



Session 1 & 2, 2012 Program Guide is ready!!!!

Stop by the Front Desk to pick up your
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www.decatourcountyfamilyymca.org

Decatur County Family YMCA

Decatur County Family YMCA
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Greensburg, IN 47240
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Winter 2012 Newsletter



Winter Session Dates

Session 1: January 2 - February 12
Session 2: February 20 - April 8
(Break Week March 19-25 Spring Break)

Closed

Christmas Eve - December 24
Christmas Day - December 25
New Years Eve - December 31
New Years Day - January 1
Easter Day - April 8

New Year's Membership Survey

As we approach the New Year, we would like to get some feedback from our members on our service during 2011. Help us improve so that we can better serve you! Included in this mailing is a brief survey. If you could take a few minutes to fill it out, that would be greatly appreciated! You have several options for completing this survey:

- Fill it out and mail it in
- Fill it out and drop it off at the Y
- Go to <https://surveys.ymcaexchange.org/survey/170827/d928/> and fill out the survey online

New Child Care Director

We are proud to introduce our new Child Care Director, Mindy McNally, as the newest member of our YMCA team! Mindy comes to us from Saginaw Michigan where she served as the Child Care Director for four years. Mindy received her Bachelor of Science degree in Elementary Education from Huntington College and has been working with children for ten years. Aside from her extensive experience with children, Mindy has a broad understanding of strategic planning, human resources, financial management, fundraising, staff leadership, and policy making. We are excited to have her on board and are confident that with her contributions to the Y, our child care programs will be better than ever.

"I am eager and excited to start the next chapter in my career. I am thrilled to learn the community of Greensburg and begin to make a difference in the lives of children and families. I love the YMCA dearly and look forward to the many adventures ahead of me."



Burn the Mortgage Campaign

The Decatur County Family YMCA will celebrate its 100th Anniversary in 2014! Providing Decatur County families, adults and youth with wholesome and healthy lifestyle programs and services for a century is something that the "Y" Board of Directors and Staff are extremely proud of. The Decatur County Family YMCA has a rich history of serving the community and wants to sustain that service for another 100 years. Our organization has a special history, with a vibrant culture of volunteerism, a strong can-do ethic and a deep sense of community mindedness.

As part of the 100th Anniversary celebration, the Board of Directors is announcing the start of the "Burn the Mortgage" Campaign. Funds raised in this Campaign will be used to eliminate the existing mortgage by the 100th anniversary in 2014. The elimination of this debt will bring significant savings in interest that can be used to fund new programs and services. The campaign goal is \$500,000. A 1 for 2 matching gift has been secured that will contribute \$1.00 for every \$2.00 raised.

If you are interested in supporting this project, please contact our CEO, Diane Hart-Dawson.

Losers Can be Winners

Most people are disappointed if they lose. But sometimes losing can be great! For the last 10 weeks a group of 23 were challenged to shed some unwanted pounds and tone up, in the Losing to Win Challenge. The program started with a health assessment, followed up with appointments with a trainer to design individual workouts. Wellness and nutrition classes were offered each week. Our goal was to provide the fitness and nutritional education, motivation and accountability needed to make and sustain healthy lifestyle changes. Participants received points for daily exercise, attending classes, weekly weigh ins, weekly challenges and, of course, weight and body fat lost.



1st Place went to Melissa Kramer with 698.5 points, a weight loss of 6 pounds and a 1.0% loss in body

fat. She won a six month Y membership and is excited to continue on her healthy lifestyle journey. Troy Deaton, came in 2nd place losing the most weight, with an impressive weight loss of 33.6 pounds along with a 4.4% loss in body fat. He had 698 points, missing 1st place by a half point. 3rd Place went to Joyce White with 630.4 points, a weight loss of 11.4 pounds and a 1.0% loss in body fat. Many others had impressive weight loss totals, such as Candace Reese losing 10.8 pounds, Vickie Bullard losing 10.2 pounds, and Judith Koors losing over 7 pounds. Be sure to sign up for the next wellness challenge, "New Year's Resolution Solution" starting January 2.

Tree City Run

The 34th annual Tree City Run was held on Saturday, Nov. 19th and saw a record number of 494 participants! The Tree City Run offers a 5K walk, a 5K run, and a 10K run. All events begin and end at the YMCA. The overall winners were as follows:

10K run, female: Sarah Billingsley 46:00
10K run, male: Craig Lubbe 38:45
5K run, female: Jessica Sinclair 21:01
5K run, male: Ronnie McAllister 18:50
5K walk, female: Janet Litmer 33:01
5K walk, male: Donald Harriman 39:04

The Tree City Run would not be possible without the help of many

volunteers, so we would like to offer a special thank you to our volunteers: Paula Bentley, Rosemarie Pavy, Stephanie Hagerty, Norm Denny, Elizabeth Paulsen, Ed Fox, Mary Fox, Nicole Monday, Kimberly Norman, Rick Johnson, Diane Hart-Dawson, Lori Vardaman, Dick Hollowell, Mary Levering, Lynn Enneking, Corey Williams, Deena Hamer, Bob Dawson, Andrew Paulsen, Jeff McClure, Steve Woodruff, Tricia Cupp, Troy Davis, Tom Russell, and Gerald Lawrence.

Be sure to mark your calendars and come out and join the fun for the 35th annual Tree City Run, which will be held on Nov. 17, 2012!



Lego Camp

On November 19, a Lego Robotics team from the Y, "RoboRangers", joined twenty other Indiana teams to compete in the annual First Lego League tournament. This league, seeking to foster interest and skills in science and technology, holds a themed challenge that relates to real-world scientific issues. The team was responsible for building and designing the robot along with using a software system to program the robot's moves. The team also had to prepare to give three different presentations to tournament judges. This year's event was hosted by Purdue University College of Technology and took place at the Foundation for Youth in Columbus, Indiana.

The Y is planning on running the summer Lego Camps again next year and will have a beginner and experienced camp, so that anyone is able to participate. If you have any questions about the program or would like to participate in the camp please contact Ryan Gelhaus, Program Director.

Halloween Carnival

On Oct. 21st the YMCA's multi-purpose gym was transformed into a Halloween-themed carnival for the community to enjoy. More than 300 participants came dressed as ghosts, goblins, princesses, pirates, and all sorts of scary things! Activities included games, arts & crafts, hay rides, a Scooby Doo bounce house, face painting, and a cup stacking contest. Arbor Grove Village sponsored the costume contest, and WTRE provided the free t-shirts that were given to the first 150 people. This year we were also able to give out plastic pumpkin buckets for the kids to carry their candy and goodies. These were donated by Decatur County Community Foundation.

Thank you to all of our sponsors and volunteers for helping to make this event a great success!



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