanded in 1932, and the following year

women were allowed full membership in the Staunton YMCA, per directives from YMCA national leadership.

\* For details, see Chris Lassiter's article "How We Integrated" in the February 2024 issue of the SAYMCA Newsletter. To learn what became of the YMCA library, check out **Books Bring Adventure: The History of the Staunton Public Library** by Katharine L. Brown, available at the Staunton Public Library. Thank you to Donna Huffer, archivist at the Augusta County Historical Society, for her research assistance with this article.



### A YMCA Women's Auxiliary group during WWII

## WOMEN AND THE "Y"

Tracing the role of women throughout the course of the history of the YMCA reflects the larger story of women's rights and the impact created by these early pioneers. World War I and II offered a unique opportunity for women to organize and demonstrate their skills as leaders.

Notable leaders of this era include Princess Helena Victoria of Schleswig- Holstein who served as the first president of the YMCA Women's Auxiliary, which was formed in December of 1914.

To read more about the women who impacted the SAYMCA scan the QR code to check out the story published in our March 2023 Newsletter.



**SCAN TO  
READ MORE!**





## Hoops Haven Holds the Court for High Hopes

By Chris Lassiter

The league just keeps getting better.

By day, Candy Calloway is the community-based services manager at Valley Community Services Board. For the past several Saturday mornings, however, Calloway has been a main cheerleader for the Dynasty, a STAUNTON-AUGUSTA FAMILY YMCA Youth Basketball League team comprised of young athletes between the ages of 8 and 10.

Calloway's son, Cedric, is one of the players on the Dynasty team. Not only is she a fan of his team, but her enthusiasm spills over to the entire league.

Dr. James Naismith, who invented the game of basketball at a YMCA in Springfield, Massachusetts in 1891, would be proud.

"This year, the YMCA basketball league has been the best one yet," Calloway said. "It was awesome to see the kids' talent blossom. I also liked seeing so many new kids this year."

Under the direction of SAYMCA staff Eddie Santiago and Windsor Vaughn, the youth basketball league runs for 10 weeks in the winter, when many other youth sports are on hiatus. Dedicated, nurturing adults volunteer as coaches, and YMCA youth development staff members do everything from keep score to referee games and run the clock.

Proud parent Megan Madden shared how impressed she is with the program.

"I'd like to credit and thank the YMCA and their staff for providing a positive and competitive experience for the players and parents," Madden said.

Her son Canon competed in the 8- to 10-year-old division with the Ballerz team.

"I enjoyed playing," said Canon, who wants to keep improving in basketball, "and meeting other kids."

Lucy Harper, who played in the 6- and 7-year-old co-ed division, had a great experience.

"I really liked my coach for my first year," she said.

Lucy's Hokies team ended the season with a dramatic buzzer-beating win. She played for coach Domenic Zaccaria, former Program Director at the SAYMCA. "He was great and a lot of fun, and I liked my teammates a lot. Now they're my friends."

YMCA maintenance supervisor Danny Williams is no stranger to coaching, as he runs the Impact AAU program. Williams was worried about



**Program Director Windsor Vaughn helps keep the league organized and running smoothly.**



coaching an additional team on top of overseeing a travel basketball team, but ultimately he decided to give coaching at the YMCA a try.

He has no regrets.



**Coach Danny Williams has been essential to the success to this and other programs, like Little Dribblers.**

"At first, I was so hesitant to do it," said Williams, who shared that he quickly formed a strong bond with his players, "but I'm so glad that I did."

BJ Vaughn - older brother of SAYMCA Program Director Windsor Vaughn - who also coached this year for the first time, agreed.

"I enjoyed watching the kids improve and learn how to work as a team," Vaughn said. "There's nothing better than giving back to the community, and watching the kids grow in all aspects. I look forward to seeing them competing at higher levels."



**Coach BJ Vaughn gets his team psyched for their final game.**



**Family members have just as much fun as the kids enrolled in the league. To be at the SAYMCA on a Saturday morning while the league is happening is to be enveloped in the enthusiastic atmosphere. Between the buzzers blaring and raucous cheers filling the air, you have to shout to be heard. And it doesn't stop until ALL the games have concluded. The sheer joy that the parents and families experience as spectators is infectious!**

### **Want to get involved?**

We are always looking for coaches and refs for our youth programs. Contact Windsor Vaughn at [windsor@saymca.org](mailto:windsor@saymca.org) if you would like to help with an upcoming league. YBL is held every winter, with signups beginning in November.

**Thank you to all our referees for a wonderful season!**



# Did you know...

## There are multiple learning styles?

I have seen numerous quotes throughout the years that have pointed out that "There's always different points of views and different styles of pitching." (Thomas Hudson)

But did you know that not only is there more than one way to DO something, there is also more than one way to LEARN how to do something?

