

Y's CRACKER

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

January 1987



PICTORIAL DIRECTORY PROJECT UNDERWAY

As was indicated in our October Newsletter, the YMCA is undertaking a project of major significance as we attempt to develop a membership identification program through the use of a Pictorial Directory.

The purpose of this project is threefold:

- 1) To introduce members to each other. Too often we recognize faces but can't recall names.
- 2) To use as an aid when introducing our members to friends, neighbors and the community.
- 3) To provide a lasting pictorial record of the people and programs of our YMCA.

A group of volunteers dedicated to making this directory a success will be contacting you by phone to set up your photo appointment. The pictures will be taken at the YMCA.

Each person or family who is photographed and selects a proof to be printed in the book will receive a directory without cost or obligation. You will be given an opportunity to purchase color portraits of yourself or family, but you **will not** be pressured or obligated to do so.

At this point in the program we **need your support and cooperation**. 1) Please make every effort to accommodate our phone volunteer when they call. 2) Show up for your designated appointment time. 3) If you do not get called by January 31st, please call the Y office to get an appointment. We're sorry we missed you.

Please get yourself and/or your family ready for an exciting venture — **THE YMCA WAY!!!**

Thank you in advance for your support of this project.

CHRISTMAS CLASSIC

On December 5th and 6th the YMCA hosted its annual singles Christmas Classic. Twenty-three men and women participated in round-robin and double elimination divisions. A big thank you to all who participated. We may have a member tournament in February or March, watch your newsletter for details.

Results as follows:

Mens A

1. David Driscoll
2. Dan Delagardelle
3. Bob Garrity

Mens B

1. Jerry Askam
2. Randy Johnson
3. Terry Edwards

Mens C

1. Gene Riley
2. Cecil Latting
3. Steve Drew

Womens C

1. Lori Weber
2. Sandy Jensen
3. Mary Flage



BAKE/CRAFT SALE A SUCCESS

On behalf of the Child Care and Fitness staff, I would like to thank those people who helped with the Bake/Craft sale. Also for all the people who brought the goodies. The monies raised will be going towards new toys and crafts in the child care room, and a little towards special equipment in the fitness classes. We had two big winners of the raffles. First prize went to Cindy Troyna which entailed a \$35.00 Party Platter from American Black Hawk, and second prize winner was Brenda Patterson who won the Merry Christmas Craft project donated by Kim Burdette.

FROM THE EXECUTIVES CHAIR

1986 certainly has been a year of dramatic change for our community and the YMCA. It is with great excitement that we look to 1987 as a year of new ideas, new programs, new commitments towards a better community and a quality way of life. Together we can make that happen!

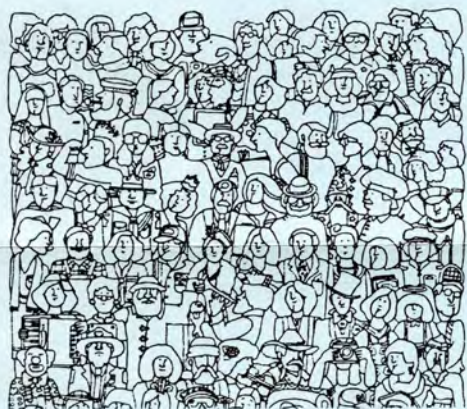
1987 for our YMCA means renewed vigor toward providing you the services our community needs and wants. Those priorities include youth to senior citizen programs, facility enhancement, work with the less fortunate and giving individuals opportunities to grow through our Y volunteerism, whether it be on boards and committees or value coaching in a youth sports program. As you can see — there is a lot yet to accomplish and you have our guarantee that we will continue to strive for the excellence we all so richly deserve.

If I would ask anything from you for 1987 it would be to **get involved!** Whether it be with your YMCA, your church or another favorite charity or organization, make your life count by volunteering your time, talents or financial resources in the development of a better tomorrow. You'll be glad you did more than you'll ever know.

