

BLACKHAWK Y.M.C.A. BROADCASTER

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ANNUAL Y.M.C.A. MEMBERSHIP ENROLLMENT JAN. 21 - FEB. 2

The Annual Y.M.C.A. Membership Enrollment will kick off with a dinner in the Y's Horizon Room at 6:16 P.M. January 21 with the feature speaker being Robert Fulton, Lt. Governor of the State of Iowa. This year's membership enrollment will be headed by Robert J. Brown, Geist, Brown & Geist. Assisting Brown as Majors are Chick Dykeman and Steve Showers at Central. At Evansdale and Cedar Falls community service clubs have volunteered to assist with the membership enrollment. Working under Steve Showers are six captains who are Darrel Annis, John Bragdon, Bob Crockett, Bob Janeczek, Don Krause and Mike Zegarac and assisting Dykeman as captains are: Bob Berger, Jim Freshwater, Tom Friedkin, Chuck Mausser and Mike White.

The report meetings during the membership enrollment will be held on Tuesday, January 26 at 5:00 o'clock and on Friday, January 29 at the same time. The victory dinner is scheduled to be held at 6:16 P.M. and all wives are invited to attend the final meeting. The enrollment is an annual activity for the "Y" to promote the programs and also encourage participation in the various programs conducted by the Y.M.C.A. during the year. Anyone who wishes to join the "Y" during the membership enrollment or any time during the year may ask for information by calling the Y.M.C.A.

Noon Volleyballers Form League

Volleyball players are found in all shapes, sizes, and forms. They are found over, under and

Junior Leaders Club Provide Leadership To Classes

The Central Junior Leaders Club which was formed in October of last year has gone through ten weeks of training in class room and practical exercise and is now assisting the physical department leaders in the gym and swim program. Two Junior Leaders are assigned to work each afternoon with separate classes and they follow each class through the gym and swim program during the afternoon. The purpose of the Leaders Club is to assist the physical department in carrying out the purposes of the Y.M.C.A. and during the first two weeks of this term these Junior Leaders have shown a tremendous high standard of performance of their abilities in assisting in the various programs.

in the net. Your Central Y.M.C.A. formed a volleyball league for all men who wish to compete.

Competition will be held on Mondays and Fridays, starting at 12:30. Team captains are: Team 1 — Tigers — Dan Eicher, Team No. 2 — Lions — Chuck Braley, Team No. 3 — Wildcats — Walt Hodgson, Team No. 4 — Rams — Howard McMullen, Team No. 5 — Colts — Don Krause. Each team consists of eight or more players and captains are always drafting and recruiting additional players for their squads.

If interested, sign up with the Physical Director or contact one of the team captains.

Central Y.M.C.A. Boys Dual Meet Schedule

The following is the schedule of the coming meets with the various Y.M.C.A.'s within the state and area:

RECORD TO DATE

Waterloo 146Clinton 135
Waterloo 171Newton 136
Waterloo 167 ..Des Moines 112

MEETS

Jan. 16....Cedar Falls, Dubuque (Here)
Jan. 23.....Clinton (Here)
Jan. 30.....Cedar Falls, Marshalltown (Here)
Feb. 6.....Newton (Here)
Feb. 13.....Dubuque (There)
Feb. 20..Marshalltown (There)
Feb. 27....Des Moines (There)
Mar. 6..District at Cedar Falls
Mar. 20.....State at Iowa City
Apr. 10.....N.C.A. at Madison, Wisconsin

Have You Had Your Test?

Members who participated in the Physical Fitness program in the Fall and were enrolled for the Winter program from the beginning have already taken their "tests." The Progressive Pulse Rate Test has been introduced to over 150 men and women in the Physical Fitness classes. The purpose of this test is to show the pulse rate improvement on each individual and actually show the person what "Fun and Fitness" the Y's Way is doing.

Those who have not taken the test may be tested any time. The test takes approximately a half hour. See the Physical Director or call him if you haven't taken your test.

Cedar Falls Y Club Groups Enjoy Thursday Night Swims

Members of Eleven Gra-Y Clubs have been enjoying Thursday night swims at the Price Laboratory Pool on a scheduled basis during the past two months. This has been a new program activity for Cedar Falls Gra-Y club members. 225 boys are enrolled in the 11 clubs. There will be a meeting of Club presidents during the month of January as a Gra-Y Club council to plan for inter-club activity during the winter and Spring months. Two special activities are being considered: A Spring Gra-Y Warriors' Contest of Indian Game Skills, and a Gra-Y Bombardment Tournament.

Study Branch YMCA Needs In Cedar Falls

Rev. Edgar Brammer, chairman of the Program Study Committee of the Cedar Falls YMCA, announced that Harley Van Akkeren, North Central Area YMCA staff member related to Youth Program Services has met with their committee to arrange the planning for a program study of the Cedar Falls Branch YMCA operation to be conducted during January, 1965.