As we age, we continue to learn, whether we are purposefully engaged in educational pursuits or not. Remaining open to learning new things in new ways and understanding that everybody learns differently can help you develop fluency in learning styles. This skill is essential to building and maintaining healthy relationships and reaching educational goals.

If you are a parent, I hope this article provides some insight into how you approach teaching your children. If your job involves working with people (as most do), this information can help you to relate to your coworkers in new ways. At the Y we pride ourselves in being an interactive hub for the community. Here, people can come together and find common ground.

As humans, we are constantly refining what we learn. This is a process. The more we practice healthy relationships that are built on a foundation of respect the more we will continue to learn and develop a natural tendency toward compassion and empathy. Positive relationships decrease stress and anxiety.

It was thoroughly a joy to research and share this information. Please, don't hesitate to contact me should you have any questions at [brian@saymca.org](mailto:brian@saymca.org).

May you stay happy and healthy until next time!



### Linguistic Learners

like to tell jokes, riddles or puns and enjoy reading and writing



### Bodily/Kinesthetic Learners

enjoy sports and expressive movement like acting and dancing



### Logical/Mathematical Learners

enjoy working with numbers and collecting and classifying things



**MARCH 5, 2024**  
**YMCA DAY OF GIVING**

**the**



**SUPPORT OUR  
MISSION  
PROGRAMS!**

# YOUTH PROGRAMS

## TEE BALL COACHES NEEDED

Pickup a volunteer application and background check at the front desk!

### YOUTH TENNIS

With Chris Stambaugh

#### Early Hitters

Teaches the basics of tennis for ages 5-8. Must pre-register at the front desk.

#### March Session:

Tuesdays, March 12 - April 2 | 5:30-6:30 PM  
OR

Thursdays, March 14 - April 4 | 5:30-6:30 PM

#### Pre-Teen Tennis

Teaches your pre-teen intermediate tennis skills. Must pre-register at the front desk.

#### March Session:

Wednesdays, March 13 - April 3 | 5:30-6:30 PM

#### Fees:

\$65 Members per session

\$80 Non-members per session

#### High School Tennis

This will get your high schooler prepared for high school tennis. Must pre-register at the front desk.

#### March Session:

Wednesdays, March 13 - April 3 | 6:30-8:00 PM

#### Fees:

\$75 Members per session

\$90 Non-members per session

#### Private Tennis Lessons

1 HR: \$60 Members / \$75 Non-members

30 MIN: \$35 Members / \$60 Non-members

#### Semi-Private Lessons

Per person

\$38 Members / \$55 Non-Members

\*If siblings, second person receives 10% off

### YOUTH EQUIPMENT ORIENTATION

Ages 12-14

**Fees:** \$25 Members for four classes. Sign up at front desk.

#### PROGRAM DIRECTOR CONTACT:

Windsor Vaughn | [windsor@saymca.org](mailto:windsor@saymca.org) |

540-885-8089

### HOMESCHOOL P.E.

Join us for fun, games and sports at the SAYMCA. Your kids will learn new skills, tackle different obstacles and make new friends. Please wear athletic clothing and closed-toe shoes. Come prepared to move!

**March 11 - April 22 (no class 4/01)**

#### Ages 2 - 4:

Mondays, 10 - 10:45 AM

**Fees:** \$25 Members / \$40 Non-Members

**\*\*Parents required to participate\*\***

**Instructor:** Kate Zdanski

#### Ages 9-12:

Mondays, 11 AM - 12:30 PM

**Fees:** \$50 Members / \$65 Non-Members

**March 13 - April 17**

#### Ages 5-8:

Wednesdays, 10 - 11:30 AM

**Fees:** \$50 Members / \$65 Non-Members

### Youth Volunteer Corps

YVC is a free program for youth ages 11 - 18. Together we discover and provide fun community service projects in the Staunton and Augusta County area.

For more info find us on Facebook:

Youth Volunteer Corps - Staunton, Va.

or visit [yvc.org](http://yvc.org)

Contact Stephanie Mason  
at [saymca yvc@gmail.com](mailto:saymca yvc@gmail.com)  
with any questions or to join.



### TEEN TAKEOVER

**SAT. March 23**

**7:30 - 9:45 PM**

**\$5 MIDDLE SCHOOLERS**

Did you know siblings receive a 10% discount after the first child enrolls in a program?





