



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REMEMBERING THE MOMENTS



Monumental Moments ... 5th Edition
GARDEN CITY FAMILY YMCA
2013

Acknowledgments



The Monumental Moment book is a cherished book that highlights the different stories and shows the impact we have on the community and the impact that the community has on us each year. A big THANK YOU goes out to everyone involved. Whether it was a staff person, volunteer, member or program participant, the YMCA transformed lives and made a difference. This book focuses on the positive and wouldn't be published with the support of all the following people:

All YMCA Staff

All YMCA Members

All YMCA Program Participants

All the YMCA Volunteers

Thank you to all the staff. This book would not be possible without your work. The staff created these relationships by striving for our three focus areas and putting our mission into action. Keep up the good work!



Focus Areas:

For Youth Development, Healthy Living and Social Responsibility

Our Mission:

“To put Christian principles into practice through programs that build healthy spirit, mind and body for all.”

Our Motto:

“Where Values Meets Value”

In Memory of Maxine Clark Jones 1916-2013



There comes a time in life when a loved one has been chosen to do work for our Lord and Savior. We will never know why they were chosen to leave their friends and families, but the Lord has bigger plans for them beyond this life! The Fifth Issue of our Monumental Moments Book is dedicated to Maxine Clark Jones.

Maxine has been a member since 1999, she was a dedicated water aerobics member and she always had a smile on her face. Maxine was a great supporter of the YMCA in many ways through our tackle football club and our annual support campaign. Maxine was a true pioneer in fitness for active older adults. Our CEO was still AMAZED that she could bend down and put her palms flat on the ground at 96 years old. Furthermore, she would do more in the water than just water aerobics, such as her pull-ups on the ladder. She would always harp on Chad to get in shape!

Maxine's dedication extended to her friends and family as well. Maxine always made sure that her children and her grandchildren always had access to the YMCA. She wanted them to be apart of the YMCA. Maxine also had very dear friends at the YMCA. The Dynamic Trio in this case of Rosetta Garnand, Darlene Mathias, and Maxine were three in a million! They loved spending time together and Rosetta and Maxine were always first in line to give Darlene all the support she needed for her water aerobics classes! Also as tradition between friends the ladies get together once a month for a luncheon and this particular luncheon was held at Maxine's house and Chad showed up in the YMCA Gorilla costume and Maxine loved it! She was always laughing and smiling about something and Chad was definitely someone she liked to laugh with and laugh at!

Marcy VenJohn, CDO mentioned that in knowing Maxine both before working at the Y and while working at the Y Maxine's smiles were always a feeling of home no matter what the day may bring and the touch of "grandma" was heartfelt! Maxine Clark Jones was truly an inspiration and wonderful part of our YMCA family. Her smile and memories will always hold true and be evident throughout the halls of the YMCA and we are truly blessed to have been apart of her life!



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January 8

Best Game Ever

Doug Marshall

It was the championship game between the number one seed GC Extreme which was undefeated and the number three seed Geeks in Sneaks that lost to this team earlier in the season by twelve. It was a great game and going into the fourth quarter and Geeks in Sneaks was winning by seven points. From the start of the fourth till the 4 minute sub time GC Extreme went on a 7-0 run which put them in the lead and game them the momentum ending the game. The last four minutes of the game were the most exciting I have ever seen in a YMCA basketball game. Each team traded baskets every time they came down the court. It came down to the last thirty seconds and Geeks in Sneaks had the ball. That was when Yasim Franco took the ball down court, went around the whole defense and threw up a desperation shot not even looking at the goal. It was like one of those moments in a movie where everything goes into slow motion, everyone is staring at the ball and it falls through the bottom of the net. That was the final basket of the game and gave Geeks in Sneaks the win. That was by far the most exciting game I have watched since I have been here at the YMCA.



January 15

Dade Horney Testimonial

Doug Marshall

This was a testimonial written by Dade Horney following the fall youth soccer league. "First of all, I started soccer when I was 6. I improved to basketball to football. I was always slim, but I would snack a lot! The program has made me to stop snacking so much. I would always play video games. Now I am much more athletic. When I first started soccer, I used to be scared of getting hit. That all changed after I did football. Getting hit with the ball has made me more immune to getting hit. Back when I first started I was the worst on my team but I have improved. Thank you!"

January 22

Ellie's Birthday

Joe Garcia

For my granddaughter Ellie's birthday we decided to go to the Y for the Family Fun Night Winter Wonderland. There were all kinds of games and inflatables for all the kids to enjoy. The staff that volunteered to monitor the games and inflatables were amazing. Not only were they getting the kids involved and participating they were also getting the parents and adults to join in the fun. Everyone was having a great time. They even talked me into getting my face painted, something I said they would never do. The volunteers were recruited from Garden City High School. Kudos to all involved we had an awesome evening, one that my granddaughter will never forget.

January 29

Manuel Beltran Trophy

Doug Marshall

Manuel Beltran has refereed for our organization for a number of years and has done an exceptional job at it. Since I have been here he has helped me out by reffing and setting up the refs for our Men's 5 on 5 league. He has talked about donating a trophy to the YMCA since I started here for us to use as we wanted. He just wanted to give something to our organization for standing behind him no matter what for so many years. Last week he came in and gave me a silver basketball trophy. I told him we would name it after him for everything that he has done for us and all of the help he has offered for so many years. I really appreciate Manuel and everything that he does for us here at the YMCA.

Perspective from a Campaigner Terry Major

My name is Terry Major and I have been a member of the Garden City Family YMCA for 6 years. I have also served on the board as the Garden City Ministerial Alliance representative for 4 years.

As a board member I have the privilege of seeing the working of the Y from the inside and have been impressed with the generous nature of the Y to give back to the community. One of the ways it does that is through its annual "Support Campaign Scholarship Program." As a board member I am asked set an example and to help solicit donations from the community and businesses to fund scholarships for the elderly, a needy child or family who could benefit from the resources the Y can offer them for health and community.



