

BLACKHAWK Y.M.C.A. BROADCASTER

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Vol. II — No. 1

Richard T. Jenkins, President

Sam L. Chollar, Jr., Gen. Secretary

Chuck Hazama, Editor

1965 FALL CENTRAL PROGRAMS ANNOUNCED

The Central Fall physical program will kick-off the week of September 27. Registration for all classes will be held during the week of September 20.

Members may call in their preference for class time via phone, starting Monday, the 20th.

New members. Must wait till Wednesday, the 22nd, and need to come down to the Y.M.C.A. for registration.

Time Youth registration times for all youths will be from 3:30 p.m. to 9:00 p.m., Monday through Friday and from 8:00 a.m. to 5:00 p.m. on Saturday.

Adults may register anytime from 8:00 a.m. to 10:00 p.m. Monday through Friday, and from 8:00 a.m. to 9:00 p.m. on Saturdays. No reservations or registrations will be accepted on Sundays.

Runs Ten Weeks. All sessions will continue for a period of ten weeks.

The following will be offered for the Fall Term.

CLASSES FOR GYM-SWIM:

TADPOLE A, TADPOLE B

Saturday 8:30-10:00
(Beginners from ages 6-7-8)

TADPOLE C, TADPOLE D

Saturday 10:00-11:30

MINNOW I, FISH I

Monday 4:00- 5:30
(Minnows are beginners from ages 9 and over and boys ages 6, 7, 8 who pass out of Tadpoles)

Saturday Recreational

Swim 1:00- 1:45

MINNOW II, FLYING FISH

Tuesday 4:00- 5:30

Saturday Recreational

Swim 1:45- 2:30

MINNOW III, FISH II

Wednesday 4:00- 5:30

Saturday Recreational

Swim 2:30- 3:15

FISH III, SHARK

Thursday 4:00- 5:30

Saturday Recreational

Swim 3:30- 4:15

PORPOISE, JR. LIFE SAVING

Friday 4:00- 5:30

Saturday Recreational

Swim 3:30- 4:15

SATURDAYERS

Saturdays All Day
Youth members through Jr. High will be able to attend the new phase of youth program called Saturdayers. Members will bring their own lunch and 10c for their noon meal drink. Starting at 8:30 in the morning, the class will work in various craft projects. After lunch, starting at 1:00 P.M., program will include tours, hikes, movies, special day camping. All Tadpoles are encouraged to attend. Starts October 2.

Jr. High Members will be able to participate in open gym starting at 3:30 to 9:00 Monday through Friday and from 8:30 till 5:00 on Saturdays. Swimming is available to all junior high members from 7:00 to 9:00 Monday through Friday from 11:30 till 1:00 on Saturdays.

High School Members. All high school members will follow the daily men's schedule and may participate in any day of the men's program.

Membership Costs. All memberships for boys 6 through 18 run for a yearly rate of \$12.50. This membership is active from the date it is taken up to that

same date the following year.

Special Skill Classes. Judo classes for boys will be meeting every Saturday afternoon starting at 1:00. Each session will run for a period of two hours. Boys may participate on a membership basis or on a non-membership fee of \$8 for ten weeks.

Gymnastics will be held this year on Saturdays from 3:00 - 4:00.

Swim team scheduling will consist of the following:

MIDGET —

Monday, Wed., & Fri.

from 5:30 to 6:15

PREPS, JRS.,

INTERMEDIATES, CRS. —

Mon., Wed., Fri.

from 6:15 to 7:00

CADETS —

Tuesday & Thursday

from 5:30 to 6:15

GIRLS SWIM TEAM —

Tuesday & Thursday

from 6:15 to 7:00

Adult Schedule, Aquatics.

Men may enter the pool when there are two or more starting at nine in the morning up to 4:00 in the afternoon — on Saturdays from 11:30 to 1:00 and from 4:15 to 5:00. Also, they may enter in the evenings from 7:00 to 9:00. Families may also attend during these hours (7-9) and a family membership rate may be purchased so whole families may participate.