# SUMMER CAMP

**June 3 – July 26**

**Registration opens March 1st!**

**Register online at [SAYMCA.ORG](http://SAYMCA.ORG)**



## Wilson Elementary School

**Ages: Rising Kindergartner  
(must be 5YO) – rising 5th graders.**

**Closings: June 19 & July 4**

**Drop Off: 7:30 – 8:15 AM**

**Pick Up: 4:45 – 5:30 PM**

## Staunton YMCA

**Ages: Rising Kindergartner  
(must be 5YO) – rising 5th graders.**

**Closings: July 4**

**Drop Off: 7:00 – 8:15 AM**

**Pick Up: 4:45 – 5:30 PM**

## Teen Camp at SAYMCA

**Ages: Rising 6th – 9th graders**

**Closings: July 4**

**Drop Off: 7:45 – 8:15 AM**

**Pick Up: 4:45 – 5:15 PM**

## All Sites

**Registration Fee: \$20 per child  
(non-refundable)**

**Pricing: Siblings get 10% off**

**Members: \$170 per week, per child**

**Non-members: \$200 per week, per  
child**

**Camp includes: free breakfast,  
lunch, morning snack, afternoon  
snack, field trips, swimming and Y  
camp shirt**

**Financial assistance information  
available on our website**





### **YMCA and Community Childcare Center Join Forces to Provide Quality Care at Lower Cost**

**By Dawn Medley**

“Child care is expensive.”

“Things are better now than they used to be, but I’m still in a place where I don’t honestly know what I would do without this place and the financial support that I’m able to access here.”

That’s Emberly Martin speaking candidly about her reliance on Community Childcare Center (CCC) in Staunton through the challenging journey of raising four children under 10, at times on her income alone. Her own story is an emotional one, but the more sobering reality is that her situation is not unique – in our area or nationwide.

Since joining the staff at the center in 2022, Martin has listened to other parents describe their circumstances. Not surprisingly, many have a common theme: It isn’t easy to find quality, affordable child care.

“This is the only full-time facility in Staunton that uses a sliding income scale to determine tuition, as well as accepting the Department of Social Services (DSS) child care subsidy,” explained Martin, who currently serves as lead pre-K teacher.

Statewide, low-income families have relied heavily on Virginia’s Child Care Subsidy Program, which uses federal and state funds to reimburse providers for care services, according to an October 2023 report by the Joint Legislative Audit Review Committee.



**Emberly Martin relies on state aid and sliding-scale tuition to pay for child care for her four children.**



**"[Our community] is ultimately better off when our children are taken care of – if parents are allowed, even encouraged, to work and provide a stable home."**

– Cynthia Easterling, SAYMCA and CCC board member

Jamye Justus, Community Childcare Center Director, estimates that 65 percent of families at the facility receive a discounted rate as part of the DSS program. Martin's case is a good example of how critical the assistance can be. At the center's regular rate – which is already lower than most – she would pay about \$1,450 each month for the care of her four children, three of whom attend CCC, and the other is at a nearby center. The DSS subsidy brings that down to about \$200, which is a much more manageable portion of her monthly income.

"That is the only way some families are able to have somewhere to send their kids so they can work," Justus added.

### POSITIVE PARTNERSHIP

A longtime provider of its own highly regarded childcare, afterschool and summer programs, the STAUNTON-AUGUSTA YMCA leadership team recognized that Community Childcare Center was struggling and stepped in with administrative and financial aid in late 2022, joining a robust nonprofit network that has buoyed CCC through tough times.

The partnership has proven beneficial in not only sustaining the center itself, but also in strengthening the Y's commitment to providing local access to child care.

"The YMCA brings stability and strength to CCC and has undergirded the leadership vacuum that had plagued the center. Community Childcare Center shares a different demographic, loyal supporters, and its rich legacy with the Y," said Cynthia Easterling, a member of both the CCC and YMCA Boards of Directors.



As a longtime City of Staunton employee and single mom, Easterling grappled with the same questions 30 years ago that parents consider today. She found Community Childcare Center. That experience led her to an enduring relationship with the organization

and ongoing support of affordable child care options.

"I had a toddler. To work, I needed to find a place where my daughter could go for the day. I needed to feel comfortable with the place I was sending her. I needed her to be safe. I needed her to be in an educational environment ... that would get her ready for kindergarten. But I also needed to be able to afford to send her to that place," she said.

Easterling continues to be attuned to the role that early childhood education plays in shaping a community.

"[Our community] is ultimately better off when our children are taken care of – if parents are allowed, even encouraged, to work and provide a stable home. We, as a society, owe it to parents to help them succeed," she added.

SAYMCA Childcare Program Director Andrea Ryder is encouraged by the growth in the Afterschool Adventure Club (AAC) that has happened in tandem with the CCC partnership. The program for elementary-age kids has added sites at two Augusta County schools and seen a boost in enrollment from 35 to 80 students in just under three years with Ryder at the helm.

"People recognize what we have to offer in the child care arena, especially the skills and dedication of the afterschool staff," said Ryder.

"They see our desire to be a place where kids from all different backgrounds are welcomed and interact through physical activity, educational activities and good, old-fashioned 'downtime.'"

Birte Sprinkmann is able to access financial assistance from both DSS and the Y's childcare

# MISSION SPOTLIGHT: AFFORDABLE CHILDCARE

scholarship fund to make it possible for her daughter to attend the Y's afterschool program. She loves watching the 5th grader blossom through the social interaction and activities planned by site leaders.

