



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A BETTER US

Association-Wide Newsletter | March/April 2017
YMCA OF COLUMBIA-WILLAMETTE

FROM THE DESK OF BOB HALL

The History of the Y Logo: Spirit, Mind and Body



1868—The Portland Y was formed.



1881—The Ninth Conference in London approves the first Y logo, which highlights Y values by featuring a reference to John 17:21: "That they may all be one...as We are one."



1891—Luther H. Gulick, M.D., proposes a red triangle as the Y symbol. The equal sides of the triangle stand for "man's essential unity, body, mind and spirit, each being a necessary and eternal part of man, he being neither one alone..."one...as We are one."

1896—The triangle logo is added to the old World Alliance Insignia. It is said the second ring represents friendship and love without end among individuals. This remains the Y's official emblem.

We live in a world where the focus is so often limited to the mind and body. The history of the Y is rich in its outreach and ministry focus that nurtures the spirit, mind and body. We are fortunate to be part of an organization that is committed to helping people grow spiritually and to encouraging people to develop a deeper relationship with God. Our Mission Statement captures the essence of this, "To put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all."



There are a number of things that nurture the spirit at our Y. At our various locations, if you choose, you can participate in groups and classes like Christ at Work, Alpha, Life with God, Christianity Explored, Bible 101, marriage classes and parenting classes. We are blessed to have Chaplains that will meet you wherever you are to listen and talk with you.

Association Services, VP of Mission Advancement and Chaplain: **Bob Reichen**

Clark County Y: **Roger Button**

Camp Collins and Child Care: **Curtis Young**

Sherwood Y: Volunteer Chaplains

Our Y is more than just a gym or a place for child care. We want to engage the entire person—spirit, mind and body—to help all of us become our best. Our history is full of stories of transformed lives, and today, our intentional dialogue around our Christian principles helps us live out our mission in all we do.

You can learn more about the Y logo on the **Exchange**.

I'm thankful for the mission of the Y,
Bob

FROM THE DESK OF MARK BURRIS

Sherwood Facility Lease Renewal

Can you believe it has been 20 years since we signed with the City of Sherwood to operate their Community Center? Our lease with the City of Sherwood is up next year. We are in the process of planning for the next lease period. On March 14, Sherwood City Management held a Town Meeting to obtain resident feedback on our YMCA's impact in Sherwood for the past 20 years, along with what residents are looking for in the next 20 years. Over 250 people showed up, an all-time record for Sherwood, even more than when Walmart was being considered.

No surprise—our Sherwood residents love their Y! No surprise—they want us to stay; probably 95% of the folks at the Town Meeting were in favor of the Y. And, no surprise—they want the facility to grow. Great news for us! But now the hard work begins. How do we make all this happen? We are confident we can. And we are excited to have this opportunity to work side by side with the City of Sherwood.

For complete details on the town hall, see this [article by Pamplin Media](#).

Other related documents can be found on the [Sherwood Y's webpage](#).



Staff Summer Camp Discount

Do you know that YMCA staff are able to receive a 50% discount on a week of summer camp at YMCA Camp Collins? From archery to horseback riding, tackling the climbing wall to learning guitar, YMCA Camp Collins offers a variety of activities to help children entering grades 1-12 to learn, grow and thrive. Sign up for summer camp at YMCA Camp Collins today and make this the best summer ever!

Come to our Open Houses on Sundays April 23 and May 21, from 2 PM–4 PM to learn more about YMCA Camp Collins, take a tour of camp, meet summer staff, and climb our rock wall!

<http://ymcacw.org/locations/ymca-camp-collins/registration>

FROM THE TRAVEL CORNER

Mel Thimm, Summer Program Director at Camp Collins reflects on her February trip to Europe.

My first trip to Europe! Last year I decided I really wanted to travel to Europe. Partly to explore where my family comes from, and partly to see a very close friend, Sophie! Outside of seeing Sophie's hometown, Liverpool, I also visited Amsterdam, Dublin and London.

Sophie and I met up in Amsterdam. We learned to navigate the heavy bike traffic, as well as cross over the many canals, longed to touch all the animals in the zoo, and explored the Anne Frank House. She also took me on a tour of Liverpool including Alfred Dock, and introducing me to Liverpool nightlife (in which I learned that people are generally **very** friendly and outgoing).

Next, I went solo and flew to Dublin, Ireland, experiencing my first time alone in a new country. Dublin was my favorite city! While I explored St. Patrick's Cathedral, I wondered whether or not I was standing on the ground my descendants stood on 200 years ago. Of course I visited O'Connell Street, the Guinness Storehouse and Brewery, enjoyed live music and ate cottage pie in the evenings in pubs around Temple Bar.



