

# Community

A PUBLICATION OF YMCA AUCKLAND

SPRING | 2016



Out there,  
around here.



## In this issue

### Out there, around here

- 3 Raise Up kept me from a life behind bars

### Funder Profile

- 5 The Lion Foundation and NZCT support Auckland City roof rebuild

### YMCA People

- 6 Annie is on a mission to educate

### Community News

- 7 YMCA swim schools make a splash at national awards
- 8 Jellie Bellies celebrate 40 years together

## Community

*Community* is the official publication of YMCA Auckland.

*Community* provides YMCA a way to recognise the achievements of our members, individuals, teams and organisations that we work with and support.

We are pleased to be able to keep our wider community up to date with news of the work YMCA is engaged in and to share our successes with you. We hope you enjoy reading this issue of *Community*.

#### EDITOR

Christina Wedgwood  
(09) 629 4213  
christina@intelligentink.co.nz

#### DESIGN

Jamie Nuku  
(09) 366 6025  
jamie.nuku@ymcauckland.org.nz

#### YMCA HEAD OFFICE ENQUIRIES

Russell Berg  
(027) 249 6387  
russell.berg@ymcauckland.org.nz  
Private Bag 92150, Auckland 1142  
www.ymcauckland.org.nz



Visit us on  
**Facebook**

## EDITORIAL



### We're celebrating individual

and team achievements in this edition of *Community*, including a personal triumph and a 40th anniversary.

We are living in exciting times with our Swim Schools sweeping up a number of prestigious awards at the NZ AUSTSWIM Awards recently. I'm over the moon with the recognition and proud of the entire Swim School network who are relentless in their efforts to provide the best water safety and learning environment for every student.

YMCA is committed to the delivery of quality programmes and services because we believe that as we do this, we are positively connecting families, empowering young people and local communities to be the best they can be. It's clear that the impact we're having on people like George Tuigamala (page 3) is making a real difference and something we don't take for granted or intend to lose momentum on.

Recently, a tragedy was averted when Annie, an instructor at one of our centres fell into a cardiac arrest. Our staff were quick to respond and carried out their First Aid training on Annie and with much avail were able to stabilise her before the ambulance arrived. Annie shares more about her experience and how she is using her second chance at life to educating others with hopes to raise awareness about heart problems (page 6).

I personally want to acknowledge lifeguards Eleanor and Michaela, who were the first responders on the scene. I am proud of their courage and ability to stay calm under the circumstances. We not only get a chance to celebrate life again but it gives me great confidence in all our staff to carry out the necessary First Aid support in whatever situation they are in. I hope it gives you confidence too, and while the YMCA will always continue to improve the programming and services to users and local communities, we aim to centre these on best practice in all areas of our delivery.

Peter Fergusson  
**CHIEF EXECUTIVE OFFICER**  
YMCA Auckland

# Raiseup

## kept me from a life behind bars

### QUICK FACTS

**NAME** George Tuigamala

**AGE** 18 Years

**RAISE UP CREW MEMBER  
2015 GRADUATE**



**G**eorge is like most school leavers - he displays strong patriotism for his former school, is proud of the community he's grown up in and has a real desire to be a significant member of society. He dreams of becoming a professional rugby player and also wants to be successful in his musical pursuits.

However, all of this had seemed like a distant goal especially in his final year of school. George openly shared with Community about some of the decisions he made last year, both good and bad, which caused him to re-think what his priorities were and also where he wanted to be in the future.

When the Raise Up programme launched in Papatotoe last year, George had been participating in some negative activity outside of school. It was a tough year. He says that "It got to the point where I had to choose whether I would prefer to spend some of my life behind bars or do what I really wanted to do, which is to play rugby and make music with my boys!"

It wasn't that simple, though; you don't just abandon your friends. It's an ethos that most people have - you look out for those you care about, and it's perhaps heightened when we believe that those people are under threat. In George's experience, his 'boys' were under threat, and it was likely that he'd be dragged into undesirable situations because sometimes the peer pressure "was too strong to combat."

One Friday afternoon, George was

invited to a gathering out at his local recreation centre. He'd heard there was free pizza and like most boys his age, he found free food hard to resist.

At first, he says, he and his mates were only there for the food, but as time progressed, "we started making new friends and getting involved in local community initiatives."

He added it's the reason why he's not behind bars today.

George speaks highly of one of his biggest influences, Raise Up coordinator, Marimagor Taufete'e. He says that "without her commitment to the programme, to the boys and our crew, we'd be lost."

A humbled Marimagor returned the compliment when she told Community about her experience with George, saying that "without him, the crew was not complete."

George is an influential leader; he knows how to bring people together and helps everyone feel comfortable. It's because of this that he was asked to attend the Youth Development Camp held over the April school holidays as a camp counsellor.

