

BAIERL FAMILY YMCA CALENDAR OF EVENTS

- April 5 Healthy Kids Day – Cost Center – University of Pittsburgh Campus
- April 14 Spring Session Begins
- May 3 Highmark Walk – Heinz Field
- May 19-23 Member Appreciation Week
- June 7-8 3 on 3 Wellness Basketball Tournament
- June 9 Summer 1 Session begins
- June 16-20 Challenger Sports Soccer Camp
- June 16-July 25 Camp High Hopes
- June 23 Golf Outing – Wildwood Country Club
- July 14 Summer 2 Session Begins
- July 17 International Fair (YMCA camps)
- August 10 Baierl Family YMCA Triathlon

NORTH BOROUGHS YMCA CALENDAR OF EVENTS

- May 2 Community Health Screening

For more information about the Baierl Family YMCA and North Boroughs YMCA, and for more details about YMCA programs or the latest news, visit www.ymcapgh.org.

HIGHMARK 2008 WALK FOR A HEALTHY COMMUNITY

Save The Date!

The 2008 Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield is scheduled for Saturday, May 3rd at Heinz Field. This walk is an annual fundraiser that benefits local health and human service agencies in Western Pennsylvania including the YMCA. This year, walk participants have an opportunity to support one or more of 37 local organizations that deliver vital programs and services that affect the lives of thousands of people.

The YMCA of Greater Pittsburgh's staff, members and friends volunteer their time to raise money

2008 RACE TO ANY PLACE

For the past three years the YMCA of Greater Pittsburgh has participated in the Race to Any Place, presented by UPMC and sponsored by GNC. This race is the largest stationary bike race in Western Pennsylvania, and an important team fund-raising event benefiting the Western Pennsylvania and West Virginia Chapter of the Leukemia and Lymphoma Society. This year the race was held on February 23, 2008 at the U.S. Steel Tower.

The Race to Any Place is a six-hour relay race, comprised of twenty-four 15 minute heats. Each branch of the YMCA of Greater Pittsburgh entered a team and each team was responsible for raising \$500.00 per team that was donated to the Leukemia & Lymphoma Society. The two teams from North Boroughs YMCA raised \$2,300 and the two teams from Baierl Family YMCA raised \$2,000. The YMCA of Greater Pittsburgh Association raised over \$11,000. The North Boroughs YMCA teams rode a total of 338.06 miles, the Baierl Family YMCA rode a total of 338.69 miles and our Association logged a total of 3,119 miles.

HATS OFF TO OUR RIDERS!!!

and participate in this 5K Walk and One-Mile Fun Walk.

Highmark Blue Cross Blue Shield underwrites the cost of the walk so that 100 percent of the money raised by walkers will help participating organizations raise money for their individual missions. The money given to the YMCA will benefit our Strong Communities Campaign.

If you wish to participate in this fundraising event, please call the Baierl Family YMCA at **724-934-9622** or the North Boroughs YMCA at **412-761-1227**.

11TH ANNUAL GOLF OUTING

The YMCA North will be holding their **11th Annual Golf Outing** on **June 23, 2008** at Wildwood Country Club. Get a foursome together or come alone as a day of warm weather, great food and fantastic prizes is anticipated.

Funds raised at the YMCA Golf Outing are used to support a variety of youth programs and to improve upon existing programs. The YMCA also provides many youth scholarships so that all kids have an opportunity to participate in YMCA programs.

The YMCA provides financial assistance to individuals and families who are in need. The YMCA never turns away an individual or child because of their inability to pay. Assistance even in suburban communities can be great, depending on the needs created by the loss of work, health, divorce, family issues or other economic difficulties. The YMCA is open to all. Scholarships are made possible by the generosity of donors through our Campaign for Strong Communities and other special events such as the Y-Golf Outing and Triathlon. During 2007, the YMCA North provided over \$101,585 in financial assistance to area youth and families.

The YMCA: We Build Strong Kids, Strong Families and Strong Communities.

The YMCA North, North Boroughs YMCA and Baierl Family YMCA are branches of the YMCA of Greater Pittsburgh.

On behalf of the Golf Committee, please join us at this year's event and help the YMCA build strong kids, strong families and strong communities.



- Registration 10:30am - 12:15pm
- Buffet Lunch - 11:00am
- Shotgun Start - 12:30pm
- Dinner buffet (*golf attire*) - 6:00pm
- Awards and Prizes - 7:00pm
- Fee - \$190.00 per golfer

There are many sponsorship opportunities available. For more information on this event or how to become a sponsor, please call **412-761-1227**.

Y-update

Serving the Communities of North Boroughs & North Hills

News from YMCA North
A Branch of the YMCA of Greater Pittsburgh

Spring Edition 2008 Volume 5 #2

MESSAGE FROM THE CHAIRMAN



By the time this letter reaches the press the first quarter of 2008 will be nearly completed. Of course the board is extremely busy with a variety of items; however, at this time of year much of our attention is focused on our annual fundraising campaign "Building Strong Communities". There are other articles in this newsletter that will explain all of the fine work and benefits that this YMCA provides our community. It is your financial support that makes all of this possible. Please take the time to read over these articles, and know that your financial support is needed, appreciated, and put to very good use.