Last, I flew to London. London was fun and easy as the subway and bus system is practically identical to NYC. I got to see the Parliament and Big Ben, the Tower Bridge and the Tower of London, Shakespeare's Globe, and saw a musical and shopped in Piccadilly Circus! However, what I enjoyed most about my whole trip was getting to go on the Warner Brother's Studio Tour—The making of Harry Potter! Did I cry of happiness? YES!

Overall, it was a really memorable trip. I will never forget spending quality time with a close friend, meeting her family for the first time, and the feeling of empowerment that comes with learning how to navigate in a foreign country. But mostly I'll never forget the feeling of seeing all the real live sets of a series of movies based on books that helped shape me growing up. I am definitely planning to go back someday!



FROM THE SHERWOOD Y



Employee Spotlight | Mary Weber

Mary has been leading classes at the Sherwood Regional Family YMCA and Boones Ferry locations. She is a rock star in all her classes, and has built up

an amazing community in our satellite facility at Boones Ferry Community Church.

Mary plays a key role in organizing the social events at this location. In February, she organized a potluck where members enjoyed a beautiful meal, raffle prizes and lots of laughter. Mary is a shining example of leading the Active Older Adult community with love, support and empathy. Thank you Mary for all that you do for the Y.



Volunteer Spotlight | Wei Ping Chen

Wei Ping is an amazing encourager at the Sherwood Y. What is evident with Wei Ping is her genuine warmth towards people and her passion for exercise. This is shown when she greets people that come to the classes

she is taking. She not only encourages people to try new classes, but when attending classes she will help them set up their equipment and show them what to do. In dance fitness classes she is always watching out for newcomers, and even though she knows all the routines, and could be up front, she chooses to stay in the back so that she can help the new people.

In 2015 and 2016, she was a 200 Club member, which meant that she came to the Y at least 200 days during each of those years. Thank you for all you do Wei Ping, and for being a great example of the Y's mission.

Member Spotlight | Betsy Jones

The Sherwood Y would like to thank Betsy for being a valued member for over three years here in Sherwood, but a member of many Ys across the country. She came to our Y more than 200 times in 2016. She loves participating in spin, as well as the elliptical for her cardio, and free weight for strengthening muscles.

She believes the Y is more than a gym, it's a great place to build friendships. Her children participate in almost every youth program the Y has to offer. She especially enjoys the summer camps and child watch/fun club for her children. You will often see her sitting on the pool deck while her children participate in swim lessons and swim team.

Betsy lives in Tigard with her husband Randy, as well as her three children; Claire 10, Isabelle 6 and Olivia 4. She's a stay at home mom who enjoys working out, reading, gardening and especially going on vacations to the beach.

Thank you Betsy for being part of our community!



Swimmer Spotlight | Isla Gordon

Isla has been with the team for just over six months. She has already made a huge positive impact! She attended the 10-and-under Oregon State swim meet in February and placed 10th overall in the eight-and-under 25yd freestyle. She was part of the eight-and-under freestyle relay that placed 9th.

Isla always puts in 110% effort at practices and shows enormous respect to her coaches and teammates. She always has a smile on her face and we are very fortunate to have her as part of our swim team!

FROM YOUR SAFETY CORNER

Office and Work Station Safety— Part One

At the YMCA, we work hard to eliminate hazards that may harm our employees, members and participants. But what about the everyday tasks that we do almost subconsciously? One such area that comes to mind is our administrative office space, welcome centers and individual work stations. Employees can be injured in office settings in a variety of ways, including opening and closing filing cabinets (or not closing filing cabinets), electrical devices and those itty, bitty paper cuts that aren't so itty, bitty.

The unassuming file cabinet is one the leading causes of office injuries. Putting heavy items in the upper drawers, opening a drawer too far or opening multiple drawers at the same time can all cause taller cabinets to tip over. Leaving drawers open can cause tripping injuries to others passing through. By keeping these hazards in mind and making small changes, serious injuries can be prevented, not to mention day-to-day bumps and bruises.

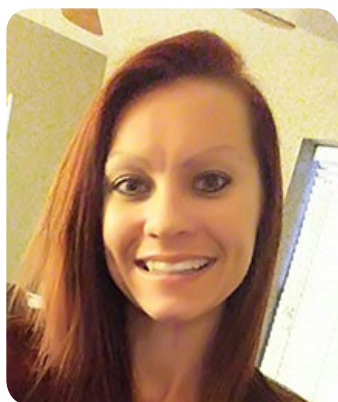
Electrical hazards are another area of concern, not only because of fire danger but also the potential loss of property and data that could occur from overloading circuits. Our work stations are full of office machines, communication devices, chargers and other accessories. Coffee pots and decorative items make our work areas more pleasant and comfortable. Most of these items require power. If too many devices are plugged into one outlet or extension cord, a loss of power or fire can result. A coffee pot without an automatic shutoff left on overnight can ignite a fire.