The object of the study will be to evaluate the present program and to plan for the development of future program opportunities for the Branch. Other members of this study committee are: Dr. Robert Watson, Dr. Walter DeKock, Dr. Gordon Rhum, Don Lindaman, and Rev. Lewis Crase.

Robert A. Young Elected Chairman Of The Board Of Trustees



At its regular monthly meeting on Wednesday, December 2, the Board of Trustees elected as its Chairman, Robert A. Young. Chairman Bob, past president of the Board of Directors will maintain chairmanship for a period of one year. M. L. "Mike" Lorenzen will be Vice chairman of the Board. Other members of the Board are:

Don M. Graham
Richard T. Jenkins
W. H. Langlas
George E. Pike
Howard Rath
Lowell J. Walker
George E. Allbee
W. H. Beverstock
Russell O. Lamson
L. T. Potter
K. L. Bragdon
A. A. Zimmerman

Arthur A. Zimmerman, immediate past chairman relinquished the chairmanship at the December 2nd, meeting.

Y.M.C.A. And Its New Look

The residence section of the Y.M.C.A. is undergoing some changes. Among these include painting, new draperies, furnishings, T.V. and many more. Our resident occupancy is increasing and we hope in the near future to reach 100%. Our building superintendent, with his able crew, are beginning to get the physical plant under control and we have just a few problem areas left. We hope to have these solved within the next few months. Our Grill patrons are increasing with each day and the future looks even brighter. We are preparing a brochure that will tell the Wa-

terloo-Cedar Falls and surrounding areas of the services that we have available and that the ladies are welcome in our Y.M.C.A. and Grill.

I best get this submitted or our able Physical Director will have my head.

Fifty and Hundred Mile Runners Gaining Each Month

As reported in our last publication those enrolled for the physical fitness classes have also been recording the distance they have been running since last September or if they enrolled for this new term starting in January. Below is the list of the top ten people who are running in our physical fitness program:

Leaders in the Women's 50 Mile Club are:

NAME	MILES
1. Pat Eicher	57
2. Barbara Woodward	49
3. Juanita Eicher	38
4. Jeane Brown	21
5. Dottie Plager	17
6. Aly Hazama	14
7. Majorie Russell	11
8. Jean Penaluna	9
9. Emmie Glasson	8
10. Janet Goldberg	4

Leaders for the Men's 50 Mile Club are:

1. LeRoy Rousselow	33
2. Chuck Braley	32
3. Ralph Emerson	30
4. Paul Brasch	29
5. Chet Walsh	28
6. Don Laughlin	27
7. Gene Alvord	24
8. Dick Lyons	22
9. Jack Bond	21
10. Warren Meade	20

Leaders in the overall running program and members of the 100 Mile Club are:

1. Sam Chollar	102
2. Andy Smith	90
3. Marv Diemer	85
4. Bob Nesbitt	76
5. Jim Hutcheon	70
6. Howard McMullen	59
7. Don Krause	53
8. Chuck Hazama	52
9. Ed Gallagher	50
10. Wilbur Gray	50
11. Jerry Cook	50
12. Dick Goff	46
13. Dan Eicher	38

Winter Physical Program For Grade School and Junior High School Youth Announced By The Cedar Falls YMCA

The Cedar Falls YMCA is conducting a Winter Physical program which includes special activities for Grade School and Junior High School youth of the Community.

1. "Fitness For Living" physical program for boys 8 years old through the 6th Grade. A 10 week program to be conducted at 4 grade school locations in Cedar Falls began Saturday, January 9. Program Fee: \$2.00 for YMCA Members. \$3.00 for others.

North Cedar School -
Bud Crystal, Leader.

Cedar Heights School -
Jack Schultz, Leader.

Lincoln School -
Joe Valenta, Leader.

Orchard Hill School -
Joe Einertson, Leader.

5th and 6th Grade Boys will meet in each school 8:30 to 9:30 a.m. 8 year olds through 4th Grade boys will meet 9:30 to 10:15 a.m. Leaders of the "Fitness for Living" program are Physical Education Leaders and teachers in the Cedar Falls School system.

2. Boys 5th and 6th Grade Basketball League will be conducted for a 10 week program beginning Sat., January 9, 1965 at 1:00 at the Main Street Junior High Gym. Joe Valenta and Gary Hogue will direct and supervise the league play. Enrollment Fee will be \$2.00 for YMCA Members and \$3.00 for non-Y members.

Boys will organize their own teams for play in this league. Fellows who do not belong to a team may enroll. They will be recruited to form a team in the league play.

