

Give the gift of the YMCA this holiday! YMCA Gift Certificates available at Member Services.



YMCA North Branch
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CARING

YMCA Mission:
To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind, and body.



News

YMCA North Branch



YMCA North Branch December 2009 Issue 4

Letter from the Director—Paul Weber, Associate Vice President

Marathons and Christmas: What do they have in common?

I have learned two things in 30 years of YMCA work, Christmas is like a marathon and it's all about the big picture.

At the beginning of a marathon the distance and the task ahead seems attainable but we know it will take a lot of work and things must fall into place. At that moment we realize that this run is not about just us. We are surrounded by hundreds of different stories and personal motivations so we quickly realize that we are part of something bigger.

The first realization that Christmas is not all about us comes the day after Thanksgiving. Now I will give this disclaimer, on black Friday, this fact was ignored by many of us. C'mon admit it, when we were shopping many followed the old saying "charity begins at home" and picked up something for yourself. I have even seen some of those new outfits out and about so all I can say is "I am glad that's out of our system".



This is where the parallels of Christmas and a marathon begin to blend on your holiday journey.

Next we spread our generosity to all our friends and loved ones. This is like the middle part of a marathon, we start to realize how many people we have on our long lists but we are committed to finish. Many of us have the same reactions as a marathon runner. Some of us enjoy, some curse and some wonder why. The bottom line is, when we finish we are happy, sometimes we can feel the effects for days and most of us have learned a few things.

Now we come to the end of our Christmas marathon and we start to get the big picture. Christmas, or any holiday you celebrate is about the big picture "believing" or "faith". A runner must believe they can finish and a child can believe in Santa. Many of us will bow our heads and have faith in our God. We know in our hearts that God is with us as we celebrate or holiday. At some point we will enjoy a peaceful calm and believe that it is possible for everyone to enjoy this peace in the future. That moment is what it is all about. It doesn't last long so enjoy every second. It Wouldn't it be great if we all believed we could have this moment more often? is worth every second and every mile of effort.

Wouldn't it be great if we all believed we could have this moment more often? So to all of you I wish a joyous "faith and belief" filled holiday.

Spotlight Program of the Month—Family Programs

Care Enough To Share



Care Enough To Share is a program offered by our YMCA to help families in need this holiday season. The YMCA chooses 4-6 families to help by easing the financial challenges of the holiday season. All families must be current YMCA members and must demonstrate a need for these services. We are looking for families to participate in this holiday program.

Please nominate a family in need today!

Nominations are still being taken... The program runs from November 13th-December 18th. Stop by the YMCA member Services Desk for a nomination form.

WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES.



Member News

Congratulations

Congratulations to Columbus Weightlifters Drew Dillon, Bob Davis, Nicole McDonald, and Andy Robinson who were all successful at the Drew Dillon Open in December.



Condolences

Our sincerest condolences to YMCA North Facilities Director Neil Eichensehr on the recent death of his father, William Eichensehr.

Our sincerest condolences to member Larry Francisco on the recent death of his father.

Our sincerest condolences to Patti Hammerle on the recent death of her mother.

Prayer Requests

Thanks!

A big Thanks to those who have donated to our Care Enough to Share Program to support families in need this holiday season!

Thanks to everyone who has donated coats, hats, and gloves to keep members warm this winter.

Cultural Corner

Mission: To reach out and include ALL people. This practice of inclusion is consistent with the heritage of our YMCA and our core values of caring, honesty, respect and responsibility. In order to build strong kids, strong families and strong communities, we must foster and demonstrate genuine respect for ALL people.

As our communities become more diverse we would like to understand and appreciate other cultures, faiths and traditions. Through the YMCA Diversity Initiative we have created "Courageous Conversations", designed to educate staff, volunteers, members and our surrounding communities and to promote cultural diversity. Our upcoming Courageous Conversation, "Holidays Around the World" is focused on December Holidays within different faiths. We have four volunteer guest speakers taking time to share their traditions during the holiday season. Our guest speakers are Rabbi Harold Berman: Hannukah, Kwojo Ababio: Kwanzaa, Abukar Sane: Islamic-Hajj and Minister Fay Cooper: Christmas. We welcome ALL and are excited for the event!

Courageous Conversations: Holidays Around the World
Tuesday, December 8th | 1:30am-1:00pm North YMCA
***Brown Bag Lunch**
ALL are welcome!



LAST CALL FOR BOOTS, HATS, GLOVES BENEFIT! ONE WEEK LEFT FOR COLLECTION.

Thank you to those who donated items to share with our Northland Community.



