



Peninsula Metropolitan YMCA

**We build strong kids,
strong families,
strong communities.**

YOUTH SPORTS

Little Dribblers

Begins December 3
Youth ages 4-6
Wednesdays 5PM
Middlesex Elementary
School Gymnasium
\$20 for Members
\$40 Program Participants

Tumble Tots

Classes begin December 4
Ages 3-6
Tuesdays & Thursdays
12PM-1PM
\$20 Members
\$40 Program Participants

Gymnastics

Classes begin December 4
Ages 5-12
Thursdays
3:30PM-4:45PM
\$20 Members
\$40 Program Participants

Holiday Camp

Dec. 22-23, 29-31, & Jan. 2
\$75 for Members
\$90 Program Participants
8AM-6PM

DID YOU KNOW?

YMCA was founded in London in 1844 by George Williams



MIDDLESEX FAMILY YMCA

DECEMBER 1, 2008

C. CLARK LASTER, IV

Y WONDERLAND



Join us at the Middlesex Family YMCA at the annual Y Wonderland sponsored by EVB Bank. The Wonderland will be open on December 10 from 5PM-8PM at the Middlesex Family YMCA. During the event, parents are encouraged to bring their little ones for an evening of shopping, wrapping, and possibly seeing the Legendary Santa from the North Pole.

The event will have gifts for the youth to choose from ranging in prices from \$1 to \$10. Once they purchase the gift they will go to Santa's Workshop to wrap it and get it ready to go under the tree. In addition to shopping, they youth will enjoy baked goods and photo opportunities with Santa Claus. Plus, the youth will also be able to eat dinner during the event as they enjoy shopping for their family and friends.

"I remember a program called Frosty's Workshop when I was a kid and I enjoyed it so much that I want the youth in our area to

look forward to our Wonderland each year," mentioned Youth and Family Services Coordinator Jessica Wilson.

The proceeds from this event help the YMCA's Strong Communities Annual Giving Campaign. For any questions or interested volunteers are asked to contact Shauna Redmon or Jessica Wilson at the YMCA at (804)776-8846.



GRANT REVIEW

Many often do not take a moment to recognize what they accomplished in a year because we are always pushing to the next obstacle. In addition to excelling in programs, and achieving five stars in the Day Camp program, the Middlesex YMCA has reason to be proud. Over the past year, the YMCA landed four substantial grants for the youth. Beginning in March, the Middlesex Family YMCA received a grant from the Food Lion Charitable Foundation to help provide benefits to the youth in After School and Preschool. The afterschool

and Day Camp also benefited from a grant from the River Counties Community Foundation. The grant allowed the YMCA to turn a dated Preschool Room into a spacious Teen Center, which has been utilized by the school age participants and the teens in the area.

The soccer program received a grant from the US Soccer Foundation and the Middlesex Sports Complex providing new goals for the youth soccer program. The final grant received came from the Verizon Charitable Foundation and helped to ensure the YMCA would have a wonderful Healthy Kids Day for the

youth of the county free of charge. The Middlesex Family YMCA has grown leaps and bounds since it opened in February 2004 and with the generosity of the community and the constant support of the volunteers and staff the YMCA has an exciting future. "I hope to continue seeing growth in all the programs and seeing the YMCA utilize its space effectively so we can support new innovative programs in the future," mentioned Clark Laster.



ADULT DODGEBALL



tournament ended. Maybe they will meet their match in the next tournament. The tournament was held to help raise money for the Strong Communities Campaign with the YMCA. "My goal is to have 10 teams next tournament, I want to see more individuals come out and enjoy the evening," mentioned Clark Laster. The next tournament is scheduled for early 2009. Let's get ready to rumble!

On November 21, the Adult Dodgeball court was the place to be as Ranger Joe and his fleet of Boy Scouts from Bay Port went up against the younger adults of Middlesex County. At the conclusion of the tournament, the crown remained in the hands of the Warriors led by Taylor Wilson. "We came, we saw, we conquered," boasted Ryan Bogese after the



This year, Cynthia Rowles with the 4-H Club is discussing character points and how to become better citizens.

