

The Y. So Much More™ NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCHESTER AREA FAMILY YMCA

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JUNE 2015

MESSAGE FROM PATRICK KEANE

Hello all. I am starting my second year as the Rochester Area Family Y's Board Chairman (the actual title is "Chief Volunteer Officer") so the Newsletter Team asked me to introduce myself to the community. My first involvement with YMCA's was growing up in Chicago where our neighborhood YMCA provided swimming lessons and summer baseball leagues. I recall a cramped space, and the early attempts at a fitness center.

When I came to Rochester in 1980 to work for IBM, I joined the Y within a month. Over the years, my wife (Lori) and I considered the Y as a partner in raising our three children. Our kids learned to swim here, some were Y Mentors, and all did the Saturday morning youth sports. I am proud to share that two of our adult children who live in Rochester are Y Members.



I joined the Board of Directors in 2010 serving mainly on the Finance Committee. As the Board Chairman, I am focused on the following three responsibilities: (1) board development – ensuring a diverse board representing our membership; (2) providing guidance, feedback, and support to the Executive Director, Steve Courts; and (3) utilizing each Board members strengths in their role on the Board. The Board also continues to review the changing membership and the facility needs of our 50 year old space. As the Y Board Chairman, I am grateful for the generosity of our donors and the strength of the Y Staff. Members, donors, and staff come together to create the positive influence that is the YMCA in Rochester. The Y is important to not only my family, but to our entire community. We are open to all and we reflect the diversity of our community. We live our Mission of Youth Development, Healthy Living, and Social Responsibility. We provide a vast array of programs to meet the needs of our community and our membership - and we are growing that list by adding programs like LIVESTRONG®.

As both the current Y Board Chairman and also as a YMCA Member, I encourage you to do the following: (a) learn more about what the Y has to offer in terms of classes and programs to get the most out of your YMCA time, and (b) enrich your YMCA experience by reaching out to someone at the Y and striking up a conversation. Step out of your comfort zone.

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ENJOY THIS ISSUE?

Feel free to 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.



MY Y IS NOW EVERY Y IN MINNESOTA

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a YMCA in a different location. Now full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the state of Minnesota, at no extra charge. Simply present your active YMCA membership card and photo ID at any participating YMCA and enjoy free access.

**Have enough
courage to trust
love one more time
and always one
more time.**

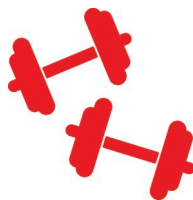
-Maya Angelou

GET PAID TO WORK OUT

Exercise, Stay Fit and Get Healthy through the fitness insurance reimbursements offered through:

- Blue Cross Blue Shield of Minnesota (and North Dakota)
- Health Partners
- UCare's UCan! and/or Active U programs
- Vitality
- Medica
- Preferred One
- Silver & Fit
- Regency Managed Properties

Stop by the Welcome Center to see if you are eligible and to get enrolled.



RIBBON CUTTING CEREMONY

Join the Rochester Chamber of Commerce at the Y for a celebration of the fitness center and kids gym renovations. The ceremony will be held at **4 p.m. on Monday, June 15.**

STAFF SPOTLIGHT

AVIN MELISSA HONECKER SHERMAN

Avin is a Group Fitness Instructor.

Avin's Favorites

Snack: Anything Chocolate

Scent: Vanilla

Drink: WATER!

Restaurant: Redwood Room

Place to Shop: Dollar Store

Hobby: Square dancing, hanging out with my dogs & horses

Flower: Daisies, sunflowers & yellow roses

Sports Team: Not really a sports fan but I love to watch the Olympics. New York City Ballet is my favorite dance company!!!

Color: I like all colors of the rainbow but I have a thing for black & orange

Thing to do at the Y: HOT TUB!! :) & Teaching and helping members!

Where were you born?

St. Mary's in Rochester— I'm a 70's child. Peace!

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

I did a body building contest when I was 18. My family traveled all over the U.S. doing dog shows and almost went to Westminster! I was in a dance show with Mikhail Baryshnikov & got to hold his hand in the BOW! I was in pageants. I have free range chickens!! Let me know if anyone wants farm fresh eggs!!

What is your most treasured possession?

My DOGS!!

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

I'd like to do another body building or fitness show again.

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

Good friends!!!

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

All my nieces and nephews.

What was the last movie you watched?