Congratulations to Northtowne Elementary School!
Items will be distributed Dec. 14th-Dec. 17th.



Our *Service Club* is an all-volunteer organization that has been created in the spirit of the YMCA's *vision and mission* to serve those in need in our community...a composite of people concerned about their fellow human beings.

A Service and Social Club that meets monthly...Providing Service and Volunteer opportunities in the Northland Area Community...keen on offering Fellowship and Comradery to our members.

Mission Statement: To provide non-discriminatory, service, in association with the YMCA, to the Northland community---Identify needs, and coordinate projects in partnership with area churches, businesses, local and civic groups.

Membership: Open to all interested in sharing our common interests to serve. **Meetings:** Monthly **Dues:** \$60/year

Personal Trainer Highlight

Bryan Youngblood



Bryan's training style is more functional than anything else. A sleek, well defined body is great but a properly functioning body with strength, coordination and proficiency in everyday activities is beneficial. Functional fitness is the future of staying fit. Bryan's training sessions will gain you lean muscle and help you burn calories but Bryan's trainings will also help you in everyday life.

December Health & Wellness Tip

Have an activity party. Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

Respect

Member Highlight —Helen Malloy

It is an absolute pleasure for us to introduce to you Helen Malloy, our featured member for the Month of December. Helen has been an official member of the North YMCA since around the time the foundation of our building was poured. She is a long time resident of the area and has been an active member in excess of 30 years.



Helen was married to Master Richard Malloy, a 5th Degree Blackbelt, who taught Tae Kwon Do here at North for as long as he was physically able. Master Malloy passed two years ago. He is greatly missed. Yet, Helen continues to be an active member of our YMCA. Her smile coupled with her quietly effect and ladylike nature make her a pleasure to be around.

Helen, over the years, has been involved in aerobics, dance aerobics, and step aerobics classes. Currently she is part of our Active Older Adults (AOA) class and attends regularly. She continues to serve as a volunteer at special events.

Helen tells us that she remains in touch with some of the friends she made here at the YMCA soon after the doors opened. These relationships have become a valued part of her life.

Helen Malloy is an inspiration and evidence that life's hurdles can be met with grace and dignity. Thank you Helen for all of your contributions throughout the years. You are and always will be part of the family.



Staff Highlight —Mike Heniken

My wife and I started coming to the North Y in 1983. She started taking aerobics classes and I would do the "manly" thing of jogging and working out on my own. It wasn't too long before I tried the aerobics class and found it to be a lot of fun.

Of course being the only man in a class of 50-60 women was a hurdle that I had to deal with and prove that I was in fact there to exercise and not just some pervert!

In 1986 the North Y got their first male "aerobics" instructor, Ken Krisby, who essentially brought the style of class we now call Aerobic Challenge. It was an immediate hit and attracted lots of people. Ken and I became friends and over time he needed someone to fill in for him from time to time. I don't know exactly when I taught my first class, but it was over 20 years ago. Ken left the Y in 1996 and my fellow class members turned and looked at me and basically "appointed" me the new instructor for the class. So I am now in my 14th year of teaching Aerobic Challenge here at the North Y.

Why do I volunteer? I never really thought anyone would really pay me for having so much fun! (LOL) I believe giving something to the community is an important value that we all should do, whatever our talents are.

Teaching group fitness classes is a lot of fun. You meet many interesting people, particularly after teaching as many years as I have. You see families grow and people make important changes in their lives and lifestyles. Sometimes people credit me with helping them get more fit, or lose weight, and that is an awesome feeling. I hope that as imperfect as I am (yea I admit it) that I can help inspire people in some small way to take charge of their life and have a little fun while they are exercising.

December Family Fun at the YMCA



Breakfast with Santa

Saturday December 5th 9-11am

Cost is \$16 for Metro Families, \$21 for Program Families, and \$25 for Non-Members.

Breakfast Bazaar

Saturday December 5th 8a-Noon

Table Cost: \$20

Vendors are still needed... share your goods or products with us at the Breakfast with Santa.

Drop & Shop

Saturday December 5th & Saturday December 19th 3-9pm
All 6-12 year olds welcome. Prices range from \$15-\$25. See

Member Services for more information.

Family Fun Challenges

Every Friday Night in December
In the Teen Center 7-8pm

Volunteer Corner

"LOOKING BACK AND MOVING FORWARD"

The YMCA would not effectively exist without a powerful volunteer force. With that in mind and as we reflect upon 2009 and approach 2010 we wish to do two very specific things:

#1 We wish to say **"THANK YOU"** to all of our members and friends who have volunteered through the extension of your hands, hearts and time to sow into the success of our programs this year. Thank you to everyone who has diligently served on our Board, to all those who spent time coaching and mentoring our children and youth, to all those who extended a kind word, stuffed envelopes, served refreshments....the list goes on. Know that you are valued and your service priceless. We, truly, could not have made such great strides and accomplished so much without your dedication and commitment.

