



**2019**

# **YMCA CHAMPIONS**

**Our Mission Impact book that highlights and recognizes our YMCA Champions for 2019**

**“A CHAMPION IS ONE WHO IS REMEMBERED”**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



## 2019 YMCA Champions Book

### DARLENE MATHIAS

Every year we select a person to dedicate our YEAR OF CHAMPIONS. In 2019, it was a no-brainer as we dedicated the 2019 YMCA Champion Book to Darlene Mathias. Darlene served as our Water Aerobics instructor for over 32 years all as a VOLUNTEER! *WE WILL MISS YOU DARLENE!*



The Garden City Family YMCA was started in 1964. In 2019, the YMCA celebrated 55 years in the community. We have our a few that has been with us since the inception, but I know we do not have a volunteer like Darlene Mathias. In 2010, we renamed our Volunteer Champion to the "Darlene Mathias' Volunteer Champion. It was a great honor for someone who has given back so much to the YMCA and more importantly, the participants in her class. Darlene did so much for her class. Here is a breakdown of what Darlene did to go the EXTRA MILE:

- If there was a little snow or ice on the ground, she would **CALL** everyone in the class and tell them she was cancelling class,
- She would work **SIDE BY SIDE** for any new person to the class until they felt comfortable being on their own,
- She **DEVELOPED, COORDINATED, and RECORDED** her own tape for the class and even added music in the background,
- She would arrive 30 minutes **EARLY** to make sure the lane lines were taken out of the pool and on the deck. Many times, she had to pull them out herself,
- She would **STAY LATE** to make sure everyone got out of the pool safely and into the locker rooms. Many times, she would help participants out to their car,
- She would **OVERSEE** a Christmas luncheon and Spring outdoor BBQ for her ladies,
  - She would **RECRUIT** participants to come to the class,
  - She **SERVED** on the Aquatics Committee for 12 years,
    - And she **NEVER** called in sick!

As you can see, Darlene was a **VALUABLE** team player that we will never be able to replace. I am a firm believer in the human touch. Darlene did more than teaching in her class, she exemplified what a superstar worker she was for us. I got to know Darlene on a personal level as well because she was taking care of her grand daughter Madeline. Madeline was in my daughter's class and we took her on many family trips with us including Disneyland. That was my way of paying her back for all the time and work she gave to our YMCA. You will be missed Darlene! Your **VOICE** will still be heard in the water aerobics class. **THANK YOU** for everything Darlene! *Chad Knight – CEO*



## **2019 YMCA Champions Book Annual Support Campaign (ASC), MERIT, SERVICE, TEAM, HEALTHY HEART, and MISSION CHAMPIONS**

*ASC: Campaigner who exceeded 1,500 points*

*Joe Gonzales, Bob Almos, Floyd Whatley, Kandace Kennis, and Ross Miller*

*Mission: Volunteer, Donor, Member, Team Member, or special friend who helped excel the  
YMCA mission for multiple venues and events!*

*Terry Darden, Roni Knight, Chris Castoe, Sterphanie Davidson, Mike Popejoy, Scott Selee,  
Real Men Real Leaders, and Michell Mayo*

*Merit: Volunteer, Member, Donor, or special friend who helped the YMCA  
Patrice Shelton, Susan Ziegler*

*Team: Team members who went above and beyond the call of duty!  
Edith Esquivel, and Ruby Bautista*

*Service: Team employees who hit a benchmark year  
Scott Selee and Rosie Perales (10 years), Amanda Mitchell and Roni Knight (15 years), and  
Chad Knight (20 years)*

*Healthy Heart: Recorded and checked in the YMCA and/or DOME over 200 times  
Quang Nguyen, Rosa Benmudez, INGacio Ibarra, Daniel Herrada, Jay Edwards, Tasha  
Jackson, Miguel Rodriguez, Osvaldo Martinez, Leonardo Tena, Steven Lynch, Carlos Jimenez,  
Sebastian Kyaw, Jack Crook, Nanch Mejia, Marvin Alvarez, Fidelix Kyaw, Luis Flores,  
Antonio Perez, Otto Mendoza, Luis Beatriz, Edgar Reyes, Juan Martinez, Darrett Burr, Juan  
Godinez, Ramon Ibarra, Blanca Ruiz, Scott Selee, Miguel Duarte, Anthony Ortiz, Charlie  
Stillian, Alan Zamarippa, Randall McVey, Geovaonnie Gone, Stephanie Arteaga, Leslie  
Stillan, Isaul Torres, David Fox, Osmin Gonzales, Max Owen, Moises Navarro, Bladimar  
Rivera, Aaron Aguinga, Charles Aguilera, Maria Arteaga, Bobbie Bagnell, Mary Jo Ortiz,  
Patricia Barahona, Heron Lira, Maria Velasquez-Alcantar, Deek Duale Abdiaz, Ezequiel  
Baca, Daryl Hamlett, Steve Bagnell, Brandon Mumgaard, Flor Nuncio, Jennifer Ramos, Tuan  
Le, Rosalia Del Rio, Javier Viramntes, Manny Gonzales, Johnetta Hebrlee, Blanca Terrazas,  
Janet Ibarra, Amanda McVey, Joel Androna, and Rodolfo Soto*



## 2019 Ambassador Champion

### Miguel Rodriguez

This award is given to an Ambassador of our YMCA. Ambassadors have been with the YMCA for five or more continuous years! The Management Team select a special Ambassador who helped the YMCA in some capacity, uses the YMCA on a regular basis or is just a great advocate for the YMCA.