QUOTE OF THE MONTH: "Only those who will risk going too far can possibly find out how far one can go."-T.S. Eliot

MAKING A DIFFERENCE

As a young boy I spent many summers at a boys residential camp in the rural mountains of Virginia named Camp Virginia.

After hearing the news of Malcolm "Buck" Pitt, Jr's death, I am reminded of the great impact Camp Virginia had on me as a young boy.

I began going to camp at age 8, and was away from home for 3 weeks. One of my fondest memories was when I became homesick and I went to see Buck and his wife Betty at their cabin. They both had big smiles on their face when they saw me and told me how lucky I was to go to camp, and then to seal the deal Betty gave me a Clark Bar on my way out the door.

If anyone knows me, I love to tell stories about my past, and many of the stories I tell often involve Camp Virginia. For seven weeks each summer I was away from cell phones, television, and was left to enjoy the beautiful environment and live for the moment.

I will always miss being woken up by a bell each morning, running to a chilly Maury River to take a dip, and singing rah good rah meal in the mess hall. Another great tradition was the morning devotionals and the inspiring readings from the paratroopers faith, which I still read from to this day at the YMCA Day Camp. One of the my favorite lines in the book comes from a letter entitled "Advice to a Young Man", which states "Work

gives you a perfect and grateful appreciation of a holiday." Buck will always be missed by the boys of Camp Virginia but his legacy and commitment to youth will never be forgotten.

Camp Virginia was a building block for my future, and Buck's tireless efforts helped to make become a positive member of society and I hope I can pay his efforts forward.



Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

MONDAY

9:00AM-10:00AM Low Impact
 10:10AM-11:10AM Yoga*
 11:15AM-12:15PM Chair Stretch
 5:00PM-6:00PM Step Aerobics
 6:10PM-7:00PM Yoga*

TUESDAY

9:00AM-10:00AM Step Aerobics
 5:00PM-6:00PM Interval Training

WEDNESDAY

9:00AM-10:00AM Low Impact
 10:10AM-11:10AM Yoga*
 11:15AM-12:15PM Chair Stretch
 5:00PM-6:00PM Step Aerobics

THURSDAY

9:00AM-10:00AM Step Aerobics
 5:00PM-6:00PM Body Sculpt

FRIDAY

7:50AM-8:50AM Yoga*
 9:00AM-10:00AM Low Impact
 10:15AM-11:15PM Chair Stretch

SATURDAY

9:00AM-10:00AM Step Aerobics

PERSONAL TRAINERS AVAILABLE

Program Participants may pay \$7.00 per class
 *Yoga classes will be cancelled in the event of instructor's absence. See class ratings, see fitness intensity chart.

Y MEMBERSHIP™

We build strong kids, strong families, strong communities.

ASK OUR WELCOME CENTER ABOUT MEMBERSHIP FOR ALL!

Facility Memberships give members access to our Wellness Center, group exercise classes, and special rates on programming events.

Monthly Rates:

Adult	\$35.00
One Adult Family	\$40.00
Family	\$51.00
Teen	\$18.00

Joining Fees

Adult	\$50
One Adult Family	\$75
Family	\$100

Community Membership

Adult Membership	\$48.00
One Adult Family	\$55.00
Family Membership	\$69.00



GINGER BREAD COOKIES

What are the holidays without gingerbread cookies and the telling of the tale of the Ginger Bread Man. Here is one of my favorite recipes!

Ingredients:

3/4 Cup Butter
 1 Cup Molasses
 1/2 Cup Honey
 1 Cup Butter Milk
 6 1/2 Cups Flour
 1/2 Teaspoons Salt
 2 Teaspoons Ginger
 4 Teaspoons Baking Powder
 3/4 Teaspoons Baking Soda
 1 Teaspoon Lemon Extract

1. Preheat oven to 350 degrees
2. Mix dry ingredients in large bowl and wet ingredients in a separate bowl. Then combine and mix thoroughly.
3. Once completely mixed knead the dough until it is mixed thoroughly.
4. Use rolling pin and roll out dough until it is about 1/2 inch thick.
5. Bake for 8-10 minutes



ENJOY!

