

# Summer Fun Pass

**Have FUN this summer with the Clark County Family YMCA Summer Fun Pass!**

- **Unlimited access!**
- **Group Exercise, Water Fitness, Yoga, Indoor Cycling Classes and Tai Chi classes included!**
- **FREE Child Watch and Fun Club!**
- **Open swim, family swim!**
- **Circuit Training!**
- **Free weights!**
- **Strength Training Machines!**
- **And much, much more!**

**Summer Fun Pass Rates**  
**Teen/Young Adult: \$126**  
**Individual: \$135**  
**One Parent Family: \$167**  
**Family: \$195**  
**Youth: \$35 (under 13 years)**

CLARK COUNTY FAMILY YMCA  
11324 NE 51st Circle  
Vancouver, WA 98682  
Phone 360.885.9622  
Fax 360.885.8383  
[www.ymca-portland.org](http://www.ymca-portland.org)



We build strong kids, strong families, strong communities.

**JUNE  
2009**

[WWW.YMCA-PORTLAND.ORG](http://WWW.YMCA-PORTLAND.ORG)

**Clark County Family YMCA**

## Member Newsletter

### From Eddie's Desk

Summer is finally here and there are plenty of wonderful things for you and your family to do at the YMCA. No need to pay the high prices at the pump to go away to have a good time. Get your children, nieces, nephews and grandchildren involved in our summer enrichment and sports camps both here at the Y and at the local Vancouver schools area. Try a new class, sign your teens up for Extreme Fitness with Larry or vary your routine in a whole body workout in the 30 minute circuit class. You can also sign up with Jenny Knight or one of other great trainers for a personal training sessions. This is a great way to fine tune your work out and take you to the next level. We will be here all summer – we hope you are too!!

The staff and volunteers take pride in being friendly and responsive to our members. If there is anything we can do for you, don't hesitate to ask.

We have the summer fun pass option available, as well as the year round membership opportunities. We are looking for members who are committed to making a healthy change in their lives, and we need your help to find them. Jamie Nocola our Membership Director has "cool" and "cooler" gear consisting of dri fit t-shirts, water bottles, coffee mugs and much more for those members who refer new members. You've seen them – What a great way to get a new workout shirt or workout gear!

Group Exercise- We will be sending out a survey to our group exercise, quite exercise and water aerobic classes. We want your feedback-if you want to be included please give your email information to the Welcome Center.

~Sponsored in part by the Clark County Family YMCA~

#### "100 YEARS OF JAZZ"

Please join us for a special pre-concert "Preception" from 6:30-7:15 PM prior to the concert at Marian Hall, on the campus of St. Joseph Church

#### Included:

- Complimentary Wine, Desserts & Light Catering
- "Wall of Wine" auction to benefit Clark County Family YMCA and St. Joseph Church Knights of Columbus

Tickets: \$20 Reserved & General Admission

To Purchase Special YMCA Tickets: 360-885-9622

Box Office: 360-906-0441/Info & Map: [www.bravoconcerts.com](http://www.bravoconcerts.com)

### Employee of the Month - Heidi S.

Heidi has worked at the Clark County Family YMCA for almost 1 year. In that time the members and staff have seen Heidi's smiling face in the Aquatics Department, lifeguarding, teaching swim lessons and instructing water aerobics. Heidi's smiling face and bubbly personality is uplifting to members and staff alike. We appreciate Heidi and congratulate her on being chosen for June's Employee of the Month.



**YOU ARE WHAT YOU DO**

## Cooking With Kids-Quick Turkey Wrap Sandwich Lunch

### Ingredients:

1 flour tortilla  
 2 teaspoons reduced fat ranch dressing  
 2 slices roasted turkey breast  
 1 Swiss cheese slice  
 1 lettuce leaf  
 2 thin tomato slices  
 1 small orange, peeled, sectioned  
 1 cup fat free milk



Spread tortilla with dressing. Top with turkey, cheese, lettuce and tomatoes; roll up. Serve immediately. Or wrap tightly and refrigerate until ready to serve. Serve with orange and milk.

\*Make-Ahead: Sandwich can be stored, tightly wrapped, in refrigerator up to 12 hours.

### Nutritional Facts Per Serving:

Calories: 350  
 Fat: 11 g  
 Saturated Fat: 4.5 g  
 Cholesterol: 35 mg  
 Sodium: 920 mg  
 Calcium: 50% Daily Value  
 Protein: 20 g  
 Carbohydrates: 43 g

Source: <http://www.cookingwithkids.org/recipes-9.html>

## Kids Craft Idea-Golf Ball Mobile

### CRAFT MATERIALS:

Clay  
 Craft wire  
 Golf ball template  
 Pen  
 Pliers

Time needed: About 2 to 3 Hours



1. To assemble one, first make a 1 1/2-inch hemisphere (with one flat side) from white Sculpey clay. Press the clicker of a retractable pen into the rounded side of the clay for a dimpled golf ball look.

