



# Newman YMCA Newsletter

## June 2009

We build strong kids, strong families, and strong communities.

### Newman YMCA

472 Taunton Avenue  
Seekonk, MA 02771  
(508) 336-7103 • FAX (508) 336-2166  
Check out our current program guide and  
schedules online at:  
[ymcagreaterprovidence.org](http://ymcagreaterprovidence.org)

#### Bruschetta w/Roasted Peppers and Mozzarella

- 4 roasted bell peppers, peeled, seeded and sliced (2 cups)
- 2 tablespoons finely chopped fresh basil
- 1 tablespoon balsamic vinegar
- Salt & freshly ground pepper to taste
- 8 1/2-inch-thick slices whole-wheat country bread
- 1 clove garlic, peeled and cut in half
- 2 ounces fresh mozzarella, cut into thin strips
- 2 teaspoons extra-virgin olive oil

1. Preheat broiler.
2. Combine roasted peppers, basil and vinegar in a medium bowl. Season with salt and pepper.
3. Toast or grill bread slices lightly. Rub both sides of the bread with the cut sides of the garlic. Place bread on a baking sheet; top with the roasted peppers. Lay mozzarella strips on a diagonal over the roasted peppers and drizzle with oil.
4. Broil bruschetta 6 inches from the heat source until the cheese melts and starts to brown. Serve hot.

**NUTRITION INFORMATION:** Per serving: 96 calories; 3 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 13 g carbohydrate; 3 g protein; 1 g fiber; 163 mg sodium; 132 mg potassium.

Nutrition bonus: Vitamin C(97% daily value), Vitamin A (40% dv).

If you are interested in sharing one of your own recipes with us, please email Josie at [jdutil@gpymca.org](mailto:jdutil@gpymca.org) or call 508-336-7103.

### Announcements

#### **National Trails Day—Saturday, June 6th , 11AM-2PM**

Join the YMCA, town officials, Boy Scouts, National Park Service, school teachers and students and enjoy a hike along Turner's Reservoir to Hunts Mill for a fun filled family event with food, music, games, give-aways and more.

#### **Camp Open House—Sunday, June 7, 1:00-3:00PM**

Come meet some of the staff and visit that camp grounds and facilities. We'll be here to give you a tour and answer any questions you may have about your child's upcoming camp experience.

#### **Kid's Night Out—Friday, June 12th from 5:45-8:45PM**

Parent's can drop their child off (ages 3-11) for a night of crafts, open gym time, and socialization. Dinner is provided

**Members only—\$10/child**

#### **Eat Cheap Y Family Night - Thursday, June 25th from 5:30-7:00PM**

Join us for a healthy and inexpensive meal provided to us by Davenport's in East Providence, followed by family zumba and family swim time.

**Members—\$3, Non-Members—\$6**

#### **Summer Fun at the bowling alley**

Kids can bowl for free all summer long. Visit [www.kidsbowlfree.com](http://www.kidsbowlfree.com) to find what local bowling alleys are taking part in this program.

#### **Kiducation Clothing Drive—Sunday, June 28th from 8-1PM**

Please drop off all of your unwanted clothing, shoes, and boots so that we can fill our Kiducation box. Kiducation will donate .03 cents per pound to the financial assistance campaign.

### E-Cycle at the Newman YMCA



Sponsored by the Seekonk Lions Club, on Saturday, June 20 from 9:00-1:00PM we will be collecting all of your unwanted electronic items (TV, computers, monitors, phones, etc.). Recycling electronics means that any harmful components will be handled in a responsible and environmentally conscious way, in addition to diverting e-waste from our landfills.

The Mission of the YMCA of Greater Providence is to build healthy spirit, mind and body for all, through programs, services and relationships that are based on our core values of caring, honesty, respect and responsibility.

## Meet our Staff

### *Michelle Agostini—Aerobic's Instructor*



Michelle has been with the Newman YMCA for 12 years. She teaches an aerobics class on Mon, Wed, and Fri mornings.

**HOW SHE BECAME AN INSTRUCTOR:** Michelle became a member in 1996 when her oldest son Joshua played T-ball. While

driving by one day she saw a class going on and signed herself up the next day. After about 9 months she became a Volunteer Exercise Trainer—a program where new members shadowed current members. A few months later she was approached by an instructor and asked if she wanted to teach a class.....and the rest is history!

#### **WHEN SHE'S NOT TEACHING CLASS:**

Michelle lives in Seekonk with her husband David, her 3 boys—Joshua is 17, Dalton is 13, and Noah is 10—and German Shepherd CoCo. She enjoys reading, running, watching baseball (her boys and Red Sox equally), and loves listening to Bruce Springsteen, turning Friday classes into 'Bruce Fridays'!

#### **WHY SHE LOVES THE NEWMAN YMCA:**

Michelle is very committed to the YMCA. She tries to make her class challenging, but also fun. Watching participant's bodies become stronger and having them tell her how great they feel is very rewarding. She has developed several friendships with members of her class and some of her closest friendships started at the Y. Everyone involved at the Y, from the members, to the front desk, to management are so enjoyable to be around. The Newman Y is nothing but a positive influence in her life and hopes to be a part of the 'Newman Family' for many years to come.