This year I nominated Miguel Rodriguez as our Ambassador Champion for our YMCA. Miguel could have been nominated for Family Champion or Humanitarian Champion as well. Miguel has been with our YMCA for 15 years and I have seen Miguel using our YMCA in many different facets. From working out with his wife in the Fitness Center to playing basketball with his morning workout buddies to learning the game of racquetball, he has elevated his healthy lifestyle in many ways. Miguel loves to build relationships and he has accomplished this at the YMCA and built some friendships along the way. I love the fact he has learned the game of racquetball and taught his boys and even his daughter the game. Miguel is keeping the great game of racquetball alive and active at our YMCA! Not only has Miguel led a variety exercise regimen, he has also helped the YMCA and given back. This has made him a true AMABSSADOR for our YMCA! Miguel and his wife own El Zarape and was willing to sponsor a banner in our Lease A Piece program and serve as a food sponsor for our racquetball tournaments. On a personal level, his family has donated to our Annual Support Campaign, bought an auction item and an NFL raffle ticket. As you can see there are many reasons that Miguel deserves to be recognized as our Ambassador Champion for 2019. His unrelenting faith, commitment and dedication to the Y makes him a great choice. Great Job Miguel and we will see you at the Y or on the racquetball court!

*Chad Knight – CEO*





## **2019 Sports Character Champion**

### **Twila Murray**

This award recognizes a participant or volunteer in our sports department who displayed the best sportsmanship and character throughout his/her sports participation in our programs. Character counts in our programs and this person exemplified great character in their program. **GREAT JOB TWILA!**

This year I nominated Twila Murray for our Sports Character Champion. I filled in and officiated two games for the Girls' Basketball league this past year. Both times I had this team from Holcomb. They only had six players both games and Twila was the smallest girl on both teams, but she gave it her all and worked hard to help her team in any way she could. She knew she was overmatched, but that did not deter her from giving it her best and trying anything she could to make a difference. She did all of this and kept a smile on her face. I called her for a couple of fouls and she just smiled and kept on going! As a former coach, I love it when I see players give every effort they have, but also have a great attitude in doing so. One of my posters hanging up in my office is with Larry Bird and he says, 'it makes me sick when I see a guy just let the ball go out of bounds.' It has a picture of him diving for a loose ball. I thought this was fitting for Twila as she did everything she could to help. She did not have the talent that Larry Bird has but she is giving her all for her team. That is what character is all about. GREAT JOB Twila and keep up the good work. Congratulations on being our Sports Character Champion for 2019! *Chad Knight – CEO*



## 2019 “Dana Polson” Employee Champion Krystal Richardson

This award is given to one of our special team members who provided outstanding leadership, great customer service, extremely dedicated to their profession or job at the YMCA and exemplified our core values throughout the year. **CONGRATS KRYSTAL!**

Change is defined as to make or become different. This is a key word in any organization and especially in your team members. Some absolutely despise change and some love it and some just go with the flow. For Krystal Richardson, she is all about change and willing to make all sacrifices for the betterment of the team and the YMCA! In 2019, Krystal changed her role twice and did not hesitate on either one. This occurred while she delivered her third baby as well. While pregnant, Krystal interviewed for the Branch Executive Director position. She applied the first time this



position opened, and the YMCA selected another person. Her second time she was successful and accepted this new role. She began her duties as soon as she returned from her maternity leave. Krystal implemented some new initiatives and made some big changes in the overall management of the YMCA. Then, our CFO retired, and our Association was struggling and had to make some more changes. During this transition, Krystal was asked to become our Chief Administrator and oversee the business functions for the Association. She never hesitated and jumped in with both feet and has never looked back! She had to learn the processes and software fast as the end of the year was approaching. Krystal was up to the challenge! To make matters worse, she wanted to get direct deposit implemented. She was successful with direct deposit and this only cost the YMCA \$341 whereas before we were almost ready to buy software in the thousands! Krystal Richardson has been a valuable team player for our YMCA and that is why she deserves the Employee Champion for 2019!