2. Next, cut three 6-inch lengths of 18-gauge craft wire. Bend one of the wires into a right angle, then use jewelry pliers to make a small hook at one end (A). With the other end of the wire, make a hole in the side of the ball, about halfway through. Remove the wire and bake the clay, flat side down, according to the package directions, then let it cool.

3. One at a time, wrap the 2 other wires around the tip of the pliers to form a central loop. Bend the wires into right angles, then make small hooks at the ends (B and C). Hang 3 snap fishing swivels on the hooks as shown, 1 on wire B and 2 on wire C.

4. Next, print our golf ball templates and cut them out. (Or mark three 3-inch circles of white paper with a dot pattern for a golf ball look.)

5. Glue a copy of a photo to the back of each circle, then cover both sides of each circle with clear packing tape, trimming the tape and the photos to fit the circles. Make a small hole near the top of each circle with a pushpin, then hang each one on a swivel.

6. Finally, hook wire C to the free loop of wire B, then hook wire B to wire A. Stick a piece of double-sided mounting tape to the back of the ball, then stick wire A into the ball.



Source: <http://jas.familyfun.go.com/arts-and-crafts?page=CraftDisplay&craftid=11200>

**JUNE  
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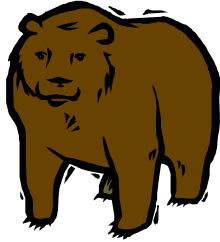
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**Clark County Family YMCA**

**Member Newsletter**

## Summer Parent Appreciation Night—It's a ZOO!

Parent Appreciation Night is going to the animals! We will be hosting the following theme nights-hope to see your kids there!



June 12- Father's Day

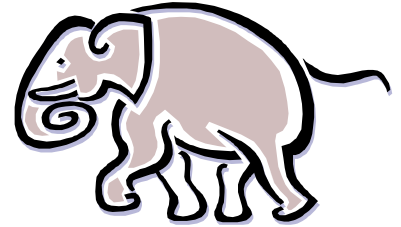
June 26- Elephants

July 10- Monkeys

July 24- Bears

August 14- Penguins

August 28- Party Animals



## Training Tip of the Month

### Chest press

The chest press is an exercise you can do with dumbbells to strengthen the pectoral muscles in the front of your chest.

Lie on your back with your knees bent and a dumbbell in each hand. Hold your upper arms perpendicular to your body and your forearms perpendicular to the floor. Slowly press the weights upward until your elbows are almost straight. You'll feel tension across your upper chest. Return to the starting position, being careful not to drop your elbows below the surface of the bench. Repeat.



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Although the chest press is usually done lying on a weight bench, you can also try it lying on the floor.

## Motivational Quote

*We make a living by what we get, we make a life by what we give.*

*Sir Winston Churchill*

**YOU ARE WHAT YOU DO**

## Recipe of the Month– Inside-Out Cheeseburgers

### Ingredients:

1/4 cup shredded Cheddar cheese  
1/4 cup shredded Gruyere cheese  
1 pound 90%-lean ground beef  
1 tablespoon Worcestershire sauce  
1 1/2 teaspoons paprika  
1/4 teaspoon freshly ground pepper



1. Preheat grill to medium-high or preheat the broiler.
2. Combine Cheddar and Gruyere in a small bowl.
3. Gently mix beef, Worcestershire, paprika and pepper in a large bowl, preferably with your hands, without overworking. Shape into 8 thin, 4-inch-wide patties. Mound 2 tablespoons of the cheese mixture on each of 4 patties, leaving a 1/2-inch border. Cover each with one of the remaining patties. Crimp and seal the edges closed.
4. To grill: Lightly oil the grill rack (see Tip). Grill the stuffed patties over medium-high heat, about 4 minutes per side for medium-well. (Be sure not to press the burgers as they cook or they'll split open and the cheese will ooze out.) To broil: Cover a broiler pan with foil and coat with cooking spray. Broil the stuffed patties in the upper third of the oven, about 4 minutes per side for medium-well. In either case, let the burgers stand for 5 minutes before serving.

### NUTRITION INFORMATION: Per serving:

250 calories; 16 g fat (7 g sat, 6 g mono); 74 mg cholesterol; 1 g carbohydrate; 24 g protein; 0 g fiber; 164 mg sodium.  
Nutrition bonus: Zinc (37% daily value), Calcium (15% dv), Iron (15% dv).

