

# RAFY

# NEWSLETTER



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY Y

709 1st Ave. SW, Rochester, MN 55902

507-287-2260

[www.rochfamy.org](http://www.rochfamy.org)

FALL 2015

## YOU MAKE MORE POSSIBLE

YOU make more possible in the many ways you support the Rochester Area Family YMCA! It has been five weeks since I started working at the Y as the Interim Development Director. My first impression of the Rochester Area Family Y is that of great respect for all of the members and supporters who generously give of their time, talent, and treasures to impact our community through youth development, healthy living, and social responsibility.

In 2015 alone, YOU have contributed more than 5,000 hours volunteering for vital programs such as Y Mentors and Y Camp as well as special events such as Gus Macker and Healthy Kids Day. YOU have donated more than \$4,400 in in-kind products and services to keep our building and programs running smoothly. YOU have brought in more than \$17,500 in sponsorships. YOU have made the fitness center and men's health center renovations a reality. YOU have given more than \$212,000 toward the Y's Annual Support Campaign, making it possible for 1,648 children, teens, and families in need to participate in YMCA programs and activities through the Open Doors Scholarship program.



Although we as a Y community have made great strides in supporting the Y mission thus far during this year, the need continues to persist. We are \$28,000 short of making our Annual Support Campaign goal of \$240,000. We are in need of adults, particularly women, who can commit their time to being Y Mentors for youth. And we are seeking sponsors to support the growth of such programs as LIVESTRONG® and Y Men's Basketball League. From what I have witnessed about the generous Y culture, I am certain these needs can and will be met by December 31st. Please consider giving of your time, talent, and treasures to fulfill these needs and see how your gifts continue to impact our community in positive, meaningful ways.

Donate today by visiting [www.rochfamy.org](http://www.rochfamy.org) or drop off your gift at the Y Welcome Center. For more information, contact Melissa in the Development Office [[melissas@rochfamy.org](mailto:melissas@rochfamy.org) or 507.287.2260 x1091].

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## SHARE THIS ISSUE?

Please share this newsletter with anyone who you think may find it useful.

## OUR MISSION

Providing for the spiritual, mental and physical well-being of the individual, family and community.

Start doing what is necessary; then do what is possible; and suddenly you are doing the impossible.

-Francis of Assisi

# THANK YOU, VOLUNTEERS AND BUSINESSES!

## Volunteers:

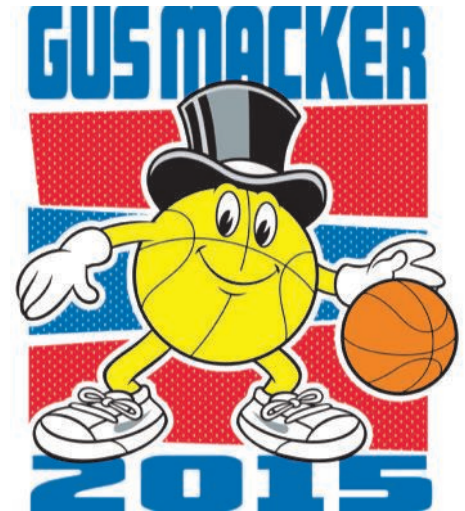
Ahjany  
 Ahymed Lee  
 Alyssa Willis  
 Amie Stefeneicher  
 Angie Dietrich  
 Ayoka  
 Brian Pollack  
 Bryan Trcka  
 Cade Loney  
 Carol Lovan  
 Chad Wallaker  
 (3 daughters)  
 Corey Keene  
 Darren Davis  
 Deen Narvason  
 Doug Beauchene  
 Drew Oelke  
 Eloise Blenkush  
 Giovanni Desgrottes  
 Jade Boysen  
 Jake Beauchene  
 Jill Stefeneicher  
 Joellyn Beber  
 Josh Brunhotzl  
 Julie Ellis  
 Kaycee Taylor  
 Ken and Nancy  
 Kevin Lund  
 Kolloh Nimley  
 Libby Witzeman  
 Linda Helberg  
 Linda White