"As an only child - and coming out of Covid - I like that she is around different kids than she is at school," said Sprinkmann. "We're both grateful for the way they get up and moving."

The SAYMCA provides a total of \$2,500 per month in financial aid to children in the afterschool program, said Ryder. Five enrolled students also receive DSS support.

But there is more work to be done.

## MEETING THE NEED

Even with two new centers and more than double the slots from three years ago, Ryder knows that there are many more children in the community who would benefit from being part of the AAC.

"Just by word of mouth, we have had requests to open sites at four other locations," she explained. "And there is always a waitlist."

Across town at CCC, Justus dreams about adding an infant room that would accept children under age 2, which is an area where she sees perpetual need.

"Since there are no child care centers in our area [Staunton] that offer DSS subsidy for infant care, we get multiple calls about infant care weekly," she said.

Although enrollment wouldn't likely be an issue, funding for an addition or separate infant area and obtaining licensing presents obvious challenges, Justus added.

Martin is thrilled to see her children thriving at the same center she attended as a youngster. Justus has embraced Martin's eldest - who is on the autism spectrum - naming her Junior Director's Assistant and giving her special jobs such as office work and cleanup.

"The staff is a second family to us, and that is priceless," Martin said.



## Child Care Challenges

Child care is unaffordable for the majority of Virginia families with young children (those age 4 and under) - meaning the cost accounts for more than 7% of household income, as defined by the federal government. Details from a 2023 study by the state's Joint Legislative Audit and Review Commission (JLARC) put into perspective the challenges of finding affordable, quality child care that many local families encounter. Statewide findings included:



- Cost of full-time formal child care in Virginia: **\$100 to \$440/week per child; \$5,200 to \$22,880 annually**
- Child care is unaffordable for **85% of families with infants, 82% with toddlers and 74% with preschoolers**
- On average, lead teachers in child care centers earned **\$16/hour in fall 2022; assistants earned \$13/hour**, putting many below the self-sufficiency threshold themselves

Source: The Virginia Mercury news organization, "State report finds child care is unaffordable for most Va. families with young kids," October 2023



## THANK YOU!

Our February Valentine's Day party was such a success! We are so thankful to everyone that donated shoe boxes and brought in treats for our party! CCC would not be the same without the love and support from our community!

This month we will be learning about ...

- o Women's History
- o Read Across America Week
- o Dr. Seuss
- o Rainbows
- o Weather/ Spring Season
- o Gardening
- o Transportation
- o Letter Recognition
- o Color Recognition (Green)
- o Health and Wellness
- o Basketball (dribbling and hand-eye coordination)



## READ ACROSS AMERICA WEEK! MARCH 4 - 8

MONDAY: Snoozapalooza- Pajama Day! (Sleep Book)

TUESDAY: Top Hat Tuesday- Wear your favorite hat or crazy hair to school! (Cat in the Hat)

WEDNESDAY: Wacky Day! How wacky can you be? Wear clothes inside out, backwards, or mismatched! (Wacky Wednesday Book)

THURSDAY: Green Eggs and Ham Day! – Wear green.

FRIDAY: Wear a college shirt, or dress as your future career! (Oh The Places You'll Go)

## St. Patrick's Day Fun!

March 15 we will have our St. Patrick's Day celebration! Our favorite leprechaun, Sheamus, will be visiting and may cause a little mischief! Stay tuned for updates on our green little friend!

## Wellness Wednesday! March 20

Every third Wednesday, C.C.C will have Wellness Wednesday! On this day, teachers will implement different wellness activities and healthy foods in their lesson plan!

Students will be encouraged to wear clothing they can move in and close toed shoes.

Our first Wellness Wednesday will be March 20, we will focus on basketball skills, dribbling and shooting the basketball. Students will also be encouraged to try a healthy snack, fruit tacos!

## 2024 Egg-stravaganza! March 29

It is time to celebrate our annual Egg-stravaganza! This year we will have our egg hunt at 10:30 AM! There will be a variety of games, crafts and a photo booth set up for our students to enjoy. If there are any parent volunteers that would like to come join us and help out, we would love to have you!

## MEET MISS MADISON!

Miss Madison has been with CCC for about seven months! Madison is a floater between all three of our classrooms but spends most of her time in our preschool room. Her gentle nature and calm spirit bring such a bright light to our center! Madison is currently attending Blue Ridge Community College, studying pre-nursing, and is working on becoming a pediatric nurse! When Madison is not working or studying, she loves any chance she gets to cook or bake!

We are so lucky to have Miss Madison on our CCC Team!



## Annual Fundraising Event Rallies Community to Raise Money for Mission Programs

By Chris Lassiter

Diego and Izak are in a highly contested Espresso bike competition, with fellow middle schoolers Archer and Jacob not so far behind.

The real winner, however, is the STAUNTON-AUGUSTA FAMILY YMCA, as the four middle schoolers have helped lead the Rally for the Y fundraiser this February.

