

A Few Y's Words

March 2009

Strong Kids

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This year, the Y Kids campaign is getting a new name. Y Kids, which has been supporting underprivileged Brandon & area youth since 1988, will now be called **Strong Kids**. The YMCA's across Canada have all named their Kids' campaigns Strong Kids. This year's Co-Chairs are Dr. Shaun Gauthier and Caroline Klein, both YMCA Board members. February was the kickoff of this year's campaign. We had a fantastic group of volunteers who made calls on behalf of Strong Kids to hundreds of Brandon businesses and individuals. As of March 9, 2009, we are at \$55,000; just \$20,000 short of our goal of \$75,000. With your help, we



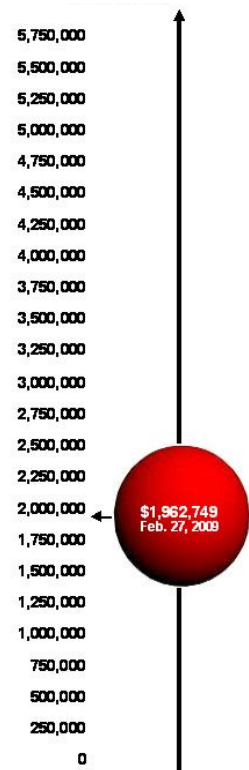
can reach our goal and continue to serve the children we have been helping as well as the growing need.

Even in the face of some tougher economic times, our community is

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Strengthening Our Core

The Brandon Family YMCA *Strengthening Our Core* Campaign has had a strong start, and we are well on our way to a new YMCA facility! The project has a total goal of \$17 million, with the three levels of government kicking in just over \$11 million. The remaining \$5.6 million is being raised through the *Strengthening Our Core* community campaign. Campaign Co-Chairs Ron & Don Kille and their campaign team are working hard at making the hundreds of campaign calls that need to be made and have had great success since kicking off the campaign in December. As of March, 2009, we are closing in on \$2 million. To support the campaign, contact Alisa or Lon at the YMCA, at 727-5456, ymca.alisa@wcgwave.ca, ymca.lon@wcgwave.ca. See page 2 for Campaign Cabinet team.



No Risks. Only Returns.
Invest in a child today.

STRENGTHENING
ourCore
YMCA CAMPAIGN



Strong Kids con't

continuing to support Strong Kids. We have had some fantastic donations from individuals and organizations. We would like to say a big thank you to all of our donors, and to Operation Red Nose for their extremely generous "Chairman's Round Table Gold Level" lead gift this year. If you would like to support the

Strong Kids campaign, there are several ways to do so: drop into the YMCA, visit our website at

www.ymcabrandon.com (donations may now be made online), or contact Alisa at the Y at



Janis Irvine from Operation Red Nose presents a very generous "Chairman's Round Table Gold Level" donation to Fundraising Director Alisa Nerbas

Strengthening Our Core Campaign Cabinet

The Strengthening Our Core Campaign team is led by Co-Chairs Don & Ron Kille. Pictured to the right is the Campaign Committee Cabinet.



Don Kille
Co-Chair
Strengthening Our
Core Campaign

Ron Kille
Co-Chair
Strengthening Our
Core Campaign



Don Penny
Chair, Prospect Identification &
Valuation Committee
Founding Partner MNP



Reg Helwer
Co-Chair, Major Gifts Committee
Businessman



Blair Filyk
Co-Chair, Family Campaign
Partner, Meighen, Haddad & Co.



Tanya Knight
Co-Chair Major Gifts Committee
Past YMCA Board President
Chartered Accountant, MNP



Nonny Cancade
Chair, Special Gifts Committee
Associate, Investors Group



Frank Thomas
Chair, Major Gifts Sub-Committee
General Manager Credit Manitoba,
CIBC



Lois Fjeldsted
Chair, Community Gifts Committee
Realtor, Century21Westman.com



Lon Cullen
Campaign Director
CEO, Brandon Family YMCA



Trent Sholdice
YMCA Board President
Lawyer, Meighen, Haddad & Co.



Kerri Bridges
Co-Chair, Family Campaign
General Manager,
Brandon Family YMCA

Fit Tips with Cindie

Spring is on it's way! And so is the **YMCA 30th Annual Spring Run – Sunday May 31st at 8 am!** If you are interested in joining one of our running or walking groups they will be gearing up in early April, days and times will be posted soon. If you are considering training for race day, welcome to the starting line! This might be your first try at running, a return visit, or an attempt to improve on what you already do. The less running you've done recently, the more you can expect to improve your distances and speeds in the weeks to come. On the other hand, the less you've run lately, the more likely you are to hurt yourself by doing too much running, too soon. That's why it's so important to set two related goals as you start or restart your running program: maximize improve-

ments and minimize injuries. You win by improving. You lose by getting hurt.

5K and 10K Training

Don't wait to take walk breaks. By alternating walking and running from the beginning, you speed recovery without losing any of the endurance effect of the long run. Start with jogging one to two minutes and walking two to three minutes. As your training level increases you can adjust your run/walk ratio to running 5 minutes/ walking one minute on your long runs.