3. Fellows in the 7th through 9th Grades in Junior High School may enroll in the YMCA Leisure Athletic-Recreation Program which will be conducted at the Peet Junior High School Beginning January 9th, 1:00 to 4:00 p.m. This YMCA program will be under the direction of Jack Schultz and Bud Crystal of the Cedar Falls Junior High School Physical Education staff. The Program will include, Basketball, Volleyball, Group games, for individuals or friendship groups in a leisure time schedule. Enrollment Fee: \$2.00 for Y Members and \$3.00 for non Y-Members.

These three physical programs began January 9, 1965. For further information call the Cedar Falls YMCA, 266-5223, or see Jack Schultz, Peet Junior High School.

Many Groups Use "Y" Club Rooms

"Y" Services
Include Rooms, Lobby,
Lounges, And Gyms

Social gatherings, meetings, chess games, church services, and training courses are some of the varied uses of the Y.M.C.A. club rooms these days. In addition to the club rooms service, the "Y" offers use of the lobby, washrooms, public showers and lounge facilities, the use of the gymnasiums for special events, and free membership privileges for men and women in service.

Coffee Service Too . . .

Organizations such as church and school groups, social agencies, government agencies, labor groups, civic organizations, family groups and many others find that the "Y" club rooms make an ideal place to meet. Kitchen and dining room facilities are available for organized groups, and dinners, pot-luck dinners, luncheons and coffee service are all very popular.

For special occasions when a very large number of people attend the Horizon Room is used. During the year 1964 over 1,500 meetings and social events of various kinds were held at the "Y" with a total attendance exceeding 50,000.

Central Winter Program

January 4 Through Week Of March 13

ADULT SCHEDULE

PHYSICAL

Aquatics		
Co-ed Splash with families	T., Th.	7:00- 8:00
Family Swim	M. thru F.	8:00- 9:00
Men		
Open	M. thru F.	9:00- 4:00
	(Two or more)	
	M. thru F.	9:00- 9:00
	Saturday	4:00- 5:00
Body Building	Daily	9:00- 9:00
Chess	Thurs.	7:00
Father-Son Gym	M. thru F.	7:00- 9:00
Father-Son Swim	M. thru F.	8:00- 9:00
Handball - Reservations	M. thru F.	9:00- 9:00
	Saturday	8:00- 5:00
	M. thru F.	8:00- 9:00
Judo	M., Th.	7:00- 9:00
Physical Fitness		
Noon - Men	M., W., F.	12:00- 1:00
Evening - Men	T., Th.	5:00- 6:00
Women	M., W., F.	10:00-11:00
Running Club	Daily	9:00- 9:00
	(Private Groups)	
Splash Parties	Saturday	7:00- 9:00
Table Tennis	Tues.	7:00-10:00
Volleyball		
Noon	M., W., F.	12:30
Evening	T., Th.	5:30
Varsity	Th.	7:30- 9:00

NON-PHYSICAL

Stamp Club	Fri. (2, 4)	7:30
Coin Club	Thurs. (2)	7:30
Y's Men's Club	Thurs. (2, 4)	6:30
		8:00
Industrial Management	Tues. (2)	6:30

YOUTH SCHEDULE

Tadpole A	Gym	Saturday	8:30
	Swim	Saturday	9:15
Tadpole B	Gym	Saturday	9:15
	Swim	Saturday	8:30
Tadpole C	Gym	Saturday	10:00
	Swim	Saturday	10:45
Tadpole D	Gym	Saturday	10:45
	Swim	Saturday	10:00
Minnow I	Gym	Monday	4:00
	Swim	Monday	4:45
	Rec. Sw.	Saturday	1:00
Minnow II	Gym	Tuesday	4:00
	Swim	Tuesday	4:45
	Rec. Sw.	Saturday	1:00
Minnow III	Gym	Thursday	4:00
	Swim	Thursday	4:45
	Rec. Sw.	Saturday	3:00
Fish I	Gym	Monday	4:45
	Swim	Monday	4:00
	Rec. Sw.	Saturday	1:00
Fish II	Gym	Thursday	4:45
	Swim	Thursday	4:00
	Rec. Sw.	Saturday	2:00
Fish III	Gym	Friday	4:00
	Swim	Friday	4:45
	Rec. Sw.	Saturday	3:00
Flying Fish And Shark I	Gym	Tuesday	4:45
	Swim	Tuesday	4:00
	Rec. Sw.	Saturday	2:00
Flying Fish And Shark II	Gym	Friday	4:45
	Swim	Friday	4:00
	Rec. Sw.	Saturday	3:00
Porpoise	Gym	Wednesday	4:00
	Swim	Wednesday	4:45
	Rec. Sw.	Saturday	2:00
Jr. High School			
Gym	Mon. thru Fri.	6:30- 7:30	
	Saturdays	1:00- 5:00	
Swim	Mon., Wed., Fri.	7:00- 8:00	
	Saturday	12:00- 1:00	
High School Youth	Follow Men's Schedule of Activity		
Special Youth Classes			
Judo	Saturday	1:00- 3:00	

THE "Y" HAS IT

Badminton, Basketball, Golf
Driving, Gymnastics, Handball,
Paddleball, Showers, Steam
Baths, Swedish Massage,
Swimming, Trampoline, Vol-
leyball, Weight Lifting, Wres-
tling.

