

Y's CRACKER

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

January 1988



THE 4TH ANNUAL "BABY, IT'S COLD OUTSIDE" INDOOR TRIATHLON

The 4th Annual Family Y.M.C.A. Indoor Triathlon will be held on Saturday, February 6, 1988 at the Y.

This year we will host individual and team competition. Entry forms may be picked up at the Welcome Center and are due before February 1, 1988.

The event will consist of a 500 yard swim, 6.2 mile stationary bicycle, and four mile run (62 laps on the indoor track). One major change this year will be the use of Schwinn Air-Dynes instead of the Monarch Ergometer Bicycles.

Divisions this year for individual competition are 15-25, 26-35, 36-45, and 46 and over. Fees are \$10 for Y members, and \$12 for non-Y members. Team fees are \$30.00 for Y-teams and \$36.00 for non-Y teams. We will accept registrations for any combination of Y members or non-Y members.

Awards will be for 1st and 2nd place finishers in each division. All participants will receive a "Baby, It's Cold Outside" quality workout bag.

Participants are encouraged to volunteer to be a timer/counter before or after they compete. Come and join the fun as a participant or a spectator.

VOLUNTEERS NEEDED FOR INDOOR TRIATHLON

Volunteers are needed to help with the 4th Annual "Baby, It's Cold Outside," Indoor Triathlon.

Volunteers are needed to time individuals or teams through the swim (counting laps), bicycle (watching odometer), and run (counting laps on the track). (Also, the competitors need a little extra "lift" to get through the Triathlon that only volunteers can give them.) Volunteering can take as little as one hour.

If you have any questions, feel free to contact Nancy Winchip. There will be a sign-up sheet for volunteers at the Courtesy Desk.

VOLUNTEER OF THE MONTH CLEON A. WOOD

Each year, from November 27th - December 20th, a dedicated group of volunteer persons take on the fund raising project of selling Christmas trees. The Y's Mens Adult Coed Service Club of the YMCA has been doing this for over 30 years.

One individual that puts in a lot of hours for the tree lot this year was Cleon — known to many of us as "Woody". Woody was responsible for the day hours, 11 am - 5 pm., Monday through Friday of each week. All in the spirit of volunteerism.

Born and raised in Cedar Falls, Woody retired in 1982 from John Deere after 35 years in the Engineering Department. Married 44 years to Loraine, he has three sons and one daughter.

His hobbies include bicycling (he has ridden RAGBRAI nine times), archery (a family sport for many years when sons participated and still bow hunts every fall), photography (still does black and white printing in his own darkroom). Woody also likes fishing, hunting, and traveling in his motor home.

Aside from his volunteer efforts with Y's Men, Woody does drafting work for Self-Help in Waverly, photo work for the Red Cross and goes on work trips with a group from the Methodist Church.

Woody is truly demonstrating the YMCA philosophy of growing up and giving back — making a better tomorrow for all of us today.

God bless you Woody and thanks!

FROM THE EXECUTIVE'S CHAIR

1988 and welcome to it! For 120 years now the YMCA has been a part of ushering in the new year in this community. Helping people help themselves. Meeting the ever changing needs of this community.

Actually, the YMCA, when it's working at its best, is an Association of people. Some persons think the YMCA is a building, but it really isn't. Buildings are just tools in which people can do things together.

Because the YMCA is an Association of people, down through our history, we have invented all sorts of innovative ways to do things together.

The "Y" still continues to be innovative; if it stops serving the needs of people it will disintegrate and die. It continues to set up ways in which persons can relate together meaningfully because it is a **voluntary** association. There is no reason for anyone to stay in it unless they **want** to.

But the real measure of whether the "Y" is doing anything important is if its members are **better** persons. Persons who join or participate ought to emerge as better for having been here. They tend to be healthier, mentally or physically, or more joyful or have a greater sense of worth.

In the "Y" both the producers and what is produced are the same people. They are simply better for having associated with each other in meaningful ways.

Thus, our challenge for 1988 becomes the task of "reaching out" and inviting more of our community to experience the YMCA — widening our association circle.

If we do it well, others grow, our "Y" grows, and we grow, too!