Asking people for money is not one of my favorite activities, but the resources that are offered in explaining the scholarship program to prospective donors and understanding all the good the program does makes it a lot easier. In my first few contacts I was amazed at how willingly almost all them were to donate; and many of them to increase their donation level from year to year.

I was really "blown away" when I asked a new potential donor about giving, suggesting a pledge of \$25.00 or \$50.00, to be told, "This is a worthy program, I will give \$200.00!" Not only am I impressed with the generous nature of the Y in its scholarship program, but also in the greater Garden City area community people and businesses in generously giving to this worthy cause.

February 4

Thank God for Kids

Karen Berry

Back in the early 80's my husband and I used to listen to the Oakridge Boys sing a song called "Thank



God for Kids". Walking through childcare I have a pang of missing my granddaughter, I mean good grief I haven't seen her since Christmas, the January storm is nearly passed. The 4 year olds are playing dress up. There is a super hero, a couple of princesses, a couple more of I am not sure what and a doctor. The Doctor says, "It's not Halloween, I'm a for real Doctor". I can't wait to get back to Olathe.

"And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you."

-Matthew 17:20

February 12

And That is why he is CEO

Shannan Sullivan

As I was walking through the Y one morning I seen Valerie, Childcare Coordinator, chasing down a child and said to me "We have a runner!" Instantly, Jackie Regan, Crystal and myself took off to help Valerie find this child. Now we found him running towards the racquetball courts and to the back door and got him stopped. Poor little one looked upset. Jackie and I visited with him trying to get him to calm down and come back away from the door and into the childcare room or even our offices...pretty much offering him anything we could. Now, with no luck, we had Chad to come and see if he could help. Down the hall he walks bouncing his racquetball that he brought with him. We left him alone with the little one to see if he could get him calm and move away from the door and back to the childcare room. Only minutes passed, and Chad already had him talking and playing with the racquetball that he brought with him. The little one was having a rough day because Chad also went and sat with him in the childcare room to visit and to again, calm him. It was amazing to see the CEO at work. He has a great repertoire with the kids. And Jackie said..."And that is why he is CEO".

February 26

A Helping Hand

Marcy VenJohn

We participated in the Buffalo Jones Health Fair Night a couple weeks ago and as I was standing there watching all of the other booths bouncing with excitement of the games and the prizes that were going on I felt rather silly because the only thing I had to offer was fliers on upcoming events. So as the night went on I talked about new programs with different people and went on smiling about my business. At the end of the evening the school district nurse Rosemary Erives began calling out ticket numbers for the door prizes. The YMCA donated a full year family membership for their giveaway. The kids and parents were all so excited to be winning the prizes and it was great to see their faces light up. It was at the end and to our giveaway when I knew why I was there. As Rosemary called the ticket number of who would be winning the Membership the family to my right with their four kids began jumping up and down with excitement one of the daughters ran up to the front and as I turn to look at Mom I see tears running down her face. I walked over to talk to the family and the father thanked me and told me how grateful they were as Mom still stood there with tears of joy. Upon leaving for the night I thanked Rosemary for having us and she explained to me that she couldn't have picked a more deserving family to receive the membership. Even when you don't feel needed in a specific area in life there's always just one person who might need you there. The emotion and the joy that came to me that night is why we are here and why our mission is so important and I wouldn't change it for the world.

CEO Highlight

Chad Knight

Challenges can be beneficial and inspirational. However, they are also nerve racking and terrifying at times. This year was possibly one of the most challenging years in my tenure as the CEO. To begin with, running the new branch while continuing to keep our local branch on track and excelling. In addition, it is important to have all the staff on the same page. This was all difficult to juggle at times. A juggler does not want to lose their momentum or rhythm, just as we could not afford to lose ours. We have had some exciting chapters in our rich heritage, and as CEO, I want to keep us soaring. Not far into our year, I had two major positions that are vital to our success resign. I was very concerned about these positions; Membership and Fitness. However, I tried to remember what Herman Boone says in Remember the Titans when he lost one of his key players in Gary Bruntier. Boone said, "You cannot replace a Gary Bruntier as a player or a person".

Well, I can attest to that after losing Shannan Sullivan as our Membership Director and Stacy Crase as the Health & Fitness Director. However, just like a flawless juggler who never misses a beat and delivers a great performance, so did my staff!

My staff rose to the challenge and did a marvelous job. As with any transition and job openings, I first look from within our family to promote from the inside. I definitely had some options from our family, but felt it was best to post the job on the National YMCA website. After the applications came in, we ended up with five very good candidates, with two of those being from our family. So, it was a tough decision. We ended up hiring Sarah Tighe from Jamiaca, Iowa. But, before she began, we had to wait two months. So, in the meantime, we used our past Sports intern, Steven Lynch who stepped in and did a great job. Then, guess what? That is when Shannan gave me her notice. So, again I had to review my options. In discussing the job and my proposed reorganization, I thought it was best to promote from within. I promoted Crystal Ibarra to Membership Director. I created a new position with a MSA Manager to oversee the front desk staff and promoted RaShawn Hewson to that position. Then, we needed to hire a Membership Coordinator. I recruited Keali Carr to that position and promoted her. With three new players in membership and member service, they kept it going in the right direction. At the start of 2014, we were sitting only 79 units from an all-time high. If we continue the average in January, we will surpass that. Again, pretty amazing with a new frontline!