Here's to a great 1987. Good luck and God's blessing.

Jim Weaton
YMCA Executive Director

WINTER II REGISTRATION INFORMATION



Winter II session begins January 19th. Don't wait any longer to begin an exercise program, swimming class, gymnastics class or any one of the many programs we offer here at the Family YMCA.

Registration dates are as follows:

Current YMCA class participants Friday, January 9th
YMCA members only Monday, January 12th
Non-YMCA members Tuesday, January 13-15th

You may register either in person or by telephone between the hours of 9 a.m.-9 p.m. Don't miss out on this session, Spring will be here before you know it!

For Your Information

With the beginning of the New Year now upon us, resolutions are being made to build upon our strengths and improve upon our weaknesses. Many of us will set goals to lose that 10 pounds gained over the holidays, to exercise regularly, to quit smoking, to spend more time with our families, etc. Your Family "Y" also has made some New Year's resolutions. One of these is to better serve you; our members, our program participants, and our supporters. In 1987 our staff will go through formal and informal training sessions that will deal with four primary areas of management: Leadership development, facility operations, programming, and personnel and member relations. The goal of these sessions is to make your YMCA experience as fulfilling and worthwhile as possible, from the greeting upon checking in, to the "thank you for choosing the YMCA" as you check out. One objective of accomplishing this is to dwell on the positive and eliminate the negative.

We have already begun the process of positive changes. One example is the name changes of our two operation desks, the front office is now referred to as the welcome center and the lower control desk is now referred to as the courtesy center. The reason is simple, to extend people courtesy's rather than to attend to business matters. Look at it this way, to be "paged" to report to the "lower control desk" can give one an image of being in trouble or having to report to a parole officer. Wouldn't you rather be "paged" to come to the "courtesy center"?

The name change is small, but we feel it is a positive change. Sometimes it's the small things that have the largest effect.

This is all for this edition of F.Y.I. We hope to serve you even better in 1987 and wish you a most prosperous and blessed NEW YEAR.



FOR YOUR HEALTH COMMON MISCONCEPTIONS OF EXERCISE

By Shelley Whittcrich,
Exercise Physiologist

Part One

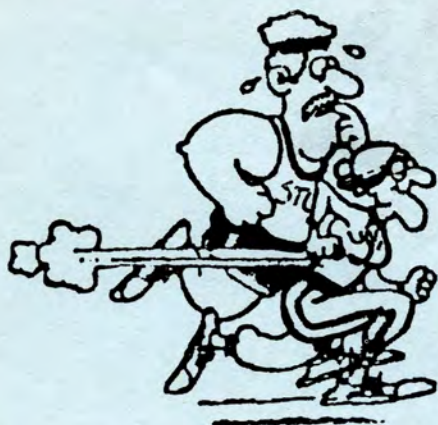
The discipline of physical fitness and exercise is plagued by an unending supply of **misconceptions**. These superstitions, old-wives' tales, and rumors are due largely to lack of education among the general public a basic information proven through research in the relatively new sciences of exercise physiology and nutrition.

The information following each common misconception listed below should serve as an update on current knowledge in the areas of physical fitness and nutrition.

"If I don't feel pain when exercising, I know I'm not doing myself any good."

The old adage of pain as an integral part of exercise

THE ALL NEW



MILERS CLUB

January 1st is the first day for the new you! Many of us have made resolutions to lose weight and to get in shape, or have made goals to cycle, surf, or turf a certain distance in 1987. With you in mind, we will begin the all new Family YMCA Milers Club in 1987. It will promote harmony, fellowship and interaction. It will also encourage more participation, and serve as a stimulus to keep you aiming for a goal throughout the entire year.