HOLIDAY CAMP



What will you do during the holidays as the youth are out of school and you still need to work? Join us at the Middlesex Family

All youth must sign up by December 19th for the entire camp, and 15 youth must be registered in order for the camp to proceed. "I love holiday cam because we go on trips everyday," mentioned some of the youth in school age childcare, "it is a lot more fun then just sitting at home."

In addition to the daily trips, the youth will also enjoy getting to know youth from surrounding YMCA programs. During camp the youth will visit the Victory Family YMCA, Northern Neck Family YMCA, and the Northumberland Family YMCA.

"I think it is important for youth to make new friends in a fun safe environment, and by taking them to other YMCAs I am confident that the staff is well trained and the youth will be in a secure environment," mentioned Clark Laster.

For any questions about the Holiday Camp program please contact the friendly individuals that work at the Middlesex Family YMCA front desk at (804)776-8846.

YMCA as we have an awesome Holiday Camp with the youth. During the camp the youth will go on trips each day, have age appropriate activities, and get to know new youth from surrounding YMCA programs. The Holiday Camp is \$75 for members and \$90 for program participants, and it will be open from 8AM-6PM on December 22, 23, 29-31, and January 2. All participants must fill out a registration form and have an updated shot record, physical, and birth certificate on file.

Field Trip Schedule:

- December 22** Rockwall Climbing
- December 23** YRC Cinemas Movie
- December 29** Ice Skating
- December 30** Village Lanes Bowling
- December 31** Indoor Swimming Pool
- January 2** Chuck E. Cheese



SCHOOL CLOSINGS

NOTICE TO PRESCHOOL PARENTS

Preschool ***WILL*** be in session on some of the days that school is closed. Such as a teacher workday. Holiday breaks have been taken into consideration with the cost of Preschool.

NOTICE TO AFTER SCHOOL PARENTS

When school is not in session, After School will be offered. Please sign your child up so we can have an idea of how many youth to expect.

December 12, 2008

Early Dismissal
Preschool Open
After School Open

December 22-23, December 29-31, & Jan. 2

HOLIDAY CAMP
Preschool Closed
After School Closed

EVENTS

Wednesday December 10th

5PM-8PM
EVV Y Wonderland
YMCA Childwatch and Preschool Rooms

Sunday December 14th

3PM-5PM
Preschool Christmas Program
Lower United Methodist Church

Thursday December 18th

11AM-12PM
Two Day YMCA Preschool Party
YMCA Preschool

Friday December 19th

8:30AM-10AM
Friends of the YMCA Breakfast
YMCA Program Center

Friday December 19th

10AM-11AM
Three Day YMCA Preschool Party
YMCA Preschool

Friday December 19th

6PM-8PM
YMCA Staff Christmas Party

December 24-25

YMCA Closed for Christmas

Thanks-A-Lot

Todd Taylor, David Taylor, and Chris Anderson for taking Clark Laster into the Rappahannock River and Chesapeake Bay to go rock fishing.

Buzz Lambert for putting on a wonderful staff dinner for the entire Middlesex Family YMCA Staff.

Rufus Ruark for taking Clark Laster to the Redskin games and providing food for the staff dinner.

Leroy Holt for having the concession stand at the Sports Complex for all of the youth soccer tournaments.

Barry South, Scott Trimble, and Gene Cook for helping to get the bus jump started when it broke down, and Billy Eubank for providing the youth transportation from the school.

Jessica Wilson and Shauna Redmon for organizing the Y Wonderland and securing funds from EVB.

Brooks Wheary for her success with Ansell and being the only sales representative to be selected as the 2008 Rising Star.