With four new positions in place and things operating pretty smoothly, we were all set and ready to go. Then, we lost another key position as our Child Care Director resigned. Back to the wishing well again! I thought it was best to follow the route we did in Dodge City with their staff and make our Family Director in charge of the Child Care. When I proposed the concept to Krystal Richardson, she was already thinking the same way. Great minds think alike! However, Krystal was getting ready to have a baby and would not be returning until August. I knew with this reorganization, Krystal was running two departments and was going to need some help. Mr. Steven Lynch to the rescue once again! I pitched the idea of him serving as our Child Care Coordinator. He jumped to the challenge and we never skipped a beat. I also solicited the help of my wife, Roni, to serve as the Summer Camp Coordinator and assist Steven with the day-to-day operation in the absence of Krystal. As always, my wife is always there to help in a pinch!

As you can see, it was a crazy year going through all the changes. But, again hats off to the staff. We finished the year with all-time highs in three departments this year; Aquatics, Fitness and Membership. Sarah rose to the challenge and has been absolutely wonderful. Crystal stepped up to the plate and hit a home run. In Aquatics, Monica Colborn completed her first full year with a new all-time high. Well, with all of those changes, it was quite the ride, but the final chapter was more evident of a smooth transition. Pretty amazing is all I can say!

I am just so thankful for all of you. I am so fortunate to work with such amazing people. Thank you all so much for everything. Words cannot express how grateful I am to each and every one of you. As the CEO, I am proud to lead this wonderful organization and look forward to more exciting chapters yet to be written!



Chapter 3



March 5

Promoting Garden City

Stacy Crase

It was our Seventh Annual Carl Myers racquetball tournament and with the help of some of the players they told me to get in contact with the IRT Network. I got in touch with John Scott who is in charge of doing the network, scheduling etc. We talked about our options and what exactly he does and it was very interesting, I told him the dates and he was willing to work to make it happen. He got here Friday evening starting setting up his stuff and at first I was thinking this is heavy duty stuff, he had quite a set up. Throughout the weekend I talked with John got to know him, watched him do his live network and listened to him how he promoted Garden City and talking about how great this tournament is, let me remind you during this time we had 16,000 – 22,000 people all over watching the pro matches live on enetlive.com. It was amazing to have him come here and work with us and now we have a great relationship where he will be back for our future tournaments.



March 5

Time to Speak & Eat

Stacy Crase

Twice a year when we have our racquetball tournaments we always do a big dinner that Saturday night for the players, sponsors and anyone else involved in the tournament. I started probably a year ago or so having players stand up and talk about the tournament and why they come back or why they came in the first place. This year John Scott with the IRT Network said that he felt stupid for not coming before to the tournaments, he was so impressed with the hospitality that we offer and how amazing everyone is. Another player who has been here twice now, Rosco Halsey said "you must remember three things, one God/Faith, two family and three friends and I consider all of you my friends." All of these players are amazing to me and the YMCA and like Ben Croft says we are like family!



March 12

They don't have that!

Marcy VenJohn

Yesterday I was asked to give a tour and I said sure well little did I know I would walk up to find one of my dad's previous students who I had substitute taught. As I was giving Ricardo a tour we were catching up on what he had been doing and he said he had been working with the pipeline and traveling around a lot and came home to work on getting his degree. He had been to some other fitness centers and he realized he wanted to check out the Y. As we were on our tour I spoke to Ricardo about the pool and the game room and he says whoa when did you guys add that and I told him 2010 and then he wanted to know how we built it. I explained to him about the Capital Campaign and he was very intrigued. We continued our tour through the fitness center and the weight room. He was very impressed. I showed him the new flooring and he says "They don't have that." We then entered the gym and aerobics room then went to the Y express which is the resistance training room and he says again "They don't have that." The Racquetball Courts were next on the tour and I explained the reservations and the tournaments that we have and he says "They don't have that." We went onto check out the locker rooms and I told him we have a dry sauna, steam room and the hot tub and his eye lit up and went to check it out and you guessed it he came out saying "They don't have that." We then went onto the boys and girls locker rooms and the family locker rooms he was very impressed by the three locker rooms that are available and he was also impressed with the childcare center even though he doesn't have kids. When the tour was over I explained the prices and the benefits that he would receive and gave him a pass to check it out before he decided on if he wanted to be a member or not and he said "Wow Noone has done that." The YMCA is for youth development, healthy living and social responsibility and we hope that we have everything that they don't have!

March 26



The Coach in Him

Krystal Richardson

I am sure many of you know the saying "it's like riding a bike"! I always think of that when I see my husband coaching. His coaching has grown so much in the last few years from coaching through the TV when a game is on to his 5th and 6th grade boys and then onto his 3 on 3 and 5 on 5 teams. He is always more than willing to give you some coaching tips whether you are asking or not! We recently had to come and open up the Y on a Saturday night for a church group that was using our gym. Jeremy went towards the gym to turn on lights and get everything ready for this group and said he would be right back. While he did that I was waiting up at the front for this group to show up and Jeremy to come back up front. It was about 10 minutes later that Jeremy had not made it back up to the front and I was still waiting on this group, so I decided to go and see if I could find him. I walked into the gym to see him teaching/coaching Omar (who is a part of our night cleaning crew) how to play basketball. It was quite an AWESOME sight to see Omar picking up rather quickly how to do some of the things Jeremy has been doing for years. Jeremy's love for basketball and Omar's wanting to learn brought out the coach in him that night and I am sure Omar will continue to practice until they meet again.

Perspective from Board of Directors President

Wes Allred

It was with great reluctance I took over as the Board President this past year. I have served on the Board and Executive Committee for several years but have always bypassed the rotation to President until the Chad D situation. I had no desire to be the "Chief", but rather one of the "Indians". This past year gave me a better appreciation of the work that the Board does for the Garden City Family YMCA with their assistance they provided me.

I do believe that the Garden City Family YMCA staff and Board do a remarkable job and I am grateful to them for the opportunity to have led them this past year. Thank you!