We are particularly proud of the young man that George is becoming and as a graduate of the Raise Up programme, we wish him all the best in his future endeavours - we won't be surprised to see him become a household name pursuing his dreams in the sport or music industry! ▼



# The Lion Foundation and NZCT support Auckland City roof rebuild

## With 65,000 visitors in 2015

using the YMCA Auckland City Fitness stadium, it was a disaster when lightning struck the roof of the building, resulting in the stadium needing to be closed.

However, two organisations came to the stadiums rescue, and they have provided funding for the new roof, which will be under construction soon.

Once the roof is completed, it is estimated that a whopping 75,000 people will use the stadium each year.

The two organisations that have helped in putting a roof over our heads, in more than just a manner of speaking, are The Lion Foundation, which donated \$80,000 and New Zealand Community Trust (NZCT), which donated \$75,000.

Ben Hodges, National Grants Manager for NZCT, says it is great to be able to help get the stadium back in use once again.

“The value of sport to New Zealand is immense. Sport brings communities together, improves people’s quality of

life and makes a wonderful contribution to the development of young Kiwis. So we’re proud to do our bit for getting this facility operational again.

“YMCA Auckland’s mission to build strong kids, families, and communities – it’s what NZCT is all about too.”

Marcus Reynolds, Head of Partnerships at The Lion Foundation says that donating money to the roof was for a fantastic cause.

“Supporting this project was a no-brainer for The Lion Foundation. The usage of the facility before its closure was phenomenal and we wanted to help get it back that way, particularly in an area like downtown Auckland where recreational space is disappearing so quickly.

“The inclusive nature of YMCA Auckland is one of the most appealing factors for us. This facility will become an activity hub for a range of people like school kids, social sports league participants and business house

competitions, which is just awesome.”

Ben says sport is integral to New Zealand society.

“At NZCT we believe in the value of community sport. It’s great for health and wellbeing, but it also brings us all together. Young and old, we all come together to be active and play sport. Places like the YMCA stadium are priceless for the future of community sport. Last year NZCT distributed over \$42 million to more than 2000 sport and community groups.”

Marcus agrees that it was for a fantastic cause.

“It’s a humbling feeling to know that we’ve helped in some small way. In truth The Lion Foundation have the easy part of returning community funds back into great causes like the YMCA, it’s the thousands of community groups, and charities we partner with that make the biggest difference. We also think this is a project our venue operators here in Auckland will be proud to support.” ▼

*“It’s a humbling feeling to know that we’ve helped in some small way. In truth The Lion Foundation have the easy part of returning community funds back into great causes like the YMCA, it’s the thousands of community groups, and charities we partner with that make the biggest difference.”*

*“My perspective on life in general has changed to point to the things that matter most, like family and friends – the others things can take care of themselves.”*

## Annie is on a mission to educate

**It was a harrowing experience** for Annie Tausi when she suffered from a cardiac arrest while she was teaching a Zumba class at Onehunga War Memorial Pool and Leisure Centre.

However, we are thrilled that thanks to the quick thinking of two lifeguards, and their ability to put their first aid training into use, Annie was revived, and is recovering well.

Annie says she has been given a second chance at life, and wants to educate people about the risks of cardiac arrests, and ensure people know they could happen to anyone – no matter how healthy they are. It was a shock for her to have a cardiac arrest, when she is fit, doesn't drink or smoke, leads a healthy lifestyle, and has a positive outlook on life.

“My hopes and dreams from here forward are to visit facilities that have people who may think that

'it won't happen to me' and educate them that it could happen to them.”

“Ideally, I would like to tell my story to as many people as possible, including sport and health-minded people, making sure all staff at different organisations are CPR and first aid certified as well anyone else who would like to add this component to their everyday activities.”

She says her cardiac arrest came on suddenly.

“There was no warning, no tightness of the chest, I just dropped and that was it. I'm very blessed, and I am very glad I am now able to help and talk to people about how important first aid is.”

Annie is staying at her daughter's home, and ensuring she is getting plenty of rest to help her body heal. She now has an internal cardiac defibrillator.

She says it was a frightening ordeal for her family and friends.

“They were shocked as were so

many other people that knew me.”

“I'm taking things at a slower pace, as I'm at my daughter's until I can move back to living on my own again. For now, I'm walking the family dog three times a week for an hour and going to the local YMCA where I used to teach cardio classes and just participate in one or two tracks at low impact.

“I've been advised by cardiology at Auckland City Hospital I am able to regain full fitness status by the end of the year if I maintain sensible fitness management.”

Her incident has highlighted what is truly important to her.

“My perspective on life in general has changed to point to the things that matter most, like family and friends – the others things can take care of themselves. I was always making sure everyone was taken care of, now I am at top of that list alongside my mokopuna.” ▼



# YMCA swim schools make a splash at national awards

## YMCA Auckland swim schools are

dancing for joy after the AUSTSWIM Aotearoa Soak it Up 2016 Aquatic Conference & AQUASUMMIT, held in July.