*Chad Knight - CEO*



## 2019 “Darlene Mathias” Volunteer Champion Mike Popejoy

This award is given to a volunteer who demonstrated outstanding service to the Y in the past year. This could be a program volunteer, board member, committee person or general volunteer activities. Volunteers are the BACKBONE to our operation! *THANK YOU, MIKE!*



Being a volunteer-led and volunteer founded organization we rely heavily on volunteers. There was not a better volunteer than Mike Popejoy in 2019. Mike was very instrumental in helping us remove the old fabric for the Dome and set-up the new fabric with the new

manufacturers. I was planning on using

my Property

Manager to oversee this project but decided it

was best to use Mike. I asked Mike to be there every day to help coordinate and supervise all the other volunteers and workers. I was planning to pay Mike and when the time came to write checks, Mike said I do not want paid. Give the money to some of these kids that helped and let the YMCA keep my portion. This was a huge chunk of hours and Mike insisted he receive no payment. Moreover, Mike brought some of his own tools and arrange us to get other equipment and tools throughout this whole process. Mike was the Dome Guy! Mike also continued to help with our racquetball tournaments from bringing in food, managing the food so all the kids would not eat it at the YMCA and whatever we needed done. Mike is always one of the first guys I call to help with any project we have at the YMCA. Back in 2002 when Mike helped move the climbing tread wall to the Youth Fitness Center, he took it upon himself to figure out how we were going to accomplish this feat.

This was a challenge! The DOME was a HUGE challenge and Mike has accepted each challenge and never wavers from collecting a check. THANKS Mike, you are too AWESOME and deserve to be our 2019 Volunteer Champion!

*Chad Knight - CEO*

## 2019 Humanitarian Champion

### Joey Ramos



This award will be given to person who demonstrates the best campaigning efforts throughout the last year. At the YMCA, we have many fundraisers including the Annual Support Campaign, Capital Campaign and many other special events that deal with volunteers asking the community to give to our special cause. This person has displayed the passion, worked hard, and has the YMCA in their heart! ***YOU ARE TOO AWESOME JOEY!***

I first met Joey while playing the community and kept him. When I asked Joey to join, he didn't hesitate. Joey has exceeded my expectations for him as a Board member, but more importantly in his role.

Board members are more importantly give and treasure. Joey

Joey has been on time in his tenure. He recruits good people with high expectations by example! In his

Manager of the YMCA in many ways, from mats to towels to past year, Joey and his team's equipment in the company continued events at the YMCA.

for our Annual Campaign, Joey came through that brought the most. Joey won money in our NFL raffle ticket and he donated it to the YMCA for us to buy a 20ft ladder. Joey has the YMCA best interest at heart and he takes Joey Ramos as our 2019



racquetball and knew he was new in our community. On my radar for a Board member. A few years later he went above and beyond my expectations as a Board member, but more importantly in financial development. He was asked to help fundraise and back in their time, talent has blown away all three. The winning team three already because he is a great campaigner and has for all of them. He leads a normal job as the UniFirst, Joey has helped in many capacities from the floor custodial supplies. This year his team installed all new bathrooms and his goal is to help sponsor many. We started a new process for our Annual Support Campaign and with a set of KU tickets money! On a personal level, Joey participated in a racquetball challenge and he donated his money back to the ladder. Joey has the YMCA best joy in giving back. Please welcome Joey as our 2019 Humanitarian Champion!

***Chad Knight - CEO***





## 2019 “Mac Foreman” Courage Champion

### Doug Keller

This award will be given to a YMCA member, program participant or a volunteer who demonstrates courage in their activities at the YMCA. Whether it be a person who has severe arthritis, a person who is blind, a person who can't hear or a person who beats all the odds, we want to recognize his/her commitment to health!

***KEEP IT UP DOUG!***

The “Mac Foreman” Courage Award displays courage. nomination what a has

recognizes an individual who Doug Keller was our this year and battle he



endured!  
in Hawaii in  
when he experienced a

Doug was  
December 2017  
heart attack. After a

year of therapy, building up his stamina and getting back on his feet, Doug is back in the YMCA working out on the fitness center or playing a little racquetball. To think that he was battling for his life to come back and workout at the YMCA is unthinkable. I believe his wife being at his side throughout this whole ordeal, his faith and his commitment to a healthy lifestyle got him back on his feet! I have witnessed Doug playing racquetball and it is like he never lost a step. He was like the energizer bunny in the court, he kept going and going.

The next day I was visiting with Doug and he said he was sore. He said he has not used those muscles in a long time. Then, Doug decided he wanted to try his luck at pickleball. We started pickleball nights up at the Dome and Doug came up and met my son and I and we played a few matches. Doug loved it! Doug then brought his son Willy to the Dome when he came home for Christmas. What a role model Doug is for all of us. He always models a healthy lifestyle, courage, and a positive attitude even when his life was on the line. Do not we all wish we were better at displaying these traits. Please show Doug your appreciation in recognizing him as our 2019 Courage Champion!

