



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RANCHO ROCKS!

STAFF NEWSLETTER

Volume 9 Issue 2  
February 2012

## INSIDE THIS ISSUE: JANUARY EMPLOYEE OF THE MONTH

Gymnastics	2
Membership	2
Trainings	2
Birthdays	3
Anniversaries	3
Health & Wellness	3
Sports	3
Office	3
Diversity	4
Job Openings	4
Staff Info	4

**Grace Fabunan** has been with the Rancho Family YMCA since May 2008.

Grace is very engaging and warm with staff and members alike. She works many hours a week as membership services staff and Manager on Duty.

During her time with Rancho, she has volunteered for different task forces and committees and gives 100% to each shift she works.

She has a wonderful attitude and is always helpful with problem solving issues. You can tell that she enjoys her job through her interaction, smiles and caring manor.



**Employee of the month nominations** for January: **Bailey Caulum, Daisy Lu, Francine Brule, Kevin Horsch, Kevin McCloskey, Nikki Ritter, Rachel Gillis, Skyler Johnsen, Wendy Roberts and WeyJen Enlow.**

**YOU** are our best source of nominations for Employee of the Month. Nomination forms are available in both kitchens and in the admin office. Your nominations are carried forward only one month. If your candidate was not selected this time, please resubmit your nomination so the information is up to date.

**Abel Hernandez Insights** Each day, I talk to members here at the Y, but it's usually just a friendly "hello" or "how are you doing". During the past few days, I have made an effort to get to know some of our members. In talking with our members, I found that they all have something in common...they all really like the Y. I met members who are "getting back into shape", by either participating in our group fitness classes or swimming laps. Here are a few of their stories they shared with me.

One member told me that he has set a personal goal and is determined to reach it this year. Another member, who has a disability usually comes in the evening and swims. I really admire him for his commitment to being physically active and living a healthy lifestyle.

Another member who I had a conversation with used to be a medevac pilot and is here to "get back into shape" by participating in our water aerobics classes and swimming 3-4 times a week. A different member, who is always positive and energetic loves taking our Zumba class. She says that our instructors are really friendly and "fun". She also made a connection with one of our wellness instructors, **Michelle Bednardz.**

Like many of our members who set goals for themselves, I've set a goal of engaging our members on a different level, apart from the simple hello, or how are you doing.

YOU can contribute to Rancho Rocks!

Interested in contributing to the staff newsletter? Staff write-ins are always welcome. Please write an article and email it to **Susan Madsen** at [smadsen@ymca.org](mailto:smadsen@ymca.org) by **February 15** for the **March edition** of Rancho Rocks. Also, let us in on your good news so we can feature personal successes such as graduations, proposals, achievements and milestones. We want to celebrate with you!

**GYMNASTICS**  
**Keeps us tumbling**



We had 19 girls compete at the San Diego Classic meet Jan. 20<sup>th</sup> – 22<sup>nd</sup> in Levels 4 – 8. The girls did a great job and received many individual awards. **Emily Bellin** scored a 9.1 on floor, placing her 3<sup>rd</sup> in the level 8 division. She also qualified for the State Championships and YMCA Nationals!!!

We have 8 girls who will be making the trip to Milwaukee, Wisconsin in June for YMCA Nationals. All of the girls are level 7 & 8's and are excited to represent our YMCA in this National competition!!!

We are looking to add a Level 2/3 gymnastics class on Tuesdays 9 – 11am to serve the homeschool population starting in March. If you know anyone who is interested, please contact Diane.

Presidents Week Gym Clinics: Tues – Fri 9am 1pm.

\$25/\$35 per day

Presidents Week Open Gyms: Tues – Fri 1 – 3pm

\$5/\$8 per day

**MEMBERSHIP**  
**Get informed**

Please welcome **Kristen Skopec** as our Volunteer/YAA Coordinator. She is bringing

her experience to strengthen and support our community.



You may notice that **Kayla McLinden** is wearing another ring on her finger; it's because she got married in January.



Congratulations!

A big thank you goes out to everyone who brought soup for the Souper Bowl. The members, along with the staff enjoyed themselves.

**February Trainings**

Swim Lesson Instructor Copley Y	Feb. 3 10-6pm
Swim Lesson Instructor Copley Y	Feb. 4 8-4pm
Swim Lesson Instructor Copley Y	Feb. 5 8-4pm
Lifeguard Cross Over La Jolla Y	Feb. 5 9-6pm
Adult CPR/AED La Jolla Y	Feb. 6 3-4pm
Lifeguard Cross Over La Jolla Y	Feb. 12 9-6pm
Child CPR/AED La Jolla Y	Feb. 13 6:30-9:30pm
Full Time Employee Orient Team Headquarters	Feb. 14 9-4pm
Diversity and Inclusion Team Headquarters	Feb. 15 9-1pm
Sexual Harassment Prevention Team Headquarters	Feb. 15 2-4pm
Recruitment and Selection The Art of Supervision Team Headquarters	Feb. 17 8-5pm
First Aid La Jolla Y	Feb. 20 6:30-9:30pm
<b>CPR/AED Rancho Y</b>	<b>Feb. 22 6:30-9pm</b>
CPR/AED & First Aid Palomar Y	Feb. 25 9-6pm
Creating the Member Exp. Part I Team Headquarters	Feb. 27 9-12pm
Keys to Member Engagement Part I Team Headquarters	Feb. 27 1-4pm
CPR/First Aid La Jolla Y	Feb. 27 6:30-9:30pm
Creating the Member Exp. Part II Team Headquarters	Feb. 28 9-6pm
Keys to Member Engagement Part II Team Headquarters	Feb. 29 9-6pm