Here is the general information:

1. Sign up at the Welcome Center. There is a \$5.00 fee per event, or \$12.00 for all 3 events. Sign up anytime during normal YMCA hours.
2. You will be responsible to record your own mileage. The swimming chart will be in the pool. Mileage must be recorded to the nearest lap. One lap is down and back in the pool, 36 laps (72 lengths) equals one mile. The bike category includes stationary, single speed and multiple speed bicycles. The chart will be outside the exercise room. Please record to the nearest 1/4 mile. Running should also be recorded to the nearest 1/4 mile and the mileage chart will be across from the men's locker room.
3. You may earn one T-shirt per event, per year.
4. To have your name on each respective chart, you must pay the initiation fee.

Break down to be in each respective mile club:

Name on plaque

Swim	50	100	200	miles
Walk		500	1000	1500
Run		500	1000	1500
Bike		1000	2000	3000

T-shirt qualifiers

Swim	75 miles
Walk	750 miles
Run	750 miles
Bike	1500 miles

When you reach the mile club goal you will be given a T-shirt in that respective field of either swimming, biking or running. At the end of the year, total miles will be tallied and your name will be placed on a plaque in accordance with your miles and event.

The YMCA would like to recognize the following people

who will be initiated into their respective mile clubs. We have made every attempt to include everyone into the clubs, but apologize if we missed anyone. We took the names from the cards in the pool and from the runner's chart.

Swim

50 miles

Steve Boyd
Calleta Koefoed
Julian Schaetzle
Stan Stout
Helen Zellhoefer

100 miles

Fred White
Kevin Sullivan

150 miles

Louis Cutshall

Walk/Run

500 miles

Bob Hoffmann
Todd Hunemuller
Mark Olson

750 miles

Mike Fereday
Chuck Landau
Steve Moravec
Dan Paulsen

1000 miles

Steve Boyd
Gerry Gienger
George Joseph
Wayne Marth
David McCullough
Jim Weaton

1500 miles

Ric Miller
Jack Mussett

FOND FAREWELL TO KIM GRAVES

Kim Graves, Y.M.C.A. welcome center receptionist since July of 1985, will be leaving the Y.M.C.A. on January 16th to return to her home town of Cleveland, Ohio.

Always ready with a warm, welcoming smile Kim's presence will be greatly missed by all of us. Kim has been a tremendous asset to our Y.M.C.A.

We wish Kim the best of luck in the future. We know she will be successful in what ever she chooses to do.

Good Luck Kim, we will miss you!



THE TRIATHLON SHUFFLE

I am a triathlete with three things to do
Swim, bike, and run, shufflin' for you.
I'm so bad I know I'm good
Blowin' your mind like I knew I would.
You know I'm just struttin' for fun
Struttin's my stuff for everyone.
I didn't come here lookin' for trouble
I just came to do the Triathlon Shuffle!
Well they call me sweetness cause I swim, bike and run
Training at the Y makes it fun.
Now you know I'm bad you know I'm good
'cause I've been training every moment I could.
I had the goal since training camp
To give my family a triathlon champ.
Now come to the "Y" and check this out
It'll be fun without a doubt!



It is time to start training (& shuffling) for our third annual "Baby It's Cold Outside" indoor triathlon! It will be held Saturday, February 7th, with the first heat beginning at 7:00 AM and run every hour thereafter. The distances will consist of a 500 yd. swim (10 laps) in the pool, followed by a 15K (9.3 mile) stationary Monarch bicycle ergometer ride and last a 4 mile run (62 laps) on our indoor track. Once the clock starts at the beginning of the swim, it doesn't stop until you've completed the run, so you should practice the transitions between the three events.

A new dimension this year will be the addition of the team competition. The team must consist solely of all males or females. A person can only compete in the individual or the team competition, not both. The team competition will begin with the women's heat at 3:00 and the men's at 4:00.

The Y will also need numerous volunteers to help throughout the day. Competitors and their families, too, are encouraged to give an hour of their time before or after they compete. Please call the Y if you are interested.

Entry Fee: \$10.00 Y member individual
\$12.00 non-Y member individual
\$30.00 all Y Team
\$36.00 all non-Y Team

Any combination of Y members and non-members is acceptable for teams.

