

YMCA OF STEUBEN COUNTY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF Steuben County

East Harcourt St., Angola, IN 46703

260-668-3607 www.ymcasteuben.org

December 2019 35th edition

"Christ in Bethlehem, the ancient dream. A cold clear night made brilliant by a glorious star, the smell of incense, shepherds and wise men falling to their knees in adoration of a sweet baby, the incarnation of perfect love."

~Lucinda Franks



Nationwide Membership enables you to visit any participating Y in the U.S. through membership at your "home" YMCA. Your home location is the facility that enrolled you as a member and that collects your membership dues.

With Nationwide Membership, members can visit any participating Y in the U.S. and Puerto Rico through membership at their home Y, at no additional cost. Nationwide Membership is an essential part of our cause to strengthen communities.

WHAT YOU NEED TO KNOW

- ◆ Only valid for active, full facility YMCA members
- ◆ Nationwide member visitors must use their home Y at least 50% of the time
- ◆ If a member will not be using the Home Y at least 50% of the time or will be a resident of another area for more than 28 days, s/he will need to place the Home Y membership on hold or cancel it with at least 30 days notice. The member can then join the Y where s/he will be living for that time period.
- ◆ If a college student, the member will need to join the YMCA where your usage is 50% or greater. Nationwide Membership is based on individual usage not the family unit. Most Ys have a young adult or college membership option. One can also ask about the financial assistance program. Most YMCAs require a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.
- ◆ Members will be asked to sign a waiver when visiting other YMCA locations.



Help us bring the Christmas spirit to local families in four easy steps.

1. Take a paper "Wish List(s)" ornament off the tree.
2. Take it to the front desk to claim.
3. Purchase item on your ornament.
4. Return item to the Y, gift-wrapped with paper ornament attachment no later than Wed., Dec. 18th.

Thank you Y Members for your thoughtfulness in making this a extra special Christmas for a child!

YMCA Gift Certificates Available, just in time for the holidays!

Endless possibilities:

Swim lessons	Youth Basketball	Youth Soccer
Kid's Night Out	Fitness Classes	Day Passes
Day Passes	Adult Sports League	



Gift Certificates can be purchased at the front desk.

Men's Basketball League in the planning stage for January!



*Stay Tuned!
More Details Coming Soon...*



Coming January 2020

Adult Co-ed Volleyball League

Take your game to the next level and join our Adult Volleyball League at the YMCA of Steuben County! Sign up today for fun with a competitive sport.

When:

- *Jan. 15—Mar. 4
- *Games will be played on Tues. nights
- *Earliest game begins at 7 p.m.

Format:

- *4 vs 4 (max. of 6 players per team)
- *Must have 2 male/2 female players on court at all times
- *8 week game schedule with a tournament the last 2 weeks
- *There must be a minimum 4 teams registered for the league to be offered.
- *No additions to roster after the 1st game unless approved by the the Sports Director
- *Shirts not included but team shirts encouraged.

Where:

- *YMCA Gym

Cost:

- *\$150 per team (only \$25/person for a 6 player team!)
- *Payment due in full at registration
- *Registration ends January 13.
- *Discount available for Trine student teams

Misc: There will be 1st, 2nd & 3rd place awards as well as shirts for tournament champions

Questions:

- *Contact Matthew Kovacic at 260-668-3607 x 109 or Matthew@ymcasteuben.org.

GIVE THANKS VENDOR SHOW

UPDATE....

The YMCA's first Vendor Show last month was quite successful. Organizer and new Membership Coordinator, Kenzie Green, reported that we had a total of 41 vendors, 41 giveaways and that over 150 people came through the doors to shop.

Kenzie said that much thanks goes to staff and volunteers who helped orchestrate the event, as well as Trine University for lending us tables. She also thanks Five Lakes, Tom's Donuts, and Auntie V's for providing coffee, donuts and lunch. Because of the interest and turn out, the Y hopes to make the vendor show an annual event. Plans are already in progress for the 2020 annual show, targeted for this spring. Watch for details to be released in January.



In wrapping things up, Kenzie, had this to say, "I personally enjoyed each vendor, because everyone had such unique items, and I learned something new from each vendor about his/her business! Events like this are important in supporting local small business owners and their families. It was nice seeing the variety of vendors we had at this event and how much they support each other. Shopping "small" this holiday season can make the world of difference in supporting our community!"