Men's open badminton is held on Tuesday and Thursday from 12:00 to 1:30. Handball and paddleball is open from Monday through Friday from 9:00 to 9:00 and on Saturday's

from 9:00 to 5:00. Judo classes for adults are held from 7:00 to 9:00 Mondays and Thursdays. Physical fitness classes for men are held Monday through Friday from 12:00 to 1:00; Tuesday and Thursday from 5:00 to 6:00. Women's classes are to be held on Mondays, Wednesdays, and Fridays at 10:00 a.m. and Tuesday and Thursday evenings from 7:00 to 8:00.

Volleyball will be held Monday through Friday from 1:00 to 1:30 and Tuesday and Thursday evenings from 5:30 to 6:30. Varsity will practice on Thursday evenings starting at eight o'clock. Weight lifting is available to high school youth member and older any time the Y.M.C.A. is open.

For any further information concerning programs at the Y.M.C.A., please call the Y.M.C.A. at 233-3531 or write Central Y.M.C.A., 154 West Fourth St., Waterloo, Iowa.

Girls members 1000, 1500

Physical Department

Closed September 18

The entire Physical Department's facilities will be closed Saturday, September 18, so the employees can be released for a Departmental Staff Meeting to be held in the Horizon Room.

This will be for all full-time and part-time employees who have program responsibilities during the year in the Physical Department.



What Is A Boy?

Between the innocence of babyhood and the dignity of manhood we find a delightful creature called a boy. Boys come in assorted sizes, weights, and colors, but all boys have the same creed: To enjoy every second of every minute of every hour of the day and to protest with noise (their only weapon) when their last minute is finished and the adult males pack them off to bed at night.

Boys are found everywhere — on top of, underneath, inside of, climbing on, swinging from, running around, or jumping to. Mothers love them, little girls hate them, older sisters and brothers tolerate them, adults ignore them, and Heaven protects them. A boy is Truth with dirt on its face, Beauty with a cut on its finger, Wisdom with bubble gum in its hair, and the Hope of the future with a frog in its pocket.

When you are busy, a boy is an inconsiderate, bothersome, intruding jangle of noise. When you want him to make a good impression, his brain turns to jelly or else he becomes a savage, sadistic, jungle creature bent on destroying the world and himself with it.

A boy is a composite — he has the appetite of a horse, the digestion of a sword swallower, the energy of a pocket-size atomic bomb, the curiosity of a cat, the lungs of a dictator, the imagination of a Paul Bunyan, the shyness of a violet, the au-

dacity of a steel trap, the enthusiasm of a fire cracker, and when he makes something he has five thumbs on each hand.

He likes ice cream, knives, saws, Christmas, comic books, the boy across the street, woods, water (in its natural habitat), large animals, Dad, trains, Saturday mornings, and fire engines. He is not much for Sunday School, company, schools, books without pictures, music lessons, neckties, barbers, girls, overcoats, adults, or bedtime.

Nobody else is so early to rise, so late to supper. Nobody else gets so much fun out of trees, dogs, and breezes. Nobody else can cram into one pocket a rusty knife, a half-eaten apple, 3 feet of string, an empty Bull Durham sack, 2 gum drops, 6 cents, a sling shot, a chunk of unknown substance, and a genuine super-sonic code ring with a secret compartment.

A boy is a magical creature — you can lock him out of your work shop, but you can't lock him out of your heart. You can get him out of your study, but you can't get him out of your mind. Might as well give up — he is your captor, your jailer, your boss, and your master — a freckle-faced, pint-sized, cat-chasing, bundle of noise. But when you come home at night with only the shattered pieces of your hopes and dreams, he can mend them like new with two magic words — "Hi Dad!"

— Alan Beck

YOUR Y.M.C.A. STAFF

General Secretary	Sam L. Chollar, Jr
Business Secretary	Bob Wise
Youth Secretary	Dan Stevens
Evansdale & Camp Director	
Executive	John Malmberg
Cedar Falls Executive	Bill Kramer
Physical Director	Chuck Hazama
Health Club Director	Wayne Wilson
Aquatic Director	Tom Brown
Maintenance Engineer	Earl Graff
Grill Manager	Maxine Linguard
Front Desk Receptionist	Mrs. Zatha Williamson
Physical Department	Bob Ewing
Secretary	Fran Mayo

New Slants On Youth

by Dan Stevens

The Y.M.C.A. plans to expand in many areas this Fall, including the Youth Department. Not only will the Youth Department in the building get a new face lifting, with its new ceiling, lights, and paint, but the program as a whole will take on a new and vigorous look. Opening with the oncoming school year will be a much expanded club program for the Youth in the community.