Entry forms are available at the Y.

Come, join us in the "triathlon shuffle".

seems to be a hold-over from involvement in athletics of personal competitiveness. Pain is indicative of strength training, or aerobics means simply that you are over doing. In addition to causing injury, this high intensity training more frequently leads to burn-out and cessation of exercise completely.

The faster one runs or jogs the more calories one utilizes.

At moderate speeds, distance or duration is the most important factor, not speed. The definition of work is moving force through distance. In relation to jogging, it is the force required to move the body that is important, not the speed at which it is moving. Calorically, there is little difference between jogging a mile in 40 minutes or in 10 minutes. Recent research indicates that working at low levels of endurance (50-70%) results in more fat tissue being burned for fuel, while exercising at higher capacities results in the utilization of more carbohydrates as fuel.

Spot reducing is the best method of decreasing fat in a specific area.

Exercising a specific group of muscles will not selectively diminish fat deposits over the area. Spot reducing has never been proven to occur. Specific area exercise will condition the muscle group being used. To lose fat, one must expend more calories than are consumed. Vigorous aerobic exercise, such as jogging, swimming, cycling, aerobic dance, and walking will take the "fat handles" off the waist faster than will specific abdominal exercise.

An active person requires vitamin and mineral supplements.

Vitamins and minerals are not an energy source. Under normal conditions one receives sufficient vitamins and minerals from a well balanced diet. It is generally agreed that women (active and inactive) do require a daily iron supplement as the average diet does not contain sufficient iron.

Is exercise an effective means of weight control?

More and more nutritionists and exercise physiologists are proclaiming that exercise is the key to a sound weight control program. Several findings have led to this proclamation. While it has been known that the exercisers metabolism remains elevated for number of hours following exercise cessation, it is now hypothesized that the regular aerobic exerciser has an altered metabolism that results in more calories being burned continuously. In addition, it appears that the exerciser has a much keener sense of caloric balance, resulting in an appetite that encourages the intake of about as many calories as are expended daily. In all, the research indicates that regular aerobic exercise can be a very effective means of long-term weight control.

YMCA YOUTH-SPORTS SHORTS

A reminder to all 2nd-6th graders that the Youth Wrestling Clinic for 2nd-6th graders will be starting the week of January 19. Also, a second session of girls basketball for 3rd-6th graders will begin Friday, January 23. You may register for either clinic by calling the YMCA at 233-3531 or by stopping at the welcome center.

Remember also to sign up for a gymnastics, Kyokushin Karate or Judo class. Registration for these classes will begin Friday, January 9 and continue until January 13.

I would like to thank all of the young people that participated in any of our Youth Sports Clinics or other youth programs in 1986. I hope all of you enjoyed the experience and I hope to see all of you back in 1987.

Thank you also to all of the adults who helped coach a team or helped out in any other way, we wouldn't be able to have these programs without you. Your time and talents are truly appreciated.

SATURDAY MORNING FUN CLUB

Attention, boys and girls 1st through 4th grade, it is time again for our Saturday morning fun club. We have seven activity-packed Saturdays planned just for you. Our club meets from 9:00 am - 12:00 noon, from January 24th through March 14th. (There will be no fun club February 7th when we have our annual indoor triathlon). You will be divided into groups of friends in your own age level participating in games in the gym, gymnastics room, game room and pool. The morning draws to a close with lunch and a movie. Participants need to bring a sack lunch (the YMCA will provide the drink), swim suit and towel, and white soled tennis shoes, (other than those worn into the building). Please bring these in a tote bag with your name on it so nothing will be lost.

Fee:

YMCA Member		Non-Members
\$11.50	1 child	\$20.00
10.50	2 children	18.00
9.50	3 children	16.00
	(same family)	

The registration will be the same as for Winter 2 session. This fills quickly, so register early during registration week. If you are interested in volunteering as an activity leader, and are at least 12 years of age or older, please contact Jill Dzikonski at the YMCA at 233-3531. Thanks!

