



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MOUNTAIN MIDWEST HUB NEWSLETTER

Monthly Updates, Resources, and Opportunities | April 2023

[What is the Regional Hub?](#)

[Access LCDC Here](#)

[Your Career Link Community](#)



Ever wonder who's behind the scenes at the Mountain Midwest Hub supporting the team?

My name is Barb Jutila, and I have embraced the Y's values since the day I walked through the doors 4 years ago. My passion is serving the community, our members and the staff. I have the great pleasure of supporting our President and CEO, Sara Cole, Board Chairs, Regional HUB staff, and the Duluth Executive Team with hi-level administrative support. My main responsibilities in supporting the Mountain Midwest Hub consist of overseeing large mailings to Ys in our region, scheduling Service Delivery appointments, travel, and coordinating any and everything that the team may need to accomplish their goals. My favorite part of the Hub

responsibility is talking to CEOs and their staff in our region, and learning more about their YMCA's through casual conversations.

For my personal growth, I'm a great advocate of continued education. What I like about the virtual trainings, which the HUB provides is that I'm able to work on my Leadership Path by being reminded through the monthly newsletter of what's available, and using the Leadership Certification Path document which has greatly simplified this process for me in accomplishing my goals. Additionally, I tune into the Webinars live, or catch one later on the YouTube channel. This is my way of receiving education from both opportunities through the Regional HUB.

The relationships and learning that I've been connected to through the Hub make me proud to serve you all and it has been a blessing to expand my community by several states!

Barbara Jutila (she/her)
Senior Administrative Specialist
Duluth Area Family YMCA

Mountain Midwest Hub Webinar Series

Each month, we host a bite-size webinar on a topic that we believe our leaders can benefit from and be inspired by!

Foundations for Trans* Inclusion

Friday, April 28
12:00-1:00 p.m. CST

Chris will be starting with the basics for camps and youth organization professionals who are just starting to explore engaging in trans* inclusive practices. He will define terms, the "why" for inclusive practices, and dispel many myths that keep organizations from doing this work. During our time together, he will conclude and summarize the first practical steps.



Speaker: Chris Rehs-Dupin is the Founder of [Transplaining for Camps](#), and the current Executive Director of [Camp Reimagined](#), which is located in Huguenot, NY. Camp Reimagined is exploring pathways to a world where every child is loved and supported through socially and racially just camp environments that are built with youth at the center. Transplaining for Camps is working to create a safe(r) world for trans* youth and adults through training, community conversations and as much empathy as we can safely exert. With a patterned shirt collection bigger than a costume closet, Chris uses humor, storytelling, and a theater background to ignite people into action. Chris meets people where they are and educates with empathy, not shame. He brings seventeen years of combination day/overnight camp experience and a passion for helping others be their best selves & make their biggest impact. Through Transplaining for Camps, Chris has helped hundreds of camps create broader belonging for campers and staff.

[Link Post](#) (comment and share to boost this event!)

[Register Here!](#)

Missed a previous webinar? Check them out on our [YouTube channel!](#)

- [Dispelling Myths of the African Diaspora](#)
- [How to Be Culturally Responsive with BIPOC Students](#)
- [Body Diversity, Sizeism, and Accessibility](#)

TRAINING OPPORTUNITIES



Advanced Fiscal Management

April 24 – 27 (Virtual)

Allyship in Action Experience: Race Equity

April 26 -27 (Virtual)

May 8 – 9 (Virtual)

Annual Campaign Training

June 14 – 15 (Kansas City, MO)

Building Effective Relationships with Families

May 1 & 8 (Virtual)

May 26 (Virtual)

Cultural Lenses

May 3 (Virtual)

Day Camp Director

April 5 – 6 (Virtual)

Dimensions of Diversity

May 2 – 4 (Virtual)

May 5 (Virtual)

June 7 – 8 (Virtual)

Facilitating Change in Small Groups

May 3 – 5 (Virtual)

Facilitation Skills

May 16 – 17 (Virtual)

June 21 – 22 (Virtual)

Healthy Heart Ambassador Instructor

May 16 (Virtual)

September 19 (Virtual)

Implementing Change with Frontline Leaders

April 25 – 26 (Virtual)