Wes Allred



The LORD is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

-Psalm 23

Chapter 4



April 2

What it's ALL About

Krystal Richardson

As most of you might know we have six family fun nights a year and we have carnival

games, prizes, inflatables, snacks, tattoos and swimming. These events are completely FREE to everyone to attend. We had our Easter Eggstravaganza family fun night over the weekend and I had Ryne Witt the Senior Program Director from Camp Wood YMCA attend in hopes to market their camp for this summer. We had been in touch since January to get this trip all set up for him and he showed up on Saturday around 6:30p to get all set up. He had brought in about 50 fliers and a short video to play for kids and parents alike to watch and he was there to answer any questions they might have. Throughout the night my



husband Jeremy would make "his rounds" to check on everything and everyone from Ryne to all the volunteers. Jeremy would stop and have conversations with many people attending and make sure they were having fun. When he went in to check on Ryne, who was set up in our childcare room they had a brief conversation about Camp Wood and the Y in general. I was unaware of this since I was up at the front keeping count and making sure surveys had been filled out, but at the end of the night Ryne found me as he was leaving. He proceeded to tell me how he was surprised at the amount of people that were lined up out front when he got here and by the amount of people who attended. He wasn't sure how many fliers to bring in and when I asked him how many he did bring in, he said "50" and then proceeded to say that he had to make two more trips to his car and grab more to hand out. He also told me how much help Jeremy was for him and of the conversation that him and Jeremy had and said "your husband is amazing and he exemplifies what the YMCA movement is all about in his actions, words and presentation". I am always so proud to hear such wonderful things about my husband and thank you Ryne for joining us for our event and I look forward to seeing you in May for the next one.

April 9

Proud Moments

Jackie Regan



After the ARC Awards Banquet the other night I took home the Monumental Moments book and was re-reading the stories. When I read one that Marcy had wrote regarding Luke, I had a tear in my eye because I was very proud of him. When he came back from his mom's house the next week I showed him the book. When he read it he said, "That's really cool, don't you think?" I could tell he was very proud of himself and both Arden and I told him how proud we were. He is growing into a very great little man!

April 9

Great Sportsmanship

Doug Marshall

This past Saturday we had soccer games here at the YMCA and one of the teams that was playing was Chad's team. Chad wasn't able to make the game because he was out of town so I filled in for him as coach. If you know Chad and seen him play sports he can get pretty competitive and at times mouthy. Anyways during many of the youth soccer games you will see kids go down quite frequently, sometimes hard falls sometimes a little stumble. Well as this game was starting to get going the falls began to come. As I was watching the game and watching more kids fall I noticed something that was happening right in front of me. Camden Knight (son of Chad & Roni Knight) was dribbling the ball down the court when a few players fell behind him. Everytime that a player would fall he would turn around and either help them up or make sure they were alright. I thought that was a great act of sportsmanship from him while staying in the competitive mode. A lot of times people give Chad a hard time about how competitive he is and how mouthy he gets sometimes but I think that it is awesome that he teaches his kids sportsmanship. He and Roni have done a great job raising their kids to follow exactly what the YMCA stands for.



April 16

We are FAMILY

Marcy VenJohn



Last week I attended the NAYDO conference in Vancouver, Canada and I had an amazing time but as Dorothy said there is no place like home. I am apart of the NAYDO Young Professionals organization and this year I had the honor of presenting with five other very talented ladies. We stressed all year about our presentation and we were so nervous and anxious to give the presentation but it turned out great and we were only expected to have 40 people in our conference room but ended with 66 and they were turning people away at the door because it was full!!! It went awesome and all of our hard work had paid off! In the meantime of all of the grind of putting together a presentation I got to know these amazing people I call my peers and my friends. We discussed our home organizations and the thing that make us crazy and as everyone shared and told about their positions and how their CEO operated and what changes they were struggling through in their own operations. In the past few months our YMCA has gone through lots of changes a whole whirlwind of changes to be exact and it has made us crazy! But, that is just it US we are an us a FAMILY! As I spent time with one of the girls in particular and I was listening to her

vent about the problems and the troubles and struggle that she was going through I had to stop and think about our organization and how no matter what is going on and what struggles we are facing we have each other's backs and we are a family and yet this is something I have always known it just puts everything into perspective and really makes you appreciate home and all that really matters. As we sat talking we were both in tears and we were both in realization of what we had just a different perspective. The Garden City Family YMCA will always be family to all of us that have ever passed through these doors no matter where we may end up in the future. This staff from the past and the present and even to the future is amazing and that comes from the top down from the volunteers to the board to the members to the employees WE ARE FAMILY!

April 23

Thanks for Including Us!

Marcy VenJohn

This last Saturday we had a baby shower for Krystal and it was great! Several people showed up for the event and to spoil the baby! As everyone was walking in the ladies from the morning water aerobics class came in; Orvelata, Vivian, Pat, Rosetta, and Maxine were all there and every one of them Thanked Shannan and I for the invitation because they were so excited to be included and they are just thrilled that Krystal is having a baby and they can't wait for our little YMCA baby to be here! I know I have said this a million times but this place is truly Family and we couldn't do it without all of the Amazing people that are a part of this Family.

**"I can do all things through
Christ who strengthens me!"**

-Philippians 4:13

Chapter 4



April 30

Shannan

Karen Berry

Dear Shannan,

I figure you didn't want any more stuff, since you are bequeathing everything in your office, so words will be my parting gift to you.

You are a diamond in every sense of the word. You both glisten and shine. The person you are has been created from some very difficult times and that is probably why you sparkle so brightly.

Working with you has been nothing short of an amazing journey; both fun and painful; learning, growing, sharing and caring. YOU ARE: completely female! Glamorous every day! Completely female and occasionally you still play junior high girl games. I think the time you hurt me the most even more than the staff retreat at Hope was when you and a couple coworkers had been nothing short of cruel for months and you came when my mother died and prayed, it wasn't concurrent with your actions. I can take mean but not mixed messages.