Here's to a great 1988.
Jim Weaton
YMCA Executive Director

CHILD CARE UPDATE

In January, we will be doing a Y.M.C.A. Child Care Quality Check. This is an evaluation process encouraged by the National Y.M.C.A. Parents of children who use our Child Care service will be mailed an evaluation. If you receive one of these evaluations, please take the time to fill it out and drop it by the Welcome Center (front office). If by chance you do not receive one by January 15, please let us know and we will get one to you.

We need to have the evaluations returned by February 26. Our overall rating will be published in the March Newsletter. Thank you in advance for your time and cooperation in this matter.

Please note: The Child Care Room will be open on Friday evenings 4:30-7:00 p.m. in January. If we do not average 5 to 6 children per Friday, we will not have the room open on Fridays after February 6.

We also have two new staff members working in the Child Care Room. Stella Thomas is working on Thursday and Friday mornings. Stella is married and has two children. We also have a new substitute worker. Her name is Shelly Holm.

We welcome Stella and Shelly to the Y.M.C.A. family!

BIOELECTRICAL IMPEDANCE TECHNOLOGY

Have you walked by the Game Room recently at the Y.M.C.A. and wondered why people are lying on a table with little probes on their right hand and foot? Well, it's nothing to worry about.

What they are doing is called Bioelectrical Impedance Technology and it measures a person's percentage of body fat as well as muscle and bone. It takes approximately four minutes and is very safe.

The little probes that are secured on your right hand and foot measure your resistance to water. Why? Well, lean tissue (muscle, bones, organs) are 73-75% water and fat is only 14-22% water. After the testing an equation is used for each individual, taking weight, size, and activity level into account. The computer comes up with your own personal account of total body water, lean body weight, percent of fat, fat pounds, optional weight and fat levels, weight to lose, estimated basal metabolism, and calories burned in exercise.

We will be holding our next Body Composition Analysis again in February. Watch signs for actual date. If you are interested in having the analysis, you should be aware of the following guidelines before your testing:

- No working out before the test
- No eating 3 hours before
- No alcohol 24 hours before

We need your actual weight and actual height that day also. For the answers to any questions you may have, please contact Nancy Winchip at the Y.M.C.A.

A YMCA WELCOME TO JAY STEFFEN

From the second week of January until sometime in the middle of April the Y.M.C.A. will be having another intern from the University of Northern Iowa Department of Recreation. His name is Jay Steffen and he is a senior in Community Recreation. Jay's emphasis is in fitness and he is also interested in getting involved in the youth sports programs that we have planned for winter and early spring. Jay is originally from Dyersville, Iowa.

We'd like to welcome Jay to our staff and we hope his experience with us is good. If you see Jay, make sure you give him a warm welcome!



VOLUNTEER COACHES NEEDED

Our youth Sports Department needs volunteer coaches for the Wrestling Clinic, Pee Wee Basketball Clinic, and Girls 2nd Season Basketball Clinic. Contact Peggy Schuler if you are interested in helping. The Y.M.C.A. depends on volunteers to run successful, cost-effective programs. Please help if you can!!!

PEE WEE BASKETBALL CLINIC



The Y.M.C.A. Youth Sports Department will be conducting a Pee Wee Basketball Clinic for boys and girls, grades 1 and 2, Sunday afternoons, January 23 through February 28. This clinic is intended for youth who are interested in learning the basic concepts of 5-on-5 basketball. The clinic will be held at the Y.M.C.A. Baskets will be lowered to eight feet and a junior sized ball will be used.

Don't wait too late to sign up for this clinic. Times are as follows:

- 1:00-2:00 p.m. — Boys, Grades 1 & 2
- 2:00-3:00 p.m. — Boys, Grades 1 & 2
- 3:00-4:00 p.m. — Girls, Grades 1 & 2

Costs for the Pee Wee Basketball Clinics are as follows:

YMCA Member		Non-Y Members
\$8.00	first child	\$14.00
\$7.00	second child	\$12.00
\$6.00	third child	\$10.00



WRESTLING CLINIC

The 1988 Youth Wrestling Clinic is set to begin Friday, January 22 and continue through March 12. The clinic is for boys and girls in grades 2-6. Proper stance techniques are highly emphasized along with learning basic take downs, reversals, escapes, and pinning combinations. All wrestlers will have an opportunity to participate in the Y.M.C.A. Clinic Wrestling Tournament.