Plans are nearly completed for a 'Y' Indian Guide program to begin here. We have high hopes and no reservations that the new father-son program will grow quickly. Also a new push will be made to expand the Hi-Y program. As of present there are two existing Hi-Y clubs, one in East High and one in West High. In coming months we hope to multiply this number.

The Saturday Nighters Club for senior high teen agers is also beginning to take shape for this year. This live music dance club formed last year and was a Saturday night hit with hundreds of young ladies and young men who were here every Saturday night. During September the Board of Governors will be formed and the dances will begin in October.

Effort is never lost when given in the cause of Youth. Only through the guidance received in the home, school, church, Y.M.C.A., or other guiding institutions can the Youth survive failures and gain stature. Along with your help, it's our purpose to give this guidance. Help us.

Tentative Swim Team Schedule

Nov. —27—Cedar Falls	There
Dec. 4—Clinton (Boys & Girls)	Here
Dec. 11—Fort Dodge	There
Jan. 8—Marshalltown	Here
22—Cedar Rapids	There
Feb. 5—Dubuque	Here
12 —Des Moines	There
19 —Fort Dodge	Here
26 —Marshalltown	There
Mar. 5 —Cedar Rapids	Here
12 —Dubuque	There
19 —Des Moines	Here
26 —Cedar Falls	Here

Conclusive Fitness Results For '64-'65

During the past year a very detailed record was kept on a selected group of 28 individuals who participated regularly in the Y's physical fitness program. These people were selected because of their regular attendance and were active in over 80 per cent of the scheduled classes and activities planned for the membership.

Of 28 adults, 24 were men and 4 were women. The average age of these selected individuals was 40.2. Each was given the Harvard Step Test and went through the complete program of running, exercising (calisthenics), and recreational games. Of the total group tested, the Harvard Step Tests revealed that the average pulse rate for this group was 82.7. After a full year of actively participating and given two additional tests, the average pulse rate for these individuals dipped to 72.3. This is quite a reduction considering that four individuals started with a pulse rate of below average and just very slightly reduced their pulse rate per minute.

Each of the individuals also was not readily capable of running for any distance. From the entire group, only six were not running a mile each time they attended a class, which would be on the average of three times a week.

Can running and physical fitness exercise help? Well, as years go by, we will have further conclusive evidence of the kinds of things fitness can do for everyone.

★ MEN — WOMEN ! ★

LIVE

EAT

PLAY

YEAR 'ROUND

AT YOUR

Y. M. C. A. !

New Health Club

Director

Wayne C. Wilson, 50, of 501 Massachusetts N.E. in Mason City, was named the new Y.M.C.A. Health Club Director, it was announced by Dick Jenkins, President of The Board of The Y.M.C.A.

Wilson comes to the Waterloo Association with training and schooling at the St. Paul and Des Moines Y.M.C.A.'s.

He's married, wife Ruth — formerly from England. They have six children, Curtis, Dave, Paul, Randy, Mary, Ruth, and Bobby ranging from 14 to 4!

At the present time the Wilson family is looking for a four bedroom home in Waterloo — till they can find one, the family will remain in Mason City.

Wilson began his new duties Wednesday, September 1st. Club members, call Wayne for an appointment.

Physical Fitness

At The Y.M.C.A.

Members desiring to improve their physical condition, add to their overall health, live a more abundant and satisfying life should add some kind of physical fitness and endurance activities to their program. Three major clubs will be inaugurated come September 27, and they are the Running, Swimming, and Bicycle Clubs. Various classifications in each club are indicated below and awards for each of the activities are designated in certain categories.