Cruella De Vil has nothing over you! You made every day a special event; especially Halloween, I must admit that last one was just plain scary.

Florida, Fort Lauderdale, ah Florida. If I had been a teenager on spring break it would not have been more fun. Going into P&P I had both a sense of apprehension and excitement, but when I looked out the airplane window and saw the circular rainbow, I knew the Lord was with us and oh the blessings He poured out. The river taxi, the beach and of course the shopping (I hate shopping, but with you it was always fun)! What **did** you make from your playdough?

Now on to the phenomenal part, I love watching you create beauty everywhere you go. I love the perfectionist you are and how you never settle or compromise your standards. I love how you can figure out anything, especially cell phones, and when you have a grip on it you teach it to someone else. You are the "pied piper" people will follow you anywhere, this is an amazing gift, be very careful where you lead them. When you fell on your knees in the hospital beside your grandson's ICU crib and called upon the Lord, your humility was so beautiful. I guess we **all** need to do that in good times and in bad!

Shannan I love you and I will miss you horrendously, I am just not sure how much more loss I can take. Before you were diagnosed with cancer you had nominated me for something at the annual meeting and we found out just before the meeting, all I could do was cry the entire meeting. I sat by Wray that night, I am sure he thought I was insane. So fly away Beetlejuice you've got me crying again, dang I hate it when you do that, I've got payroll to do! I always tell my girls be safe, be careful and take your brain; but you to I add don't be a stranger, be kind and sparkle as only you can.

Sing please, sing. Love,

Karen

P.S. I will miss Jeff, more! Just kidding.



Aquatics Director Highlight Monica Colborn



April 12, 2007 changed my life. There isn't a day that goes by that I don't think of the events that occurred that night. Always wondering if there was something I could have done differently to change the outcome. What if I had a third guard scheduled? What if I had changed up the rotation? What if I would have been on the deck myself just a few minutes before? That night is seared into my memory, broken down into minutes and seconds, every image as vivid as if it just happened yesterday. If I let myself go there, I can feel the fear and terror... of those around me that night, and my own. A three step approach, a leap into the air, arms thrown backwards, and head tucked down... into 3 ½ feet of water. The six minutes and twenty-three seconds it took for the ambulance to arrive seemed like eternity. The details that are too graphic to share.

I almost hung up my suit and towel that night. I didn't think I could continue as an Aquatics Director. I couldn't grasp the fact that something so horrible happened on my watch. A young man, just 18 years old, who had a brilliant future ahead of him.

Paralyzed.

On my watch.

He wasn't just someone swimming in the pool that night. It was Mike. He played baseball for my husband. He was a starting pitcher that season. He had been over to our house for team dinners. He sent his congratulations when our son was born that same year.

And there was nothing we could do for him. When he was stable enough, he went home with his parents. We still keep in touch with Mike via Facebook. His wheelchair is equipped with a device that helps him communicate.

Fast forward to 2013. I receive a call about a PREP program patient who is wanting to do water therapy. A young man who had suffered a spinal injury. A spinal injury in the same place as Mike's. A young man who is almost the same age as Mike.

David and I met for his first water therapy session. I admit I was a little nervous at first. I wanted to make sure I didn't do more harm than good. I wasn't sure of his abilities, and he was really quiet the first session. But he was eager and determined, and willing to try anything so he could walk on his own when the 5th anniversary of his accident came in February.

That night, when I got home, I cried. I cried for Mike, and I cried for David. They both had almost the exact same injury to their spinal cord. One was six years post injury, and one was almost five years post injury. They both started out paralyzed from the neck down. One was able to make his way to an amazing comeback. One was confined to a wheelchair. I couldn't wrap my mind around the eerie similarities, and the one stark difference of the two.

After a few sessions, I told David about Mike and his injury. I told him I thought he and Mike would have a lot in common, not just their injury, but their likes and interests. They have been in touch with each other, and I hope it will be the beginning of a wonderful friendship.

David and I continue to meet twice a week for his water therapy sessions. Each session is more remarkable than the prior. But it isn't his physical abilities and successes that amaze me. It is his outlook on life. Here is a young man who was in his prime when a split second turned his whole world upside down. Everything he knew came to a halt. Simple, everyday tasks had to be re-learned...the smallest, most unconscious involuntary things such as swallowing and breathing were no longer so. When David tells his story, when he lets you in on the journey of the road back, it is awe inspiring! It gives you goosebumps. You feel his determination and his will in every word he speaks. You see it in his eyes. He will reach all of his goals, and he will walk on his own on the anniversary. I feel truly blessed to be a part of that journey.

May 7

Facebook Testimony

Marcy VenJohn



The employees here at the YMCA are like none other and in the last couple months we have seen so many of them step up for others and show us why they work here. Working at the YMCA will not make you rich but it will make you rich at heart! The other day I received a notification in my email from facebook that we were tagged in a post. So I checked into it and I was completely uplifted by the words of Jaqueline Aldana and what teaching zumba means to her!

Jacqueline wrote: "I was approached today by one of my zumba students at the Y. She thanked me and told me how much she loves my class and how much I have helped her. It brought tears to my eyes and reminded me y i teach zumba again. I may not be all skinny but I have my story behind zumba. I was 210 pounds when i started teaching zumba. My home life was a mess no support to teach zumba.

I was told look at yourself no one is going to take ur class. I proved him wrong!! Zumba was my cure that has now turned into my addiction. I love helping people, motivating people and giving them someone and something to look forward to. If I have changed 1 Life or even a few then I know I am doing my job right!! And to My College Girls that are future Zumba Instructors I am so proud of u and keep in touch. I will miss u girls and all ur energy!!!"

Jacqueline your post is AMAZING and we thank you and all of our staff here for everything that they do for us without you guys the YMCA wouldn't be the YMCA, it wouldn't be our second home . . . and everyone needs a second home!

