



CAYMAN ISLANDS



MARCH NEWSLETTER 2017

HEALTHY SPIRIT MIND & BODY FOR ALL

EASTER BREAK CAMP



Our Y campers had a blast during the February break camp. One of the highlights was Friday's dress-up day. Campers and leaders dressed up in the colours of the five core values, which led to some creative and colourful outfits. It was a busy week of sports with Flash, explorer challenges, sandcastle building and

VOLUNTEER SPOTLIGHT

Pastor Randy Von Kanel

Pastor Randy Von Kanel is a founding board member and Past Chairman of the YMCA of the Cayman Islands.



His heart for the islands and drive to build a strong

more! Check out more pictures [here](#), and don't forget to follow us on Facebook!

Easter break camp is just around the corner. It promised to be another week of FUN with holiday-themed arts & crafts, Easter egg decorating and more! Registration runs as follows:

- 10 a.m. - 1 p.m. Thursday 30 March, 6 April at the Field of Dreams
- 4 p.m. - 6 p.m. Tuesday 28 March, 4 April at the Chamber of Commerce, Governors Square
- 10 a.m. - 4 p.m. Friday 7 April at the Field of Dreams - Last day to register!

Click [here](#) to learn more about Easter break camp.

Contact email: ysummercamp@ymcacayman.ky.

EASP: DEVELOPING A CULTURE OF COMMUNITY SERVICE



One of the five core values taught at the Y is caring. As we work to nurture a culture of community service across all of our EASP sites, students from the programme at Clifton Hunter have taken this message to heart.

They have been busy in their communities, visiting elderly residents of Sunrise Cottage in East End, young heart patients at Health City, and firefighters at the Frank Sound station.

The students' visits, words of encouragement, and handmade cards were greatly appreciated by all; but, the experiences in the community had a profound impact on participants as well.

Of the time spent with pediatric heart patients, 11-year-old Zachary Allen said, "It was a touching but pleasant experience and it further inspired me to pursue my dream of becoming a doctor."

After visiting the fire station, 15-year-old Braneta Anderson said, "I am impressed with the awesome job that these firefighters do and what they do daily to

community is evident in his dedication to the Y. We asked Pastor Randy what it has meant to him to be part of establishing the Y here, and a moment that stands out as being very special.

"Being a part of the founding of the YMCA of the Cayman Islands has been truly an awesome experience for me. I am deeply humbled by all that has happened since our inception, knowing that God has led and provided in everything. I look back on those first overtures at launching our YMCA in the community, and I am just amazed at what has happened from that small beginning. It's been such an honour to share the vision and early efforts at establishment with such a great group of fellow Board members."

"I remember a critical moment for our Board in the early days when we were attempting everything with volunteers alone. We knew we needed staff help but the question was - what staff position would come first? Donnie Ebanks simply and profoundly stated, 'If we were starting a grocery store, we would employ an experienced grocer. What we need first is an experienced YMCA professional who knows what to do!' In the fall of 2013, Greg Smith was installed as our first CEO, and as they say -- the rest is history."

Thank you Pastor Randy for all that you do!

Thank you to our Founders...

CORPORATE

PLATINUM

make sure that we are safe."

We are always looking for projects or opportunities to connect with community, so if you have something coming up, please email easp@ymcacayman.ky. To see more of our EASP participants in action, be sure to visit and like our [Facebook page](#) for regular updates.

DART
CAYMAN ISLANDS

 **WILMINGTON TRUST**

THANK YOU TO OUR NEWEST FOUNDERS!

DIAMOND
MAPLES
GOLD
Appleby
SILVER
Cayman Airways
The Westfield Area YMCA
RUBY
Loeb Smith
Rob Imperato

We are so very grateful for our Founders who are helping us build a strong foundation for the Y here in the Cayman Islands. Together we are inspiring youth and strengthening our community.

If you would like to learn more about how to support the Y, contact Vanessa Hansen at vhansen@ymcacayman.ky.

REGISTER TODAY FOR THE DG 5K!

DIAMOND

MAPLES

GOLD

Appleby
CIBC Wealth Management
Heritage Holdings
Progressive Distributors
Rawlinson & Hunter

SILVER

Burger King
Butterfield Bank
Cayman Airways
Cayman National Bank
Coldwell Banker
Consolidated Water
Cricket Square
CUC
Global Captive Management
Greenlight Re
Rubis
Subway
Tony's Toys
The Westfield Area YMCA

EMERALD

Aon Insurance Managers
At Nature's Door
Campbells
Cayman Islands Yellow Pages
RE/MAX Cayman Islands
YMCA of Greater St.
Petersburg

RUBY

Appleby
Arch Automotive
Arch & Godfrey
Dinner Martin
Kirk Office
Loeb Smith
My Island Dentist
Queensgate
Saxon

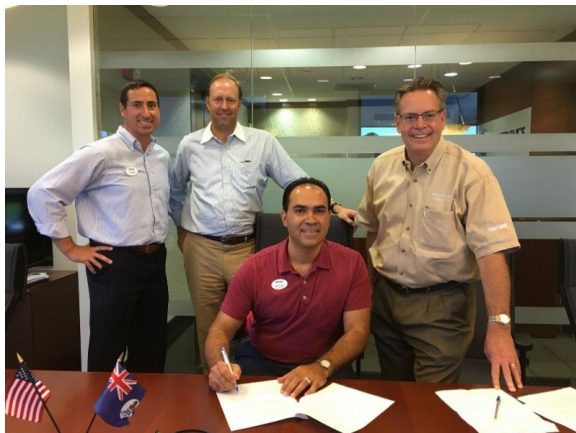


Registration is now open for the *DG's 5K Challenge*, with proceeds going towards a YMCA ropes challenge course! The 5K event takes place 23 April in Cayman Brac, and 30 April in Grand Cayman. Registration for both events is available online at [Cayman Active](#).