Not only did one of YMCA Auckland's centres win Centre of the Year, but two YMCA team members took out their categories, and we had five other staff nominated – proving how awesome our swim schools and teachers really are!

Karla McCaughan (Swim School QSM) said it was an honour to receive the awards at such a prestigious, nationally recognised event.

“We’re pretty stoked, because in the last two years, we have worked really hard to build the profile of YMCA swim schools.”

Big congratulations to the Onehunga War Memorial Pool and Leisure Centre, which was named AUSTSWIM Swim Centre of the Year Award – this team works exceptionally hard to provide top notch services within the community.

Well done to Tracey Lyon, of Cameron Pool and Leisure Centre, who was awarded the AUSTSWIM Teacher of Infant and Preschool Aquatics Award, and it is the second consecutive year that YMCA has won this category, which is a wonderful effort.

And last, but not least, our dedicated Karla McCaughan received the AUSTSWIM Swim School Presenter of the Year Award, which she said was extremely special.

“It was pretty awesome, it was really moving because my mum, Elaine Burns, is the Swim School Manager at Onehunga Pool. She was pretty shocked and moved to receive that award, and my award came straight after her. It’s because of her that I’m in this industry, so that was a really awesome moment.”

Karla said it was the best AUSTSWIM conference yet, with everyone coming away inspired. She said it was a thrill not only winning three categories, but having five other staff nominated as well.

“We felt really happy and we had a good representation of YMCA at conference. We had 33 YMCA staff attend, so it was a weekend of upskilling, focused on swim teaching and water safety. Everyone came away on a real buzz, with lots of new ideas.” ▼



Photo credit: AUSTSWIM Aotearoa



# Jellie Bellies celebrate 40 years together

**What started as a businessmen's** fitness class has resulted in an exercise group, the Jelly Bellies, celebrating its 40th anniversary of training together at Sir William Jordan Recreation Centre.

The group was initiated by Onehunga's Vic Corrin, and was for local businessmen, neighbours and Rotarians wanting to exercise at the crack of dawn before work.

Many of the founding members were actually responsible for both the building of the centre, as well as the Senior Citizens Centre next door. In the early days, workouts were held in the stadium and saw the Jelly Bellies pounding the pavement to warm up, before sweating it out with sit ups, press ups, and even wheelbarrow and piggy-back races. To finish off their session, they would have a good old fashioned game of hockey, basketball or football. While they now play what they have coined 'geriatric volleyball' to finish off their fitness sessions, it's still a great way for the group to stay active.

At the group's peak membership, it consisted of more than 20 fitness

enthusiasts, with numbers fluctuating as people moved from the area or retired.

More often than not, the Jelly Bellies meet at the Jordan centre, but on warm summer mornings, they can be found at the Onehunga War Memorial Pool and Leisure Centre. At the pools, they do aerobic exercises around the pool and end the session with a friendly - but competitive - game of water polo.

Not only is the group an excellent way to keep fit, but the members developed a tight-knit relationship which has seen them trek across Auckland to various places. Some highlights were staying together at a batch in Karekare, Motutapu Island, Great Barrier Island and Kawau Island.

Roger has been a loyal member of the Jelly Bellies for 36 years, and he said he loves being a part of the group.

"What I enjoyed the most was the social side when we would meet every morning for breakfast and a game of basketball, hockey, soccer and now we play volleyball."

"In the early days we used to do lots

of extra-curricular activities like going camping or taking trips on members' boats, spending many weekends fishing, relaxing in the sun, cooking, hiking, singing, eating too much, and playing cards."

"The highlight of the last 30-40 years has been the constant companionship. Many of the members were self-employed so it gave them an opportunity to meet like-minded individuals within the community building connections and friendships."

The Jelly Bellies have celebrated significant milestones together, their 25th, 30th and 40th, at either the Senior Citizen's Centre or the Jordan centre. To celebrate their 40th anniversary, they were on the court at 6.45am to play a game of volleyball, followed by a tasty cooked breakfast and a slideshow of photos from throughout the years.

Despite now being in their 70s, the Jelly Bellies are always looking forward to their next adventure. They are open to new members joining - the only requirement is that you need a good sense of humour! ▼

*YMCA Auckland want to sincerely thank all of the funders for approving the following donations over the last quarter, which contribute to the community-based work we do.*

FUNDER	VALUE	CAUSE
<b>The Lion Foundation</b>	<b>\$80,000</b>	YMCA Auckland City stadium roof project
<b>New Zealand Community Trust (NZCT)</b>	<b>\$75,000</b>	YMCA Auckland City stadium roof project
<b>Lotteries Community Grant</b>	<b>\$40,000*</b>	Raise Up

*Please note there was a misprint in the previous issue of Community, which stated that the Lotteries Community Grant provided \$4,000 when it should have read \$40,000.*



*We're out there*

*around here!*



Visit us on  
**Facebook**



**Out there,  
around here.**