

October 1986

(319) 233-3531



Wendy's Restaurants in the Waterloo/Cedar Falls area have offered to give all Y.M.C.A. members a 10% discount on all purchases throughout our membership campaign. (October 1st-November 14th). Simply present your Y.M.C.A. card before ordering at any of the metro Wendy's Restaurants. THANK YOU WENDYS!

Anyone wishing to take advantage of the membership campaign opportunities is urged to stop by the YMCA for a tour or call the "Y" at 233-3531 for more infor-

Y.M.C.A. SPORTS SHORTS

Another exciting and fun-filled season of YMCA flag football is well under way. This years clinic has seen several significant changes. First of all after 10 years we have decided to no longer have the participants wear helmets. Another exciting addition to the clinic is that the last week's games will be played inside the UNI-dome. We are very grateful to Bob Bowlsby and UNI for allowing us this wonderful opportunity. It should be very exciting for all the kids and parents.

If you missed the flag football clinic you might want to consider the youth basketball clinic which will begin October 31st or November 1st. This clinic is also for boys and girls in 3rd - 6th grades and will meet on Friday evenings and Saturday mornings, concluding on December 20th.

If you are interested in volunteering for the basketball clinic as a coach or assistant contact Mark Singsank at 233-3531.

WORK SUPPORT AND RECREATION CLUB

Your Family YMCA and the Churches in Ministry are again combining energies for the continuation of the Work Support and Recreation program (W.S.R.C.). The purpose of the program is to enhance job finding skills, reduce stress and develop a networking system for the persons and families of the unemployed and underemployed in our community. The club meets every Friday evening beginning September 26th from 7:00 p.m. to 9:00 p.m., alternating between a meeting night and recreation night. The program is Free of charge with child care available (free) 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 meetings. The meetings are structured to include socializing, a guest speaker, large and small group interaction and recreation time.

With structured meetings guest speakers and open recreation opportunities this program is proving to reduce stress and provide positivism within each participant as well as provide plenty of fellowship. If you or someone you know could benefit from the W.S.R.C. contact the Family YMCA at 233-3531. The next meeting is Friday, October 10th at 7:00 p.m. Give us a try. You'll be glad you did!

FALL INTERNSHIP STUDENT

Lyn Flenker

Lyn is from Maquoketa and graduated from Maquoketa Community High School in 1977. He participated in student council, cross country, and wrestling during high school, while placing sixth at the State Wrestling Tournament his senior year.

After finishing high school, he worked in Maquoketa for a couple of years before attending the University of Northern Iowa in the spring of 1980.

While at UNI, he has been active in the Recreation Club and volunteer work for the Black Hawk County Family YMCA, as well as working three part-time jobs.

He is currently earning B.A. degree's in Community Recreation and Physical Education (teaching), with a coaching minor and plans to continue working within

the YMCA system. Lyn's internship will continue through the end of November. Welcome Lyn!

"DAD, SO YOU WANT TO SPEND TIME WITH YOUR CHILD?"

The Family Y.M.C.A. has just the answer — Y-Indian Guides (for father/son) and Y-Indian Princesses (for father/daughter) for fathers and their sons and/or daughters who will be in Kindergarten, first or second grade.

That's right! If you're having problems finding some time for your children because of that hectic work schedule, the Y would like to offer you an opportunity to solve the problem together.

The Y-Indian Guide/Princess program purpose is to foster the companionship and understanding of father to his child. The program plan of children learning directly from their fathers is a pattern drawn from the tradition of some American Indian Cultural Groups. The study of the life and culture of American Indian people is the bond of interest between parent and child.

Y-Indian Guide and Princess participants form a group of between six and nine families that meet on a rotating basis in the member's home. They work on crafts, songs, stories, and games relating to the American Indian Theme. They have special monthly events such as bowling tournaments, Christmas caroling, campouts, carnivals and more. In general, they just have FUN! — TOGETHER!

If you are interested in learning more about this rewarding Parent/Child experience, contact Bob Hoffmann at the Y.M.C.A. and start on your way to an experience that will "Last a Lifetime."



"WATCH THE BIRDIE — SAY CHEESE!"

Starting the 5th of January, 1987 our YMCA will be starting a new ambitious, exciting project — A pictorial directory. If successful, it will be one of the first of its kind in any YMCA if not the first. (We're checking!)

This directory will benefit our organization in many ways, most notably in these areas:

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

It is my sincere desire that all members participate so that our directory will be complete, thus providing the most benefit to our "Y".

Each person or family who is photographed and selects a proof to be printed in the book will receive a book 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.

We are counting on you to make our directory complete. Someone from our volunteer telephone committee will be calling you to arrange a time for you or your family. With over 2500 different membership units we will need the cooperation, understanding and patience to help make it work.

Please gather yourself or your family and share with us in this important venture — this "magic" we call the YMCA!