**WELLNESS & FITNESS**  
**Keeping us in Shape**

The Wellness Center staff has been very busy welcoming new members and continuing to motivate our regulars! They have found new

ways to keep members excited about exercise and connect with one another while doing it!

Fitness Palooza for all Health and Wellness Staff is coming up! This is a great opportunity for staff to earn Continuing Education Credits for their certifications at no cost to them. The event happens March 17, 2012 at the Ecke YMCA. Registration forms will be coming soon.

The Group Fitness Department welcomes **Julie Jackson** to the team! Julie brings a wealth of knowledge and enthusiasm to our evening schedule. Welcome Aboard!



Caroline Bazernik	Feb. 3
Mary Stein	Feb. 10
Skyler Johnsen	Feb. 15
Marianne Murray	Feb. 18
Karen Jackson	Feb. 21
Kandice Hocut	Feb. 24
Samantha Rosales	Feb. 24
Katie Freeman	Feb. 25

**SPORTS**  
**Keeping us Active**

**Mervin Viernes** and **Carl Koch** have started playground partners at Stone Ranch

Elementary School this month. The focus is not only on active games, but also supporting the interactive board games set up at the school during recess. They have put together 8-10 tables worth of games that all students can participate in and ensure all rules are followed, fair and equal play is occurring, and respect is being displayed at all times. This has helped create another quality option for the students at Stone Ranch Elementary school to participate in.



Basketball Coaching Drill of the Month:

Jump shots against defense: Two players work together; player one starts under the basket with the ball while player two is about 12-15 feet away. Player one passes it out to player two and sprints out to contest player two's jump shot. Player two follows shot and rebounds ball. Player two then passes it out to player one for the shot. Players continue to switch after each shot. See which player can make the most out of five shots.

**January Anniversaries**

Jimmy Thai	4 years
Samantha Rosales	4 years
Taylor Woodbury	4 years
Danielle Lopez	1 year
Kristeen Evans	1 year

**OFFICE**  
**Keeping us Safe**

The bonus has gone up for referring someone to work for the YMCA family to \$100. The updated referral program flyers are up in the main kitchen and the one in the Program Center.

Also, please remember that even if the new employee puts your name on their application, **you** still need to fill out the Employee Referral Program card and turn it in to Susan Madsen so she can send it off to Team Headquarters. At that point, they will match up your name on the form to the application of the employee. This is the only way Team Headquarters will know to look for your name to hand you the money.

**DIVERSITY CORNER**

**Get cultured**

The 2012 Nations of San Diego International Dance Festival is happening in February. There will be passion, magic and beauty that will be presenting more than 150 ethnic dancers and musicians. For more information visit their website at

[www.nationsandiegofestival.com](http://www.nationsandiegofestival.com)

It's the year of the Dragon according to the Lunar Calendar.

Anyone born in the year of the

Dragon are wise and powerful.

It's a good year to improve yourself and take calculated investments.



**Important Staff Information**

- New information has been developed for CPR/ AED and First Aid. Staff members may not recert/challenge to update their current certifications. Everyone needs to sign up for the full course.
- Partner with Youth is on it's way. Let's go out and make things happen. We have calling parties that still need your help. Please see Susan Fantus for more details.

**Earn Extra Money with Job Referrals**

Do you know someone looking for a rewarding job? You can earn \$100 for referring a friend to work here at the YMCA! We're looking for qualified, proven leaders to work in programs. The San Diego Business Journal's annual Best Places to Work awards recognized the YMCA of San Diego County, as nominated by our own employees, for our commitment to providing employees with a superior work environment.

Contact Susan Madsen in Administration for more information. The forms are in both kitchens.



**YMCA Selected as BEST PLACE TO WORK**

The San Diego Business Journal's annual Best Places to Work awards recognized our Association, the YMCA of San Diego County as nominated by our own employees, for our commitment to providing employees with a superior work environment.

**Mission Statement**

The Rancho Family YMCA is dedicated to improving the quality of human life and to helping all people reach their fullest potential as children of God through the development of the Spirit, Mind, and Body.

**Job Openings**

**ADMIN**

Branch Computer Administrator  
Specialty Consultant-Capital  
Campaign Manager

**FITNESS**

Specialty Instructor—Water  
Specialty Instructor I—Fitness

**AQUATICS**

Coach-Swim Team

**GYMNASTICS**

Instructor I

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