Mary Moen  
 Maurine Macharia  
 Meghan Berry  
 Michele Altman  
 Michon Rogers  
 Mike Turvey  
 Morris Douge  
 New Day Church  
 Volunteers  
 Nicholas Berry  
 Noah Barry  
 Noah Loney  
 Pat Mcknight  
 Patrick Keene  
 Randy Reimer  
 Rhoda Lichy  
 Romona Wilson  
 Sandy MacLaughlin  
 Sharon Coleman  
 Stef Courts  
 Steve Courts  
 Tailbird Lovan  
 Taryn Wohlfiel  
 Trey Williams  
 Valerie Willis  
 Vince Barry



## Paid Sponsorship:

Beckleys Inc.  
 Bob the Bug Man  
 Exceptional Carpet Care  
 Inc.  
 German Construction Inc.  
 and FGS Rochester  
 Gerrard Realty  
 Hammes Company  
 HGA Architects &  
 Engineers  
 Kiwanis Club of Rochester  
 Kevin Lund/Gym Rats  
 Merchants Bank  
 Olmsted National Bank  
 Patterson Dahlberg Injury  
 Lawyers  
 People's Food Cooperative,  
 Inc.  
 Rochester Community  
 Technical College  
 Sargent's Gardens  
 Titan Development &  
 Investments  
 Zumbro Lutheran Church



## In-kind Sponsorship:

High Five Foundation  
 KAAL TV6  
 Rochester Women's Magazine  
 iHeartMedia  
 Olmsted Medical Center  
 Advanced Disposal  
 Scharf Auto Body  
 Schotts Distributing  
 Advanced Disposal  
 Centerstone Plaza Hotel  
 Pepsi Cola  
 Mr. Pizza  
 CiCi's Pizza  
 Perkins Restaurant

## NEW FAMILY FITNESS CLASSES

- **Kids Zumba®**  
Mondays  
5:15 – 6 pm
- **Family Rebounding**  
Tuesdays  
4:25 – 4:55 pm
- **Kids Junior Zumba®**  
Wednesdays  
11:45 am – 12:30pm
- **Intro to Dance (Preschoolers)**  
Wednesdays  
3:30 – 4 pm (I)  
4 – 4:30 pm (II)
- **Toddler and Me**  
Thursdays  
10:15-10:45 am
- **Family Dance Fusion**  
Thursdays  
5:30 – 5:55 pm
- **Kids Yoga Story Time**  
Thursdays  
6 – 6:30 pm
- Please see the website ([www.rochfamy.org](http://www.rochfamy.org)) for more information regarding session dates, cost, and location!

## TRAINER – LED SMALL GROUP CLASSES

### Sculpt Fusion with Kevin Rivers

30 minute class on Mondays and Wednesdays at 5 pm  
 Emphasizing specific body parts weekly fusing into a full body work out monthly.

### Weight Training Fundamentals with Jake Cruz

30 minute class on Tuesdays and Thursdays at 6:30 pm  
 Perfect your lifting form and learn how to safely progress to your next skill level!

### Kay F.I.T Challenge with Kayla Dietzenbach

45 minute class on Thursdays at 6:30 pm  
 Functional Interval Training to build strength, speed, and endurance. Maximize your calorie burn while sculpting and toning with a variety of equipment. From beginner to advanced, whether you are looking to improve your health and fitness or prepare for your next race, this 10 week challenge will help you find your inner athlete.



Please visit our website ([www.rochfamy.org](http://www.rochfamy.org)) to register for classes. You can find dates, location and cost of classes online.

## NOT-SO-SCARY SPOOKTACULAR

**Friday, October 23**  
**5:30 p.m. — 7:30 p.m.**

The fun-filled evening features an outdoor Trunk n' Treat with lots of candy handed out from decorated vehicles of businesses and individuals. Little ghouls and goblins will have the opportunity to travel through the Candy Maze to the SPOOKTACULAR Costume Party complete with games, music and dancing! This event is free for Y Members and a suggested \$10 per family or a winter outerwear donation for community members. All proceeds support the United Way's Annual Campaign and Community Winter Outerwear Drive. If you are interested in sponsoring this SPOOKTACULAR please contact Dawn L. at [dawnl@orchfam.org](mailto:dawnl@orchfam.org) or 507-287-2260 extension 1031.



## COMMUNITY WINTER OUTERWEAR COLLECTION

United Way is once again partnering with The Salvation Army to meet people's basic need for a winter coat this winter with collections starting now until October 25. The YMCA is a donation collection location in Rochester, MN.