SEE CHUCK TODAY

Y.M.C.A. Physical Department

Robert J. Brown Named Chairman of 1965 Membership Enrollment



Robert J. Brown has been appointed by President R. T. Jenkins, as Chairman of the drive. Bob Brown was Chairman of the '64 drive that was so successful.

"We have again divided the campaign in to four divisions," Bob said, "with Cedar Falls Branch under the leadership of Chuck Dalton and Jim Walm-sley, as division Co-Chairmen; Central with Division II under Chick Dykeman's leadership; Division III under the leadership of Steve Showers. Division IV will be made up of the Evansdale Branch."

Our total campaign will have 125 workers, who will wind up the ten day drive on Tuesday, February 2, according to Bob Brown.

"This is the second year of combining a total Branch membership campaign, and it lends itself to a lot of spirit and fellowship that is necessary for a successful drive," Bob Brown said.

From the desk of the General Secretary:

The last of 1964 has passed and the New Year has begun. This is the time for our Association to look to the future year and its plans . . . but it is good to look to the past in order to build for the future.

In 1868 the Waterloo Y.M.C.A. (now the Y.M.C.A. of Black Hawk County) was first organized and has steadily grown to a membership of well over 3,000 members. Membership of Club groups have steadily grown to the point where over 350 separate groups were served by and through the Y.M.C.A.

For the first time in several years, the Association has been able to balance out its financial budget for the year 1964. We were able to accomplish this through the cooperation of the Staff and laymen of our Y.M.C.A.

We look to the future and 1965 with dreams and concrete plans for a bigger and better Association of members. Waterloo is a wonderful town. Let's make the Y.M.C.A. wonderful, too!

Y.M.C.A. GRILL

- ★ Delicious Food
- ★ Fast Efficient Service
- ★ Friendly Atmosphere

Mon. thru Sat. — 6:30 to 5:00
Except

Monday — 6:30 to 7:00

Friday — 6:30 to 7:00

- ★ AIR CONDITIONED ★

CF Y-Indian Guide Program More Than Doubled

L. W. (Pete) Schoneberg, known as "Flying Cloud" in the Y Indian Guide Program, who was Organizational Chief for the recent Y-Indian Guide New Tribe promotion program in the past two months, announces that 7 new tribes have been organized. This brings to 12 the number of Tribes that are meeting in Cedar Falls "Tepees" twice each month.

"Running Bear" Bill Kramer, Y secretary, said that this significant growth of the Y Indian Guide program reflects an increased participation of Cedar Falls families in the YMCA Fellowship, "And most important Men and their small boys are finding the real value of happy times spent together."

The Black Hawk Tribe, Jim Buchwald, "Grey Cloud", chief, has fathers and boys who are now 10 years old. This tribe is planning a pilot project which will map a "tribe" organization and program pattern for Fathers and older sons. Boys will be guided in the group officer leadership and activities planned that fit the needs and interests of the 9-11 year group within the framework of a Father-son group.

Interest has been expressed in a Y-Indian Guide tribe for fathers and boys 6 and 7 years of age to meet on Saturday morning. Two men can meet only at this time. Any other men with the same position who would like to enroll in an excit-

ing program with their young sons at this time please contact "Running Bear" at the Cedar Falls Y Office, 266-5223.

Kramer also stated that the Cedar Falls Council of Chiefs is planning to organize one or two Y-Indian Princess Tribes — Father and Daughter groups after the beginning of the new year. The program will be patterned after the Father-Son program and the first tribe groups will be for men and their 6 and 7 year old daughters. Busy Fathers need to become better acquainted with their daughters and to spend special time with them as well as with their sons he said.

STUCK??

ARE YOU STILL TRYING TO
FIGURE OUT WHAT TO GIVE
THAT BOY OF YOURS?

GIVE HIM A MEMBERSHIP

IN THE

Y. M. C. A.

HE CAN USE IT THROUGHOUT
THE YEAR — SWIM, GYM,
CLUBS, TRIPS, HIKES, PALS.

STOP WORRYING
CALL THE "Y" TODAY

233-6131

THE YOUNG MEN'S CHRISTIAN ASSOCIATION

of BLACK HAWK COUNTY

BULK RATE
NON PROFIT ORG.
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