***Chad Knight - CEO***



## 2019 Family Champion James Carlson & Family

This award will be given to one of our family members who have demonstrated our mission and core values in their commitment to the YMCA through programs or general membership. These Champions are dedicated to Youth Development, Healthy Living and Social Responsibility! **CONGRATS CARLSON FAMILY!**



It gives me great pleasure to introduce our 2019 Family Champions to the James Carlson family. James and his family truly embody the

meaning of 'family' when they came to the YMCA. I swim with James and occasionally his two children; James Jr and Ellen join him. One time, I was here on a Sunday afternoon playing in our cutthroat handicap racquetball challenge and in walks his two children to play pool with two other children. I asked where their Dad was, and they said he is swimming laps. Then mom walked in and checked on the kids as she is working out in the fitness center. His two children have the greatest attitude all the time with a smile to boot all the time. When I broke the news to the family, Donna and the kids were in the car and I told them they can tell James, but Donna wanted me to call and tell him. Before I got to make that call, James walked in for his daily swim workout. I asked him if his wife told him the news and he said, 'what news'. So, I told him, and he was happy, and the rest of his family was all excited! James has always thanked me for the job we do at the YMCA but more importantly he is always asking me how things are going and giving me his two cents (free cents James – ha ha) about some things at the YMCA. The Carlson family have been a great family at our YMCA!

*Chad Knight - CEO*



## 2019 Character Development Champions

### Bella Lynch and Jackson Cott

This award will concentrate in the Child Care Department. The YMCA will recognize a youth in the program, a counselor or a volunteer in our program who best exemplifies the YMCA values of Caring, Honesty, Respect & Responsibility.

***GREAT JOB Bella & Jackson!***

**Bella Lynch** – Bella was nominated because she represents our four Core Values all the time. The four core values are Caring, Responsibility, Respect, and Honesty. She shows caring by always looking out for other kids or new kids to our programs. For example, one little girl had just start in the afterschool program and was shy so she stays to herself, that is when Bella went over and befriended her and said that they could play together. Just that gesture help the little girl to become comfortable with the program. She shows responsibility by staying on task and is always willing to help the childcare counselors and other children. Respect is shown by following the rules and not having to be told twice to follow instructions. Honesty is shown by playing games by the rules and letting other kids know the rules or pointing out that they are not following the rules. She loves attending the YMCA programs and does genuinely care for everyone, counselors, and children. The values also show thru because those are the values that she has been taught at home and at the YMCA, first starting with the four-year old program and then moving to the summer camp and afterschool programs. So, keep up the good work Bella and continue to care for others the way you do!



**Jackson Cott** – Jackson was nominated for the Character Development award because of his behavior and attitude while in the childcare program. We base those behaviors and attitudes on our four Core Values of Caring, Responsibility, Respect, and Honesty. Jackson has shown and displayed all four of them. He shows caring by taking care of his things but also other kid's things that he might be using and as well as the YMCA's things. In the same aspect he is responsible for his things and other equipment and toys by always putting them away after use or even letter someone else use them. Jackson shows respect when playing with the other kids by letting them in on games and not judging them if they are not any good at it. He also shows respect to the counselors by listening to them and following directions. He is also always playing fairly and not trying to gain an unfair advantage in a game. Which are ways of showing honesty. He is also honest when you are talking to him, he will always tell you the truth and let you know what did happen or did not happen. Keep up the good work Jackson and continue to be a role model for the other kids! ***Steven Lynch – Family Director***



## 2019 Committee Champion

### David Fox

The Committee Champion is given to volunteers who served on a YMCA Committee during the year and demonstrated outstanding leadership, dedication, and service. This Champion went above and beyond the call of duty and was always there to support and provide input for the Department Head. *THANK YOU, DAVID!*

David is part of the Healthy Living Committee and he first came on at the beginning of 2018 when a different committee member stepped down. He has been a huge asset to the Healthy Living Committee. He has been to majority if not all of them and he also provides excellent ideas and brings up the right questions at the right time. He fully participates, not only on the committee but also with the YMCA. You can usually see him coming to workout everyday Monday thru Friday at least. And since the Healthy Living Committee deals with the workout rooms mostly it is good to have insight from someone that is using it regularly. He also brings a different perspective of things just from his work experience.

He also has a strong knowledge in the Health and Fitness industry, which has helped in thinking outside the box and trying different



programs. For example, the weight challenges came about from the committee meetings and was put into action and did have a little success for a while. He, along with the rest of the committee, was also in on the conversations for new equipment that was put into the weight room. In closing he has been good for the committee and fitness centers and I would like to thank him for being part of the committee.

*Steven Lynch – Family Director*

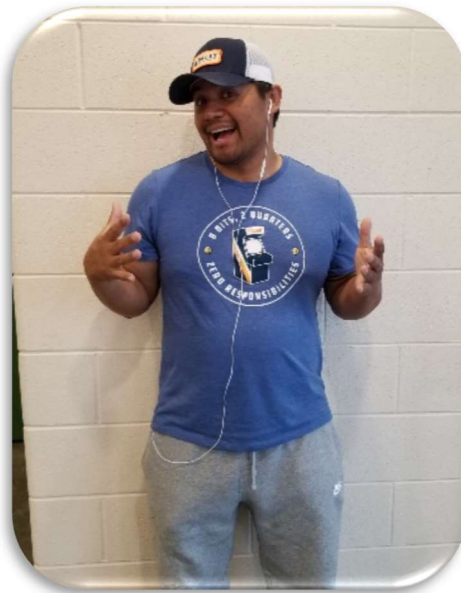




## 2019 Youth Development Champion Chris Vargas

To highlight one of our focus areas, the Youth Development Champion is given to a member, volunteer, staff person or participant who demonstrated Youth Development. As one of our focus areas, it is important that we are striving to develop the youth in our community. ***GREAT WORK CHRIS!***