Coffee pots, microwaves, and space heaters are items that typically require more current. You can help by making sure that outlets are not overloaded. Turn off devices when not in use, and reduce the use of extension cords to the extent possible. Cords should always be organized and feed down the back of a desk. Be careful to keep cords out of the walk path where they could become a nasty trip hazard.



Try looking at your own work area with fresh eyes. You never know what safety hazard you might prevent. Next month, we will explore even more ways to be healthy, safe and sound in office environments. Stay tuned.

FROM THE CHILD CARE DEPARTMENT



Welcome New Staff

Senior Program Director Gabrielle Mayfield is our newest program director and has joined our team to oversee Springfield Meadows YMCA Child Development Center. Gabrielle has 13 years of professional experience in early childhood development and most recently was the director of a Wee Day Care and Preschool.

Annual Campaign

Congratulations to Team MODA Tower YMCA Child Development Center. MODA Tower was the first Child Care team to meet and exceed their 2017 campaign goal. Judy and the staff at her center are at \$7,311 and counting.



Congratulations to Team Beaverton YMCA Child Development Center for also exceeding their campaign goal. Linda and the staff at her center are at \$6,012 and counting.

Pat Knowles Retires

Senior Program Director Pat Knowles, who oversees The Playground at Providence St. Vincent YMCA Child Development Center, retires in April. During Pat's twenty-year tenure at the YMCA he created a parent board for his center and oversaw a successful fundraiser that morphed into a division wide event. The Playground is our largest revenue-generating center and has seen growth under Pat's leadership. We want to thank Pat for his service and wish him the best in his retirement.

FROM CAMP COLLINS

Women's Wellness Weekend

Are you yearning for some time to relax and recharge? The Women's Wellness Weekend at YMCA Camp Collins is the perfect escape. Enjoy a weekend of creative exploration, outdoor recreation, fitness classes, and relaxation. Women 18 and older, and chaperoned young ladies, 10th grade and up are welcome to attend. Cost: \$135 per person for the whole weekend.

<http://ymcacw.org/womens-wellness-weekend>

FROM THE CLARK COUNTY FAMILY YMCA



Member Spotlight | Kasey Wilson

Kasey always has a warm smile and kind word to share. He is one of the most generous people we know who continually goes without so he can provide for folks in need. He has donated so many items and funds that we've lost count!

Kasey gives so selflessly of his time and effort to the YMCA that the only logical next step for us was to hire him! Kasey is now a part of our Building Maintenance Team. His attention to detail and constant striving to perform at an exceptionally high level of excellence has made him an integral part of our staff.

Kasey continues to give of his time and talents outside of his position here.

Thank you Kasey for all you do for our Y and the community!



Program Spotlight | Women's Self Defense Class

We would like to give a big thank you to Mark and Kelly. When we were looking to provide a free Women's Self Defense Class, Mark and Kelly immediately offered to provide this service.

Since October, they have worked with close to 100 women to help them learn the basic skills necessary to protect themselves, to be aware of their surroundings and to apply self-defense moves in case of an attack. Mark also runs our Aikido Program (pictured below) which is a form of martial arts that focuses on self awareness.

Thank you Mark and Kelly for helping the women in our Y community feel empowered!

Staff Spotlight | Brandy Hymas

Brandy has been a key member of our Healthy Living Department for the past three years. She started her Y career as an intern from Clark College and easily transitioned to employee when her internship was complete. Brandy is our faithful early morning opener and is here and eager to help members at 5 AM, Monday–Friday. She has a passion for helping those of all fitness levels achieve their goals. She recently completed her Box Master certification and as you can see she has a passion for this too.

Thank you Brandy for your dedication, passion and consistent commitment to our Y family!

FROM THE HR DEPARTMENT

Please welcome the newest team members at the YMCA of Columbia Willamette!

Michael Clarey	Erica Babjak
Amanda Josberger	Cherelle Brown
Lisa Linge	Brandon Bier
Yana Gavriluk	Alejandra Perez-Suiter
Gabrielle Mayfield	James Harriman
Audra Hinojosa Chavez	Krystal White
Gideon Macabeo	Hallie Cordon
Lee Whitmore	Katalin Thompson
Marie Flores	Janine Organiz
Mallory Berry	Amy Sweda
J'Wan Vick	Tyra Judge
Wesley Sizemore	Guadalupe Martinez
Lsa Suro	Madison Schumacher
Ashley Smith	Jenna Siegel
Aalaysia Sakhoeun-Hem	Yuliya Ivanova
Hannah Snyder	Philip Taylor
Pilar Escobar	Dalton Rausch

COMPLI Update Coming Soon

Each year all employees are required to login to COMPLI and acknowledge our personnel policies. When using COMPLI, please use Chrome as a web browser.

