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FOR HEALTHY LIVING  
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YMCA OF METRO NORTH

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# FOR A BETTER US

SPRING 2016



## THE Y AND YOU... FOR A BETTER US

The snow has melted away and spring is finally here. The YMCA of Metro North had a busy and exciting winter season jam packed with community building events and exciting new programs.

During the last month, you may have noticed our staff (and me!) wearing t-shirts that say "Give For a Better Us". YUSA recently kicked off a campaign to raise awareness about the important work Ys are doing every day in communities across the country. Using the slogan "For a Better Us", the campaign is a reminder that the Y's mission for youth development, healthy living, and social responsibility is providing opportunities and education and building stronger communities. Every time the Y is able to fulfill its mission and help someone achieve their potential, we are all better for it. Our community, our dedicated staff, our loyal members and our supportive donors and volunteers all make for a better us, and we appreciate all you do.

I hope you will join us for one of our member appreciation events and try one of our new spring programs. Thank you for being a part of the YMCA of Metro North.

Sincerely,

BRUCE MACDONALD  
President and CEO

## THANK YOU FOR MAKING A DIFFERENCE!

The month of March was "Make a Difference Month" at the YMCA of Metro North. With a calendar packed with fun events and activities, our staff and members came out in force to show their support for the Y cause. Our staff shared the many reasons they choose to support the Y and our members participated in fundraising activities including volleyball and basketball games, spin-a-thons, family swim meets, the Bench Press Banquet, the Lynn Shining Stars event, and art auctions with creations from our littlest Y artists. The Y also hosted member appreciation events throughout the month because we know we have the best members and we appreciate you. Together we raised more than \$25,000 for the YMCA and a better us!

## NEW! YMCA OF METRO NORTH HALF MARATHON

Lt. Ross Park, Peabody  
Saturday, November 19 (ages 14+)



See page 5 for more 2016 Road Race Information!

# STAFF PROFILE: DAVE BURCKHARD

## DIRECTOR OF MEMBERSHIP OPERATIONS, TORIGIAN FAMILY YMCA

If you've ever met Dave Burckhard and experienced his dedication to helping Y members and his enthusiasm for Y programs and services, you might feel like the Y is where he was meant to be. You would be right!

Dave's path to the Y began when he attended Springfield College, which has a longstanding partnership with the Y going back to the 1800s. The college was originally founded to train YMCA staff and today is still home to the Y hall of fame. It's where Dave earned an undergraduate business degree and went on to earn a Master's in Business Administration with a Non-Profit Concentration.

Springfield's connection to the Y is still strong today and during college Dave interned in the YMCA of Greater Boston's marketing department and got a chance to experience the Y's mission in action. The Y was a great fit for him and his first job out of college was as Senior Program Director at the Melrose Y in 2014.

Dave felt right at home in Melrose and enjoyed being a part of the close-knit community. "Being right on Main Street, the Melrose Y is the heart of the community," he said. "I met a lot of great families and it was a fun place to start my career."

Dave focused on evaluating the services offered to the community, finding opportunities for expansion and ultimately increasing membership. As the membership numbers grew, the Melrose Y was able to make additional investments in the facility to improve the membership experience. Dave also worked to improve the branch's business functions, including managing the welcome center database and streamlining the online registration process.

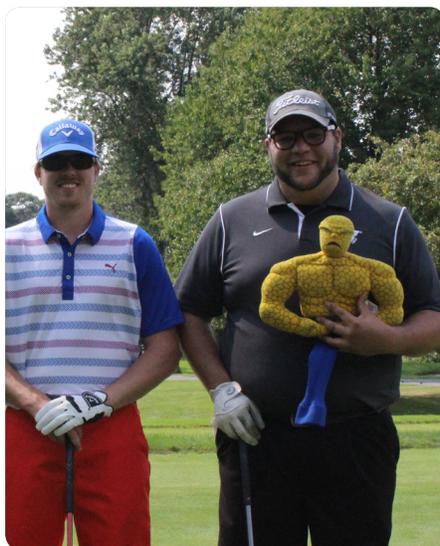
This past winter, Dave took on the position of Membership Director at the Torigian Y as well as Director of Membership Operations for the Corporate Office. Though it was hard to say goodbye to Melrose, Dave joined a leadership team at Torigian which includes his former colleagues from Melrose, Executive Director Tyler Fleming and Aquatics Director Katy Coffey.

Dave is looking forward to getting to know the community and participating in local events like the International Festival and Peabody's centennial celebration. He is also excited to be a part of some important milestone events at Torigian, including Torigian's 10th anniversary and the branch's first half marathon next fall.

"Torigian is a beautiful facility with state-of-the-art equipment and cutting edge fitness programs like the new Studio Y," said Dave. "We're able to offer the same level of service as a boutique fitness center and so much more to our members."

In addition to overseeing membership at Torigian, Dave splits his time also serving as the membership lead for the entire YMCA of Metro North Association. In his role as Director of Membership Operations for the association, Dave provides resources and support to our other membership directors to give a welcoming and positive experience for all of our members.

As part of a relatively new and energized membership team across the association, Dave is excited about what the future holds. "We've added some new processes and there's a lot of creativity among the team of membership directors," he said. "We're all getting our feet under us and looking for ways for the YMCA of Metro North to grow and meet our members evolving needs."



## EXTREME MAKEOVER Y STYLE: MELROSE Y UNVEILS NEW LOBBY

Thanks to a generous grant of \$7,000 from the Melrose Cooperative Bank, the Melrose Y recently completed an extensive lobby renovation to create a warm, welcoming space for the community. The improvements included a fresh coat of paint, energy efficient lighting, new flooring, and a historical exhibit that highlights milestones in the evolution of the Melrose Family YMCA since it opened its' doors in 1890.