I nominated Chris Vargas for his devotion to the youth and volleyball. Chris a volleyball trainer, coach & a mentor. Chris has been involved with volleyball for over 20 years and his love and passion for the sport gets stronger each year. He was an assistant coach for the GCCC for three years and an assistant for Holcomb for one year, from there he was head coach at Ingalls for three years and head coach at Liberal for one year. While Chris has been coaching for years, July of 2019, he became Trainers for volleyball. marketing and getting his just started to come in every other day I would to train, at one point he have time" in a joking potential from the started talking about his we can work together to Dome, the community have to offer. From July Chris has had 16 players every weekend.



when the Dome opened in one of the Sport Specific Within in a month of name out, registrations left and right. About have a new player for him said "when am I going to manner. Seeing the trainings, Chris and I club volleyball and how make this huge for the and using the facilities we to December 31, 2019, to train, and he is at

***Stacy Castoe – Dome & Healthy Initiatives Director***



## 2019 Spirit, Mind, and Body Champion

### Matt Guerrero

The Spirit, Mind, and Body is essentially the Coach of the Year in our Sports Department. This is our longest running award as we started recognizing our coaches in 1999. The winner should be a positive role model and must serve in some capacity as a coach for any sport at the YMCA. ***KEEP IT UP MATT GUERRERO!***

This year I have the honor to select the Spirit, Mind, and Body Champion, which is essentially the Coach of the

Year in the Sports Department. This year I have nominated Matt Guerrero. Matt Guerrero is a great example of the kind of coaches we hope to have when we have parents volunteer to coach. He is great with the kids and always strives to help the kids have fun and get better at the same time!

The reason I nominated Matt for this award was simple. In the middle of his son's Football season their head coach had some trouble come up and he could not coach anymore. No questions asked Matt stepped up to fill the role of head coach and he did an amazing job! He was very informative and great with the kids! Every time I would go to their practice or games, his boys were always hype and rearing to go! They gave their all for him and that is exactly what we want from our kids. We want them to go

110%, but we want them to have fun while they are doing it. He embodied that, and I hope he comes back and coaches for our youth programs again! Due to his amazing work and passion to help the kids get better, I've asked Matt to personally help me improve our football program and help us make positive changes to help our kids have the best opportunities in the future! Keep up the great work Matt! Thank you for everything you do, we really appreciate you!



***Manuel Guzman – Sports Director***



## 2019 Program Champion

### Riley Ewing

The Program Champion recognizes someone who coached, volunteered, and/or participated in multiple programs throughout the year. This could be an individual, family, or multiple people. Programs is one vehicle for us grow our mission. **GREAT JOB RILEY!**

This year I have chosen Riley Ewing to be our Program Champion, which is someone who participates in most or all our sports programs. They do not have to

excel in any way shape or form, they just must be involved and having fun learning how to play the game, how to be a good sportsman, and just learning great life lessons in general. For that reason, Riley Ewing is our Program Champion! He has been involved in every sports program we have had since last

January. He was involved in Boys' Basketball, Spring Indoor Soccer, Tackle Football, and the Fall Indoor Soccer! He is always at every practice and every game playing his hardest and gradually improving from season to season. I personally coached him for the fall indoor soccer league and his coach for spring indoor soccer is friend of mine. Carlos told me that Riley is a great kid that had improved from the last time he worked with him! When he first started out, he was a little rough around the edges, but he always put in the work and did as he was told. He has a heck of a left when he kicks! I cannot wait to see how much he has improved if he decides to play indoor soccer again this year. If he keeps it up, he will be a great athlete soon! Cannot wait to see what all you accomplish in life Riley!

Keep up the hard work and keep striving for more!



*Manuel Guzman – Sports Director*



## 2019 Healthy Living Champion

### Marvin Alvarez

To highlight one of our focus areas, this award is given to a member who demonstrated Healthy Living in his/her workout or commitment to the Y. This member was dedicated to health and is a living proof of their workout at the Y. **KEEP IT UP MARVIN!**

I wish I had a before and after picture of Marvin. The before would be the first day he started at the YMCA. The after would be what Marvin looks like now. He has really transformed his body into a walking statue of healthy living.

Marvin embodies Healthy Living in everything he does. This made him an obvious choice as our 2019 Healthy Living Champion. Marvin is very active at the YMCA as a member and in our programs. His family could very easily our Family Champion as well. Marvin brings all his kiddos with him when he works out and his basketball team includes him and two of his sons. I first met Marvin in our Youth Indoor Soccer league. Marvin has cracked our Healthy Heart Champions three times.

This past year he worked out 269 times. These are actual check-ins and does not count the other days he plays in our programs. That is 73% of the year he is dedicating himself to a healthy lifestyle. That is AWESOME!! I have recruited Marvin to get

active on our Board and in committee work, but he heavily involved in his church. His Christian faith is

is strong and eventually he will breakdown and help us out. Marvin is already helping in many other ways. We appreciate Marvin as he always has a smile on his face and is a great role model for each one of his boys. Congratulations Marvin and we appreciate having you and your family as members at the Garden City Family YMCA!