## 1ST ANNUAL 5K FAMILY FUN RUN/WALK

### THE NOT SO SCARY SPOOKTACULAR!

On Saturday, October 31<sup>st</sup> at 1:30 pm at the South Parking Lot of the Rochester Family YMCA

Registration is now open for this family fun event! Pick up your registration form at the Welcome Center.

Individuals and families can walk together, run or just be there to cheer on those participating. Fun family and kid activities will start at noon. There will be face painting, water stickers and there will be a Zumba party to help warm up the group starting at 12:15pm!

Proceeds from this event go to help support the LiveSTRONG program at the Rochester Area Family Y, which is free for any cancer survivor ages 18 and older. LiveSTRONG participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, improving flexibility and endurance, and increasing confidence and self-esteem. By focusing on the whole person and not the disease, LiveSTRONG at the YMCA is helping people move beyond cancer in spirit, mind, and body.



Stop by the Welcome Center or e-mail Michele at [maltman1972@gmail.com](mailto:maltman1972@gmail.com) with any questions. Donations to the event are also welcome!

## STAFF SPOTLIGHT

### MELISSA SCHMID

Melissa works as the Interim Development Director

#### Melissa's Favorites

**Snack:** Tortilla chips and salsa

**Scent:** Pine

**Drink:** Coffee

**Fruit:** Mango

**Holiday:** Thanksgiving

**Hobby:** Baking

**Flower:** Hibiscus

**Sport/Sports Team:** Rock Climbing

**Color:** Pink

**Thing to do at the Y:** Working out in the Fitness Center and getting to know other friendly Y members.

**Tell us something about you that many don't know.**

I am training for the Des Moines Half Marathon on October 18th.

**What is the one person, place or thing you can't say no to?**

Rock climbing

**Name something you've done once that you can't wait to do again.**

Travel to Nepal

**Name one thing you want that you can't buy with money.**

Quality time with family and friends.

**What is the last movie you watched?** "The Good Lie"



# 4TH ANNUAL FORE THE KIDS GOLF TOURNAMENT



September 16 was the perfect autumn day for those who Golfed For a Cause in the 4th Annual FORE THE KIDS GOLF TOURNAMENT at Eastwood Golf Course. Eighty-four golfers participated. The Y is so grateful for the participation of golfers and businesses in the tournament.

Thank you to our Champion Sponsor:  
Bremer Bank

Media Sponsor:  
KIMT3

Emergent Networks  
NewDay Church  
Jeff Gorman  
Eastwood Golf Club  
Chef Jessica Ihrke  
Eastwood Grill Catering  
LESMEISTER BALLOON CO.  
ROSCOE'S Root Beer & Ribs  
BOLDT  
Rochester Women Magazine

Accord Electric Inc.  
All Over Media  
Ashley's Hallmark  
Bill McCann's Concrete  
BOLDT  
Casey's

Charile's Eatery & Pub  
DALCO  
Dick Thomsen - State Farm Ins.  
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Dooley's Pub  
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Hampton Inn & Suites North  
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Hope Lodge - Thomas Frayne  
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Kwik Trip  
Laurie & Craig Kellagher  
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Lesmeister Balloon Co.  
Majestic Tents and Events  
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Mark and Teresa Steege  
Mark Hare  
Metropolitan Market Place

Minnesota Lynx  
Mondelez International  
Nancy Stuart  
Patrick and Lori Keane  
People's Food Co-op  
Post-Bulletin  
Piper Hills  
Premier Bank  
Rochester Ice Hawks  
Rochester Indoor Golf Center  
Salon Chic  
Scheels  
Sharon Coleman  
Stephanie Courts  
Swanson Advertising  
Tony D. Deach  
Ranfranz & Vine Funeral Homes  
Trader Joe's  
University of Minnesota Rochester  
Val and Don Koster  
Y Board of Directors  
Ye Olde Butcher Shoppe

**The 4th Annual GOLF FOR A CAUSE raised \$12,110 for the Y's Annual Support Campaign. Thank you and congratulations to all who volunteered, participated, sponsored, and donated!**



**Thank you for voting the Y as your favorite fitness center.**

**The Y is more than a gym – we're for youth development, healthy living, and social responsibility.**