There are several revised policies, not limited to, but including Part-Time PTO, Inclusion, Drug and Alcohol, and Job Posting Procedures.

Please make sure you read and acquaint yourself with all new policy and procedures. Our upcoming release is April 3, 2017.

If you need help with your login information please contact your supervisor or the HR department. The web address is <http://secure.compli.com>.

Benefits

We are pleased to offer comprehensive, competitive benefits to help eligible employees and their eligible dependents. From Y memberships to healthcare, our aim is to help employees enjoy happy and healthy lifestyles, while maintaining a good work-life balance.

[See which benefits are available to you!](#)

Staff Satisfaction Surveys Coming in April

On an ongoing basis the YMCA of Columbia-Willamette asks for input from staff on work satisfaction. This is an opportunity to provide us with feedback so that we can identify areas for improvement. You are encouraged to provide as much information as possible so that we can make changes based on the responses we receive.

Did we mention there will be **really cool prizes** awarded to locations with a high response percentage? Your response and feedback are incredibly valuable to us. The HR department will happily come visit your site and encourage participation.

Locations that have the following response rate will receive money to provide lunch to the employees:

1-24 staff employed: 100% return

25-74 staff employed: >75% return

75 or more staff employed: >50% return

A link will go out to all staff on April 14, and submissions will be accepted until May 1. Paper copies will be available for anyone who doesn't want to submit electronically.

FROM THE BEAVERTON HOOP YMCA

Columbia Sportswear Employee Store

We are excited to be working with Columbia Sportswear to provide employees of the Y with access to the Columbia Sportswear Employee Store. This pass will provide you with the ability to purchase Columbia Sportswear products at employee store prices. The pass is valid for three weeks and you may visit more than once. Please bring the pass (electronic or print) and proof of YMCA of Columbia-Willamette employment.

FROM OUR FRIENDS AT Columbia

We would like to invite your employees to shop our Employee Store from April 10–30.

Details on our store and your invite are listed below:

What's there and what are my savings?

- Employee store pricing! Most products are a minimum of 40% off MSRP. (Some exceptions may apply)
- Includes all brands in the Columbia Sportswear family of brands: Columbia Sportswear, SOREL, Mountain Hardwear and prAna.
- 50,000 sq. feet of each brand's newest and most popular styles.

Instructions on how to participate:

- Bring the invite letter (attached) with you to the store reception desk. *Or show the invite letter to the receptionist on your mobile phone.
- Show your work/organization ID (options listed on invite).
- This invite is non-transferable but you can bring your family and friends with you (up to 4 guests per person, per visit).
- You are welcome to visit us multiple times during your invite period!

Location, Phone & Hours:

Columbia Sportswear Employee Store, 14100 NW Science Park Drive, Portland OR 97229

Store phone: 503.985.4125

Store hours: Mon-Fri: 10 PM–7 PM
Sat & Sun: 10 PM–6 PM

Interested? Take this flyer with you! >

Did someone beat you to the punch?

Don't worry! You can find and print the flyer on our employee resources page.

ymcacw.org/employee-resources

Cut along this line



**EXCLUSIVELY FOR: YMCA OF
COLUMBIA-WILLAMETTE
VALID DATES 04/10/17 - 04/30/17**

**Employee Store Pricing
Bring up to four guests each time you visit**

REQUIREMENTS FOR ACCESS

This invitation, either printed or shown on a digital device. Also, present invitation to cashier at checkout.
A work ID in the form of a business or membership card, badge, pay-stub, uniform or signature of work email.
A piece of personal photo ID.

Columbia Sportswear Company
Employee Store
14100 NW Science Park Drive
Portland, OR 97229
Store Phone: 503-985-4125

**Mon - Fri 10a - 7p
Sat - Sun 10a - 6p**

Jennifer Poff
Retail Marketing Manager
JPoff@columbia.com

Morgan Brown
Retail Marketing Coordinator
MoBrown@columbia.com

Cut along this line

Cut along this line



Valid for you and up to 4 guests for multiple visits during your invite period. Columbia reserves the right to modify or cancel this offer at any time. Please present this original invitation to the receptionist for entry and again at checkout. This invitation is non transferable. You must be present during shopping. The products purchased are intended solely for the buyer's own personal use, including gifts to others. Resale of products is strictly prohibited. Offer may not be combined with any other offer or discount. Valid from dates listed above. ©2017 Columbia Brands USA, LLC.

