



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BOARD APPLICATION

## Northern Middlesex YMCA

*The Y's mission statement: The YMCA of Northern Middlesex County offers a path toward a fuller, more productive life. We do this by offering a broad spectrum of high-quality programs, services, and facilities to our community that improve individual and family life, encourage healthier lifestyles, and assist youth in developing into responsible adulthood.*



The Y: We're for youth development, healthy living, and social responsibility.

## GOVERNING BOARD APPLICATION

Hello,

You have received this board application because a volunteer of the Northern Middlesex YMCA recommended you, or you have been identified as someone in our community we would like to engage as a potential future board member.

We hope you will take this opportunity to learn more about the Y, the Y's mission, and the responsibilities of the governing board of directors. We believe that as you further explore the Northern Middlesex YMCA, the greater your interest and commitment will be to serve our organization. in its areas of focus of youth development, healthy living, and social responsibility.

This application is just the beginning of the process of becoming a new board member. Interviews, facility tours, and board approval are also mandatory steps of the process. Ensuring that the Y is a good fit for you and that you are a good fit for us is a crucial component of high-quality board development and the overall success of our organization.

Should you determine that you have an interest in exploring a board position with Northern Middlesex YMCA, please complete this application and submit it to Ben Daigle a member of the Y Governance Committee.

\_Ben Daigle\_\_\_\_\_ at bdctus@gmail.com

Thank you for your interest in a potential Governing Board position with Northern Middlesex YMCA!



**The Y: We're for youth development, healthy living, and social responsibility.**



## About the Y

The Y is the leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

## Our Cause Defines Us

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## Strengthening Community

With a focus on youth development, healthy living and social responsibility, the Y works to nurture the potential of children and teens, improve the community's health and well-being, and give back and support our neighbors.

At the Y, no child, family or adult is turned away due to inability to pay. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

Northern Middlesex YMCA provides financial assistance, scholarships, and no-cost services to children, youth, families, and individuals in our community. The Y is a unique nonprofit that offers assistance to those in need, ensuring that our programs and services are available to all.

## How We Do It

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change.

- The Y is community-centered. For nearly 170 years, we've been listening and responding to our communities.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow, and thrive.
- The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.

## The Y

*"The Y, the oldest and largest social institution in the United States, has touched the lives of virtually all Americans. It gave the country basketball and volleyball, its best-known popular contributions. But it also pioneered camping, public libraries, night schools, and teaching English as a second language. The Y has provided war relief since the Civil War and served immigrants and refugees from countries around the world. It has fostered understanding and cooperation within Christianity and among the world's major faiths. It has summoned the strengths of association to make communities stronger. The Y has probably touched more lives in America than any other volunteer or social institution."*

Andrea Hinding, Professor, University of Minnesota

## What Does The YMCA Stand For?

In the beginning, back in 1844, young men drawn to London for jobs in factories lived in squalid and unsafe conditions. Street life offered only taverns and brothels. A 23-year-old clerk named George Williams thought to improve the lives of young workers by offering a place for prayer, bible study, mutual support, and group residence. The now-famous initials stood for:



## Young Men's Christian Association

The Y idea, which began among evangelicals, was unusual because it crossed the rigid lines that separated all the different churches and social classes in England in those days. This openness was a trait that would eventually lead to Ys including all men, women, and children, regardless of race, religion, financial circumstances, or nationality.

So, we're not just for the Young, not just for Men, and not just for Christians anymore. But we're still an Association – a community within

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a community – working to meet social, physical, and spiritual needs for the greater good of all.

Because we welcome everyone, because we share what we have by offering financial assistance to those who cannot otherwise afford our programs and memberships, because we promote the core values of Caring, Honesty, Respect, and Responsibility, and because we strive to engage and improve the spirit, mind, and body, we state as our YUSA Mission:

*To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.*

### **Northern Middlesex YMCA**

Northern Middlesex YMCA was chartered in 1886 spearheaded by a group of dedicated citizens who believed in the values promoted by the Y and wanted to make a positive difference in the community. As our mission to increase our service coverage to neighboring counties developed, we have continued to grow and collaborate with schools, government agencies, and a variety of nonprofit organizations.

Today we serve the towns of Middletown, Cromwell, East Hampton, Portland, Durham, Middlefield, East Haddam, & Haddam/Killingworth.

Northern Middlesex YMCA

99 Union Street

Middletown CT 06457

[www.midymca.org](http://www.midymca.org)

### **Serving Hundreds each day**

Hundreds of youth and adults visit the Northern Middlesex YMCA facilities daily, seeking support and services to improve their quality of life. We are proud to be a great community resource that helps families creatively spend time together, individuals maintain healthier lifestyles and give children and teens positive experiences and memories that will last a lifetime.