Be sure to do the running portion slow enough at the beginning of every run (especially the long run) so that you'll feel tired but strong at the end. The conservatism will allow you to recover faster.

Every other day you can cross-train

(XT) instead of walking. Elliptical trainers, water running, cycling, and any other mode which you find fun and interesting (but non-pounding) will improve overall fitness.

Stay conversational on all of your exercise sessions. This means that you should be exerting yourself at a low enough level that you could talk. It's okay to take deep breaths between sentences, but you don't want to "huff and puff" between every word.

As the runs get longer, be sure to keep your blood sugar boosted by eating an energy boosting snack about an hour before exercise. Drink water continuously before and during exercise and with all food.

Sample 5k Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk or XT	run 10-15 min	walk or XT	run 10-15 min	walk or XT	off	1 mile
2	walk or XT	run 15 min	walk or XT	run 15 min	walk or XT	off	1 mile
3	walk or XT	run 15-20 min	walk or XT	run 15-20 min	walk or XT	off	1.5 mile
4	walk or XT	run 15-20 min	walk or XT	run 15-20 min	walk or XT	off	1.5 mile
5	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	2 miles
6	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	2 miles
7	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	2.5 miles
8	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	2.5 miles
9	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	3 miles
10	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	3 miles
11	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	3.5 miles
12	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	3.5 miles
13	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	4 miles
14	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	4 miles
15	walk or XT	run 30 min	walk or XT	run 30 min	walk or XT	off	5K Race

Sample 10k Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	2 miles
2	walk or XT	run 20-25 min	walk or XT	run 20-25 min	walk or XT	off	2 miles
3	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	3 miles
4	walk or XT	run 25-30 min	walk or XT	run 25-30 min	walk or XT	off	4 miles
5	walk or XT	run 30-35 min	walk or XT	run 30-35 min	walk or XT	off	4 miles or 5K
6	walk or XT	run 30-35 min	walk or XT	run 30-35 min	walk or XT	off	5 miles
7	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	5 miles or 5K
8	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	6 miles
9	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	6 miles or 5K
10	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	7 miles
11	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	3.5 miles
12	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	4 miles or 5K
13	walk or XT	run 30-45 min	walk or XT	run 30-45 min	walk or XT	off	10K Race

"I Love to Read" Month



On February 2, 2009, Mayor Dave Burgess kicked off "I love to read month" at Y West Early Learning Centre. Other readers to help kickstart the month long program were the Brandon Wheat Kings at Y Downtown Early Learning Centre, and MLA Drew Caldwell at Y New Era Early Learning Centre.

Every year the Y Early Learning Centres spend the month of February promoting the importance of early literacy at daycare and at home. Each centre had a goal to read 100 books at school and 100 books at home. We are happy to report we exceeded these goals at all three centres!!



YMCA

We build strong kids,
strong families, strong communities.

YMCA Indoor Triathlon

Thanks to those who came out and participated in our March Indoor Triathlon event on March 1st, 2009. We will be running one more this spring, on April 26th, 2009. Anyone who is interested is welcome, and all fitness levels are welcome. *Please register with Member Services. Congratulations to everyone on a job well done! Thank you to the volunteers from the YMCA and the Westman Triumphs who helped coordinate the event.

March 1, 2009 Results →

	Name	Swim Total	Bike Total	Swim + Bike	Treadmill Total	Final Total
1	Rainer Schira	0.28	8.45	8.73	2.17	10.90
2	Kristen Martin	0.27	7.25	7.52	2.01	9.53
3	Lisa Demond	0.25	6.92	7.17	1.98	9.15
4	Sarah Schira	0.24	6.57	6.81	1.56	8.37
5	Naomi Hamm	0.21	6.37	6.58	1.73	8.31
6	Krista Smith	0.27	6.07	6.34	1.49	7.83
7	Cindie Dunn	0.28	5.60	5.88	1.72	7.60
8	Deborah Asham	0.18	5.62	5.80	1.68	7.48
9	Susan Roddy	0.33	6.27	6.60	0.83	7.43
10	Bobby-Jo Danielson	0.21	5.73	5.94	1.43	7.37
11	Kelsey Demond	0.25	5.32	5.57	1.31	6.88
12	Megan Asham	0.24	5.11	5.35	1.49	6.84
13	Dawn Dolloff	0.26	5.31	5.57	1.09	6.66
14	Annie Pickering	0.30	4.48	4.78	1.21	5.99
15	Jeanne Millis	0.26	4.28	4.54	1.33	5.87
16	Fran Ledoux	0.14	4.75	4.89	0.83	5.72
17	Matthias Schira	0.18	3.95	4.13	1.13	5.26
18	Saila Mukta	0.13	3.79	3.92	1.25	5.17

Mission Statement

The Brandon Family YMCA is a charitable association dedicated to providing quality programs and services for all individuals in the development of **Spirit, Mind, Body.**