There are a few items I wanted to report that have taken place at the Wellness Center of the Baierl Family YMCA since our last newsletter. The staff has been listening to the members. Always trying to obtain the best equipment for the Wellness Center, we recently added 12 pieces of the Precor Strength Line. These are weight lifting machines versus free weights. This addition will accommodate more people in the Wellness Center, especially during busy times. Two Expresso bikes were also added. These are unique pieces of equipment that give the rider the feeling of steering through various venues. Words do not do this cycling equipment justice. You really need to try these for yourself.

The Baierl Family YMCA recently completed the Kids' Triathlon with 34 participants between the ages of 8 and 14 competing. The participants swam 100 yards, cycled two miles on the spin bikes, and ran one mile on the treadmill. In a time where childhood obesity is at record levels, this is a well needed and wonderful community event.

Finally, The Baierl Family YMCA has had another successful "Weight Loss Challenge" with

approximately 250 members trying to lose weight over an 8 week period. During this period some used personal trainers, some simply increased their exercise regimen, and some made adjustments to their diet. Many made all of these adjustments. Last year's winner lost approximately 35 pounds. This is but a small bit of the excitement that is taking place at the Baierl Family YMCA.

The North Boroughs YMCA has many accomplishments as well. The North Boroughs YMCA is still awaiting final approval to take over North Suburban Adult Services. This is an organization, located on the corner of California Avenue and S. Home Ave. at the Church of the Epiphany that has been serving senior citizens for over 30 years. Recently, because of financial difficulties the organization has seriously considered closing its doors. During this same time the North Boroughs YMCA has been looking for a way to get more involved with the senior citizen population and engage our current Silver Sneaker participants. North Suburban Adult Services and the North Boroughs YMCA was a natural partnership. The North Boroughs YMCA manages North Suburban Adult services while we wait for final approvals to merge the organizations. We currently continue to offer a Monday - Thursday lunch program, breakfasts, book clubs, and day trips. Soon we will promote the facility as the North Boroughs YMCA Community Center that will provide the following services:

- Senior Programming Thursday 9am - 3pm involving various social and health activities
- Evening and Saturday morning fitness classes
- Women's health nights and Community Health fairs

As you can see the facility will serve a cross section of the entire community. For information about the new North Boroughs YMCA Community Center and its activities please feel free to contact Maureen Newcamp at the North Boroughs YMCA.

Continued on page 2

Permit No. 2869
Pittsburgh PA
PAID
STANDARD
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YMCA of GREATER PITTSBURGH
-YMCA NORTH
2565 Nicholson Road
Sewickley, PA 15143

MESSAGE FROM THE CHAIRMAN - CONTINUED

These are but a few of the many exciting happenings going on at the North Boroughs and Baierl Family YMCA's. As we continue to push forward with our goal of providing an excellent health and wellness platform that services our community I would like to again thank the staff, volunteers, and supporters that make this wonderful service work possible.

David Groetsch, Chairman,
YMCA Board of Management

THANK YOU STATE REPRESENTATIVE MIKE TURZAI

A special thanks goes out to State Representative Mike Turzai on his efforts to help the Baierl Family YMCA obtain a grant for \$10,000 via Community Revitalization Funds through Community and Economic Development. The anticipated proceeds have been used for a variety of things including pool floats, basketballs, soccer balls and other sports equipment and a conference table and chairs. This became possible when State Representative Turzai attended last year's "Friends of Baierl Family YMCA" party with Dave and Julie Groetsch. He heard first hand how funds from our annual "Strong Communities" campaign is used to support scholarship funding for the North Hills community for use at the Baierl Family YMCA. State Representative Turzai suggested that the Baierl Family YMCA apply for this grant to help subsidize much needed equipment and furnishings for the new facility.

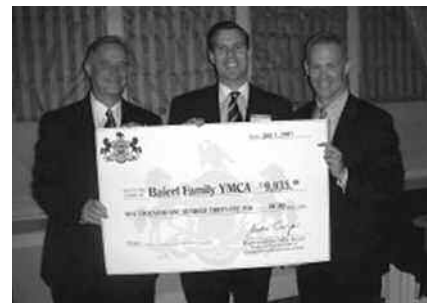
At this year's annual "Friends of Baierl Family YMCA" party, State Representative Turzai presented a life-size check to Bill Kunert, District Vice President, YMCA of Greater Pittsburgh and David Groetsch, Board of Management Chairman. Thanks also go out to the Groetsch family for bringing Mr. Turzai and his wife to both celebrations.

THANK YOU - CONTINUED

For those of you who don't know much about Representative Turzai here is a short bio on him. Mike Turzai was elected State Representative for the 28th Legislative District in a special election on June 26, 2001. The 28th District includes Allegheny County, Borough of Bradford Woods, Borough of Franklin Park, Marshall Township, Town of McCandless, Township of Pine, and Richland Township. Mike is chairman of the House Republican Policy Committee.