*Chad Knight - CEO*





## **2019 Social Responsibility Champion**

### **Max Owen**

To highlight one of our focus areas, this award is given to a member, volunteer, staff person or participant who demonstrated Social Responsibility. It is one that focuses on giving back to the Y and our community. As many people know, it is our responsibility to make sure good and positive things are happening.

***GREAT WORK MAX!***

One the YMCA's focus areas is Social Responsibility and Max fits this to a "T" and then some. Max has been involved with our Y for many years as a member, served on committees and now is a part of our Board of Directors. I had the pleasure of working closely with him on the Family Committee many years ago and even through the years, he would ALWAYS check on me and my department. He is willing to lend a hand no matter what and does it with a smile on his face. He is very active within our community and shares his resources with many. Last summer we ran into some issues with washing our members towels and Max stepped in and saved the day, several times!!! He would pick up, wash, dry, fold and bring them back when they were finished. He volunteered his time, gas, energy, and employees to help us out. Max is always willing to help with our Annual Support Campaign whether it is campaigning or donating he is CONSISTENTLY devoted to our YMCA. He is an AWESOME advocate and friend to all of us here at the Y and everyone within our community. We are truly BLESSED to have him supporting the Y through thick and thin!!! That is why Max has been chosen as our Social Responsibility Champion for 2019!!! CONGRATS to you and THANK YOU for ALL you do for our YMCA and community!!!

***Chad Knight – CEO***



## **2019 Partner in Health Champion**

### **Destiny Supports**

This award honors companies for their Corporate Membership with our Partner in Health program. More importantly, this company has devoted endless time and commitment to their employees and to the YMCA to help promote healthy spirit, mind, and body in the workplace. **CONGRATULATIONS DESTINY SUPPORTS!**

Destiny Supports has been chosen to receive the “Partner in Health” award for 2019 due to their outstanding commitment to the Garden City Family YMCA and to their employees.

Destiny Supports has 11 memberships with the YMCA. They have always been willing to continue to support the Y and their employees. It has always been a joy to work with them as partners in health and the relationships that have evolved due to this partnership have been wonderful. I’m always so thankful to work with people and organizations such as Destiny Supports because of their devotion to their employees as well as the community around them. Thank you Destiny Supports for your support and I hope to have many more years to share in our partnership. *Crystal Ibarra – Membership Director*



## **2019 Community Healthy Champion**

### **Garden City State Bank**

To further our outreach and promote more from the “outside” instead of “in” our box, we will recognize a community organization, club, group, business, school, company, individual or whatever to recognize their efforts for promoting a healthy lifestyle in the community. They must have a voice or advocate for healthy living. ***GREAT WORK GC STATE!***



## **2019 Member Champion**

### **Daniel Herrada**

To recognize and highlight one of our members based on their workout history, relationship building within the YMCA and community or serves as a great advocate as a member. This special member demonstrates all three of our focus areas and follows our core values. ***YOU ARE THE MAN DANIEL!***



## **2019 MISSION MOMENTS**

**January**

### **“Swimming for the Grandkids”**

**By Stacy Castoe – Dome & Operations Director**

On January 4, Bernadette came in to sign up for swim lessons, stating she wanted to be able to swim with her grandchildren. I told her that was awesome and that I would find someone that would be perfect for her. I got a hold of Caroline Stillian, one of my lifeguards who also taught swim lessons, group and private and told her the situation. Caroline was home for Winter break from college and she was happy to do it. Caroline got a hold of Bernadette and got their times scheduled. On the last day of their lesson I saw Bernadette at the welcome center and asked her how it went. She could not stop smiling from ear to ear, she was so excited and was amazed at what she had learned in a short time. From the first day I met her to the last day of her lesson it was a different Bernadette, she was full of energy and excitement and felt like she had accomplished a lot with Caroline. Bernadette was so grateful for her and she was going to continue to practice what she had learned. While I was standing there talking to her and watching her smile so big and tell me what she was wanting to accomplish, I thought this is what we, as the Garden City Family YMCA is here for, people like Bernadette to be able to fulfill a goal that she has had for a while.



## 2019 MISSION MOMENTS

February

“A Family Affair”

By Brian Hultgren – Sports Director

On Sundays at the YMCA in February every year we run our men's soccer league and women's soccer league. The league is jam packed and exciting for all that play and attend. The man who officiates the league is David Villegas. David is a fantastic ref who loves soccer and handles himself well when tasked with difficult decisions. David's sons name is Davin who always comes with him and his wife keeps score for the games. Occasionally, David's older son would tag along as well. However, Davin is always there when his dad is officiating, he shares his dad's love of soccer. So much so that every time there is a time-out or a break in play Davin leaps over the borders and sprints onto the court with his own ball and his dad takes up his spot in goal while Davin shoots and tried to score on him. Davin has also gained relationships with the some of the players and they also like to play with Davin and teach him what they know about the game. Not only is Davin playing all the time on Sundays with his dad he also plays on Saturdays on a team for the YMCA that of which his dad is the coach of. The bond the two of them have over soccer is a fantastic thing that continues to grow over time. Davin will always have the memories he has built with his father on weekends at the YMCA.