Hobbit



NEWS & UPDATES

- Summer Water Park/Pool and Group Fitness schedules are available now at the Welcome Center and on our [website](#).
- We are hosting training for Yoga Body Bootcamp™ instructor certification on Saturday, June 20. Visit our [website](#) for details.
- Families are invited to a free event celebrating dads! Lunch and fun activities—Everything is free! Hosted by Family Service Rochester at Kutzky Park on Saturday, June 20 from 11 a.m.—2 p.m.
- Y-Tots Preschool is hosting summer camp starting next Monday, June 8th -- register your child (ages 3-5) for these week-long half-day adventures!
- Rochester Area Volunteers Administrators (RAVA) will be hosting a community volunteer fair on Wednesday, June 24 10:00 a.m.—2:00 p.m. at the Y in conjunction with Rochesterfest 2015.
- In the most recent Cone Nonprofit Power Brand 100, the YMCA brand was valued at \$6.4 billion, making it the most valuable nonprofit brand in the U.S.

CANVAS PAINTING

Paint your very own masterpiece with Sunshine & Roses at the Y!
Ages 5-12

4:00 p.m.—5:30 p.m.
June 23
July 7
August 11

\$20 Members
\$25 Non-Members

Register for one date or all three.



THE REAL FORREST GUMP

Robert Sweetgall is coming to summer camp!

Thursday, July 16
10:00 a.m.—11:30 a.m.

Robert will share his inspirational story on walking across America 7 times and how the importance of being active changed his life.



Are your children interested in walking for fun and being outside with their friends?

This interactive presentation for children focuses on walking: the perfect physical activity to build a healthy lifestyle.

Games and activities will also be played that help strengthen the heart, lungs, legs, and the brain. Parents/Guardians are welcome to attend as well.

FOUNDERS DAY



June 6 marks the 171st anniversary of the Y - a global organization that began with a simple but powerful idea: a strong, supportive community

can help people build healthier, happier lives. Since its founding the Y has grown into one of the world's largest volunteer organizations, renowned for its commitment to helping people of every background reach their potential.

TRIVIA

How old was George Williams when he founded the YMCA?

- A) 37
- B) 51
- C) 22
- D) 31

Answer: C

CONGRATULATIONS Y MENTORS GRADUATES

WHITNEY BEKAERT

Whitney was placed in foster care at 13, where she lived in three different homes the first year before finding a more permanent one. She fought to maintain a relationship with her siblings against her biological mother's wishes. Through all of these difficulties, she has been able to hold a job while maintaining a 3.7 GPA.

She created strong relationships with friends and teachers at school and was not afraid to ask for help from teachers, friends and her foster parents when struggling with a subject. Whitney also has found time to volunteer as a student assistant, helping grade tests, quizzes and homework assignments.

Her foster parents have been great parental influences in her life. She states, "It's amazing how many great people have taken me in and been a huge support system for me when I grew up having no one to guide me." To quote Whitney, "I have learned that if you are working towards the things you believe in, you are more likely to succeed. I have always believed I can succeed in what I believe in but having people around to support me has showed me that you do not have to do everything on your own."

"Being in foster care and meeting all these great families who are still helping me to this day has taught me that family isn't just blood, family is anyone who would do anything to protect and show you they love you."

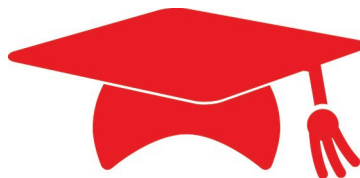
-Whitney Bekaert



BRIAN NGUYEN

Submitted by Bob Hubert, Brian's Mentor

I met Bryan Nguyen when he was a little boy in elementary school and have watched him grow into the fantastic young man he is today. Bryan has always been polite and courteous. He interacts with both children and adults so easily. When Bryan joined the Upward Bound program, he put himself on track to a post secondary education and he worked hard to reach his high school graduation. It is his commitment to persevering through challenges that is



seeing him reach his goals and impressing those who know him. Bryan has been such a positive role model to our children and we are lucky to have him close to our family. We are all proud of Bryan's accomplishments and are proud to call him a friend. We wish him the best of luck as he takes his skills and gifts to college and beyond.

COMMUNITY PICNIC

Sunday, June 21 • Lunch served 12 p.m.—3:30 p.m.

We invite you to join us in the Y's backyard to celebrate the rich history of our YMCA! Former Executive Director and Mayor of Rochester, Chuck Hazama, will be in attendance. Entertainment provided by local musicians. Donations accepted. Free swimming with picnic wristband. Children's games and activities led by Camp Counselors. Enter to win great prizes!