"THANK YOU" for a great year! "THANK YOU! THANK YOU! THANK YOU!"

#2 We also wish to invite new members and friends to join our future efforts by committing to join our volunteer team in order to continue the fulfillment of our mission and vision in 2010. We need your gifts, talents and abilities to continue moving forward in our efforts. As we consider the things of the past and look forward, resolve to make a difference in someone else's life in 2010.

It is our hope this season is filled with the blessings of irreplaceable memories, love, peace and joy!

HELPING HANDS STILL NEEDED FOR BREAKFAST WITH SANTA !...

SET UP- FRIDAY DECEMBER 4TH AT 10:30 PM.

VENT -THIS SATURDAY, DECEMBER 5, 2009.

HELP NEEDED BEGINNING AT 7AM.

December Recipe

Spinach Dip

Ingredients:

2 10-ounce packages frozen chopped spinach
1 4-ounce package blue cheese
1 8-ounce can sliced water chestnuts
1/2 cup chopped celery
3/4 cup chopped red pepper
1/2 cup chopped green onion
1/2 .65-ounce garlic dressing mix package
2 cups sour cream
1 cup mayonnaise
Hollowed-out whole pumpernickel bread or hollowed-out red cabbage

Step 1:

In a large bowl, combine the spinach (thawed and drained), and crumbled blue cheese. Stir in the water chestnuts, celery, red pepper, green onion, and garlic dressing mix.

Step 2:

In a small bowl, combine the sour cream and mayonnaise. Gradually stir sour cream mixture into spinach mixture until the ingredients are easy to spread. If you like, spoon the dip into a hollowed-out whole pumpernickel bread or hollowed-out red cabbage.



Responsibility

December Joke

An old man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her chair. He spoke softly to her, "Honey, can you hear me?" There was no response.

He moved a little closer and said again, "Honey, can you hear me?" Still, there was no response. Finally, he moved right behind her and said, "Honey, can you hear me?" She replied, "for the third time, yes!"



Calendar of Events December 2009

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|-----------|--|
| 12-1 / 31 | 12 Days of Fitness—Sign up Now! |
| 12-1 | Sign up for Racquetball League Now through Jan. 4th |
| 12-5 | Full Member Registration begins for Winter I Session |
| 12-5 | Breakfast with Santa and Holiday Bazaar |
| 12-5 | Holiday Drop & Shop —See Member Services for information |
| 12-12 | Program Member Registration begins for Winter I Session |
| 12-14 | Hockey Registration Begins |
| 12-17 | Member Appreciation—Cycle & Muscle Class 10:45a |
| 12-19 | Holiday Drop & Shop —See Member Services for information |
| 12-21 | Member Involvement—Hot Choc & Chat 9-11a & 5-7p |
| 12-21 | Teen Basketball & 3 on 3 Basketball Registration Begins |
| 12-23 | Happy Holidays! Candy Canes for All! |
| 12-24 | Christmas Eve—YMCA Closes at 4pm |
| 12-25 | Christmas Day—YMCA Closed |
| 12-28-31 | Winter “Fast Break” Basketball Bonanza |
| 12-31 | Red Cross Blood Drive 9a-3p |

**Adult Volleyball & Basketball Leagues begin in January—
Watch for details coming soon!**

Meet our YMCA Staff

Paul Weber—Associate Vice President
 Mandy Bealer—Senior Program Director
 Neil Eichensehr—Facilities Director
 Chloe Viers—Program Director—Child Care
 Becky Rogers—Child Care and Camp Registrar

Dolly Crespo—Program Director—Youth Programs
 Michelle Gerdeman—Program Director—Camp-Teens-Family
 Sarah Whitney—Program Director—Health & Wellness
 Dawn Patterson—Membership Director
 Jason Russell—Membership Coordinator

Meet our YMCA Consulting Board

Debbie Brooks	Matt Kifle
Mariann Brush	Allen Nederveld
Judy Bryant	Steve Nester
Michael Butler	George Schmidt
Glenn Byers	Joe Segna
Tony DiBlasi	Lisa Smith
Veronica Dillard	Doug Staton
Jim Durham	Susan Strohacker
Matt Fish	Shannon Teague
Jonathan Howard	Dylan Walls