May 15 & 22 (Virtual)

Introduction to Fiscal Management

April 10 – 13 (Virtual)

April 25 & 27 (South Sioux City, NE)

May 15 – 19 (Virtual)

May 22 – 23 (Dubuque, IA)

Introduction to Listen First

May 15 – 17 (Virtual)

Leading & Coaching Others

April 25 & 27 (Sioux City, IA) (Pre-webinar on April 12)

Leading People

April 25 (South Sioux City, NE)

May 4 -5 (Virtual)

June 13 – 15 (Virtual)

LIVESTRONG at the YMCA Instructor

April 22 – 23 (Virtual)

May 8 - 11 (Virtual)

May 27 - 28 (Virtual)

Living Our Cause Experience

May 5 (Virtual)

Navigating Program Challenges

April 12 – 13 (Virtual)

April 20 – 21 (Virtual)

April 25 (Virtual)

New CEO Institute

June 2 – 15 (Virtual)

September 22 – October 5 (Virtual)

November 15 – 17 (Chicago, IL)

Project Management

April 27 (South Sioux City, NE)

May 4 – 5 (Virtual)

Volunteerism

April 19 – 21 (Virtual)

April 26 (Green Bay, WI)

June 5 – 6 (Virtual)

Aquatics

Y Swim Lessons Instructor-Trainer v6*

June 1 – 3 (Anchorage, AK)

YMCA Swim Instructor v6: Teaching Techniques for Disability and Diversity of Ability

April 14 – 15 (Wichita, KS)

April 16 (Naperville, IL)

June 11 (Naperville, IL)

August 13 (Naperville, IL)

October 1 (Naperville, IL)

YMCA Swim Lessons Instructor v6

April 27 – 28 (Maplewood, MN)

June 3 – 4 (Naperville, IL)

August 5 – 6 (Naperville, IL)

October 7 – 8 (Naperville, IL)

**Classes for which Y-USA Travel Funding may be available if applied for 30 days in advance of class start date.*

Become a Trainer!

If you are interested in becoming a trainer, please reach out to Elli Grapp (egrapp@duluthymca.org) and check out [this](#) one-pager for an overview of the process.

Available Trainer Candidate Sections*:

- Dimensions of Diversity Trainer (May 5; Virtual)
- Cultural Lenses Trainer (May 3; Virtual)
- Leading People Trainer (May 4 – 5; Virtual)
- Project Management Trainer (May 4 – 5; Virtual)
- Living Our Cause Experience Trainer (May 5; Virtual)
- Introduction to Listen First (May 15 – 17; Virtual)
- Facilitation Skills Trainer (May 16 – 17; Virtual)
- Introduction to Fiscal Management Trainer May 15 – 19 (Virtual) or May 22 – 23 (Dubuque, IA)
- Volunteerism Trainer (June 5 – 6)
- Annual Campaign Training Trainer (June 14 – 15; Kansas City, MO)

***NOTE:** *Trainer candidates must apply a minimum of 30 days before the trainer section's start date to be considered.*

the YMCA
FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECOME A YMCA TRAINER

- 1 | CHOOSE A COURSE**
Pick a course from the Learning & Career Development Center on a topic for which you have knowledge and passion.
<https://lcdc.youthchange.org/Catalog/>
CourseAdvancedSearch
- 2 | SATISFY PREREQUISITES**
Attend the course as a participant.
Passes Three Train Experience in the Topic.
Gain Experience Teaching, Facilitating, Training.
Complete Follow-up Courses:
 - Orientation to the Y Training System
 - Adult Learning Concepts
 - Facilitation Skills<https://lcdc.youthchange.org>
- 3 | SUBMIT APPLICATION**
Attend the desired training, the course will be designated as "trainer level."
 - When you go to the class details page, there will be an "Apply for Trainer Candidate" button at the top of the page
 - Click on that button and complete the application. You will need to upload one letter of recommendation. Once complete click the "Submit" button.
 - Submit your application at least 30 days prior to the training.
- 4 | APPROVAL & REGISTER**
Once your information is reviewed & verified by the Trainer Quality Team, attend the required interview. Once you have received your approval email, complete your registration for the trainer-level course.