For each mile ridden on an Espresso Bike in February, Blue Goji donates 10 cents. Riders can raise additional money by receiving pledges from donors.

In 2024 – thanks in large part to the Teen Center kids – the SAYMCA is having its best Rally for the Y Campaign ever.

“We’ve got a lot more riders, and we’re doing a lot more miles,” said Jeff Collins, business manager at the SAYMCA and Blue Goji/Espresso Bikes team captain. “We’ve got more people invested in it. The kids have really done well. The adults are doing well, and they’re getting a lot of sponsors.”

Figured for dollars raised and miles ridden have doubled from 2023.

“Last year, we had just under 2,000 miles and just under \$2,000 dollars raised,” Collins said. “We’ve got over \$7,000 now, and probably 4,000 miles.”



**SAYMCA Team Captain Jeff Collins knows a thing or two about time spent on the bike. During Y Madness every fall he makes sure someone is riding at all times even if that someone is him.**

### RIDING BEFORE THE ROOSTER CROWS

For the 2024 Rally for the Y competition, YMCA Teen Center supervisor Eddie Santiago made a concerted effort to involve the Teen Center students.

Santiago was pleased when 15 students signed up, but he never imagined that middle schoolers would show up at 5:30 a.m. before school to compete.

“Archer came in and said, ‘Diego’s crazy. He told me he’s coming in at 5:30 a.m.,’” Santiago recalled. “I said, ‘Why don’t you come in with him so y’all can push each other?’ He said, ‘Fine. I’ll do it.’ They both came in and did seven miles each, went to school, came back and did another 10 [miles] each. It’s becoming a really cool, non-confrontational competition with the kids.”

Diego has his mind set on winning.

“Every time I come here,” the teenager said, “all I do is get on that bike.”



**Diego gets some encouragement from fellow Rally participant Archer.**

Jockeying with Diego to claim the slot of top fundraiser is his schoolmate Izak.

The initial plan was to pursue a fitness goal. An unexpected result has been Izak raising more than \$1,600 for the YMCA.

“Mr. Eddie told me about it, and I wanted to do it,” Izak said. “It’s fun, because it’s competitive. I do like five miles a day, but if I’m not tired, I’ll do like 10.”

Even higher than the number of miles Izak does per day are the amount of people sponsoring him. Right



now, that number stands at 21.

And counting.

"That feels really good," the teen said. "The people put their money in to do that for me."



**Friendly competition is what gets teen Izak out of bed at the crack of dawn.**

## FINDING THEIR 'Y'

For STAUNTON-AUGUSTA FAMILY YMCA employee Brian Ringgold, participating in Rally for the Y conversations around the building is almost as rewarding as the riding itself.

Ringgold uses a wheelchair, but Blue Goji has made adaptations so he can compete.

"It's been a good experience," said Ringgold, currently fourth in fundraising for the SAYMCA. "It gives me the opportunity to connect with some of my co-workers and compare, and enter the competition realm that I haven't gotten to enter very often. That's been neat."



**Brian Ringgold utilizes unique hand-held controllers to operate games like Creature Krunch in the Blue Goji system. These are prototypes that he is collaborating with the company to help design in an effort to expand its adaptive and inclusive fitness options.**

Ringgold was diagnosed with cerebral palsy at age 3. The Bridgewater College graduate hopes his journey will encourage others in similar situations to do the same.

"One other important aspect of the Rally is to advance abilities and concepts for people with disabilities to give them a platform to do things they wouldn't otherwise do," Ringgold said. "I'm grateful to lead that effort, and I hope it can continue."

This year, Santiago is doing more than encouraging kids to ride. He's hopping on the bike himself. After experiencing a major health scare in the fall, Santiago is taking his fitness journey more seriously.

"I wanted to lose weight myself," said Santiago, who is sponsoring many of the student riders in addition to logging miles himself. "I needed an incentive to get better."

Trying to make a fundraiser engaging for staff members of a non-profit can prove challenging. Collins had a creative idea to get staff members excited about being a part of the Rally. He and a few coworkers hashed out an idea for a Ride-A-Thon. On February 27, staff members took to a bike stationed in the lobby.

The front-and-center placement was intentional. Visibility means awareness, and, sure enough, it got people interested. From questions about what was happening to on-the-spot pledges for staff members, the last-minute push was a success.