Wrestling Clinics will be held at the following sites and times:

Friday Afternoon

Y.M.C.A. — 4:00-5:15 p.m. Grades 2 & 3
5:15-6:30 p.m. Grades 4, 5, and 6

Saturday Morning

Y.M.C.A. — 9:00-10:15 a.m. Grades 2 & 3
10:15-11:30 a.m. Grades 4, 5, and 6

Hansen Elementary School — Cedar Falls

9:00-10:15 a.m. Grades 2 & 3
10:15-11:30 a.m. Grades 4, 5, and 6

Costs for Wrestling Clinics:

YMCA Members		Non-Y Members
\$10.00	first child	\$18.00
\$ 9.00	second child	\$16.00
\$ 8.00	third child	\$15.00

GIRLS 2ND SEASON 5-ON-5 BASKETBALL CLINIC

The 1988 Girls 2nd Season Basketball Clinic is set to begin on Friday, January 22, and run through March 11. This clinic is for girls in grades 3-6 who are interested in working on basketball skills and learning the concepts of 5-on-5 basketball.

The clinic will be held on Friday evenings at the Y.M.C.A. building. Each session lasts one hour with girls in grades 3-4 beginning at 5:30 p.m., and girls in grades 5-6 starting at 6:30 p.m.

Registrations are being taken for Girls 5-on-5 right now. Phone in or stop by the desk soon. Prices for Girls 2nd Season 5-on-5 Basketball are as follows:

YMCA Members		Non-Y Members
\$10.00	first child	\$18.00
\$ 9.00	second child	\$16.00
\$ 8.00	third child	\$14.00

LOST AND FOUND POLICY

You might be surprised to see the kinds of things that people leave at the Y.M.C.A. that we eventually end up giving to Goodwill. Whenever possible, we try very hard to return items that have names in them or are otherwise easy to distinguish.

If you lose something while at the Y.M.C.A., here are a few suggestions that might lead to a rapid recovery of the item(s):

- As soon as you think you may have lost something, call or stop by and ask our office staff if anyone turned in what you lost. Be prepared to have a fairly accurate description of the item. Try to let them know where and when you left it. It's very important that you check with us **right away**, because that way we can attach your name to the item. Always leave your phone number with us, in case the item turns up.

- If we do have your lost item, try to set a time soon to come in and pick up whatever it is. We don't have a lot of storage space available.

- Courtesy Center generally has items left on the lower level; to be sure, you should check at both desks for items lost on the lower level.

- Money and all valuable items are kept in the front office.

- If a lost item doesn't turn up right away, check back with us in a week. Often, something you're missing may have been misplaced by maintenance workers or by another member. Our building is just big enough that lost items frequently surface a day or two after they were left.

- Most importantly, avoid bringing items of great value with you to the Y!

WE WELCOME OUR NEW MEMBERS

On behalf of the Family YMCA, we would like to welcome the following people into our membership.

Jesi & Jeni Selleck
 Alan Herron & Family
 Jim Joynt
 Troy Coleman
 Scott & Susan Wagner & Family
 Cindy Reed & Family
 Mike Diercks
 Michael Moore
 Kevin Ash
 Robert Wray
 Shannon Galer
 Christopher Blad
 James Kendall
 Michael Carson Smith
 Rebecca Row
 Bill Jenkins
 Stan & Patricia Anderson & Family
 Mark & Norma Allen & Family
 Greg Pavelka
 Gregory Harter
 Sue Moore & Family
 Michael & Susan Curry
 Monica Haag
 James & Deanna Juhl & Family
 Jack Bullock & Family
 Shana Tedlie
 Christopher Jones
 Ted Beliel
 Bill King
 Jeff Rausch
 Shelly Neith
 Dan Huting
 Barbara Kessler
 Joel Miller
 George Cooley
 Tom Stone
 David & Nancy Lemons
 Tim Hildebrand
 Mr. & Mrs. Clark Ross
 Lottie Jefferson
 Phil & Shari Varner
 Bradley Schwab
 Brian Burton
 Daniel Ackerman
 Steven Fortman & Family
 David Pagel
 Ty Peck
 Ahmad Fahmy
 Jeff Thompson
 Carl Schaefer & Family
 Christopher Zerwas
 Phil Weber & Silwai Ing
 Zach Olson
 Gene Yagla

