

Y's Cracker

February 1989

Black Hawk County Family YMCA
669 South Hackett
Waterloo, Iowa 50701
(319) 233-3531



Meet the "Night Gang"



Each night, when the lights are dimmed and the Y becomes quiet, a special entourage arrives to "work out." The members of this crew move silently, sounding only an occasional office garbage can.

All of us put special challenges before this group . . . there are sticky pop rings and skittles almost everywhere . . . something smells bad . . . a wall needs washing . . . showers need an extra cleaning . . . a ceiling is leaking . . . vacuum bags need replacing . . . There is always the regular work to do plus an extra project or two. For instance, many members have noticed recently that by evening's end the floors would put to shame even the nicest of sandboxes.

What these people know of the Y includes cake crumbs, bucket handles, squeegees and spray bottles. From talks with them a person gets the definite impression that they know much more about us than we think they do.

In exchange for their endeavors, these little-known heroes of the nighttime receive a paycheck from Cue's Janitorial Service, an occasional night off (but not in the winter!) and a few new bottles of cleaning supplies, so they can go at it all over again.

The Y has a good reputation for being a clean, wholesome family place. A place where little ones can toddle and bigger ones can stretch out on the floor. Our reputation is greatly enhanced by this night crew. If you have come into the Y and found the cleanliness to be substandard, it could be because the person who came before you left a mess, or that some of our routine daytime picker-uppers haven't been by in a while.

The YMCA sure appreciates the fact that Bev, K.L., and Jim care very much about how the Y looks every day, and they want it to be **just right** when you arrive for your class or workout.

Thanks for your efforts!

From The Executive's Chair

It seems that 1989 is in full swing for the Family YMCA. Programs are going, membership continues to grow and literally thousands of people are taking advantage of Y opportunities. That's what is so great about the Family YMCA of Black Hawk County — at work for tomorrow today!

Our board and committees are busy too, looking ahead — so that we may continue to be an important ingredient of the community that we serve.

Our Membership Committee has been studying the current rate structures for membership and program fees (such as racquetball). With the near completion of our debt elimination project, new options are available to us which we think you will find exciting.

The Public Relations Committee has been working on communications activities appropriate for our YMCA. With our target audience being 1) current members 2) YMCA staff 3) potential members and 4) outlying community, objectives have been established that will make better use of P.R. monies available, help us develop a year-round program, initiate a new member orientation, develop audio-visual materials to help "tell our story" and develop a better feedback system for members.

With the recently updated personnel policy for staff in place, the Personnel Committee is busy initiating a national YMCA salary administration plan for all staff and watching state and federal guidelines as they pertain to our employees.

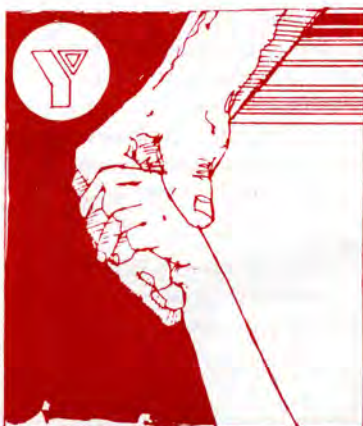
Our Building and Facilities Committee continues to work hard in maintaining our fine facility and is exploring the possibility of improvements and land development for the future. current projects include a structural analysis of the building, expanded parking and the development of the bike trail/park area in cooperation with the City of Waterloo.

These are but a few of the many activities that are going on "behind the scenes" to ensure our Y's success and future. The progress is being spearheaded by a group of eighteen dedicated members of the YMCA Board of Directors who are committed to making the best decisions to impact the greatest number possible in a positive, values-oriented environment.

Our committees also accept volunteers from our membership who wish to become involved in helping to take our YMCA to tomorrow. These volunteers become prime candidates for our corporate board.

If you or someone you know would like to become involved with our committee structure just give me a call. I'd be more than happy to visit with you about it.

Growing up and giving back — it just makes your YMCA experience that much more special.



*In the Y's Way,
Jim Weaton
YMCA Executive Director*

YIG/YIP Lock-In Successful

On Saturday, January 14, 64 members of the Y-Indian Guides/Y-Indian Princesses and their guests attended the "1989 Winter Lock-In" at the YMCA.

The Lock-In began at 8:30 p.m. on Saturday and concluded at about 8:30 a.m. the next morning. Both fathers and children alike enjoyed playing basketball, racquetball, swimming, movies, snacks and a good breakfast on Sunday.