For questions please email:
leadershipcertification@ymca.net
<https://lcdc.youthchange.org>
bit.ly/ymca.net

Healthy Kids Day Marketing Materials Available Now!

Healthy Kids Day® 2023 is Saturday, April 29!

[Click here](#) to access marketing materials and more.



Undoing Racism Community Organizing Workshop Opportunities for 2023

As a part of the Y's commitment to becoming an anti-racist, multicultural organization and creating strategies and opportunities for local Y associations to join in this commitment, YMCA of the USA, in partnership with the African American CEO Group, is continuing to support the movement through providing Undoing Racism® Workshops facilitated by the People's Institute for Survival and Beyond.

The Undoing Racism Workshop is a learning opportunity to understand the constructs of race and racism in the U.S. You will be equipped with a framework to critically analyze (and address) how being racialized has contributed to our socialization, our workplace policies & practices, and the way in which we, the Y, engage with community.

[Click here](#) to learn more and apply!



YMCA Youth Voice Opportunities

Some applications due by April 7!

The Y is excited to share three Youth Voice opportunities that help engage young people as active contributors and stakeholders in decision-making at the local, state, and national levels:

- Y-USA Youth Advisory Council
- YMCA Changemakers Projects
- YMCA Youth Voice Teams

[Click here](#) to learn more about how to apply and to download a flyer to share at your Y!

Five Days of Action

The Five Days of Action is a week-long campaign designed to raise awareness and inspire adults to take action to protect children from sexual abuse.

This year's campaign will take place **April 24-28, 2023**. Fill out the sign-up form [here](#) to participate. Your email will be used to send you updates and support materials.

For more info and the toolkit, [click here](#).



Y-USA Leadership Development Podcast



The Y-USA Leadership Development Podcast is your go-to for all things Leadership Development. Including tips, tools, techniques and time-savers.

New! Episode 18: Gen Z Staff Engagement

What are the 'Next Gen' needs? How can we attract, acquire and retain Gen Z staff? What does a good, healthy, respectful and transformational workplace look like to staff, especially Gen Z? Listen as host Michelle Rodriguez talks with Bobby Thomas and Ben Major about how to engage with Gen Z staff.

Subscribe and catch past episodes on Spotify [here!](#)

Leader Certificate eLearnings now available in Spanish!

Y-USA, working toward its goal of elevating the employee experience and advancing equity, is now offering the following eLearnings in both Spanish and English to provide enhanced development opportunities to our frontline staff:

- [Advancing Equity: Systems of Inequity / Promover la equidad: Sistemas de inequidad](#)
- [Advancing Equity: Understanding My Biases / Promover la equidad: Sesgo implícito](#)
- [I Hear You: Service with CARE \(Online Learning\) / Te Escucho](#)
- [Living Our Cause for Frontline Leaders / Vivir Nuestra Causa para los Líderes de Primera Línea](#)
- [Orientation to Diversity, Inclusion & Global \(Online Learning\) / Orientación a la Diversidad, Inclusión y Temas Globales \(DIG\)](#)
- [Orientation to the Supervisor's Toolkit: Service and Engagement / Orientación al kit de herramientas del supervisor](#)

2023 National Peer Community Call Schedule

Find the registration links [here](#) for the 2023 National Peer Community Call Series along with

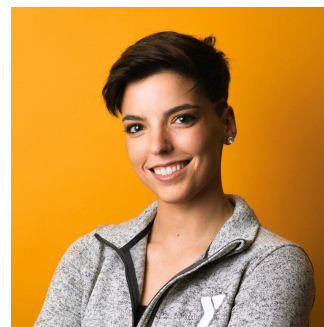
direct hyperlinks to call recordings and resources.



Sara Cole
Duluth Regional Hub
Lead



Mitchell Lochner
Human Resources and
Training Coordinator



Elli Grapp
Regional Training
Director



Duluth Area Family YMCA | 302 W 1st St, Duluth, MN 55802

[Unsubscribe egrapp@duluthymca.org](mailto:egrapp@duluthymca.org)

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent byegrapp@duluthymca.org powered by



Try email marketing for free today!