**Personal Trainer Kate Houff was all smiles during her turn on the bike on February 27.**

**Thank you to everyone who helped RALLY, RIDE & RAISE!**

**We have over \$10K in pledges, exceeding our \$8K goal!!**

# LAND and WATER GROUP FITNESS

Welcome  
back  
Peggy!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AQUAFIT 1</b> 9-9:55 AM Peggy	<b>AQUA YOGA</b> 9-9:55 AM Karen	<b>AQUAFIT 1</b> 9-9:55 AM Peggy	<b>AQUA YOGA</b> 9-9:55 AM Karen	<b>AQUAFIT 1</b> 9-9:55 AM Julie
<b>AQUAFIT 2</b> 10-10:55 AM Julie	<b>SPLASHBURNER</b> 10-10:55 AM Karen	<b>AQUAFIT 2</b> 10-10:55 AM Tammy Dianne (27)	<b>SPLASHBURNER</b> 10-10:55 AM Karen	<b>AQUAFIT 2</b> 10-10:55 AM Julie
<b>GENTLE AQUAFIT</b> 11:15 AM - noon Tammy	<b>AQUA YOGA</b> 11-11:55 AM Karen	<b>GENTLE AQUAFIT</b> 11:15 AM - noon Carol	<b>AQUA YOGA</b> 11-11:55 AM Karen	<b>GENTLE AQUAFIT</b> 11:15 AM - noon Carol
<b>SPLASHBURNER</b> 6:05 - 7 PM Karen		<b>SPLASHBURNER</b> 6:05 - 7 PM Karen		<b>SPLASHBURNER</b> 6:05 - 7 PM Jenn



AquaFit2 with Tammy

## GROUP FITNESS CLASSES IN THE CARDIO/STRENGTH STUDIO

Arms & Core	Lift & Pump
Align	Senior Fitness
Barre	Step
Bums & Tums (BB Court)	Strength
Fit 4 Life ( BB Court )	Tabata
Full Body Fusion (BB Court)	Zumba

Cycling classes available in the Cycling Studio  
Mondays and Wednesdays at 6 PM

## GROUP FITNESS CLASSES IN THE MIND-BODY STUDIO

Adaptive Yoga	Tai Chi Chu'an
Chair Yoga	Vinyasa Yoga
Gentle Flow Yoga	Pilates
Men's Yoga	
PACE	
Wall Yoga ( Racquetball Court )	



Gentle Flow Yoga with Gayle



# ADULT PROGRAMS



## WOMEN'S INTERMEDIATE TENNIS

with Tennis Pro Chris Stambaugh

Thursdays 11 AM - noon

March Session: March 7 - 28

### Fees:

\$65 Members per session

\$80 Non-members per session

### Private Tennis Lessons

1 HR: \$60 Members / \$75 Non-members

30 MIN: \$35 Members / \$60 Non-members

### Semi-Private Lessons

Per person

\$38 Members / \$55 Non-Members

## WOMEN'S BOXING

Thursdays 6:30 - 7:45 PM

March 28 - May 2

### Fees:

\$60 Members

\$75 Non-members

Bring gloves or purchase ours. Price TBD

**\*\*Don't wait! This class fills up fast!\*\***



## CPR CLASS

Saturday, March 9

8 AM - 1 PM

### Fees:

\$75 Members

\$85 Non-members



**FREE Weight Room  
Equipment Orientation to  
anyone ages 15 and up!**

## ONCOLOGY YOGA

This ongoing one-of-a-kind program is designed for cancer survivors and those still undergoing treatment for any form of cancer. This gentle program is being taught by Melissa Anderson

Morgan is a certified **yoga4cancer** teacher.

Stop by the front desk to pick up a brochure or register.

Tuesdays at 4:20 PM in the Mind/Body Studio

Each session begins the first week of the month

### Fees:

\$25 Members per month

\$40 Non-members per month

**\*\*Remember to bring a yoga mat\*\***

## ROCK STEADY BOXING

RSB enables people with Parkinson's disease to delay the onset of the symptoms through a non-contact boxing style of fitness. This method has been proven to improve participants' quality of life and sense of efficacy and self-worth. RSB provides encouragement through a "tough love" approach, inspiring maximum effort, speed, strength, balance and flexibility.

Registration is on-going and available at the front desk. Pick up a brochure today!

### Fees:

\$50 Members per month

\$60 Non-members per month

# ADULT PROGRAMS

## REFORMER TRAINING

with Sheree Kiser

Looking for a full-body workout that targets large and small muscle groups? Build strength and tone muscles while improving range of motion.

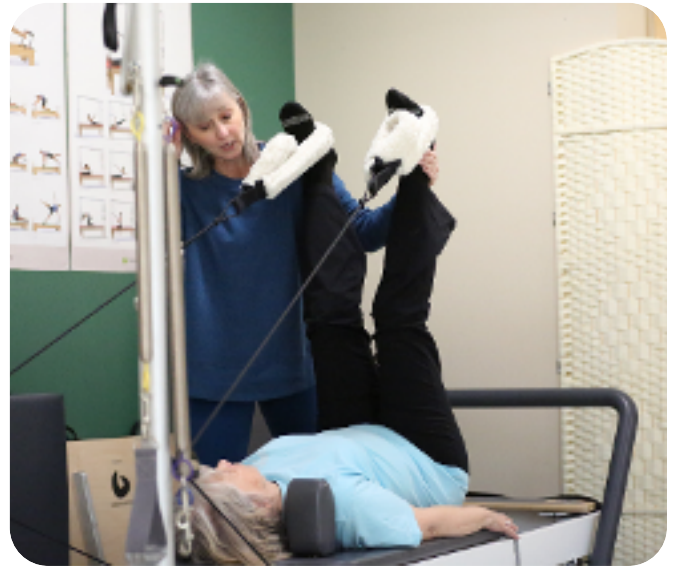
The reformer provides a low impact and non-weight-bearing strength training experience because of the resistance provided by the ropes and springs.