RUNNING CLUB

- A. 50-Mile Run
- B. 100-Mile Run
- C. 200-Mile Run
- D. 300-Mile Run
- E. 400-Mile Run
- F. 500-Mile Run
- G. 1000-Mile Run

Any member starting in the Running Club must do so at a gradual pace and work with the Physical Director. A minimum of six laps or a quarter mile is needed to record. Twenty-four laps equal one mile.

A certificate of achievement will be given to anyone reaching any of the mile runs. These

eligible may purchase a tee shirt telling their respective mile-run club. Miles are cumulative from year to year, till you hit 1,000 miles.

SWIMMING CLUB

- A. 25-Mile Swim
- B. 50-Mile Swim
- C. 75-Mile Swim
- D. 100-Mile Swim
- E. 200-Mile Swim
- F. 300-Mile Swim

A minimum of 1/8 mile is needed of continuous swimming to be recorded. A total of 88 lengths is equal to one mile.

The same type of award system will be used for anyone completing any of the clubs. A tee shirt will also be made available.

BICYCLING CLUB

- A. 100-Mile Club
- B. 200-Mile Club
- C. 300-Mile Club
- D. 400-Mile Club
- E. 500-Mile Club
- F. 1000-Mile Club

This is one activity that will be held outside the Association and is left to the individual. A minimum of one mile is needed before it is recorded.

The same award system will be followed as for the other activities.

Class attendance. Additional incentive will be offered to members who are attending classes regularly with a definite attendance chart being kept for each individual. They are classified as follows:

- A. 25 Fitness Classes
- B. 50 Fitness Classes
- C. 75 Fitness Classes
- D. 100 Fitness Classes
- E. 150 Fitness Classes
- F. 200 Fitness Classes
- G. 300 Fitness Classes

A person must complete at least a minimum of 15 minutes of exercise, running, swimming, or volleyball to be able to receive a credit during that session.

The same award system will be followed as given for the clubs.

The Election of Mr. Y.M.C.A. The Physical Committee will select a layman who best qualifies as the person who has contributed most to the over-all welfare of the Fitness Program.

The award will be made and announced at the Annual All Sports Banquet.

WELCOME!

Welcome to your Y's Physical Department. We hope that you find our facilities adequate and presentable and will reward you with many hours of fun, fitness, and fellowship throughout the year. We hope all of you will enjoy your Y.M.C.A. membership.

Facts About Our Department.

Your physical facilities include: (1) a businessman's locker room; (2) a golf driving range; (3) 2 gyms; (4) two handball courts; (5) a health club: a) steam room, b) infra-red, c) massages, d) ultra-violet, e) whirlpool; (6) judo and wrestling area; (7) a physical fitness room; (8) swimming pool; (9) weight-lifting area. Name it and we've got it — a complete facility for a physical plant.

No Street Clothes will ever be permitted in any area of the Physical Department. Gym shoes and gym uniforms are required; swim suits are mandatory.

Guest Privileges. Adults may be brought in as guests for a fee of \$1 in the general membership area. There is a limit of five passes that can be sold to anyone who does not have a membership. Adult passes are \$2 in the Health and Athletic Club. There is a limit of five guest passes here also. Boys 18 and under may purchase five guest passes for 50 cents a pass. Limit here if five for the year. After receiving five passes, every individual must purchase a membership to gain admittance to the Physical Department.

General Membership (High school, college, young men, senior). Persons may rent tote baskets in the cage room for \$2.50 per year. Ask the cage room attendant for a basket this fall. Towels may also be rented for 15 cents.

Laundry Facilities are being offered for the first time this year. Leave your gear to be laundered at the cage room in the laundry bags for 35 cents a set.

Remember, *Handball Courts* only start at 8 a.m. of that day except when we have scheduled tournaments for the use of these courts. To reserve these courts, call after eight o'clock at 233-3531. They may be reserved in person or by phone.

Physical Department Uniforms and Items are on sale at the front desk; and you may purchase socks, "T" shirts, shorts, shoes, shampoo, paddleball, handball, soap, anything you want. Just check at the front desk.

