

BLACKHAWK Y.M.C.A. BROADCASTER

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27TH MEMBERSHIP DRIVE READY TO GO JAN. 21 - FEB. 3

The 27th Annual YMCA of Black Hawk County Membership Drive will be kicked off Jan. 21 and wind up Feb. 3, with a goal of \$24,000 set.

Jack Peterson is the General Chairman of this year's Drive and his division leaders are Dick Markussen (Spirits), Jim Freshwaters (Bodys) and John Foens (Minds).

Markussen, Freshwaters and Foens will in turn command a team of captains and workers whose duty it is to fill their membership quotas and meet the

monetary goal.

Captains in the Bodys Division are Robert Tonkin, Wayne Marth, Dean Eradfield and Ken Knapp. Spirits captains are Howard Guss, Floyd Nelson, Sid Morris, Ken Blackman and Floyd Gallogly. The Minds Division captains are Don Brown, Jack Tischer, Jack Hanson and Al Schmidt.

Let's get behind these men in their voluntary work. Remember, a busy Y is a successful Y, and it takes membership to make a busy Y.



FROM THE
GENERAL
SECRETARY'S
DESK

The year 1968 again broke many records for the YMCA of Black Hawk County — in program, attendance and other areas that are not recorded.

1969 will start with a Bang with the 27th Annual Membership Drive, January 21-February 3 under the fine leadership of John Peterson of the Waterloo Insurance Agency.

Emphasis for this Year's campaign will be on "Fitness For All," a family opportunity.

The YMCA means many things to different people, from handball to free swims in a school pool; from Northwoods Canoe trip to a Y Indian Guide tribe that meets in a home.

Whatever your interest in the Y program, look around and notice that we ARE many things and programs to many people. We serve many people who are not even members of the association. The myriad number of activities and programs revolves around the "Hub" which we call the Board of Directors and Trustees.

It is the combined efforts of these two groups that makes the wheel known
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Jack Peterson, center, this year's General Chairman for the 27th Annual YMCA Membership Drive, is flanked by two of his three division heads as the trio plans this year's effort. At left is Dick Markussen, head of the Spirits Division and at right is Jim Freshwaters, the Body Division head. Not in the picture is John Foens, head of the Minds Division.

YMCA OPEN SUNDAY

The Waterloo facilities at the Y are now open from 1-5 p.m. Sundays for informal activity.

The large gym is occupied by the gymnastic but the small gym, track and ball courts and locker rooms and pool are open for use by members only.

LANDLUBBERS LEARNING TO SWIM

About 15 men have been coming to the YMCA regularly once a week in the evening for an adult learn-to-swim program.

The men began a ten-week session in October and instructor Bob Maloy reports most of them have at least mastered the water enough to save themselves from drowning.

Several have become fair swimmers and with practice could develop their potential.

The Y is interested in continuing an adult lesson program for MEN AND WOMEN. Anyone interested should call the Y and leave his name.

WINTER SET BACK IN SWEAT CLOTHES

Winter is here and so are the familiar faces of the Y's "Winter Set". More faces (and bodies) are getting into the tugging of physical conditioning.

The men are meeting regularly on Monday, Wednesday and Friday noons with Dan Stevens and on Tuesday and Thursdays at 5 p.m. with Sid Morris for 20-30 minutes of conditioning followed by an hour of "high speed" volleyball and some trampoline work.

The ladies have completed one ten-week session and will begin another Jan. 6: Morning classes for ladies are Monday, Wednesday and Friday from 10-11:15 a.m. for running, exercising and volleyball.

Babysitting services are available for the morning group. Tuesday and Thursday evening classes for women will begin Jan. 7 at 7 p.m. if there are at least 10 women interested.

Interested parties should phone the and enroll.

Y EXPERIMENTS WITH GYM PROGRAM

(By Dan Stevens)

The Waterloo YMCA has ventured into a new program involving a school bus, gymnasium, a swimming pool and school boys.

Not a new combination you say? Well this particular program is new to our YMCA.

The program is based on teaching sports skills and recreational activities and is instructed by Jim Brown and Rod Klinkefus, both UNI students.

The sessions are eight weeks and involve 5 schools. This means one of the five schools is assigned to one afternoon a week eight times.