Improve your core strength and posture!

Reduce stress and improve mental health!

\$40 an hour or \$30 for 30 minutes

Pick up an application at the front desk!



## DANCE FOR PARKINSONS

Monthly Program that meets

Select Tuesdays at 10 AM

March dates: 12 & 26

Drop in fee:

Members: \$10/ Non-members \$15

Pickup intake form at front desk and complete prior to registration

*Amazing new  
program starts  
this month!*

## RE:DESIGNING NUTRITION PROGRAM

**PACKAGE A:**

**Food Diary  
Review**

**OR**

**PACKAGE B:**

**Full Nutrition  
Work-Up**

**Sign up at the  
Front Desk  
Today!!**





## Our "Y" Not Sing Singers are hitting the road.

March 7 @ 2 PM Brightview/Baldwin Park  
(31 Woodlee Rd., Staunton)

March 14 @ 2 PM Bridgewater Retirement  
Community (302 2nd St)

March 21 @ 2 PM Rivers Edge (1221 Rosser  
Ave, Waynesboro)

March 28 @ 2 PM Stuarts Draft Retirement  
Community (94 Mountain Vista Dr.)

April 2 @ 2 PM Stuarts Draft Retirement  
Community (94 Mountain Vista Dr.)

**Do You Like Their  
Tie-Dye Shirts?**

**You can make your own!**



## ADULT TIE-DYE WORKSHOP!

with Nana's Dyes

March 15, 1 - 3 PM

Members \$25 / Non-members \$35

**PLEASE REGISTER BY MARCH 4!**  
Choice of ONE pattern and  
THREE colors of dye.

PATTERN A



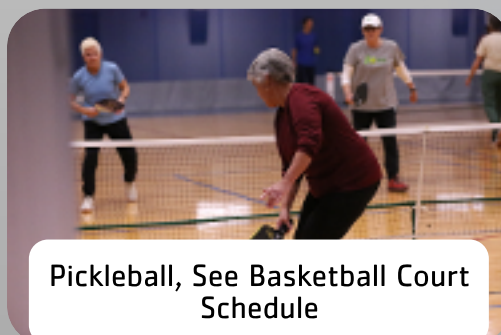
PATTERN B



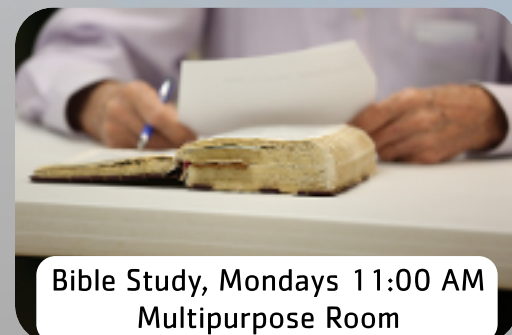
**ORANGE CRUSH**  
**ATOMIC FIREBALL**  
**GRAPE**  
**PEACOCK BLUE**  
**NEW EMERALD GREEN**  
**BRIGHT GREEN**  
**BLACK**  
**YELLOW**



Mahjong, Fridays 10:30 AM  
Multipurpose Room



Pickleball, See Basketball Court  
Schedule



Bible Study, Mondays 11:00 AM  
Multipurpose Room



**WE ARE CURRENTLY RECRUITING VOLUNTEERS TO HELP WITH OUR:**

- 2024 ANNUAL GIVING CAMPAIGN**
- CAPITAL CAMPAIGN FOR THE NEW PROPERTY AT 575 NEW HOPE ROAD**
- BOARD OF DIRECTORS AT COMMUNITY CHILD CARE**
- PLANNING FOR OUR 150th ANNIVERSARY CELEBRATIONS**

**PLEASE LET THE FRONT DESK KNOW OF YOUR INTEREST!**

## ANNUAL GIVING CAMPAIGN



# COUNT ME IN!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Check enclosed ☐

Credit Card: \_\_\_\_\_

Exp. \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_

**The Annual Giving Campaign is the lifeblood of our YMCA.**

**Each year the campaign raises money through charitable donations from individuals, businesses and community organizations. These funds help to ensure that no one is ever left behind regardless of their financial circumstances.**

**Together we are building a healthier community!**



Are you required to take a Minimum Distribution from your retirement account? You can use these funds to benefit the community by making a donation to the STAUNTON-AUGUSTA FAMILY YMCA or COMMUNITY CHILD CARE. Check in with your financial advisor or ask SAYMCA Executive Director Josh Cole for more information about how to maximize your giving potential.