May 28

Not sure if you'd recognize me

Monica Colborn

My Uncle Tony had passed away, and we were waiting for Father to begin the rosary. We were watching as people came in to pay their respects, quietly visiting in hushed tones with each other. A member from the YMCA came in and I asked my mom how she knew Uncle Tony. She said she lived down the road from her growing up, and always came down for family gatherings. She went up front, paid her last respects, and then came and sat down behind my mom and I. They began visiting about old times and such, and then she turned from my mom and introduced herself to me. I said I had already met her at the Y, she is in the water aerobics class. Just as everyone stopped talking in hushed tones, she says (in a not so hushed tone) "Oh, I wasn't sure you would recognize me with my clothes on!"

For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

-Jeremiah 29:11

CFO Highlight Karen Berry

1 Thessalonians 5:11 New International Version (NIV)

¹¹ Therefore encourage one another and build each other up, just as in fact you are doing.
Been There Done That, Never Want to Go Back Again

This story is really not about me but because of a personal experience these ladies touched my heart.

When I was 42 I was walking at the track in Scott City and there was a hurdle in front of me, you guessed it...I jumped it, it was still standing but in mid air my ACL popped and I could no longer stand. The doctors assured me in 4 days following surgery, I would be good as new, this is where I interject and say don't believe everything you hear...I was on crutches all summer and had months of physical therapy.

I picked Lucinda Miller for a highlight story because I have seen her persistence and determination to get through knee surgery. Lucinda's initial knee injury was in 1967 when she was in high school, at that time she went to Hutchinson. It was actually knee cap that was injured. They gave her options at that time and she chose exercise. About 3 years ago she began having trouble with her knee again. In September of 2012 Lucinda lost her knee on the walk to a neighbors house and had to crawl home (been there done that). Surgery was discussed then, but she chose to try steroids injections and a steroid pack. This stopped the pain but she had to use a cane, she taught school and attended a bowl game with her cane. On January 9, 2013 she had knee surgery replacing her knee cap and adding a titanium hinge. She went through physical therapy until March at which time she went back to work. From March to May she used the elliptical at the Y. Lucinda retired in May. Many days I could read pain on Lucinda's face. In June Lucinda began swimming. She participates in Water In Motion and Power Waves and on Sunday she lap swims. (This reminds me of her mother in law who used to say the water is good for the soul.) Many times she and her neighbors would come together in the summer. Her walk is steadier and her smile is returning. Lucinda has lost some weight by giving up sugar and says that has helped as well. On Tuesday and Thursday she works out on bikes, elliptical and leg press. Lucinda says "I don't know what I would do without this facility."



The 3 C's of Membership are Casual, Connected and Committed. I think Melissa hurdled over casual, punched connected and is racing through committed. Melissa is an employee of our fitness department. Melissa was exercising at the Y about 3 years ago when her daughter left for college at the age of sixteen; needless to say she had a bout of empty nest. She came back to the Y to exercise a year and a half ago; actually that is a total understatement. Unlike most people who come in for an hour or so Melissa would be here for 4 to 5 hours and we loved seeing her. Her positive attitude and constant energy are contagious. She is our shake bars "Java Jolt", sweet as chocolate and boy do you feel better after being with her. In January of 2013, she began working for the YMCA. She teaches Yoga, TRX, Hiit, The Burn and does personal training. In November, she along with other fitness employees was certified in group exercise and spinning. I have only been to a few of her classes but she will give you and extreme workout. I saw her in the hall planning a workout session for a youth, you could see the gears churning in her head on how to inspire the young boy to exercise. You seldom see Melissa without her arts council friend Mark who is often panting just trying to keep up with her. Melissa is a tiny little thing with bright red hair and is what I would refer to as a "ball of fire". Melissa's husband, Lance, has just joined the Garden City Family YMCA Board of Directors. Oh and did I mention... she sings like an angel.



June 11

Seahawk Success

The Seahawk Summer Swim Meet was scheduled for July 13 at the Big Pool. Due to an error in the WKSC schedule, the league moved our meet up to June 8 at the YMCA. Summer meets usually bring in 300 swimmers, are too large to host indoors, and take a huge amount of time and preparation...usually 8-10 weeks to prepare. We were given 5 weeks! We didn't have much of an option, so an indoor meet it was. Seahawk parents and YMCA staff rallied together and stepped up, and the meet was a success! We couldn't have pulled it off without them.

Monica Colborn



June 11

A Return Visit

I received an email from Bethany Vance (Williams) requesting some guest passes for her return visit to Garden City and the YMCA. Bethany worked for us in the Child Care department for many years and her Mom was our Child Care Director and Coordinator for 12 years. I left her some passes and she sent me an email stating how awesome the YMCA was. She was amazed and couldn't believe the changes. She said it took her some time to figure out where everything was. She said it great to see the changes. She said keep the good work. Isn't that AWESOME!!

Chad Knight

June 14

Block Party!

Growing up in a small town, I was blessed by many neighborhood friends. Lots of summer days all the neighborhood girls would walk to the swimming pool and swim for the afternoon. Today as I am heading to the front desk I see the girls from Rowland Road just leaving the Water In Motion class. Anita, Lila, Lucinda and Jan were laughing on their way out the door. Good times, good friends!

Karen Berry

June 25

Summer Clean-up

Wow! We had a lot of clean-up to do in the YMCA childcare this summer. I had two absolutely amazing employees who jumped right in and helped out. Thank you so much Melissa Escarcega and Andrea Reyes. You are both amazing. They literally cleaned top to bottom. They cleaned cabinets and even put the shop vac on top of a ladder and cleaned the top of the cabinets. I don't know what I would have done without the help of these two wonderful employees. They both had such positive attitudes and were willing to do anything.

Roni Knight

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles: they will run and not grow weary, they will walk and not be faint."