The Y-Indian Guide/Y-Indian Princesses program is a national Y program specifically designed to help busy fathers take more time to be with their sons or daughters. YIG/YIP "Tribes" consist of 6-9 father/child sets who attend meetings twice monthly in both Cedar Falls and Waterloo locations.

The "1989 Winter Lock-In" is just one of nine events that the YIG/YIP participants will be involved with this year. For more information about how to get involved in Y-Indian Guides or Y-Indian Princesses, call Dave Phelps at the YMCA, 233-3531.

Register Now For Pee Wee Basketball Clinics

The second season of Pee Wee Basketball will begin on February 18 and run on Saturday evenings through March 25. The clinics run from 5:30 to 7:30 p.m. in the Y Gym.

Pee Wee Basketball is a fun, instructional program that stresses the fundamentals of 5-on-5 basketball. Baskets are lowered to 8½ feet and a junior-sized ball is used to aid in skill learning.

Any boy or girl in 1st or 2nd grade is eligible to participate. The fee for Pee Wee Basketball is \$8 for members and \$14 for non-members.

If you have a child who might be interested in participating in this program or if you would like to help by being a volunteer coach, please call Dave Phelps at the YMCA, 233-3531.



Wanted

The YMCA Child Care room is in need of useable items for the replacement of ones that have become too old or too used to be good any longer. Currently, we are looking for a couple of good play pens, some twin bed sheets, and also working musical toys.

If you have any of the items listed above that you would like to donate, or if you have something else to donate that you think are Y could use, please see Nancy Winchip or talk to any of the Child Care staff. Thanks!

Proud to be a Part

The YMCA is proud to be a part of the agencies in town that reach out and serve people in the community that could not otherwise gain access or afford to be a part of Y programs on their own.

People from several group homes and care facilities in the area bring their clients in frequently to take advantage of the positive atmosphere at the YMCA.

Members from an alcohol/drug rehabilitation program that visit the Y often were asked last year to send us their comments about having the opportunity to participate in activities at the Y.

The Y staff felt that you might enjoy hearing what some of those participants had to say about their time spent at the Y:

"I would like to thank you for getting us a deal through the YMCA. I think it is very important that we have some kind of activity where we can get ourselves back in shape. I was always involved in sports when I was younger. I think it's important to get kids into sports and other activities at an early age. Maybe then they will have less time to mess around and get into the same trouble I've been in with drugs and alcohol. When I started 'using' I forgot about sports and everything else.

"Plus, it's good to work out some of my tensions. Being here (at the treatment facility) can get me down sometimes. When I get back from the Y I feel a lot better about myself.

"Thanks again for your support."

— M.

"What have I gotten out of attending the YMCA?"

"Well, I feel it is very important to maintain physical fitness for myself. By attending the YMCA I have been able to gain some physical strength. I lift weights three times a week. When I first started lifting I was only bench pressing 90 lbs. Working as hard as possible, pushing myself for the last seven months, I have been able to reach my goal, and that was 225 lbs. I also believe in order to maintain a state of well-being that it is important to keep physically fit."

— C.

"I really appreciate the chance to go to the YMCA three times a week at a lower rate. Before I came to (agency name) I rarely worked out and my health was pretty bad.

"Now I am trying to get into shape and there is no better place than the YMCA to do that. I really enjoy being able to participate in a fun activity with my peers at the house and I feel a lot better afterward.

"I like to jog around the track. I think jogging really gives me some peace of mind and I like to see how long I can keep going before I feel like I'm going to die.

"Thanks very much for this opportunity."

— S.

Milers Club Welcomes New Participants

The YMCA would like to take this opportunity to welcome all interested Y-members to the 1989 Milers Club.

A special greeting is being sent out to people who have not yet joined but are still interested in doing so.

Milers Club is for anyone who likes to swim, bike, walk, or jog (or any combination of two, three, or all). Milers keep track of their distances on charts located in the lower hallway by the Gymnastics Room. Each month the individual daily totals are added to get a monthly total, and that monthly total is added to the year-to-date total. T-shirts are given to all participants who reach the Milers Club goals for their particular sport.

Already we have over 60 people that have joined the 1989 Milers Club. Last year over 30 people qualified for free t-shirts because they achieved their Milers Club goals!

It's never too late to join. There is a small charge to be a part of each of the clubs. Stop by the YMCA Welcome Center for more information or to register.

One more reminder for Milers Club Members: please try to keep the monthly charts updated with your current totals. Miles earned outside the Y may be added to your monthly totals. If you have any questions about your recorded mileage, see Nancy Winchip.

The Test That Tells All

The opportunity to have a Bio-Electrical Impedance analysis of your body composition is coming soon.

Make an appointment to have your test done on either Wednesday, February 22 (11 a.m. to 1 p.m.) or on Thursday, February 23 (4-6 p.m.)

This test reveals your percent of body fat, percent lean, total body water, basal metabolic rate, exercise recommendations, target weight, and if needed, weight loss recommendations.

The cost to have your Bio-Electrical Impedance done is \$15 for Y members and \$18 for non-members.

The fee includes a computer print-out and private consultation to cover the results. Please sign up at the Welcome Center for an appointment or call the YMCA, 233-3531. Only a limited number of appointment times are available. Call soon!



Family Racquetball Lessons

On Sunday, February 26 there will be free Family Racquetball lessons provided at the YMCA. The lessons are for families who would like to have an overview of the rules and basic concepts of the game of Racquetball.

The lessons will be offered from 2-3 p.m. If you are interested in taking part in the lessons, please stop by the Welcome Center at the Y or call 233-3531 to register.

NEW MEMBERS

The YMCA is happy to announce the addition of the following people into its membership.

Lori Alexander
Mark Alexander
Jackie Allen
Kathleen Aswegan
Michael Baynes
Richard E. Beery
Vernon Bennett
Mary Ann Bergan
Elizabeth Betterton
Anthony Bird
Dennis L. Boettcher
Cliff Bowman Family
Vonda Broek
Lisa Brown
Tim Brunkan
Kimberly K. Caes
Jennifer Church
Alesia Clark
Steve Clow
Dorothy and Nicholas Crisman
Mark Curran
Heather and Shane Cutsforth
Tim DeHart
John DeKoster
Kristin Determan
Annette Dietrich
Eric Dowell
Frankie Dowie
Rick Dumler
Cathy and Kimberly Flory
Lonnie Flowers
Jerry Fogleman
Julie Fratzke
Lianne Franzen
Thomas Frisch
Darrin and Mary Gillett
William Goy
L. Dean Graveman
Carla Green
Tate Grimm
Mary K. Hansen
Jeffrey Harp
Gary Harris
Greg Heath Family
Traci Hennager

Angie Hodge
Sandra Hollis
Michelle Honn
Landon Horton
Jeff Hudspeth
Jackie Ingles
Charles Johnson Family
Carol Kauten Family
Ben Kelsey
Justin Kleaveland
Sue Kotz
Tom Krieger Family
Don and Candace Kropf
Kelly Larsen
Clayton Loffredo
John and Laurie Lynch
Janet Manderscheid
Kent Mater
Wayne McCoy
Casey McIlhon
Brian Miller
Denise Mispel
Tom Moody
Justin Morris
Kathy Mosley Family
Tina Munoz
Jennifer and Kristopher Nardini
Kirk Ney Family
Dan Niemeyer Family
Arneil and Ann Olson
Kurt Olson
Michelle Owens
Tiffany Owens
Janet Parrish
Jon Passick Family
Patrice Patterson
Ryan, Judd and Jayne Paul
Alex Pedersen
Sara Plum
Aaron Potter
Eddie Proctor
Marty Recker
Sandy and Heather Regan
Timothy Reis

Tom Rose
Scott Rupert
Connie Rust
Jennifer Sailor
Gregory and LeaAnn Saul
Matt Schafer
Scott Seibert
Charles Slater
Ryan Slater
Scot Slickers
Greg Smith
Gordon Smock
Jason Solberg
Terry Sparks Family

William Speller Family
Cindy and Daniel Sturtz
Rebecca Teasdale
Mike Thompson
Lori Turner
Todd VanWyngarden
Thomas Volding
Eric Vollbrecht
Wally and Michele Wallace
Rick Waters Family
Mitch Weinberg Family
Sandra Williamson
Johnny Wion
Larry Wyant Family
David and Todd Young

**DON'T HIBERNATE
STAY ACTIVE
THIS WINTER ...
AT YOUR YMCA**



Black Hawk County Family YMCA
669 South Hackett Road
Waterloo, Iowa 50701



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