Activities are open to boys in grades 4, 5 and 6 and includes soccer, gymnastics, basketball, kickball, bombardment, floor hockey and volleyball plus other large muscle activity and physical conditioning.

After the gym class the boys are given about 30 minutes of recreational swimming before being bussed back to their school. The activities run from about 3:30-6 p.m.

Members are admitted free and non-members pay \$5 for the eight week program which includes transportation. It is hoped the program will serve as a membership stimulant as well as a quality physical experience.



Robert DeLay dons the "Chiefs Headdress" as Chairman of the Cedar Falls Branch Annual Sustaining Membership Enrollment which will be conducted Jan. 20-Feb. 3. Here he confers with Captain Al Olsen regarding Enrollment Team workers. Tom Sampson, Chairman of the Membership Committee, announced the Board of Managers has accepted a \$5,000 Goal for the enrollment effort.

SWIM CLASSES MEET TWICE A WEEK

The swim class schedule has changed as of September of this program year.

Now boys are coming in twice a week for two 30 minute lessons. When the boys enroll for a swim class they take only swimming lessons with no gym period during the week.

The large gym is reserved on Saturdays from 9 a.m. to 12 noon for supervised activities for elementary boys who are taking swim lessons or for grade school boys not in swim classes who would like to come.

There are three main reasons for changing from one weekly 45 minutes swim class and one 45 minute gym class.

1. When a boy can come twice a week his retention is higher than on a once a week basis.

2. Our program is now CONTINUOUS, with a testing phase every four or five weeks. This allows a boy to move at his own speed. If he is ready to graduate between tests he can be assigned to a new class. Also, a new boy need not wait until the end of a 10-week session to enroll.

3. The gym classes on Saturday are geared to specific age groups rather than by swimming ability, which means a safer program because the boys are relatively the same size.

Current swim lesson schedule:

Tadpole A, Mon. and Fri., 4-4:30 PM
Minnow A, Mon. and Fri., 4:30-5 PM
Fish A, Mon. and Fri., 5-5:30 PM
Flying Fish A, Tues. & Thurs., 4-4:30 PM

PM

Tadpole D, Tues. & Thurs., 4-4:30 PM
Shark A, Tues. & Thurs., 4:30-5 PM
Minnow D, Tues. & Thurs., 4:30-5 PM
Minnow B, Tues., 5-5:30 PM
Sat., 10:45-11:15 AM

Fish B, Tues. & Thurs., 5-5:30 PM
Tadpole B, Wed., 4-4:30 PM
Sat., 9-9:30 PM

Tadpole C, Wed., 4:30-5 PM
Sat., 9:30-10 AM

Minnow C, Wed., 5-5:30 PM
Sat., 10:15-10:45 AM

Porpoise, Thurs., 5-5:30 PM

Junior Life, Sat., 11:15-11:45 AM

You may register by calling the YMCA Youth Dept. from 3:30 PM to 9 PM week days and from 8:30 AM to 5 PM Saturdays at 233-3531.

FROM THE GENERAL SECRETARY'S DESK

(Cont. from pg. 1, col. 3)

as the Y revolve. The board may not know schedules, costs or events that may be going on, but rest assured that without a board our wheel would come to an abrupt stop.

Say hello to some of these men the next time you see them. They have dedicated themselves to an active, growing YMCA program:

Board of Trustees — Don Graham, R. T. Jenkins, Don Noller, Howard Rath, E. E. Wheeler, Sam Annis, George Allbee, Harry Blindman, Ed Brammer, Robert A. Young, K. L. Bragdon, M. L. Lorenzen, L. T. Potter, L. J. Walker, A. A. Zimmerman, J. E. Bragdon, President, Board of Directors.

SATURDAY NITERS CLUB

Saturday Niters is a group made up of Waterloo high school students who hold dances throughout the year.

Policies are set by a Board of Directors, composed of students from East and West High Schools.

All profits from the dances go into a special account. At the end of the program year the club donates the profits to the YMCA program. Last year the donation was \$811.

YMCA YOUTHS IN MODEL LEGISLATURE

Jack Mills, Jim Schumaker, Ron McCunniff and Fred Kirby were the Waterloo representatives at the annual Iowa Youth in Government Model Legislature at Des Moines Dec. 13-14.