To help the community get ready for the big event and meet their wellness goals, the Deputy Governor launched the *Off the Couch to 5K* training programme. Organised by the Cayman Islands Government Wellness Committee, the training takes place every Monday at 5:30 p.m. sharp.

The training is free and is suitable for every fitness level. If you want to join, meet at the employee entrance of the Government Administration building just before 5:30 p.m. every Monday. Participants will need to complete [this waiver](#) form before starting training.

THE FUTURE IS BRIGHT WITH THE SUPPORT OF THE WESTFIELD AREA YMCA!



We are excited to announce a formal partnership with the Westfield Area YMCA in New Jersey!

The Westfield Area Y began supporting our efforts in the summer of 2015, primarily in the areas of youth development and aquatics. Since that time, they have provided programme and training supplies, as well as staff to assist with the launch of our *Leaders for Youth Conference* in 2016, and this year's second annual conference.

Solid Rock Ministries

SAPPHIRE

Island Heritage

INDIVIDUAL

GOLD

J.C. Calhoun
Jon & Pamela Fowler
Michael & Jennifer Godfrey
Rod & Jackie Hansen
Peter & Sara MacKay

SILVER

The Boxall-Grover Family
Russ & Mary Brandes
Kass Coleman
The Crighton Family
Frazer & Susan Lindsay
David & Vicki Legge
Lynn & Alan Roffey
Sharon Roulstone
Dan & Lisa Scott
Gregory Smith
Paul & Emily Tibbetts

EMERALD

Garth & Dana Arch
Troy & Lisa Burke
The Courtis Family
David & Christina Kirkaldy
Dale & Sheila Crighton
Donovan Ebanks
Scott & Kathryn Elphinstone
David & Susan Jezek
Andrew & Christie Johnson
Norman Klein &
Christine Maltman
Gary & Angel Rutty
Anthony & Patsy Scott
Jude & Melinda Scott
Bob & Suzy Soto
Randy & Cindy Von Kanel
Tony & Sharon Williams
The Woodford Family

RUBY

Jennifer Ahearn
Tim & Eva Balls
Kent & Amy Burke
Pilar Bush
James Butterworth
Rob Imparato
Gerard, Lexi & Kali
Kirk & Rhonda Kelly
Reginald & Jasmina Edwards
Michael & Melissa McWatt
Alan & Marcia Milgate
Thomas & Lori Parsons
The Thomas Family

Recently, senior leaders from the Westfield Area Y visited, and signed a formal agreement to enable cultural exchange, training opportunities, improved resources and expertise to further our community impact.

We are so grateful for the Westfield Area YMCA's support and look forward to a great future working together. For more information on the Westfield Area Y [click here](#).

SUBMIT YOUR RECIPE FOR THE Y FAMILY COOKBOOK!



The way we prepare food, what we eat and when are great examples of family and community traditions. Whether it's a home remedy for the flu or a traditional holiday meal, food is an important part of our everyday life. To support our *Strong Kids* annual campaign, the after-school team will be putting together a cookbook that celebrates our Y community!

We invite you all to share a favourite recipe to be included in our first Y Family Cookbook. Please be sure to include any stories, traditions, and photos along with your recipe. Submissions need to be in by Friday 31 March, and can be emailed to easp@ymcacayman.ky. Cookbooks will be available for sale just in time for Mother's Day!

STAY IN TOUCH

Keep up with the what's happening at the Y by liking us on Facebook.


The Totten Family
David & Monica Water
Ormond & Rachel Williams

SAPPHIRE

The Allott Family
Alwin & Smita Almeida
Albert & Esther Anderson
Collin & Dionne Anglin
Craig & Michelle Arch
Mitzie & Jerome Bailey
Wayne & Sherri Cowan
Mr. Norman Bodden
Mike & Maureen Depper
Erwin Dikau
Dr. Sook Yin-Eccles
Isabella Finlay
Shaune, Brett & Kyle Fraser
April Cummings & Eric Frick
Justin & Jordan Hartmann
Richard & Sandy Hew
Jennifer & Bryan Hunter
Steve & Pam McFaddin
The McIntosh Family
Marcos & Gloria Montana
Markus & Susan Mittermayr
Haroon & Marion Pandohie
Wil & Gwen Pineau
Stephen & Juliette Price
Bill & Donna Ramsay
Dominic & Jan Tomkins
Luca & Lisa Uggeri
The Waights Family
Bob & June Williams

Learn more about the
Y and our
programmes at our
newly updated
website:

www.ymcacayman.ky

 Like us on Facebook

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