Laura Joseph
Pictorial Directory Volunteer

FROM THE EXECUTIVES CHAIR

Fall is an exciting time of the year! Leaves turning beautiful colors, football games to attend, getting back to a "regular" routine or just seeing old friends that have been busy or gone during the summer months. In any case, I hope the YMCA is in your fall plans — WELCOME BACK!

Heading in to the final quarter of the year, there are many things still to accomplish. One of those opportunities is our annual "Current Support Campaign." A program designed to solicit voluntary contributions, from those that can, to offset our United Way dollar decline and control and reduce rising membership and program costs.

If you are able, **please** consider a tax deductible contribution to your YMCA. No amount of contributed support is too much or too little. Your desire to help is what really matters! Just think — if each of our Membership units were to give us a \$25.00 contribution — we would raise an excess of \$62,500 dollars! That is tremendous potential! Checks can be made to **YMCA Current Support** — Thanks.

Your YMCA is — our County's oldest and largest Christian youth serving organization. The "Y" is dedicated to the task of providing meaningful adventures and experiences that help young people grow to become responsible adult citizens with real values.

We're asking you to do what the generation before you did . . . and what we will do for the generation that follows us. Thanks — For Caring & Sharing!

Food For Thought: "Your life is like a coin . . . you can spend it any way you wish, but you can spend it only once."

Jim Weaton
YMCA Executive Director

* * HELP WANTED * *

The YMCA is seeking a front desk receptionist/secretary. This is a part-time position with minimal hours. Typing and phone communication skills are required. For more information contact Joyce Sadler, YMCA Office Manager.

WINTER I SESSION REGISTRATION

If you haven't already done so, it's now time to enroll in one (or more) of the many programs being offered at your YMCA.

Winter I session registration dates are as follows:

Current YMCA class participants Friday, October 31st
YMCA Members Monday, November 3rd
Non-YMCA Members . . . Tuesday, November 4th-6th

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

The session begins November 10th to December 20th, there is a two week break for the Christmas and New Year Holidays. Classes then resume on January 5th and run through January 17th.

Don't wait any longer — mark these dates on your calendar and sign up for your favorite program soon!

(Please check our 1986-87 brochure for a complete list of classes.)

CHILD CARE CENTER

We would like to welcome all the children and parents back to the Family YMCA and to Child Care. We have some new faces on staff this Fall please take time to say hello and welcome them to our Y-family. The fees are the same as last year. Members pay \$1.00 an hour for the first child and 50¢ an hour for each additional child. Non-members pay \$1.50 an hour for the first child and 75¢ an hour for each additional child. Payment must be made thru a punch card available at the front desk. After October 1, 1986 Fitness Center members will receive **FREE** child care.

Due to safety reasons personal toys such as transformers, He-mans, My Little Pony, Barbies, etc will **only** be allowed on **Fridays** during share time. Pieces of these toys are being lost and the smaller children are finding them. Please help us carry out this safety rule. Rules letter is available from Child Care Attendant. Child care hours are as follows:

Mon-Wed-Fri	Morning	8:30-11:45
Mon-Wed	Evening	4:25-8:30
Tue-Thur	Morning	9:00-11:40
Tue-Thur	Evening	5:00-8:00
Saturday	Morning	9:30-11:30

*Time subject to change due to usage. There will be a two week notice posted.

DOUBLES RACQUETBALL TOURNAMENT

The Y.M.C.A. will host its 3rd Annual Doubles Racquetball Tournament on October 17th and 18th. Divisions are as follows: Mens A, B, C; Womens BC and Mixed. Trophies for 1st, 2nd, 3rd and 1st Consolation will be awarded. All participants will receive a quality tournament shirt. Cost is \$16.00 first event and \$8.00 for second event. Entries available at the front desk. You need not be a Y.M.C.A. member to participate.

WELCOME NEW YMCA MEMBERS

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

Deb Bass
David Casas
Crystal Trampel
Chris Hennig
Gary Moore
Aaron Block
Kevin Conner
Ryan Hansen
Brandon Harris
Lara Hunt
Ben Jones
Michelle Maassen
Stefanie Pleis
April Wingert
Rob Maser
Brad Pierschbacher
V. K. Sarin & Family
Steven Schafer
Scott Sweet
Curt Tibbals
Crystal VanDeCastele
Nicole Wilson
Susan Larson
Doyle Hansen
Craig Rizner
Mike Scarbrough
Michelle Van Laningham
Robbin Burns & Family
Debbie Geiger
Jason Hundley
Laurie Lensch
James Emmons
Morris Benson & Family
Jason Snyder
Lori Rehder
Marc Gillard
Shayna Nygren
Mark & Megan Sinnott
Lori Stevenson
Molly Taylor
Ruben Howard
Janet Jones
Jennifer Veers
Don Anderson
James Beeding
Janice Clark
Jennifer, Laura & Tamara Clark
Adam Schneider
Shauntel Sellers
Bernard Grady
Beth Lauterbach
Naseem Arab