**The Y: We're for youth development, healthy living, and social responsibility.**

## Youth Development Programs

- 12 Licensed Before/After School
- 2 Licensed Preschool
- Summer Enrichment
- Vacation Day Camp
- Ingersoll Outdoor Center
  - Camp Ingersoll Summer Day Car
  - Group Rentals & Team Building
  - Youth Sports
  - Race4Chase Youth Triathlon Carr
- Aquatic Safety
  - Swimming Instruction
  - Lifeguard Training Courses
  - Private Lessons
- Barracudas Swim Team
- Child Watch
- Birthday Parties
- Judo
- Teen Programs
  - Andre Allstar Memberships
  - Friday Night Teen Nights
  - Beman After School Clubs
  - Leadership Programs



## Healthy Living Programs

- Personal Training & Nutrition
- Fitness Assessment
- Fitness Orientations
- 30+ Group Exercise Classes
- Water Exercise Classes
  
- Fitness Center
- Sauna
- Active Older Adult Programs
- Silver Sneakers & Renew Active
- Racquetball Courts
- Two Pools
- Livestrong
- Diabetes Prevention
- Classes in collaboration with Senior Centers and Assisted Living





## Social Responsibility Programs

- Open Doors Financial Assistance Program
- Family Events
- Community Events
- My Time Scholarships for families battling cancer
- Volunteer Opportunities
- Active Older Adults
- Host for blood drives and vaccine clinics
- Community Gathering Location
- CPR/AED/First Aid
- Garden Club
- Active Older Adult Programs
- Men's Residence
  - Food Pantry
  - Partnership with Gilead to provide support services

## Board Member Responsibilities

### Time Commitment

Board meetings are held once a month on the 3<sup>rd</sup> or 4<sup>th</sup> Thursday. Meetings begin at 7:30 am and end by 8:45 am. Board meetings are held in the Y Hazen Room with a Zoom link provided for those who cannot attend in person. A few meetings are Zoom only. In addition, each board member is expected to serve on a committee. Committee meetings are typically via Zoom. Board members are also asked to attend special events throughout the year, including Board Retreats, Fundraising Activities, the Annual Meeting (June 9, 2026), and Y Donor Stewardship Events.

**Northern Middlesex YMCA** is currently in the process of a **Capital Campaign**, and it is expected that all members will take an active role in project planning, cultivating major donors, and serving as strong ambassadors for the Y. It is also expected that every member of the Board makes a Capital Campaign donation.

### Typical Board Member Responsibilities

**Ensure effective planning.** Boards must actively participate in an overall strategic planning process and assist in implementing and monitoring the plan's goals.

**Ensure adequate financial resources.** One of the board's foremost responsibilities is to secure adequate ongoing financial resources for the organization to fulfill its mission. This includes fundraising for the organization and a commitment to 100% Board Annual and Capital Giving.

**Protect assets and provide proper financial oversight.** The board must assist in developing the annual budget and ensuring that proper financial controls are in place.

**Enhance the organization's public standing.** The board should clearly articulate the organization's mission, accomplishments, and goals to the public and secure community support.

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**Build a competent board.** All boards have a responsibility to articulate prerequisites for candidates, orient new members, and periodically and comprehensively evaluate their own performance.

**Hire, support, and evaluate the chief executive.** The board should ensure that the chief executive has the moral and professional support needed to further the organization's goals.

**Ensure legal and ethical integrity.** The board is ultimately responsible for adherence to legal standards and ethical norms.

### Board Legal Duties

**Duty of Care** requires leaders to use reasonable care and good judgment in making their decisions on behalf of the interest of the organization.

**Duty of Loyalty** requires leaders to be faithful to the organization, avoiding conflicts of interest.

**Duty of Obedience** requires leaders to comply with governing documents (i.e. bylaws, article of inc., policies, etc.)



## WHY SERVE?

HAVE AN IMMEDIATE AND LASTING IMPACT

GAIN EXPERTISE ON COMPLEX ISSUES

BUILD VALUABLE NETWORKS AND RELATIONSHIPS

GROW AS A LEADER THE ONLY WAY YOU CAN – THROUGH EXPERIENCE

COMMUNITY RECOGNITION

CHANNEL CREATIVE ENERGY

THE NEED IS GREAT, IF NOT YOU. WHO?



## Board Member Application and Questionnaire

Please complete the entire form and return it to [Ben Daigle at bdctus@gmail.com](mailto:Ben.Daigle@bdctus@gmail.com)

<b>Personal</b>			
First	MI	Last	Familiar
Address			
Home Phone	Work Phone	Cell Phone	E-mail
Employer			Title
Employer Address			
Type of business or organization			
<p>Board members are required to undergo a criminal background check as part of the Y's child abuse prevention policy. If you have been convicted, pleaded guilty, or pleaded no contest to a crime, please explain.</p>			

<b>Education</b>	
Institution	Degree and Major
Institution	Degree and Major

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Please list your past and present memberships on boards, committees, and organizations: (business, civic, community, fraternal, political, professional, recreational, religious, and social).		
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Organization	Role/Title	Date of Service
Please describe your experience serving as a volunteer for the above-listed organizations. How did you help support the mission of the organization and help the organization thrive?		
Please share any other volunteer experience:		
Please describe your engagement as an ambassador and fundraiser for the organization you have served.		