Join A Fitness Class. A fitness test may be taken by any member by calling the physical director and setting up an appointment. These are recorded and kept confidential in the files and referred to after participating during the year. Ask for this Harvard Step Test if you have just joined.

Open Swimming Schedule. Starting this year a schedule will be made each term which will indicate open swimming hours for men and women. Please check on the bulletin boards because this changes each term and has been an area where we have had a lot of misunderstandings. Ask for the open-period dates prior to coming. We will have these published and conveyed to you each term. Fathers and sons may also participate during these open swims.

Parking is available to all Y.M.C.A. members at the Waterloo Savings Bank lot right across from the Y.M.C.A. The going rate is 10 cents per hour; and unless you bank at the Waterloo Savings Bank, you must pay this fee.

Should you at any time be *Injured* participating in the Physical Department, please report this to a supervisor or attendant so the physical staff member can make and complete his report to the physical director.

Summary. If at any time you do not find an activity listed or if you have any questions concerning program or if we can be of any service, please feel free to call on any of the staff members in the Department so we may be of assistance to you.



**From The Desk Of The
The General Secretary:
"Working For The 'Y'
Can Be Fun"**

I had an opportunity to spend ten days in the Northwoods with twelve of our youth members this past month . . . a memorable experience for me as I am sure it was for the boys. We all had a wonderful experience in group living that can only be accomplished in a program of this kind. Packing, paddling, portaging, guiding, setting up camp, made up the program for the ten days in which one could see the boys becoming men through the environment of wilderness country. The boys returned with an

appreciation of "city living." All of the physical activity during the day was culminated in a relaxed evening around the fire with moon and water glistening, a beauty that is indescribable . . . you felt as though a great challenge had been met during the day and we would recount the adventures as they had unfolded. For the past several years I have been on the administrative end of our programs . . . it was a delight to know what a wonderful program was to be had by our boys. There is an old saying "that it is better to build boys than mend men" . . . how true this is. I had the opportunity to be a very real part of our Northwoods program, and see it in "action."

**Books And Pen Pals
For Our Sister City**

Many of you have heard of the recent trip that our city Attorney, Everett Scott, took to over nine different countries during his last tour. On this last trip he was asked to visit Waterloo's sister city in Korea, a little hamlet called Kang Nung. Mr. Scott was very concerned after seeing this small hamlet to decide how he could best offer them the kind of association that sister cities need to develop. In talking with the school principal and city officials, Mr. Scott related that it is not money that the people of Kang Nung want. Most of the people are subsistent farmers who live on a acre and a half of land. They are a proud people who have no idea what the standard of living is here in the United States compared to their way of life. They have one and sometimes two vehicles that travel their streets which belong to city officials, and they are four-wheel-drive jeeps that the city fathers use. No one in that city owns a car. Much of their transportation is by bicycle or footmobile. The two most practical suggestions as to how we could develop a closer tie with Kang Nung were suggested by Mr. Scott in this way. 1. Officials have stated that they would like their children to have a better knowledge of their

sister city through correspondence and are interested in having the schools get pen pals here in Waterloo. 2. They are very eager to learn about our country and also our city and would appreciate having books written in English sent to them so they may be read in their schools and homes. At present we don't know of any organization in the Y.M.C.A. or in the city who has undertaken this program of getting pen pals or organized book collections for the members of Kang Nung. We would like to seek some assistance from those of you who may be interested in a project like this. If any of you may be interested in writing to people in that sister city, put your name, address, and age on a post card or you may call the editor directly. If you have any books that you would like to present to the citizens of this hamlet, call us at 233-3531. We have been told that we can work out a way in which these books will be sent without cost by the Armed Forces to this city. All we need to do is collect and pack them for shipment. We are positive that we can get something going in this way. The people in this Korean town think that being a sister city to Waterloo is a big thing. The Lord gave us two hands, one to give with and one to receive with. Let's all extend our giving hand. Will you help?



THE YOUNG MEN'S CHRISTIAN ASSOCIATION

of BLACK HAWK COUNTY

MEMBER AGENCY, U.S.B.H.I.

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A GIFT THAT KEEPS ON GIVING — ENDOW YOUR Y.M.C.A.