## 2019 MISSION MOMENTS

March

**“Her saving GRACE!”**

**By Stacy Castoe – Dome & Operations Director**

On Monday, Wednesday & Friday there is a group of ladies and gentlemen that come to water aerobics at 9 am. They all have such a great relationship between that when member is gone for a day, weeks or even months, this group is there for them helping in any way they can. In December of 2018,

Bonnie was headed to water aerobics class, she had fallen on the ice and broke her ankle, she went through surgery. Shortly after surgery she thought she had blood clots because her toes were going numb. The Doctor wanted to do an

ultrasound on her leg to make sure there were no

blood clots and there was good blood

circulation. During her ultrasound there

were two technicians, while they were

looking at her leg one of the technicians

told the other technician that Bonnie’s

leg is a great example of what they

want to see, good muscle tone, easy

to find and see what they are looking

for. Bonnie said even the Doctor told

her that she had great muscle tone

and recovered very well and quickly.

Bonnie told the Doctor’s and staff

that it was the water aerobics classes

that she has been coming to, three

days a week, they were and are her

saving grace. She is now back to joining

the class and enjoying every minute of it.





## **2019 MISSION MOMENTS**

**April**

**“Just another day at the office”**

**By Crystal Ibarra – Membership Director**

I had a member come in and ask me about her scholarship. She is a single parent and she utilizes the YMCA for her child in our Child Care program and for working out. This is one of the best features about my job. Scholarships are one aspect of my role as Membership Director. This gives me the unique opportunity to meet and build relationships with our members. For the most part, they are very appreciative and love the discounted rates. Our Helping Hands scholarship program provides many opportunities for people in our community. This gives me great joy in seeing their excitement and working with them to give them a healthier lifestyle. Sometimes, I have members in my office crying on my shoulders or have tears in their eyes for receiving the scholarship. This is what the YMCA is all about. This member was inquiring about her membership at the YMCA. She went on to elaborate about her situation and was needing some help and flexibility. This what makes my job exciting every day to help people like her. She wanted to put her membership on hold due to her financials. I visited with her and we worked on a package that would benefit her situation. She was very thankful and appreciative of me for working with her and allowing her to make payments on her past balance. This is what makes me come into work every day to help people like her and make a difference and transform people's lives.



## 2019 MISSION MOMENTS

May

**“63 versus 86”**

**By Manuel Guzman – Sports Director**



Philip Vreeland, he is a retired gentleman in his mid-80's. Phil came to me in the middle/end of April for a Commit to Be Fit, which is basically 3 free personal training sessions to any new members. We teach them how to use the machines, how to target certain muscle groups and how to watch and use proper techniques to avoid injury and to help them to not feel so intimidated by the free weights. For the first meeting with each member that decides to do a CTBF, we take their measurements using a Omron Body Composition Monitor. Basically, what it does is it sends an electrical impulse throughout your body and it determines your BMI, Body fat %, Muscle %, Visceral fat, RMKcal, and your body age. While we were taking his measurements, the scale registered his body age at around 63 years of age. Words cannot describe how much Phil's face lit up with excitement when I told him that. He was smiling from ear to ear he was so excited. To have a body age of 63 when he is 86 is an impressive feat. He was super ecstatic and told all his friends from work! He had one coworker in mind that he wanted to tell right then and there, however he decided to wait to tell him until the morning. Phil came back for his other 2 session and each time he would smile and tell me that he still could not believe that his body registered as a 63-year-old, he wanted to shout it from the rooftops. That helped boost his confidence so much that he even started taking water aerobics

with the ladies in the morning, and even though he could not quite hear the instructor/video to well he would ask the ladies to help him out and they'd gladly oblige. He was always so cheerful in the mornings and greeted everyone with a smile.



## **2019 MISSION MOMENTS**

**June**

**"TITLE"**

**By Krystal Richardson – Chief Administrator**





## 2019 MISSION MOMENTS

July

### “Queenax Magic”

By Stacy Castoe –Dome & Operations Director



The time to open the Dome was coming up and there was some training on the Queenax that we needed to get done before we opened in July. The Queenax is a multipurpose piece of equipment that focuses on functional & suspension movements. There are

multiple points on the frame where you can attach different pieces of kit or attachments. On June 29, 2019 our training was scheduled and Tonya Gutch from Dallas, Texas came to Garden City to do Queenax Fitness Training with Manuel, Steven and myself. Tonya is a master coach for Precor and works at the Cooper Institution in Dallas. When she arrived at the Dome, I went outside to meet her and introduce myself; we went into the Dome and when Tonya went through the doors, her reaction was PRICELESS! She was amazed and in AWW of how the Dome looked. She proceeded to tell me that she has been all over the world and seen many fitness centers and she would put this one in her top five. Tonya was very impressed and told me that we should all be proud of what we have here. To have someone come to Garden City, Kansas to do training and not knowing what to expect, be amazed and put us in her top five fitness center is something the Garden City Family YMCA is very proud of.