Michael Landau
Pat Weber
Brian Cook
Russ Green
Steve Schroeder
Chad & Andrea Newell
Leah & Nicholas Brown
Michael Charley & Family
Tahseen Husain & Family
Jordan Judas
Chris McCord
Lenora LeFevre
Emanuel Martinez
Richard Powers
Jacob DeBerg
Megan Engel
Michelle Ganske
David Hansen
Betty Hartline & Family
Sarah Miller
Nisha Swinton
Rod Schadey
David Twigg
Megan Steiert
Bonnie Smith
Jim McEnaney
Eugenia Parisho
M. J. Parisho
Lisa & Tricia Bullis
Victor Devick & Family
Bradley Freese
Jennie Schellhorn
Patricia Wilcox & Family
Blair Brewer
Michael Cleff
Sabrina Cook
Mr. & Mrs. James Harman
Todd Kerns
Dan Lichty
Mike & Todd Weidman
Dan Ala
Mike & Tim Williams
Robert Milroy
Lisa Brown
Kimberly Eckhardt
Mischeale Luze
Mark Olmstead
Steve Olson
Rose Liddell
Cary Craig
Scott Timmer

Connie & Tim Boesen
David Landau
Darin Schwieso
Sandra & Joy Stuber
Gerri Lesak
Cynthia Giunta
Chris Maury
Timothy O'Connor
Cayla Carney
Sharon Majerus
Stefan Mueller
Denise Rossin
Dawn Spading
Steve Crossman
Nathan Huff
James Phillips
Mr. & Mrs. Fred Timson
Ann Berry
Barbara Geist
Scott Phillips
David Rice
Gayle Brietske
Mark Doeden
Lianne Franzen
Patrick Finnessy
Scott Neff
Mark Parker
Sean Delaney
Michael Dennis
James Duster
Margaret Foss
Myles Gillard
Jane & John Haltmeyer
Chris Hart
Dan Ranschau
Tim & Tammy Sorenson
Kathy Mastain
Jennie Romanin
Sara Swift
Herb Versen
Deb Wuest
Mark Bennett
JoLyn Brooks
Craig Cafaro
Calais & Chelsi Cervetti
Thomas Ciesielski
Scott Coleman
Jan Hoffman
Geoff Huff
Terri Leisinger
Eric Lothe
Kim Menken

Travis Moen
Jennifer Phillips
Mary Potts
Morgan Reuter
Kathy Rotsaert
Mark Sanborn Family
Mr. & Mrs. Gregory Selip
Zachary Shimp
Emily & John Stevenson
Judi Weseman
Nicholas Wagner
Jacki Jenison
Trevin Reed
Allison & Bryce Fremont
Rikki Honnold
John Kongs & Family
Jesse Stern
Leslie Arenson
Tiffany Luloff
Melanie Welter
Jim Wilson
Alexandria Cote
Melanie Freet
Lloyd Faulkner & Family
Michael Hays
Sara Koch
Edgar Borja
Doug DuBois
Matt Frank
Don Lubbert & Family
Michael McGeough & Family
Michael Skopec
David Swinehart
Sarah Foust
Susan Stodghill
Shane Hackett
Bill Kugler & Family
J. Ann Wismeyer
Robert Ferson
Donald Knosby
Ryan Hackett
Meagan Walentiny
Jim Bast
Bhavesha Patel
Trent Ratcliff
John Vorseth
Erin Ernst
E. Sherman Warner
Kyle Langenberg
Justin McDaniel
Carol Cain
Leah Parsons
Jeffrey Harkless & Family
Sherri Bergman

Matthew Beecher
William Hall
Katie Young
Mack Andrews
Lisa Casas
Greg Deitrick
Justin Glaza
Jane Jost
Teresa Hartline
Mr. & Mrs. Bruce Iversen
Rebecca Iversen
Donald Mercier
Jennifer Raschke
Mark Tucker
Raymond Birkner & Family
Debbie Foust
Karen Goyen
Kathy Goyen
Abby Pape
Joshua Robinson
Bridget Burns
Consuela Cooper
Chiraag Dharia
Neekesh Dharia
Brandon Doyle
Samuel Moss & Family
Ben & Paul Nadler
Lance Teisinger
Lora Thompson
Allison, John & Kelsey Browning
Andy DeWald
Zaxhary Dietz
Michelle Kinzebach
Jim Stamberg
Adeloor Warren
Tyler Young
Thomas Hoag & Family
Cody McCleary
Michelle Reints
Ryan Richter
Chris Knudsen
Eric Larsen & Family
Brian Lee
Laura Malloy
Nicolas Moran
Bradley Nielson
Matthew Wickersheim
Tony Wilbur & Mary Wilbur
Scott Wright

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