WINTER RACQUETBALL LEAGUE

The YMCA will be starting a singles racquetball league for men and women the week of January 19th. We will be starting something new in the way of scheduling. Leagues offered will be Mens A, Mens "High" B, Mens "Low" B, Mens C, Mens D (Beginning), Womens B, Womens C, and Womens D (Beginning).

Times offered are as follows:

Mens A	Fri. 11:30/12:00 noon or Mon. 6:00/6:30 pm
Mens High B	Wed. 11:30/12:00 noon or Wed. 7:00/7:30 pm
Mens Low B	Mon. 12:00/12:30 pm or Tue. 6:00/6:30 pm
Mens C	Tue. 11:30/12:00 noon or Thur. 6:00/6:30 pm
Mens D (Beginning)	Fri. 6:00/6:30 pm
Womens B	Tue. 1:00/1:30 pm or Thur. 7:00/7:30 pm
Womens C	Thur. 2:00/2:30 pm or Wed. 6:00/6:30 pm
Womens D (Begin.)	Wed. 10:00/10:30 am or Fri. 5:00/5:30 pm

You pick the time you want and according to how many sign up, I will schedule games for you. Each league time will have a maximum of 8 people. I will schedule at least one bye in the session. If you are interested and/or need more information contact Nancy Winchip at extension 20. Please fill out the registration form and hand it in to the front desk by January 12th. League pairing done by Thursday, January 15th. Play begins week of January 19th. Cost is \$6.00, this includes a new can of Penn or Ektelon racquetballs.

WELCOME NEW YMCA MEMBERS

On behalf of the Family YMCA we would like to welcome you into our YMCA Membership.

Kirk Bragg
Gary Moore
Thomas Romanin & Family
Eric Benson
Jenny Fouts
Anita Fjelstul
Chet Fjelstul
Jeff McCarville
Thomas Friedman & Family
Dale Hansen
Gaylen Miller & Alicia
Mr. & Mrs. Dennis Neebel
Ramon Tevenal
Mr. & Mrs. Maurice Wicklund
Mr. & Mrs. Joseph Burke
Robert Decker & Family
Bonnie Feldpouch
Matt Hurley & Family
Mike Laws
Jason Mueller
Donna Phillips
John Wagner
Tom Girsch & Family
Adam Perkins
Donald Priebe
Carissa & Tone Wittmayer
Wesley Jones
Michelle Mihalakis
Travis Montgomery
Gary Youngblood
Mark Evert
John Harrington
Angie Hurley
Tiffany Knief
Greg Parker
Jeff & Marchelle Short
Jay Stoddard & Family
Carmen Tudor
Scott Van Lengen
Jeffrey Harland
Michael Heuer
David Morales
Jason McGovern
Michael Nelson
Billy Steenbergen
Jerry Rehlander & Family
David White
Jeff Nissen
John Rider
Steve Von Handorf

Michael Brinkman
Lindsey Hoff
Ryan Ladley
Ryan Nelson
Lee Schnack
Jim Young & Family
Jo Martin
Joel Byford
Andrew Edeker
Diane Madsen
Mark Merchant
Ben Nelson
William Phillips
James Powell
Cathy Treichel
Jason Watt
Rusty Zey
Melvin Lichty
Nancy Allen
Dana Drum
Shauna Hacker
Lisa Horras
Kristen Noelting
Diane Reuter
Matthew Butler
Gerry Shaver
Rex Tomkins
Nancy & Amy Price
Teresa Mayne
Toni Fitzgerald
Missy Dahlen
Richard Anzek
Sue Fellenzer
Robert Isenhower Jr. & Family
James Paulson
Tom Scoggin
William Shepherd
Larry Wilson
James Winder
Smith Family
Carolyn Madsen
Jed Fogdall
Librado Flores

BLACK HAWK COUNTY FAMILY YMCA

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