"Our lobby is our first impression and the place where members are able to come together in a relaxed setting," said Melrose Y Executive Director Katelyn Doherty. "These improvements enable our Y to put its' best foot forward and make a great first impression by providing our members with a comfortable and inviting space."

Initial feedback from members has been very positive and we hope Melrose members will enjoy the new space and the exhibit for years to come.



## MELROSE CHILDCARE STEAM CENTER

Children in the Melrose Family YMCA Childcare Center have been making the most of the new Minian Science Center all winter long. The science center was donated by a very generous member family and it is being used to augment the math and science curriculum for older students at the childcare center. The science center's STEAM (Science, Technology, Engineering, Arts and Mathematics) learning stations enable children to explore their creativity and foster a life-long love of math and science.

"The children have been working with magnets, learning to use microscopes and experimenting with a wide range of engineering kits," said Karen Tringale, Director of the Melrose Family YMCA Child Care Center. "It's been wonderful to see the enthusiasm of our budding scientists when they engage in the hands-on math and science projects. We're very pleased to be able to offer these valuable learning experiences to the children at our center."





## LYNN MUSIC STARS SHINE BRIGHT

On March 10th, the Lynn YMCA hosted the 2nd Annual Lynn's Shining Stars Music Recognition Awards at the Lynn Museum. The event celebrated people who have made an impact through music and have a connection to the City of Lynn. 100% of the event proceeds will support the free music studio program offered at the Lynn YMCA Music Studio Clubhouse.

The night included dinner, awards and musical entertainment by the Lynn Public Schools Jazz Band, Rogue Butterfly and Not Sure Community band. Guests were treated to a special performance by Lynn Music Studio Clubhouse participant and La Voz Kids 2014 winner, Amanda Mena. Over 60 people attended the Lynn Shining Stars, helping to contribute \$6,000 to support the Lynn Y's free music studio.

"The City of Lynn has a vibrant music scene and we are pleased to be able to acknowledge the contributions of the artists and educators who inspire the community and serve as role models to the youth in our music program at the Y," said Lynn YMCA Executive Director Audrey Jimenez.

The Lynn YMCA presented the **Legacy Award** to Doreen Murray & Virginia Peacock-Makkers from Building Bridges Through Music. The **Spotlight Award**, which honors influential musicians, bands and educators in the Lynn music scene and beyond was presented to Seth Albaum from Lynn Happens. The **Rising Star Award**, which honors new arrivals on the Lynn music scene, was presented to Justice Born from Wreck Shop Movement. This year's new youth category, the **Gold Star Award**, was presented to 7th grader Melina Laganas, a student at Lynn School of Rock.

The Lynn YMCA Music Studio Clubhouse provides free music and production education for students ages 8 – 18. Over 600 youth have participated in this music and mentoring program since the Music Studio Clubhouse opened in 2011. The participants have been able to expand their musical knowledge and technical skills, gain self-confidence to perform for an audience and further their musical capacity. Students in the program have performed live at Lynn City Hall Auditorium and some have been awarded a music performance scholarship at Boston's Berklee College for their summer and school year programs.

Congratulations to all who have been recognized this year! Thank you to the event sponsors; Perfect Dental and Tacos Lupita and all who supported the Lynn's Shining Stars Music Recognition Awards event.

## SAUGUS FAMILY YMCA EXTENDS A WARM WELCOMES TO KYLE MORANDER

The Saugus Family YMCA welcomed new Senior Program Manager Kyle Morander to the team in February. Kyle, former director of the afterschool program at the YMCA of Metro North Stoneham Childcare Center, hit the ground running and Saugus Y Executive Director Bill Petryszyn is excited about having him aboard.

"Kyle brings considerable experience and enthusiasm to our Y and he's already taking a lead role in helping us build relationships with local schools and community groups," said Petryszyn. "We're pleased to have him overseeing our fitness and afterschool programs and looking for new ways to raise the bar on the membership experience."

Kyle will oversee membership, special events, program development and afterschool programs. The next time you're at the Saugus Family Y, stop by and say hello.



# RUN FOR THE Y 2016 ROAD RACE SERIES

The snow has melted and it's time to get out and run for the Y as part of our 2016 YMCA of Metro North Road Race Series. Not only do you get the health benefits of running or walking a 5k, but when you register for one (or all!) of our road races you're running for a cause. The money raised through the Y road race series supports the Annual Fund, which provides scholarships and financial assistance to ensure access to the Y for every member of the community.

This season, the race series includes five unique races for runners and walkers of all ages and abilities, including four 5k races and a new half marathon! Everyone who completes the four 5k races will receive a YMCA of Metro North Road Race Series jacket.



Register for our 2016 Road Races at:  
[www.active.com](http://www.active.com)

The 2016 race schedule includes:



**Not a Walk in the Park 5K**  
Saugus Family YMCA - Breakheart Reservation  
Saturday, April 23 - 9:00am start



**5K Stride Along the Tide**  
Lynn YMCA - Nahant Lighthouse Station  
Saturday, May 21 - 8:30am start



**Dash & Splash 5K**  
Torigian Family YMCA  
Thursday, July 14 - 6:30pm start



**Spooky Sprint 5K**  
Melrose Family YMCA  
Saturday, October 29 - 8:30am start



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YMCA of Metro North is extremely grateful for the support of our road race series sponsors Hallmark Health Systems and Lahey Health. To learn more about the 2016 Run for the Y Road Race Series, visit:  
<http://www.ycametronorth.org/support/road-race-series/>



## HELP THE YMCA OF METRO NORTH MAKE A DIFFERENCE

You can help the YMCA of Metro North continue to change lives for the better in the communities we serve by making a gift to the Annual Fund by visiting [www.ycametronorth.org/support/](http://www.ycametronorth.org/support/).