EVERYBODY PLAYS EVERYBODY WINS: MACKER 2015

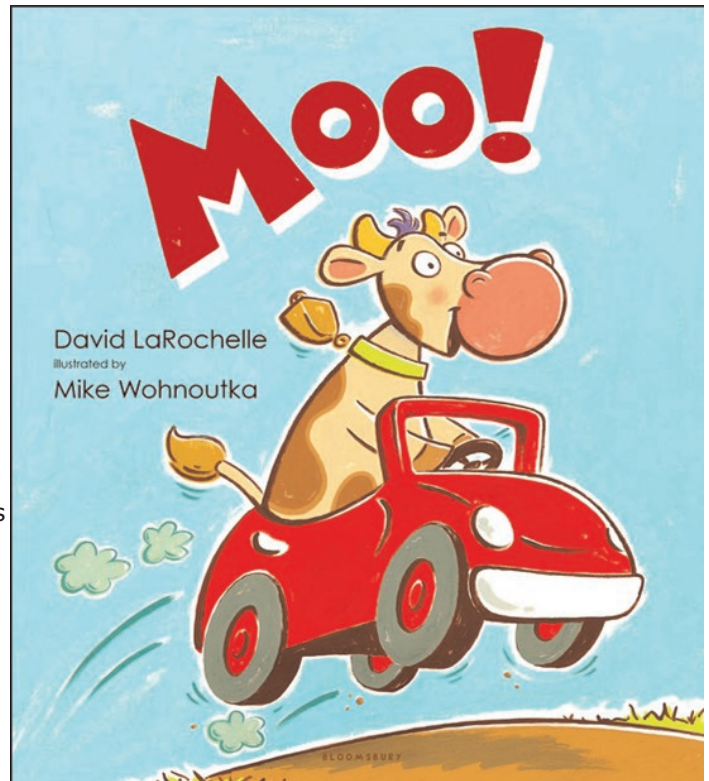
MARK YOUR CALENDARS!! August 8-9, 2015—The Gus Macker 3-on-3 Basketball Tournament returns to Rochester. Join us as we celebrate YMCA history, raise support for the Y and have fun!

MOO-VELOUS OPPORTUNITY

Join author David LaRoche, illustrator Mike Wohnoutka, and Cow – the star of their book *Moo!* – for a one-of-a-kind show! The fun begins at 1:00 PM on Monday, June 22. The Traveling Trunk Show is part of Once Upon a Reader, a statewide early literacy initiative that launched in 2014. Each year, communities in every region of Minnesota will be united through programming based on a book with a Minnesota connection. After interviewing Cow about her travels, David and Mike will share a puppet show retelling of *Moo!*, get everyone dancing with some original music, and follow up with a group storytelling and drawing activity. Don't miss out on this moo-velous opportunity for fun! Suitable for families and groups with children ages 0-6, the show lasts approximately 45 minutes. Additional shows will be held at various locations throughout the SELCO region in June and September, and parents and caregivers can access program activities and early learning resources at the Once Upon a Reader website, www.onceuponareader.org

About SELCO

SELCO, Southeastern Libraries Cooperating, is a regional public library system based in Rochester. Its members include academic, public, school and special libraries. The member libraries share resources, programs, personnel and technical innovations to achieve common goals and meet the needs of individual communities. For more information, go to www.selco.info



*Introducing this summer's Camp Counselors!
Helping Youth Achieve More #hopthegap
Visit hopthegap.org for more information.*

CELEBRATING FATHERS — A TRADITION STARTED AT THE Y

More than a century ago, Sonora Louis Smart Dodd aspired to create a holiday to honor fathers. Dodd, the daughter of a single father and Civil War veteran, was inspired by a Mother's Day sermon and wondered why there was no holiday for fathers. After securing support from ministers in Spokane, Wash., her idea came to fruition with the first Father's Day celebration at the Spokane YMCA on June 19, 1910. On Sunday, June 21, we join the nation in celebrating Father's Day and recognizing the impact fathers and adult male role models make in children's lives. Nationally, one out of three children lives in a home without their biological father, according to the U.S. Census Bureau. Additionally, societal factors such as unemployment, work-life balance or a lack of resources can affect fathers' ability to seek support in strengthening their parenting skills and more fully engaging in the lives of their children. A leading nonprofit in fostering positive youth development, the Y remains dedicated to providing resources and opportunities for fathers to further involve themselves in the well-being and development of their children. Studies show that children with close relationships with their fathers and other adult male role models have more self-confidence and exhibit less depression, perform better academically and engage in significantly less drug and alcohol use.