Source: [http://www.eatingwell.com/recipes/inside\\_out\\_cheeseburger.html](http://www.eatingwell.com/recipes/inside_out_cheeseburger.html)

## YMCA Licensed Childcare

Orchards YMCA Child Development Center just recently opened in April. Here your child is our number one priority! We value each child's individuality and create curriculum that meets their unique needs. Our teachers' passion and enthusiasm for quality care allow us to create a loving, inviting environment where your child can grow and develop.

- Child Care concentrating on the individual child needs
- Preschool Program focusing on Kindergarten readiness
- Before and After School Care (transport to schools in Evergreen and Vancouver School districts)

Orchards YMCA Child Care  
10401 NE Fourth Plain Blvd. Suite 201  
Vancouver WA 98662 360-213-0051

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**Clark County Family YMCA**

Member Newsletter

RECREATIONAL THEMED & SPORT & ENRICHMENT  
**SUMMER CAMP**



Want your kids to have an enriched and fulfilling summer? Check out the Recreational Themed Camps @ the YMCA and Sports and Enrichment Camps at the local schools!!

Weekly Themes include:

Pirates

Y Survivor

Y Extreme Team

Passports

Time Machine

Superhero

Acting

Volleyball/Football/Soccer/Golf/Rock Climbing/Swimming

School of Rock

Cheer

Pick up a flyer for more information or call 885-9622 to reserve your child's spot today! Don't delay-limited space available!



**YOU ARE WHAT YOU DO**

## Member of the Month-Cameron Townsen

Charismatic, determined, outgoing, socially responsible, and honest are just a few words that come to the thoughts of many when they hear the name Cameron Townsen. The Townsen family have been members for many years, blessing all of us with watching Cameron grow up. Cameron is a 10-year-old who has inspired many during his short lifetime. Recently Cameron was pondering the loss of positions and programs at the Clark County Family YMCA due to economical impacts. He took action by getting together a cardboard box of toys and his personal belongings to sell to help raise money for the organization that has been like a second home. Spearheading the Dare To Declutter Garage Sale, Cameron has been speaking to community members and organizations about his passion to serve and encouraging others to help the YMCA. Cameron's wonderful personality, commitment to his community, and fun loving spirit are the reasons why he has been chosen as the Clark County Family YMCA Member of the Month. Cameron invites all of you to help make a difference in your community by participating in the Dare To Declutter Garage Sale on Saturday June 20, from 9:00 am-4:00 pm in the YMCA's parking lot.



## Meet N' Greet

We are strengthening our community connections and member relations. The 4th Sunday of every month from 1:00-4:00 pm we will be hosting a YMCA Meet 'N Greet which will include games and activities for all ages! This is a FREE event for members-so bring the family and enjoy an afternoon of family and fun! Come and join un on June 28 for family fun!



## Health and Fitness News

Hosted by Dana Ovens and the Aquatics Department the annual Aquatics Potluck was held on May 21, 2009. The afternoon was filled with fun, friends and food! Prizes were drawn for a free month membership, t-shirts, aqua gloves, gift cards and candles. Thank you to all of our members and guests who attended and made this event enjoyable for everyone. Look forward to hosting another one soon!



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**Clark County** Family YMCA

Member Newsletter 

## SAVE THE DATE

- **Member Appreciation Day**  
June 25, 2009-ALL DAY!!
- **Parent Appreciation Night**  
June 12 Father's Day Theme  
June 26 Elephants Theme
- **YMCA Bravo~ Night**  
"100 Years of Jazz"  
June 20 7:30 pm
- **YMCA Garage Sale**  
June 20 9:00 am-4:00 pm
- **Summer Camps Begin**  
June 22
- **YMCA Meet 'N Greet**  
June 28 1-4 PM

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**YOU ARE WHAT YOU DO**

## CLARK COUNTY FAMILY YMCA GARAGE SALE

11324 NE 51st Circle  
Vancouver, WA 98682

360-885-9622

[www.ymca-clarkcounty.org](http://www.ymca-clarkcounty.org)

Saturday, June 20<sup>th</sup> from

9:00 AM – 4:00 PM

### Cameron's Story

The reason I want to have a big garage sale is that a long time ago my mom told me that they had to take some classes, programs, and people away from the YMCA due to financial hardship. I was extremely disappointed and a little choked up because the Clark County YMCA is like a second home to me.

So when we got home from the YMCA one night I walked to my room and got an empty drawer and box and filled them with toys. It took about a half an hour but it felt like hours. When I came out, my mom asked with confusion, "What's that for?"

"The YMCA Garage Sale."

"What garage sale?" mom asked.

"I want to sell my stuff to earn money to give to the YMCA to get the people and activities back." I was still pretty upset, even after half an hour. Please support your local YMCA by donating and/or buying from the Clark County YMCA Garage Sale.

Thank you, Cameron Townsen-Age 10



The Clark County Family YMCA is a division of the YMCA of Columbia-Willamette. The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all through love, respect, honesty, responsibility and service.