### **Board Fund Development**

Board members play a key role in a nonprofit organization's fundraising success. The Northern Middlesex Y provides well over \$400,000 in open-door assistance and many no-cost services to individuals and families in our local community. It is important to have 100% annual Board giving.

#### **Annual Campaign:**

A member of the Board is expected to provide an annual stretch gift to the annual campaign.

A member of the Board is expected to support key fundraising events.

A member of the Board is expected to help secure additional funds through cultivation, solicitations, and advocacy.

A member of the Board is expected to help steward Y donors.

#### **All Together Better Capital Campaign**

A member of the Board is expected to provide a Capital Campaign Donation.

A member of the Board is expected to support key campaign fundraising events.

A member of the Board is expected to help secure additional funds through cultivation, solicitations, and advocacy.

A member of the Board is expected to help steward Y capital campaign donors.

Can you commit to these expectations? Please explain:

As a board member, can you provide in-kind support that would benefit the organization?

Please share any personal experience you have with the Y?

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Please share who recommended you for a Y board position?				
What interests and inspires you to serve on the Y Board?				
Please mark the skills and/or interests you bring to our board:				
	Reading Financials	Business Management		Accounting
	Human Resources	Fundraising		Grant Writing
	Administration	Outreach/Advocacy		Nonprofit Experience
	Community Service	Leadership Development		Law/Legal Issues
	Policy Development	Real Estate		Banking
	Program Evaluation	Information Technology		Web Design
	Public Relations	Strategic Planning		Event Planning
	Campaign Planning	Education/Instruction		Medical/Healthcare
	Membership Growth	Marketing/Social Media		Child Development
Please describe any talents, interests, or skills not listed above.				

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**Time Commitment**

**Monthly Meetings**

Board meetings are held on the 3rd or 4th Thursday of each month. Meetings begin at 7:30 am and typically end at 8:45 am. In 2026, the Board has decided to hold two evening meetings. Board meetings are generally held in the Y Hazen Room, with Zoom access for members who are not able to attend in person. We do ask that members participate in person wherever possible. At times, board members host the monthly meeting in their place of business. There will be at least two meetings held only on Zoom.

**Committee Assignment**

Each board member is expected to serve on at least one committee. Meeting schedules vary by committee, and most committee meetings are held via Zoom. Standing Committees include Governance, Finance, Investment, and Development. In addition, the Y has a Building Committee and a Capital Campaign Committee.

**Special Events**

Annual Meeting June 9, 2026  
Annual Fundraisers – BINGO & Chill 4 Change  
Donor Open House – 2-3 a year  
Annual Board Retreat in September

Can you reasonably commit this amount of time? Please list conflicts:

Please list three references:

Name	Relationship	Phone Number

## Board Members Expectations

**To help the Y be successful and to be a valued board member, I will keep the following as my expectations:**

I am responsible for the stability and development of the Northern Middlesex YMCA. As a member of the Governing Board, I pledge to help carry out the Association's mission.

I am responsible for reviewing, approving, and monitoring the annual budget.

I am responsible for taking an active role in fundraising for the organization. Along with my other board members, I accept the responsibility of meeting the annual campaign goal as established in the budget.

I am responsible for taking an active role in capital planning and fundraising for the organization. Along with my other board members, I accept the responsibility of meeting the capital campaign goal.

I am responsible for understanding the legal aspects of the organization and ensuring proper insurance coverage and policies are established, and for monitoring the implementation of these policies.

I agree to make an annual donation that is, for me, substantial.

I agree to make a personal donation to the Capital Campaign.

I understand that board service will involve a commitment of my personal time, talent, and energy.

I will be active on one or more committees.

I understand that my attendance at board and committee meetings is crucial to the progress of the branch and will commit to being present 80% of the time.

I understand that the day-to-day operation of the Y is the responsibility of the staff.

I agree to keep confidential any sensitive information shared at board or committee meetings, or in conversations with staff or other board members.

### **Y Staff Support to the Board**

Y staff will provide me with appropriate financial information to make sound fiscal decisions that ensure the association's financial health.

Y staff will provide statistical and analytical reports on the membership, programs, and services of the Y to aid board members in making informed policy decisions.

I accept these responsibilities in good faith as a member of the Northern Middlesex YMCA Governing Board.

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Board Member Signature

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Date