



YMCA of COLUMBIA-WILLAMETTE

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For a Better Us

Association Newsletter

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Newsletter

From the Desk of Bob Hall



Dear Staff,

The YMCA movement both nationally and internationally, is a force for youth development, healthy living and social responsibility throughout the United States. The power of its influence comes through the Christian heritage on which it was founded. The original intent of the YMCA, as illuminated by the current mission statement, is "to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all." The ability of the YMCA to fulfill the mission and impact communities depends on the vitality of the Christian mission and principles among the staff and volunteers of the YMCA.

The YMCA of Columbia-Willamette along with a number of small and large Ys across the country, came together, in 2014, with the help of the Murdock Trust, and created the [US Mission Network](#) (USMN). The purpose of the USMN is to serve all Y associations as they strive to fulfill their mission statement to build healthy spirits, minds and bodies. USMN

seeks to preserve, nurture and advance the historic Christian purpose and principles of the YMCA movement. It seeks to empower, strengthen and expand existing YMCA Christian initiatives and assist in establishing new Christian mission structures. It does this by developing ongoing, strategic partnerships within the local community, sharing resources across a national network and creating and leading training conferences. [Watch a Video](#) about some upcoming regional conferences, designed to help YMCAs explore ways to live out their Christian mission in their communities.

If you have questions about the US Mission Network, please contact me, or email [Larry Whittlesey](#), the National Director for the network. For additional information please visit the [USMN Vimeo](#) channel.

Sincerely,

Bob

From the Recruitment Desk

Are you involved in a Community Group? Church? Youth Group? Faith Community? School Group? Professional Organization?

As the YMCA of Columbia-Willamette's Recruiter I would like to find out if the YMCA can assist groups by providing jobs to those in need. Please inquire within your community organization to see if they would be willing to add a small notice in a newsletter, social media page or post a flyer about career opportunities at the Y.

Please email contact names to [Jennifer Butts](#). If you would like a flyer or social media verbiage to post in your community please inquire with Human Resources.

All jobs are posted on the [YMCA Career Center](#) and can be shared directly to any community.

Don't forget about the \$250 you can receive for referring a friend!

Thank you for your help with our Recruitment Efforts.
Jennifer Butts, Recruitment Specialist, Human Resources

Safe Staff + Safe Kids: Growing Together

Safety Corner

We've all been warned about the dangers of distracted driving (some of us, just last night on the way home). But what about distracted walking? 'Petextrians' – texting and walking at the same time – can have equally dire consequences. In a recent study 78 percent of Americans said distracted walking is a serious issue. Here are some simple ways that you can stay safe on the job:

Don't Multi-Task while Walking: Wearing headphones can block important noises and sounds and reading books or notes can distract your eyes from everything around you while walking. Similarly, when you are walking with another person, keep your eyes on where you are going, not on the face of the person. At least one YMCA staff has fallen while reading while walking down a flight of stairs. It is easy to miss a step when your mind is focused on other things.

Stop to Make a Call or Text: Walking like driving, requires that you are watching where you are going. Even the National Safety Council has officially added distracted walking to its annual report of unintentional deaths and injuries. So if you need to make a call, or send or read a text, stop and do so in a safe place. Your program area may have additional rules regarding cell phone use if you have a safety sensitive job like lifeguarding or if you are supervising children. Remember it is not only the staff, but children and members, who may get injured if you are distracted.

Be Aware of Your Surroundings: You also need consciously avoid slip/trip/fall hazards like irregular or wet surfaces. If you have to walk on potentially slippery surfaces, keep at least one hand free of obstacles so you can brace yourself if you fall. It is not uncommon for staff to be injured while playing running games with children or members. It is a good idea to note where there might be obstacles such as walls, steps, poles at the start of the game.

That way if you are distracted because you are focused on retrieving a ball or evading someone in a game of tag, you do not collide with the object causing injury.

Walking in the Dark: If you are walking at night, avoid poorly lighted areas, and increase your visibility to others by carrying a flashlight and wearing reflective clothing. It can be tempting to hurry or run, especially if it is raining, but this can be especially dangerous since the surface is wet and the rain could obscure the chance for others to see you. No matter the weather, slow down and don't hurry or run.

This all seems like common sense, but think of how many times you may have had a moment of inattention and looked up to realize that you've almost walked into something or someone. We have all done it. So let's slow down, make sure we are aware of our surroundings, set a good example for our kids and *Be Safe!* And . . . as always, if you have any ideas, questions or feedback, give me a call.

Jill Robbins

From HR

Fall Leadership Meeting

Our fall leadership meeting that was scheduled on October 24, 2016 has been canceled. We will be moving our meeting to later in the year. Additional information will be provided when it becomes available.

Thank you HR Interns!

Thank you to Hayley Bemis and Anne Spangler for the work they did to help us get through the on-boarding. Hayley is off to Spain studying abroad and Anne is back in school.



Tuition Reimbursement

The YMCA of Columbia-Willamette has established a fund through Eric Englund Trust, for employees that are pursuing their undergraduate degree. This fund is to help employees with books and tuition who are seeking a degree in their current employment or career within the YMCA or in a related field to positions within the YMCA. Employees who wish to participate must meet the following criteria. Instructions and applications for tuition reimbursement can be found on s:\corp\hr forms\ tuition reimbursement folder. All applications are due to the Association Office by May 15, 2017.

Upcoming Trainings

To view our upcoming trainings, please visit our [Training Calendar](#).

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