# NOW HIRING HEROES!!



## MULTIPLE POSITIONS AVAILABLE

It takes all kinds to help us succeed in our mission of promoting healthy mind, body and spirit for all.

### **CERTIFIED PERSONAL TRAINERS**

**Contact** Krystal Clark at [krystal@saymca.org](mailto:krystal@saymca.org)

### **FRONT DESK**

**Contact:** Alice Bosserman at [alice@saymca.org](mailto:alice@saymca.org)

### **YOUTH DEVELOPMENT COUNSELORS/AIDES**

Wilson and Clymore Elementary Afterschool Programs: Monday - Friday 2:30-6 PM

**Contact:** Teegan Lewis (Wilson Elementary) at [Teegan@saymca.org](mailto:Teegan@saymca.org) & Makenzie Shirey (Clymore Elementary) at [Makenzie@saymca.org](mailto:Makenzie@saymca.org)

### **PLAYROOM STAFF**

**Contact:** Dee Valentine at [dee@saymca.org](mailto:dee@saymca.org)

### **EVENING LIFEGUARDS**

**Contact:** Beth Valentine at [beth@saymca.org](mailto:beth@saymca.org)

## Summer Positions Available!

- ▶ Outdoor Pool Lifeguards
- ▶ Summer Camp Counselors
- ▶ Bus Drivers
- ▶ Janitors



## SUMMER CAMP COUNSELORS MAKE A DIFFERENCE!!



For job  
descriptions  
and applications  
scan here!

Or visit  
[saymca.org](http://saymca.org)



# MARCH 2024

the

YMCA

SUN	MON	TUES	WED	THURS	FRI	SAT
					<b>1</b> Join us as we participate in the Blue Goji Games in March  Summer Camp Sign-ups Begins	<b>2</b> Saturday Swim Lessons Begin
<b>3</b> Ride the Expresso Ride of the Week!  Broken Spoke (5.4 miles)	<b>4</b> No joining fee begins today through March 11  Bible Study: Mondays @ 11 AM	<b>5</b> National Day of Giving - consider giving to the SAYMCA	<b>6</b> Adult Volleyball 6:15-8:30 PM	<b>7</b> Women's Intermediate Tennis Begins 11 AM	<b>8</b> Interested in playing Mahjong? Join the Mahjong group that meets at the Y Fridays at 10 AM	<b>9</b> CPR/FA Class 8 AM-1 PM  Must pre-register at the front desk
<b>10</b> Ride the Expresso Ride of the Week!  Oh Mama! (7.8 miles)	<b>11</b> Homeschool PE begins for 2-4 Years Old 10-10:45 AM 9-12 Years Old 11 AM-12:30 PM Swim Clinic Begins 5-6 PM	<b>12</b> Dance for Parkinson's Disease 10-11 AM  Youth Tennis Begins 5-8 Years Old 5:30-6:30 PM	<b>13</b> Homeschool PE begins -Ages 5-8 10-11:30 AM  Youth Tennis Begins Ages 9-12 - 5:30 PM Ages 13-18 - 6:30 PM	<b>14</b> Tuesday/Thursday Swim Lessons sign-ups begin at 5 PM for Members  Youth Tennis Begins-5-8 Years old-5:30 PM	<b>15</b> Tuesday/Thursday Swim Lessons sign-ups for Non-Members Begin	<b>16</b> Join us as Dr. Daniel Cox talks about how he is managing his type 2 diabetes without medication 10-11 AM
<b>17</b> Ride the Expresso Ride of the Week! Titan Time (1.8 miles)  Non-Member sign-up Saturday Swim Lessons begins at 1 PM	<b>18</b> Bible Study: Mondays @ 11 AM	<b>19</b> Please consider helping us with our Annual Giving Campaign.  Let the folks at the Front Desk know.	<b>20</b> Adult Volleyball 6:15-8:30 PM	<b>21</b> Last Day to register for Tuesday/Thursday Swim Lessons	<b>22</b> Play Mahjong or want to learn? Join a group on Fridays at 10:30 AM in the Multi-Purpose Room	<b>23</b> Teen Takeover 7:30-9:45 PM  \$5 entry fee
<b>24</b> Ride the Expresso Ride of the Week!	<b>25</b> Bible Study: Mondays @ 11 AM	<b>26</b> Dance for Parkinson's Disease 10-11 AM  Tuesday/Thursday Swim Lessons Begin	<b>27</b> Don't forget to pick up a Group Fitness Schedule and try something new!	<b>28</b> Women's Boxing Begins 6:30-7:45 PM Must pre-register at the front desk	<b>29</b> Don't forget to register for Oncology Yoga before April 1	<b>30</b> Ride the Expresso Ride of the Week! March 31-April 6  Thunderball (10.6 miles)
<b>31</b> Closed in Observance of the Easter Holiday						

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY