

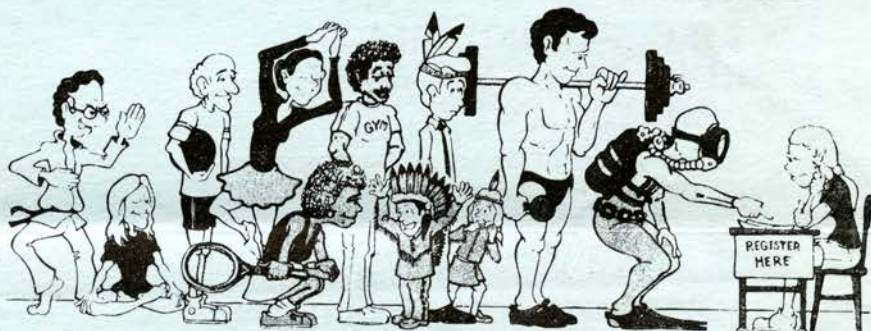
Y's CRACKER

Black Hawk County Family YMCA

669 South Hackett

Waterloo, Iowa 50701

(319) 233-3531



SATURDAY MORNING FUN CLUB

Attention parents and grade schoolers, its time to sign up for the YMCA's Saturday Morning Fun Club. The program includes a wide variety of indoor activities which will surely provide a good time for all!

The children will be divided into groups of their own ages with adult leadership. The club consists of games in the gym, gymnastics room, game room and pool. The morning will end with lunch and a movie. Participants should bring a sack lunch and the YMCA will provide the drink. Participants need: swim suit and towel, sack lunch, and white soled tennis shoes — other than the ones worn into the building. Please bring your things in a big tote bag with your name on it so nothing will get lost.

Registration begins on January 20th for YMCA Members and January 21st for Non-YMCA members. You may register either by phone or in person. The club is limited so early registration is advised.

Meets: Winter II Session

Time: 9:00-12:00 Noon on Saturday Mornings (Feb. 1, 15, 22 & Mar. 1, 8, 15, 22)

Ages: Any boy or girl in 1st thru 4th grades

FEE:

YMCA Member		Non-Member
\$11.00	1st child	\$19.50
10.00	2nd child	17.50
9.00	3rd child	15.50

THE LATEST IN RACQUETBALL — By Nancy Winchip

The Fall Racquetball League ended in December. There were 58 players in 8 different leagues. The winners are as follows: Dan Delagardelle, Men's Blue

League; Bob Garrity, Men's Gold League; Neil Hoppenworth, Men's Yellow League; Don Stark, Men's Ivory League; Dixie Jensen, Women's Purple League; Cecil Latting, Men's White League; Women's Pink League and Men's White League to be announced at a later date.

Any adult interested in the next racquetball league may pick up a registration form from upper or lower control after January 6th, 1986. League is open for any level of skill. Play begins the week of January 27th, 1986. All registrations are due prior to January 20th and entry fee is \$6.00. This is a great way to meet people and share in the fellowship of other YMCA members. For any questions please contact me.

I would also like to thank the following persons that volunteered their time to teach YMCA racquetball lessons: Pat Gronigan, Greg McClain, and Fred Allen. Their efforts are truly appreciated. The next set of lessons begin January 21st, if you are interested please stop and sign up at the front desk. The cost is \$20.00 for members for 4 one hour lessons.

YMCA FITNESS OPEN HOUSES ARE SUCCESSFUL

Almost once a month the YMCA Fitness Instructors get together and put on an Open House. It's a great way to meet all the instructors and join in fun, fitness, and fellowship. After class there is drawings for door prizes, here are the results of November and December: the November winners are: Liz Yagla, Bonnie Swanson, Kristin Sink, Jo Camlin, won free YMCA Guest Passes for one day; Carol Hendershot, Pat Minard, won YMCA gym bags; Regina Waschkat, won a YMCA T-Shirt; Lois Salyer, won a YMCA hat; Sue Harty, Claudia Miller, won 2 hours of free child care each. The winners of the December Open House are as follows: Patty Schmitz, Carol Jacobi, Deena Kuempel, won YMCA T-

Shirts; Kris Hirsch, Becky Klatt, Joy Jones, each won YMCA Guest Passes for one day; Kathy Trimble won a YMCA gym bag; Kathie Buhman, Jean Stinson each won 2 hours free child care; and the BIG winners of the set of weights was Wendy Broshar. Our next Open House is planned for Saturday, February 15th, 1986. Come join the fun and fellowship at 10:00 am in the multi-purpose room and bring a new friend to the YMCA.

Also a big THANK YOU goes out to all that helped make the Bake/Craft Sale a huge success. Over \$200 was raised for child care toys and other equipment.

W.S.R.C. — WONDERING, SHARING, RE-EVALUATING, CONTINUING . . .

Many of us are aware of or are experiencing the "economic decline" in the Black Hawk County area, in the state of Iowa as well as nation wide. We hear and read about the high unemployment rate, lay offs, business closings, and soon a disease starts to spread, effecting even the strongest willed people. The disease is negativism, and understandably so, even those of us who make a "comfortable" living are affected, although, not as severe.

To help in redeveloping positive thinking and attitudes, people must come and work together to begin this process. Your Family YMCA and the Churches in Ministry have combined energies and have begun a program to aid in reaching the goal of positivism, the Work Support and Recreation Club (W.S.R.C.). The purpose of the program which began in October '85 is to enhance job finding skills and reduce stress for the persons and families of the unemployed and under-employed in our community. This program gives the participants an opportunity to Wonder what option they have and how to survive, to Share their experiences and feelings with others who are in the same situation and understand, to Re-evaluate their life, their innerworth, family needs and a plan for survival. To continue to go on, and take part in a Club where helping others and themselves is a first priority as well as developing a networking system.

The Club meets every Friday evening from 6:30 to 9:00 PM, alternating between a meeting night and recreation night. The program is free of charge with child care available on meeting nights for children 6 years of age and younger along with free "Y" usage by youth 7-18 years of age when parents or guardians are in the meeting.

With structured meetings, guest speakers and open recreation opportunities this program is proving to reduce stress and provide positivism within each participant. It also provides participants with fellowship and just plain fun.

If you or someone you know could benefit from the W.S.R.C., contact Bob Hoffmann at 233-3531. You'll be glad you did.

SELF-DEFENSE

A self-defense class, teaching what to do in case you are attacked by someone, will be held for Juniors (5-12

years old), during the Winter Session II, beginning January 28th, 1986.

The class will be held twice a week, Tuesday and Thursday for the first 4 weeks of the session. Cost of the class is \$7.75 for YMCA Members and \$14.25 for Non-YMCA Members. Lee Dawson will be the instructor.

GIRL'S BASKETBALL CLINIC—THE SECOND SEASON

Due to popular demand the Black Hawk County Family Y.M.C.A. will offer a second Basketball Clinic for girls in 3rd-6th grades, beginning January 17th and continuing until March 7th.

The clinic will be held on Friday evenings at the Y.M.C.A. 3rd and 4th grades from 5:30-6:30 and 5th-6th grades from 6:30-7:30. The clinic will consist of 3 weeks of reviewing fundamentals and 5 weeks playing games.

Cost of the clinic will be \$10.00 for "Y" members and \$18.00 for non-members. Enrollment will be limited, so sign up early. Registrations will begin January 2nd. Call the Y.M.C.A. at 233-3531 or stop by to sign up.

EXECUTIVE'S NOTES . . .

New Year's Resolutions! It's that time of year where we all sit down and decide what some of our priorities are going to be for the coming year. It sounds repetitious because we do it year after year after year, yet it does serve some purpose if we examine our intent.

Resolutions give us a chance to reflect back on the year past and see what we have accomplished or achieved. This can give us some good feelings about ourselves and others and generate excitement and momentum needed for the coming year.

Momentum is critical quality in the onward movement in an organization. It is the force that electrifies the atmosphere and invigorates the spirit of those charged with the organizations destiny. It is momentum that enables an organization to grow, to productively pursue the future. But momentum is fragile and easily lost. And once lost, difficult to regain.

1985 has been a good year for the Black Hawk County Family YMCA. A year of transition and change. A year that has brought new faces and new ideas to an already dynamic organization. A year in which momentum for our Association has begun to build.

Let us continue our momentum in 1986 by participating, supporting, leading and sharing our talents as the YMCA climbs to new heights of service to our community.

*Jim Weaton
YMCA Executive Director*

**IN MEMORY OF
DENNIS STEFFENEY
JANUARY 4, 1950 - DECEMBER 3, 1985
A departed Member and Friend to the
YMCA who will be missed.**

SKIING LESSONS OFFERED

The YMCA will be offering beginning downhill skiing instruction in cooperation with Oak Highlands Ski Area in Waverly. The program consists of lessons as well as practice time for each participant. The lessons are open to youth 12 years of age and older. Children 8-11 years old are welcome to participate but must be accompanied by a parent.

The YMCA will provide transportation to and from the Oak Highlands Ski area. The fee for the program will include rental skis, boots, poles, life ticket and skiing instruction.

DATES	FEES	TIMES
Jan. 9, 16, 23rd	\$30.00 Member \$40.00 Non-Members	6:00-10:00 PM

ALL-STAR WRESTLING CLINIC

Well, not quite All-Star Wrestling like you see on T.V., but all the participants will be all-stars. As the Iowa Hawkeyes begin to prepare to capture their ninth straight NCAA wrestling title, the YMCA will begin its annual Youth Wrestling Clinic for boys and girls in 3rd - 6th grades.

The Clinic will run for eight weeks beginning Saturday, January 18th and continuing to March 8th. On March 8th the "Y" will hold the Annual Youth Wrestling Clinic Tournament. Participants will wrestle against people their same weight with each wrestler receiving an award.

The clinic offers participants an opportunity to learn and practice the basic fundamental moves of wrestling . . . take downs, reversals, rides, escapes, and pinning combinations while emphasizing good sportsmanship, respect for teammates, coaches and opponents, trying your best and having fun.

Hulk Hogan, King Kong Bundy and Dan Gable will not be leading the clinic, but volunteer former wrestlers will be. Our leader's are very experienced and will teach the participants what they need to know to get started in wrestling.

There are sign up limitations so sign up early, registration will begin January 2nd, 1986.

Here is a list of days, time and locations, sign up for one only:

WATERLOO: YMCA BUILDING, 669 S. Hackett Rd.
 Sat., Jan. 18th - March 8th . 9-10 AM . 4-6th grade
 Mon., Jan. 20th - March 8th . 10-11 AM . 2-3rd grade
 Tues., Jan. 21st - March 8th 4:30-5:30 PM 2-6th grade
 Wed., Jan. 22nd - March 8th 4:30-5:30 PM 2-6th grade

CEDAR FALLS: HANSEN ELEMENTARY,
 616 Holmes Dr.

Sat., Jan. 18th - March 8th . 9-10 AM . 4-6th grade
 10-11 AM 2-3rd grade

Clinic fee for YMCA Members is \$10.00
 Non-YMCA Members is \$18.00

WINTER II SESSION REGISTRATION . . .

The Holidays are now behind us and the New Year's resolutions have been made . . . its a great time to join a YMCA program and start the New Year off RIGHT! Check your 1986 Program Brochure for the class just right for you.

The Winter II session will begin the week of January 27th and run through March 22nd, 1986.

You may register in the following manner:

Current YMCA members in class . . . Fri., Jan. 17th
 YMCA Members . . . Mon., Jan. 20th
 Non-YMCA Members . . . Tues., Jan. 21-23

Hours for registration are 9:00 AM to 9:00 PM each day.

You may register either by telephone at 233-3531 or by stopping in at the YMCA, 669 S. Hackett Road.

YMCA CAPITAL CAMPAIGN

Black Hawk County Family YMCA is undergoing a Capital Campaign which began about nine months ago. Vern Halverson, a YMCA volunteer and former board member has been instrumental in raising approximately .5 million dollars on behalf of the YMCA. Vern, along with others has concentrated his efforts on contacting corporations in Black Hawk County and telling the story of the YMCA.

The YMCA is currently facing a 1.2 million dollar debt. This figure represents the remainder of the building loans with the majority being interest. In order to eliminate the debt, the YMCA has undergone a two-phase debt elimination process. Vern Halverson has completed the initial phase of the debt elimination campaign.

The second phase of the debt elimination process involves Lisa Stewart, the YMCA Campaign Coordinator. Lisa was hired by the YMCA on November 18th with the responsibility of coordinating continued efforts of eliminating the 1.2 million dollar deficit by May of 1986. Her primary duties include a follow-up on defaulted pledges of the original building campaign which total 96,000 dollars, contacting vendors who do business with the YMCA, and a follow up of contacts made by Vern Halverson in the initial debt elimination process.

Lisa has a Bachelors of Arts degree in Business Management from the University of Northern Iowa. She and her husband Patrick moved to Waterloo from Indiana in April of 1985. Patrick is employed as a Product Manager at Waterloo Industries.

As YMCA members, you can expect to hear more about the debt elimination process in the months to come. It should also be mentioned that all building expansion and facility enhancement projects will be put on hold until we as an organization can erase the 1.2 million dollar debt.

YMCA CHRISTMAS CLASSIC — SINGLES RACQUETBALL TOURNAMENT RESULTS

The Black Hawk County Family YMCA held its annual Christmas Classic Racquetball Tournament on December 6th and 7th, 1985. The tournament featured singles play in MENS A, B, and C Divisions as well as WOMENS C and JUNIORS.

Here's a look at the top finishers in each division:

MENS A

1st Place — Steve Wilson

2nd Place — Todd Meyer

3rd Place — Tom Schoville

1st Consolation —

Jerry Hansen

MENS B	MENS C	WOMENS C
Randy Johnson	Mike Thomas	1st Place — Kay Sink
Randy Weidman	Ted Stone	2nd Place — Mary Geary
Vic Peterson	Doug Jones	3rd Place — Lori Weber
Dave Driscoll	Mike McNelis	1st Consolation —
		Deb Strottman

JUNIORS

1st Place — Matt Tarkett

Congratulations go out to all tournament players and special thanks for your participation in the YMCA's Christmas Classic.

WELCOME NEW YMCA MEMBERS

On behalf of the Family YMCA we would like to welcome you into our YMCA Membership. Below are those who joined in November and December.

Mr. & Mrs. A. J. Saak	Terry McElligott & Nick
Walter Robinson	Karen Flege
Dr. & Mrs. O'Hara	Gloria Cousins
& Family	Peg Winninger
L. Dean Graveman	Mr. & Mrs. Thomas Schaefer
Wayde Blumhardt	& Family
Herb Wolkenhauer	Lawrence Saug
Mr. & Mrs. Robert Clarke	& Family
& Family	Dr. & Mrs. Ronald Roberts
Vic Peterson	& Family
Mr. & Mrs. Tom Lockhart	Pat Regenwether
Danette Schluetter	Mr. & Mrs. Robert Reeves
Jean Richardson	Eileen Jensen
Ronald Grode	Kirk Hackbarth
John Stater	Mischel Berg
Kent Beiner	Bob Bowlsby
Donald Penn	Mr. & Mrs. Glen Brunick
Steve Papini	Katie Bruns
Frank Kirby	Mr. & Mrs. Jeffrey Burdette
Brad Honn	Barbara Sue Burgardt
Lee Hein, Jr.	Mr. & Mrs. Steve Christoph
Mary Ellen Beckman	& Family
Steven Claney	

Mr. & Mrs. Jerry Clark
& Family
Harry Kress
Louis Reiss
Mr. & Mrs. Isadore Nadler
Tom Mulnix
Mr. & Mrs. Wyatt Kern
& Family
Capt. Kirby Brown
Chris Champoux
Bob Durnin
Todd Peter
Shelley Sheehy
Travis Thorson
Paul Andreason
Mr. & Mrs. Bruce Carpenter
& Family
Nicholas Judas
Cale Stubbe
Daniel Dullard
Ted Guthrie
Jamie Meier
Jane Pagel
Julie Schipper
Harry Shoemaker
Brian Coughlin
Jason Fraser
Wendy Kress
Katie Langbehn
Douglas Riggs
Nick Wilson
Jean Bley
Bill Dean
Ben Diehl
Mr. & Mrs. Darly Drew
& Family
Matthew Dubois
David Grah
Tim Hardy
Daryl Hartwig
Ben & Kristi Peterson
Doug Schipper
Kasey Schneider
Bruce Ubben

Astri Wee
Mark Young
Richard Kemp
Andrew Leffel
Linda Gruetzmacher
Alan Leehey
Daren Mahoney
Brian Zenz
William Behrens
Michael Rodby
Jessica & Troy Knapp
John Bole
Duane Frisbie
& Family
Bob & Laura Jobman
Kathy Wetlaufer
& Family
Lorelei O'Brian
Vern Snitker
Bob Tuve & Family
Mr. & Mrs. Arvid Waschek
Karen Karsen
Calleta Koefoed
Mark Kennis

WELCOME!

BLACK HAWK COUNTY FAMILY YMCA
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