John Hines Jr.
 Shelley Hansen & Family
 Colin McCrindle
 Mr. & Mrs. John Speckerman
 Thad Peck
 Gerald Smith & Family
 Ryan Henning
 John & Cheryl Beuter
 June Watkins
 Michelle Reinard
 Neekesh & Chiraag Dharia
 Mary Waldorf
 Gary Kinkade & Family
 Richard Heckenlively
 Robert Barnes
 Ben Fiser
 Sarah Haskin
 David Gottschalk
 Derek Peck
 Michael Brown
 Marlis Van Loh
 David Mulnix & Family
 Cindy Gleason & Family
 Pat Becker
 Bill Kaesten & Family
 Michael Henry & Family
 Kenneth Havel
 Bruce Foust & Family
 Rick Robinson
 Tom & Barbara Neessen
 Dennis Wetherell
 Sally Wetherell
 Judy Tharp
 Karen Linder
 Mark Widdel & Family
 Robert Bibler & Family
 Carol Ishman
 Char Stokes
 Dale Mathias & Family
 Timothy Williams
 John Benton
 Brad Weichers
 Andrea & Danielle Mayo
 Susan Byrnes
 Jan Huckstadt
 Pamela Lickness
 Kayla DeBlauwe
 Gary Bergeron
 Allen Jones
 Daniel Shuck
 Chad Kingsley
 Robert Reicher Family
 Paul Burnett
 Ed Taylor

Lance Henry
 Dave Bowling
 Ken & Kara Trimble
 Dennis Clart & Family
 Teresa Hansen
 Kenneth Jensen
 Janette Williams
 Terry Gearhart
 Dave Merron
 Connie Hartwig
 Kevin & Barbara Salisbury
 Gerald Sturgill & Family
 Gary Heuer & Family
 Kenny Allen
 Ron & Nancy Cozad
 Vicki Adams
 Diane Eenhusi & Alissa
 Steven Lantz & Family
 Scott Schoeberl
 Rudi Dulin
 Michelle Depping
 Tom & Maureen Porth
 Bruce & Janice Anderson
 William Diercks
 James & Tersea Lessman
 Daryl & Kathleen Morgan
 Michael Dowd
 Ronald & Liz Leonard
 Ty Kimble
 Joe & Judith Froehner
 Mike & Matt Winblade
 Thomas Drilling
 Aaron Wiley
 Joseph McKinley
 Gail & Tricia Dengler
 Joyce Kreis
 Jerry Anders
 Aypryl Gibson
 William R. Stoler II
 Steve Von Handorf
 Craig Cook
 Tom McIntee
 Douglas Hansen
 Laura Ann Johns
 David Antypas
 Mary Bond
 Richard Carr
 John Eisenbacher & Family
 Byron Harris
 Sandra Kemp
 Jennifer Koch
 Dennis Patterson
 James Norris
 Chris Walker

Alan Iezek
 Earl Baugh & Family
 Dennis Rogers & Family
 Melissa Ostrem
 Ronald Willow
 Bill Arndorfer
 Lori Miller
 William Shepard
 Rodney Bluml
 Stan Smith
 Jeremy Eastman
 Heidi Eastman
 Shelly Lown
 Terry Pensel
 Kevin Graves
 Jeff Gutknecht
 Jeff Simbric
 Pat Eldridge
 Deborah Gaffney
 Dale Reineking
 Brad Walkup
 Chris Knudsen
 Traci Harken
 Ryan Frank
 Ann Fencil
 Joey Hines
 Eric Schmiesing
 Luke Sabers
 Resa Kelly
 Carolyn & Erin Phillips
 Richard Klemensen
 Bruce Wagner



We are finally getting caught up on our new member names! These names bring us up to the middle of December.

BLACK HAWK COUNTY FAMILY YMCA
669 SOUTH HACKETT ROAD
WATERLOO, IOWA 50701

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