NEW GROUP SWIM LESSON SCHEDULE

1st session starts Jan.14
2nd session starts Feb. 25

Classes are on either Tues or Sat.

Parent/Child (6 mo. To 3 yr.)

This is a water adjustment class for the parent and child. Class focuses on safety and making the child comfortable in and around the water while introducing basic swimming skills upon which the child can build.

Tues: 5:30—6 p.m. or
Sat. 10-10:30 a.m.
Therapy Pool

Swim Basics

Class teaches personal water safety and basic swimming skills. The three-stage program focuses on water acclimation, water movement, and water stamina.

Stages 1 & 2:
Tues: 5:30—6:15 p.m. or
Sat. 9-9:45 a.m.

State 3:
Tues: 6:30—7:17 p.m. or
Sat. 10-10:45 a.m.

Swim Strokes

This more advanced course is designed to maximize swim strokes and efficiency as well as to get students ready for swim competitions. Participants, including adults, need to know how to swim independently. Class times to be determined.

"MISSION POSSIBLE USED COAT DRIVE!!"



Trine student, Amira Faulkner, would like to thank all those who donated coats for her Mission Card Project at Trine University. She reports that approximately 70 coats were donated!



Sarah's Spot



The Christmas season is rapidly approaching. The hustle and bustle surround us with Christmas music on the mound, Christmas movies, Christmas cards, homemade Christmas cookies, shopping for Christmas presents, the awe in the eyes of children, hot mulled cider, letters to Santa, live nativities, and the list goes on. I often need to stop, take a deep breath and quietly reflect on the true spirit and meaning of Christmas. And when I do this, I think of that first Christmas. A Christmas in Bethlehem. A baby born. The Christ child. The symbol of God's love for humanity. Suddenly, life is breathed back into this holy season and it once again becomes magical.

The miracles of Christmas seem to resonate, as people are more thoughtful, more tolerant, and more hopeful. We begin reflecting on our blessings, rededicating ourselves to quietly reach out to family and friends as we share the Christmas message. We look forward to doing extra for someone. It is so refreshing when we can love our neighbors as ourselves. Ultimately, true joy surrounds us and lifts us up. When we look up into the winter sky, filled with the songs of angels praising the Christmas message, we can feel it, hear it, and see it. We can give without getting as we forget about ourselves and find the time to cherish those around us, and set aside our differences.

I am so thankful for this season and for the rebirth of the spirit. At Christmas, God's son becomes so real that his warmth captures our hearts and souls as we share it with others. Bethlehem becomes an illuminated window into our souls and a miracle that truly holds all time together if we let it.

In Bethlehem a baby was born.

Sarah Funkhouser, CEO



Allison Wheaton on Lake James



Allison flew in to the YMCA of Steuben County a few years ago to join the early morning lap swimmers, along with her friend, Randy Strebeg. She is one of our loyal reciprocity members, her home base being Ft. Wayne's Central YMCA. As with all nationwide reciprocity members, we are always glad to see Allison at our YMCA.

In addition to swimming, Allison's workouts include PiYo, steps, and jogging on an indoor track. She reports, "I am significantly more motivated to tackle the day ahead after a YMCA work out, walking away with more energy and a sense of accomplishment."

Growing up in North Carolina, Allison became interested in horses at a young age, learning to ride and compete in English "Combined Training" which translates to dressage and jumping. With her Dad being a pilot for American Airlines, she also developed a love for flying, and at 15, began lessons in a Piper Super Cub. Allison attended college at UNC in Chapel Hill, majoring in International Studies. She was a member of the Varsity Rowing Team.

After college, Allison's goal was to become an airline pilot, loving the freedom it brings. She was in flight school when 9/11 happened. Pilots were furloughed and hiring came to a halt for several years. Not to be deterred, Allison obtained her pilot's license and began instructing in Piper Cubs on Floats in Florida. She also taught in Washington and flew a Seaplane Airline from downtown Seattle to resort towns into Canada, as well flying for a fishing lodge in Alaska.

Allison moved to Indiana in 2006, re-invented herself, and became a volunteer therapeutic riding instructor. In 2010 she started her own therapeutic riding school in Ft Wayne, Summit Equestrian. She gives lessons to individuals 4 years old and upwards, her oldest student being 80. "The horses help people with social, physical, emotional trauma, and anxiety disorders, allowing them to make connections through the horses." Summit Equestrian also works with homeless shelters, Vets, Turnstone, Easter Seals, the ARC, and Ft. Wayne Parks and Rec.