## Y Weekends

Starting on June 27th, Saturdays from 12PM-4PM and Sundays from 10AM-2PM, RAIN OR SHINE!

Giant inflatable water slide or obstacle course, volleyball, badminton, tennis, basketball, and field games.....or just enjoy a nature hike and bring a picnic lunch out to camp. **PLUS** take a short ride to Greater Providence YMCA's other attractions: Water Spray Park, Private Lake, and Outdoor Pool.

## Kudos to our staff (and volunteers)

**Liz Airozo**—for sharing your incredible organizational and promotional skills with us and holding a 'Great American Bake Sale' to raise money to fight childhood hunger. The event raised a little over \$500 for this great cause plus over \$200 for the financial assistance campaign through raffle ticket sales. Great job Liz!

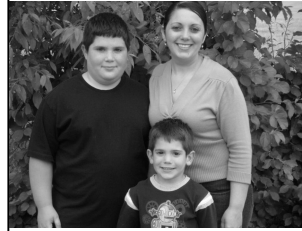
**Rick Costa**—for providing our members (and some non-members) a healthy and nutritious meal for our May *Eat Cheap Y Family Night*.

**Deb Davies & Kristina Januskiewicz**—for planning, organizing and implementing a fun-filled Silver Spring Field day at Camp for 250 elementary aged children and their teachers.

**Nancy O'Hern**—for your leadership with Kid's Night Out and ensuring a smooth transition in the Prime Time leadership.

## Member Spotlight

### The Rebelo Family



Edi and her two boys, Kevin (10 years old) and Erik (5 years old), became members 4 years ago when her co-worker suggested the YMCA for the School's Out program which provides before and after school child care to the community. When Edi came to enroll Kevin in the program, they decided on opening a family membership which changed their lives forever.

Edi and the boys always feel as though they are part of a big family—everyone is so friendly, from the staff to the members. Kevin has enjoyed swimming, basketball, track, and other youth programs, along with special events such as the Halloween Party and Healthy Kids Day. The family has enjoyed working out together allowing Edi to drop 30 pounds in one year as she took advantage of the Prime Time program included in her membership.

Erik was enrolled into the Kids World program when he was almost 3 years old and that's all he talks about. He loves his pre-school, teachers and friends so much. He's ready to go to Kindergarten at this point and can't wait!

We have volunteered whenever possible and are truly grateful for the financial assistance we have received over the years—without it, none of this would have been possible. The Newman YMCA is like our second home.....in fact, sometimes we feel like we spend more time at the YMCA than at home. The membership is so important to us and it gives us great honor to be part of the YMCA's family. WE LOVE THE YMCA!!!

**Girl Scout Troup 006** thanks the Newman YMCA for letting them collect the **Project Undercover** items in our lobby. They succeeded in collecting 170 diapers, 26 pairs of underwear and 27 pairs of socks. Thank you to everyone that donated.

## Hit the Gym

A workout before you head to the office or during your lunch break can improve your job performance, say researchers at England's University of Bristol. On exercise day.....

- 79% of subjects reported improved mental performance and better relationships with colleagues.
- 74% said they managed their workloads better.
- 21% reported higher concentration and productivity levels.
- 25% made it through the day without unscheduled breaks.

# Produce Pointers

There are no ifs, ands or buts about it—fruits and vegetables are nutritional powerhouses. They're not only naturally low in fat, cholesterol, sodium and calories, they're also packed with tons of good-for-you stuff, including fiber, vitamins, minerals and antioxidants. The produce aisle has just what you need to help you lose weight and to reduce your risk for cancer, heart disease, diabetes and many other health problems. And with spring upon us, there's no better time to load up on fruits and veggies.

Use the following tips to help you get the most of your produce purchases.

- ⇒ Before you pick a watermelon, slap its side. Hear a hollow thump? It's ripe and ready to go.
- ⇒ When shopping for a grapefruit, it's not necessary to avoid fruits with green on the skin, as the color does not indicate ripeness.
- ⇒ Small bright green Brussels sprouts with compact heads are your best bet; the smaller the sprout, the better the taste.
- ⇒ For raspberries, blueberries, and blackberries, avoid containers with juice stains; they may be a sign of crushed, moldy, or overripe berries.
- ⇒ Skip scallions that are a translucent green. The lack of opaqueness means they have been sitting in ice for too long.
- ⇒ Always store tomatoes at room temperature. Putting them in the fridge can make them mealy and flavorless. Ditto for bananas.
- ⇒ Potatoes need to be stored in a cool, dark place, but don't refrigerate or they will develop a hard core and an undesirable taste.
- ⇒ To make your herbs last, snip off the ends and submerge them in a glass of water. Cover with a plastic bag and store in the refrigerator.
- ⇒ Mangoes, plums, peaches, pears and apricots ripen faster at room temperature in a paper bag.
- ⇒ Keep your bell peppers dry. They rot faster when exposed to moisture.

## Mission Impact

- ♥ The Silver Spring Elementary school enjoyed a free field trip at the Newman YMCA on Friday, May 22nd. The camp staff prepared the grounds and planned the activities so that the kids experienced a typical day of camp.