## 2019 MISSION MOMENTS

August

“Can Big Kids Play”

By Chad Knight – CEO

During the Dome Opening Ceremonies, I was speaking about the Dome and all the activities. I was talking about growing up on Pennsylvania Street and driving my bike all the way to the YMCA. I said if the Dome was here, I would've come up to the Dome because it had everything I loved in baseball and basketball plus extra. I said I hope this is a 'hot spot' for kids. I got very emotional and one of

attendance,  
kids can

It was

the ladies in  
asked if “big  
come play”.  
the



perfect  
question  
stopped me  
front of everyone but

gave me a chance to highlight the idea behind the walking track. I talked about the benefits of our Golden Membership which provide a free membership to anyone 80 or older. I talked about a lady receiving this right next to her and it was great!

because it  
from crying in  
more importantly it



## 2019 MISSION MOMENTS

September

“Excited for Soccer”

By Steven Lynch – Family Director

So, boys' soccer had recently started here at the YMCA and one kid by the name of Carlo is in our Afterschool program and he loves soccer. For a while there he would always ask me when soccer was starting and I would always tell him soon, it starts soon. The other day I was at the Welcome Center helping when his mom came in and signed him up for soccer, then she went and got him from the childcare program. She didn't tell him she was signing him up for soccer but when they passed back by the welcome center, I mentioned it to him before they left, and he didn't quite believe me. Then mom said yes, she signed him up and he got so excited and he just couldn't wait until practice and games started. Hopefully, he has fun playing and will continue to play and develop his game, but also always be just as excited.







## 2019 MISSION MOMENTS

October

“The Rookie”

By Crystal Ibarra, Membership Director

I have been working at the YMCA for six years and I have participated in our Corporate Cup Challenge every year. For the past six years, my number one fan was my daughter, Alazai. She was more excited than me and gave me the motivation to attend some of the events when I didn't want to, or I was too tired. This past year, she got involved because she is working for me at the Welcome Center. There were many events that we didn't have

participants. Low and behold, my daughter was pushed and prodded to fill in and show up to give us some points. She LOVED it! She did many

events that she never would've done, but was asked and had no problem filling in. This made her come out of her shell every moment of each event. The last event features a Chili

Cookoff and Team Walk with awards afterwards.

They select different individuals to win Captain of the Year, Excellence Awards (most points scored), Spirit and Rookie. My daughter won Rookie of the Year. We had no idea she was going to win, and this just made her day, week and year as she was so excited and thrilled to win this award.

She is already looking forward to next year's Corporate Cup Challenge and she will be filling in for events as requested again. Now, I just hope I can overcome her enthusiasm and energy and get myself to participate more and win another award!







## 2019 MISSION MOMENTS

November

**“The YMCA is looking GREAT”**

**By Stacy Castoe – Dome & Operations Director**



More and more these days there is more focus on the negative things, especially in a business setting. Although we all try our best to have a great impression, make sure things are working properly, bathrooms & locker rooms cleaned, etc. It is always nice to hear someone give such a positive comment & at the Garden City Family YMCA we had that great positive comment in November. I was having my racquetball tournament November 15-17, 2019 and on the last day, November 17, I was getting checks ready for the winners of the racquetball tournament. As I was leaving Chad's

office, Maria Hardwick was walking down the hall and as she was leaving, I told her have a great day, in return Maria proceeded to tell me that everything was great. The YMCA looked great, the locker rooms looked great, and the pool was wonderful. I was so excited to hear this news, as we normally hear about machines not working or a bathroom/locker room needs cleaned, pool is too cold, when Maria told me that, it really made my day to hear something so positive. Thank you, Maria, for making my day and enjoying yours, we will continue to strive to get positive comments like yours.



## **2019 MISSION MOMENTS**

**December**

**“I am BLESSED”**

**By Chad Knight – CEO**

I love when a donor comes into the YMCA or calls me to visit about the YMCA or drop off their payment. This gives me a time to visit and check up on things with the donor. During December, it is always crazy busy with KOP, Match Day, trying to wrap up the year and various other concerns. I had a conversation with a donor who dropped off his payment for his Capital pledge. He stated that he always feels good when he makes his payment. He said his wife was asking why he gives away his money and donates it to different things. He said that he believes he is truly blessed to give money and he believes the blessings will come back to you. I replied and told him about my quote at the bottom of my email. It says ‘philanthropy is the magical mingling of the artful asker, grateful donor and the joyful recipients. I told him I believe this statement is perfect for him because he is grateful and appreciates giving money. I told him I give because my mom and dad gave me the opportunity and I want every youth in our community to have the same privilege! We continued to have the conversation on the feeling to give something huge, like a million dollars and make a huge difference. He agreed, but he stated we are blessed to be able to give what we can. I thought this message was never more fitting than at Christmas time. Thank you for the blessings!!



**THANK YOU for the past 55 years!**