Allison was asked what programs she would enjoy seeing at the YMCA and she made the suggestion of bringing some of her horses to the Y for a summer camp experience. She added that horses can empower people by becoming a bridge to improving relationships with others.

When she is not flying or riding, Allison enjoys spending time with family. She also rescues animals that need a home. She has two rescue sheep, a pig, goats, chickens, a duck, and other dogs and cats. A favorite event is the Fly-in every September at Lake James. As one might guess, Allison takes people up in the Sea Planes so they can experience the thrill of flying.

Wellness and Understanding Real Age "A Natural Approach to Wellness"

This is Part 1 of a free series that can change how you live by focusing on the difference between biological age vs. calendar age. In this series participants will learn natural wellness tips that allow you to take control of how you feel and think. YMCA members welcome!!!!

Wednesday, Dec. 11, 12:00 p.m. at the YMCA

Presented by Greg Giant, BSP Pharm RPh



Meet Our Staff...

KAYLA WILLIAMSON

What her fans may not know, Kayla Williamson, YMCA Spin and Barre Instructor, actually began her wellness career quite early in life. Kayla's mom, Carrie, also a gymnast, started a gymnastics club in Coldwater, MI and then "little Kayla" went along on the ride, starting her own

training at the ripe young age of two. Kayla went on to participate and compete with USA gymnastics.

Kayla stayed involved in her mom's Gymnastic School, while also being active in Fremont High School gymnastics. While at FHS, she won the State competition on bars. Kayla stated that the bars are her favorite event, although she liked the floor exercises also. She also received an award for State Champion in all-around USA Gymnastics, levels 1-10.

Kayla graduated from FHS in 2009, attended Ball State University for one year, and then transferred to IPFW where she earned a degree as a Physical Therapy Assistant (PTA).

Kayla reported that she has been coming to the Y since she was in 8th grade on her family's membership plan. Once married, she and her husband, Travis, took out their own membership. Kayla was eventually asked to sub for Cindy K's Step and Tone class and then went on to teach HIIT. After subbing in a cycling class, Kayla is now a regular instructor for Cycle and Barre. In addition to her YMCA job, Kayla continues to teach Club Gymnastics to youth, 10-17 years old, in Quincy, MI. She has been doing this since she was a sophomore in high school.

When asked what she likes most about the YMCA Kayla said, "I like making a difference and being a small part of what makes class members happy and glad they came to class. After class, I even have increased energy." It is evident that Kayla enjoys her job at the Y and teaching classes. She hopes to continue in her role here and helping people reach their full potential.

For future goals, Kayla is training for a half marathon and hopes to travel. "When I graduated from college, I took a three month travel assignment in Oregon. I enjoyed it so much that I would love to take another assignment. This would allow Travis and me to enjoy another part of the United States, while I assist someone in their home with a physical therapy curriculum."

In closing, if members have not yet met Kayla, we suggest you do. Her sweetness and positive outlook on life are immediately captivating and you will be hooked. Whether in one of Kayla's classes, or in a quick meeting, you will walk away filled with a spirit of hope and kindness in your heart which will surely help you to carry on throughout your day. Guaranteed. ☺



The 2nd YMCA Youth Tri is scheduled for Sunday, Feb. 9, 2020. Check at the front desk or on the YMCA Facebook Page for more information.



YMCA WISH LIST:

Monetary Needs

\$10 will buy post-It notes, and pens

\$100 will buy new basketballs and six foot folding tables

\$1000 will buy soccer goals and a new basketball backboard

Collaboration Needs

Team Building Training

Snow Removal

For more information, call Sarah Funkhouser, CEO

Need Prayer?

REVIVE INDIANA returns to the YMCA Fri. Dec 13 from 8 a.m.—6:30 p.m. and Sat., Dec. 14 from 8 a.m.—4:30 p.m.



3rd Thursday, Dec. 19

11:15 a.m. @ YMCA Fitness Rm. Lunch provided. Topic: By the office of Dr. Holicki

4th Wednesday: Dec. 25

3:00 p.m. @ the Brokaw....Free movie, sm. drink & popcorn!