-Isaiah 40:31

Family & Teen Director Highlight Krystal Richardson

2013 has been a very challenging yet rewarding year not only as the Family Director here at the Y, but also in my personal life.

In May I was nine months pregnant with swollen feet and ready to pop, but still felt the need to take on something more....our childcare department here at the Y! There were a few kinks we that had to be worked out before I could take this new adventure on. On Monday, May 21, 2013 I called Chad to let him know I was in labor and I wouldn't be back at work for a while. I delivered a healthy baby boy at 12:22 Tuesday morning. Later on that day I would get an email regarding my position with the childcare department and a memo was sent out. It was set in stone and now everybody knew the new plans for me and the department. I was in and out throughout my maternity leave and wanted to get somewhat of a feel for what I had chosen to take on along with a new baby.

I returned to work just in time for the 2013-2014 school year to start and my anxiety level has never been so high in my life as it was on August 19, 2013. We had to make sure everyone in our program was picked up, bused or dropped off after school was out that day. There were several wrenches thrown into my well, oiled machine that I thought was perfect and ready to go. Getting through the first half day of school was more challenging than giving birth to my son. I didn't know the kids in the program from Adam, I was nervous, I was scared, I was wondering if I had made the right choice when here comes one of the kids



to ask me something. I wasn't sure what they might say to me, but I braced myself for what was to come...."hey, what's your name?" Oh....I can answer this, and I introduced myself to them and several other children before the day was done. It was a personal goal of mine to know not only the kids first and last names, but also the parent's! It was a slow start and some of them I already knew, but didn't know that I knew. The kids were easy to me as I got to see them every day, but the parent's would switch who picked up the kids that day and I felt like I was back at square one. Over the next few weeks and maybe even into a month I made it a point to call all the kids by name and the parent's as well. It is absolutely AMAZING to see the difference in a person's demeanor when you call them by name. They come in with a smile, a "hello" back, a "how are you doing or how is the baby" and all of this started just by learning not only their child's name but also learning their name as well. I have been super blessed to build some FANTASTIC relationships with several of my parents and staff. .

I wasn't to THANK all the kids, parent's, staff, professional staff, friends and family who have been by my side guiding me, encouraging me, teaching me, believing in me, standing by me and praying for me throughout this huge transition and change in my life both personally and professionally.

July 2

Give it a Tril!

Chad Knight



The other day I went into the locker room and seen Carlos Mantilla. Carlos was at our Big Pool Triathlon and I told him that he left his shirt and we had it at the front desk. He said 'man, I was tired and had to get home'. He said that was my first Triathlon and it was great! I was really sore but I enjoyed every minute of it. He said this one lady went zooming by me on the bike and said 'good job' and he was thinking 'wow, she is a stud and I must keep going'. Carlos said he just kept peddling and then he had to run and he don't know how he finished doing the run. He just kept going. He said it was great and he will do it again next year. GOOD JOB CARLOS!

July 9

The message

Chad Knight

I check my box in the morning and there was a note from Jez Lockett. If you remember, Jez was a contestant on Biggest Loser. Here is what the note said:

"Mr. Knight, I wanted to take a moment to let you know how thoroughly pleased I was with my visits to the Y this week. I haven't been since the renovations and I must say I am impressed. Your facility has everything I needed to feel home at a gym and make a week out of my regular workout routine much more manageable. RaShawn was fantastic and Luke was incredibly gracious in letting me borrow his foam roller. I look forward to more visits to come when I get back home. Congrats and keep up the good work!"



Isn't that AWESOME!!! I must say THANKS Jez for the great message and keep on the road to healthy lifestyles! THANKS!

July 16

That's what it's all about

Monica Colborn



Brittany Lance was guarding the Family Pool one summer afternoon. It had been an unusually quiet afternoon, with just a few families in the pool. One little boy had been enjoying going down the slide, and when his mom told him it was time to go, he didn't want to leave. No kid ever wants to leave when they are having fun! She was getting her kids and their things gathered up after they had taken their lifejackets off, and the little boy snuck back up the slide. Brittany saw him come down the slide, and when he didn't come back up out of the water, she went in after him. She returned him to the side of the pool to his mom, and he got out and started to walk away. Brittany returned to her chair and began to scan her water. The little boy came running back out onto the deck, went up to Brittany, and asked "Can I have a hug? You saved my life!" Brittany turned to me, with tears in her eyes, and said "That's what it's all

about!"

July 16

Second Home

Crystal Ibarra

I had a Member come into my office and tell me "The YMCA and my Church are my second home. Thank you for having scholarships to help those of us out who need it." Knowing we can help out is a great feeling.

July 30

Don't Wanna Lose You

Doug Marshall

The other day I was sitting at home playing with my boys when I heard my phone go off. I checked it and it was from Shane Burns one of my volunteer coaches. Automatically I figured it was something dealing with football since we'd just had our coaches meeting, but it wasn't. Shane was wondering if I was leaving the YMCA because he'd seen that there was a job opening. I told him that he wasn't going to get rid of me for a while. He then responded "Good because we don't want to lose you". That really made me feel good because despite all of the negativity you might here it's good to know that I can help at least one family here in Garden.