The boys presented bills on "Gun Control" and "Glue Sniffing". Neither bill was passed but there was considerable debate on both.

About 250 Iowa teenagers participated in the program and are to be commended on the work they did.

★ MEN — WOMEN! ★

LIVE

EAT

PLAY

YEAR 'ROUND

AT YOUR

Y. M. C. A. !

ROTARY DONATES SIDE HORSE

The YMCA has added a new piece of equipment for use in its Gymnastics Club from funds donated by the Waterloo Rotary Youth Committee.

The side horse, purchased from the Nissen Corp. in Cedar Rapids, will be used for boys and girls taking gymnastic instruction at the Y and who are competing for the Y's Gymnastic Club in AAU meets in the state.

The horse has removable pummels and can be used for vaulting or for side horse routines.

The Rotary's gift almost completes the gymnastic equipment for the Y. It is hoped the gymnastics program will serve as a feeder program to the school system in future years in case the schools decide to venture into gymnastic competition.

The YMCA gym program has grown from about 30 people with 6 or 8 competing to the present 80 to 90 people, 25 to 30 of whom are competing. This growth has happened in two years.

INDIAN GUIDES INDUCTION FEB. 21

The Y Indian Guides is the father-son program of the YMCA.

Tribes are organized in schools and neighborhoods, with tribes holding meetings in the home.

The Waterloo Nation, part of the Black Hawk Federation, now has 18 active tribes with others in the organizing stage. The Nation is governed by a Chief's Longhouse. Bob Hall of the Apache Tribe is the newly elected Longhouse Chief.

Special events approaching for Guides include: Induction Ceremony, Feb. 21; Match Box Derby, April 20 and the All-Nation Pow Wow at Des Moines' Y Camp May 24-25.

GRA-Y CLUB CO-ORDINATOR

Bill Kramer, Branch Executive, announced that Dave Byers, Sophomore UNI Student Gra-Y Club leader will succeed Bruce Upchurch as Grade School Club Program Co-ordinator for the Cedar Falls Y. The club program includes 15 Gra-Y Clubs involving about 400 boys in all schools in Cedar Falls.

Tri-Gra-Y Clubs for G'rls will be organized at Southdale and North Cedar after the first of the year. Dave is planning to help organize a new Gra-Y Club at St. Patrick's School in January.

Robert DeLay dons the "Chiefs Head-dress" as Chairman of the Cedar Falls Branch Annual Sustaining Membership Enrollment which will be conducted Jan. 20-Feb. 3. Here he confers with Captain Al Olsen regarding Enrollment

Team workers. Tom Sampson, Chairman of the Membership Committee, announced the Board of Managers has accepted a \$5,000 Goal for the enrollment effort.



Newly-elected members of the Cedar Falls YMCA Board of Managers get acquainted with the officers of the Red Barons YMCA Gar-Y Club which meets at Lincoln school. From left are Donald D. Lindaman, new Board Vice-Chairman; Jim Leisinger, sergeant at arms of the Red Barons; Mark MacKenzie, secretary-treasurer; Greg Miller, president; Ron Bolin, vice-president; and Marvin E. Diemer, new Board of Managers Chairman. Not pictured is Clarence Iserman, who was elected Board Treasurer.

CEDAR FALLS BRANCH ACTIVITY COUPLES VOLLEYBALL LEAGUE

Marv and Lois Diemer, working with members of our Board and interested men and women, has organized a Couples Y Volley ball League which will be conducted at the Peet Junior High Gym in Cedar Falls on Tuesday Evenings.

Teams have worked out weekly prior to the holidays and league play for 6 to 8 teams will begin in early January.

SIX GRA-Y CLUBS GOING

Six Gra-Y Clubs are now under the guidance of the Youth Department of the Central Branch YMCA.

The schools with clubs are Grant Longfellow, Whittier, Emerson, Jewett and Elk Run. The program involves about 200 boys of grade school age.

Randy Blum and Dennis MacLennan, UNI students, meet once a week after school with their clubs. In addition to their weekly meetings clubs have overnights at Camp Hartman, special swim and gym periods at Central and speakers and tours.