A lifelong resident of Allegheny County, Mike received his B.A. degree from the University of Notre Dame in Notre Dame, Indiana, in 1981 and his J.D. degree from the Duke University School of Law in Durham, North Carolina, in 1987.

Mike and his wife, Lidia, a pediatrician, have three young sons, Andrew, Stephen and Matthew and they reside in Bradford Woods.



Mike Turzai, Pennsylvania State Representative presents check to Bill Kunert, District Vice President, YMCA of Greater Pittsburgh and David Groetsch, Chairman, Board of Management.

WELCOME DAN PARISI

The Baierl Family YMCA welcomes our new Assistant Wellness Director, Dan Parisi, to our family. Dan started his position at the Baierl Family YMCA on January 2, 2008. He supervises the Activate Coach staff and assists Kim Feeley, the Wellness Director, in the management of the Wellness Center. Dan graduated from Messiah College in December of 2007 with a B.A. in Health and Exercise Science. He is no stranger to the YMCA as he worked at the Deer Valley Camp and at the West Shore YMCA in Camp Hill, PA prior to coming to Pittsburgh. Dan enjoys photography, exercising, reading and spending time with friends and family.



2008 STRONG COMMUNITIES CAMPAIGN

The 2008 YMCA of Greater Pittsburgh Strong Communities Campaign, formerly known as the "Partner with Youth" campaign, is commencing at our YMCA on **March 1** following a kick-off event on February 29. This campaign encompasses both the Baierl Family and the North Boroughs Y's which are served by the same Board of Management. Why do we have this campaign when we are able to participate in a great facility and pay a membership fee to use it? One must remember that the YMCA will never turn anyone away. Thus monies are raised to help those less fortunate than you or me. **This year our goal is to raise \$180,000** which will be used to send children to camp, provide for daycare, memberships and to assist in running Camp High Hopes for children with disabilities. The purpose of the campaign is to provide funds for those who may be less fortunate. The goal of the YMCA is to **Build Strong Kids, Strong Families and Strong Communities.** This Campaign allows that to happen by never leaving someone "on the outside only looking in." And yes, some of those around you when you are utilizing these facilities may be someone less fortunate than you or me. The reasons are many and varied, for instance: job loss, separation, spousal death, single parenting, medical bills and today even mortgage issues.



PS: Your gift does make a difference. Please use this form and forward your check for our campaign to one of the addresses listed below. Without your gift these scholarships will not happen.

I/we support the YMCA Strong Communities Campaign. Please accept our enclosed donation in the amount of \$_____.

Name: _____

Address: _____

City/State/Zip: _____

We thank you for your support.

Mail donations to:

Baierl Family YMCA 2565 Nicholson Road Sewickley, PA 15143	North Boroughs YMCA 629 Lincoln Avenue Pittsburgh, PA 15202
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NORTH BOROUGHS YMCA MEMBER CHALLENGE

The North Boroughs YMCA is currently holding a Member Challenge called "Keep on Track - New Year Resolution". This event will help our members maintain their healthy lifestyles past their New Year's resolution. Over 50 members have already registered for the challenge. Members who record the most miles on a treadmill, bike or elliptical between February 11th and March 31st will have a chance to win prizes. This event has two age categories including 55 and over and 54 and under. Winners will be announced in the next Y-Update.

ACTIVITIES FOR YOUNG ADULTS

During the past several years the North Boroughs and Baierl Family branches of the YMCA of Greater Pittsburgh have been able to expand the social activities for young adults with disabilities. Each Friday evening from 6:30 p.m. to 7:30 p.m. at the Baierl Family YMCA these individuals can participate in a structured social activity such as learning basketball skills, developing volleyball skills, enjoying swimming, learning strength exercises and enjoying music and dancing at special holidays. The group also gets involved in service projects. For more information contact Sharon Blakley at **724-934-9622** or log on to **www.ymcaphg.org**.



Y-Teens enjoying a game of basketball at the Baierl Family YMCA

CAMP HIGH HOPES 2008

The North Boroughs and Baierl Family branches of the YMCA of Greater Pittsburgh are again proud to sponsor the 2008 Camp High Hopes Summer Day Camp. Camp High Hopes is designed to provide structured recreational and social activities for campers with mental and physical disabilities. It serves campers with chronological ages of 3 to 21 years. The camp follows an approved individualized educational support program that helps each camper maintain peer interaction skills.

Camp High Hopes has three camping sections, each of which is two weeks long, beginning on June 16, June 30 and July 14. Daily camp activities begin at 9:00 a.m. and conclude at 2:00 p.m. Monday through Friday. The camp will be located at the Marshall Campus of the North Allegheny School District. The cost per camper for each two week camp session is \$250.00. Transportation to camp and all field trips are included in this price. All campers must be YMCA full facility or program members.

We are also seeking camp counselors and volunteers for Camp High Hopes.

If you desire further information about the program contact Sharon Blakley at **724-934-9622** or log on to **www.ymcaphg.org**.



Camp High Hopes Field Trip at Wildwood Highlands