Watch for a Gra-Y organization in your school!

NEW TRIBE ORGANIZATION

Much smoke from many tepees indicates the regular councils of 19 Y-Indian Guide and Y Indian Princess Tribes in Cedar Falls. 15 new tribes are completing the organizational steps of this popular Father-son and Father-Daughter Program.

The purpose of Y Indian Guide and Princess programs is to strengthen the relationship between Father and son and Father and Daughter.

Special events ahead include a Y Indian Guide Work-shop for Fathers, The Annual induction of new Tribes, and the Annual Match Box Derby sponsored by the Y's Men's Club for the Y Indian Guides.

ADULT SWIMMING AND LIFE SAVING CLASSES

The Cedar Falls Y will conduct Adult swimming Instruction classes and a Senior Life Saving Course at the Howard Johnson pool during the Winter and Spring months. For information call the Y Branch office, 266-5223.

Y YOUTH AND GOVERNMENT

Janet Prochaska, Junior at Cedar Falls High, was elected Reading Clerk of the House of Representatives at the annual Iowa Youth and Government Program conducted at the State Capital Dec. 13 and 14th.

Other Cedar Falls model legislators were, Janet Evans, Juan Nodarse, Gary Anderson, Pat Beck, and Mary Damsgaard. Janet also served as a Committee Chairman in the program.

TREE SALES SUCCESSFUL

Y's Men and Y's Menettes have been mighty busy during the past 6 weeks operating their annual Christmas Tree Sales Service Project. All indications point to another successful year for the project.

All income is used for Youth Service projects. Gra-Y Club members sold over 500 Tree tickets this year. Their Club and individual salesmen received a total of 25% commission for their sales effort.

Through this way the Y's Men are able to help a boys club and a boy as they in turn help Y's Men.

JUNIOR HIGH RECREATION PROGRAM

Dick and Shirley Miller (Shirley is the YWCA Teen-Age Program Director) and Bill Kramer work together to guide the YW-YMCA Junior High Recreation Program for youth in Cedar Falls.

A Steering Committee of Junior High Youth meet to plan a monthly Recreation and Dance program which is held alternately in the Peet and the Holmes Junior High Schools. An average of 350 Junior High Youth attend monthly parties.

The advisors have appreciated the counsel and help of Robert Messer and Norman Swanson, principals, in the developing of this cooperative program activity.

JUNIOR AND SENIOR HI-Y.

Richard Miller is directing the Cedar Falls Junior-Senior High Club program. Activity groups include, 2 Junior Hi-Y Clubs, 1 Tri-Junior Hi-Y Club for Girls, a senior Hi-Y Club, High School Pink-Y Girls group and a co-ed Junior Group who live primarily in North Cedar neighborhood.

The Latter Junior High club meets

weekly . . . activities are planned for Boys and for Girls one week and on a co-ed basis on the alternate week.

Hi-Y Clubs had Holiday season outings and the North Cedar Club enjoyed a skating and pot-luck dinner party at Camp Hartman Lodge Saturday, Dec. 21.

Y - BOYS AND GIRLS SWIM TEAMS

The Branch Y Swim Teams includes 55 Boys and 75 Girls who work out once each week at the Price Laboratory School pool. Boys have topped Des Moines Central and Mason City and the Girls have topped Mason City Teams in early season meets.

Dick Marcussen coaches the Boys team; Tom Sullivan, the Girls team, and Graydon Fuller coaches the Y teams divers. Cedar Falls will host the Section 3 Boys meet in February.

Sid Morris is President of the Cedar Falls Swim Team Parents who are so important in planning transportation and officials for our home meets.

GRADE BOYS BASKETBALL LEAGUE

Bill C. McKinley, Jr. will direct the annual YMCA 5th and 6th Grade Basketball league this year. There were 2 work-out days during the holidays for league teams. League play will begin Saturday Jan. 11 at the Main Street School Gym.

NEW BOARD MEMBERS

Marvin Diemer, Chairman of the Cedar Falls YMCA Board of Managers announced that Roy J. Martin and Magnus Cryberg have been appointed to fill vacancies on the Branch Board.



YOUNG MEN'S CHRISTIAN ASSOCIATION OF BLACK HAWK COUNTY

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