Health & Fitness Director Highlight Sarah Tighe

It is just amazing how much you can change in such a short period of time. My first day as Health and Fitness Director was June 3, 2013. I graduated with my Master's degree in May of 2012 and spent the next year looking and applying for jobs while working part-time. It is just amazing to me how much I've changed over the past 6 months. God truly does work in the most mysterious ways. I have met so many wonderful people and they have impacted my life in numerous ways. So many of them have no idea how they have affected me but they have touched my heart and allowed me to grow into a better person. The thing about my job that has influenced me the most has been the PREP Program. The PREP Program is our Physician Referral Exercise Prescription Program where local health care providers prescribe a 30 day, 60 day, or 12 week membership to the YMCA. Along with this, members get to meet with me and I guide them and work with them on a fitness program that works with their bodies, injuries, and goals. I really enjoy the geriatric clients I have gotten the privilege of working with on a daily basis. Just listening to the stories and experiences they have been through touches my heart in a way I cannot explain. Maybe it was because they reminded me so much of my own grandparents, who are no longer around. As you get older you tend to realize how much more you wished you had listened to your own grandparents' stories and experiences while you had the chance. It made me realize how much I take for granted the things that come easy to me, things like walking, picking things up off the ground, or even breathing. And then I thought about how positive and accepting my clients are of where they are at in their lives. They aren't angry, they don't complain, they come in and do what they can because they know it is good for them. With a little motivation they are open to trying new things and truly are go-getters! Then I think about all the times during my day when I complain about the silliest stuff and I immediately regret every complaint. I'm lucky to have friends and family that love and support me although they are miles away, I'm lucky to have a job I love that allows me to meet such amazing people, I'm lucky to still feel that soreness you get after a good workout, and the list goes on and on...sometimes I just need a little reminding. Working for the YMCA has really reminded me of all of things I am grateful for and has really made me appreciate life more. I cannot wait to continue my journey with all of the wonderful people I have met over the past 6 months.



August 13

I will Play

Marcy VenJohn



The other day I was talking to a member, Orlando Padilla, and one of the childcare kids came over and asked me to come over and watch her play the dance dance revolution game with her, so I told her just a minute and she was content. Orlando asked if he could play and I said well sure. The child that had asked me got distracted and had moved onto something else but there was another kid playing the Dance Dance Revolution and this child had had a rough week but Orlando played 3 games with him on the DDR it was great. I laughed so hard as our childcare kid was whooping him on the DDR. They had a blast and by the end of the dance off there was a group of kids gathered around them playing all together and they were all laughing and carrying on. I finally had to tell Orlando he had to go to work. It is always great to see our kids happy but to see our Members interacting with the childcare kids it was Amazing! Thank you Orlando for making their day!!

August 20

Good Luck, Have fun, and a little extra

Crystal Ibarra

One of our lifeguards was leaving for college in Wichita. She came into the YMCA, a couple of hours before leaving, to say her goodbyes. As she was walking through the hallway, one of our members had stopped her to wish her good luck, gave her a hug, and handed her a card. She said thanks and walked away. Well she had stopped by my office last and told me that this member had handed her a card. She opened it and said "there is money in it" not knowing how much yet. She then pulled the entire card out and shouted "THERES \$100.00 IN IT!!!!" She was so great full but felt bad that all she said was thanks. This story just says how much this member loves the YMCA and cares greatly for the ones who work hard to help keep it going.

Chief Development Officer Highlight Marcy VenJohn

"Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits . . ." Psalm 103:1-5

The year 2013 has been a roller coaster both in and out of the YMCA in the marketing and development department. The year was off and running with the operation of the Dodge City Family YMCA and the ever changing happenings of the Garden City Family YMCA. Also my family has been through a lot of milestones and challenges throughout 2013. To say the least 2013 has been filled with a large amount of learning and growing both professionally and personally and I could not have done it without the support and prayers from my YMCA family.





The year began with the start up and operation of the Dodge City Family YMCA and from then to now I couldn't be more pleased with the way we have grown and with the way we will continue to grow. In Garden City we have also made lots of changes in the implementation of some of the programs and with the loss of some strong people in strong departments operation 2013 was scary. When you lose two individuals who have been with you for a number of years the New side of things is always scary, but with the changes that have been made I am blown away with the cooperation and the success that we have had and it proves to myself that I need to worry a little less... easier said then done right. I myself have had lots of changes and growth in my professional career, with Shannan leaving I was now in charge of the membership department in Dodge City and as far as membership went I started as the

MSA Manager and that is the extent of what I knew. I knew the Daxko system as far as enrollment and development but that was it. I always called Shannan and my how that has changed now I can tell you ins and outs or things that I might not need to know ins and outs of and I never thought I would get that far. With all of the changes that both the Garden City Family YMCA and the Dodge City Family YMCA have had to make and adjust to one thing that I can say is that we have all remained a family and we have all worked together and 2013 has been a remarkable year.

On the personal side of things 2013 has been an emotional roller coaster. My family has survived deaths in the family, a pasture fire that almost took our home and family farm from us, the third year for my younger brother in pharmacy school, the terrible twos with my niece (ha ha), my gallbladder surgery and the biggest is my sister in law has survived chronic pancreatitis and is on the road to recovery. My sister in law Carly has chronic pancreatitis and she had to undergo an islet cell transplant surgery in Dallas where they removed her pancreas, spleen, and part of her intestine and inserted cells from her pancreas into her liver. IT WAS SCARY! With many trips to Dallas for our families Carly made it through surgery and she still continues to improve but she has had several bumps in the road and she may still have more bumps but our outlook is great and we are so fortunate to have her in our lives. My family couldn't have made it through without all of the prayers and support we received from our friends and work families. This experience has taught me so much and has pulled our family together. We have a tight knit family as it is but watching Carly go through what she's going through and seeing how strong she has been is truly AMAZING! All of what she has gone through is what breaks most people, Carly is one of the strongest people I know maybe the strongest. She has taught me so much through this experience and she continues to teach me everyday with her outlook and her determination she truly is an inspiration and when I have bad days I just stop and think about how bad other people have it just as Carly has taught me and I take a deep breath and know everything will be ok God has a plan and he will guide us through our journey we just need Faith, Family, and Friends and we definitely have that and we couldn't be more thankful for all of the support that we have received. We love all of you and cannot Thank you enough, we couldn't do it without you.

September 3

Don't Quit

Monica Colborn

My dad hasn't worked out a day in his life. I'm not sure he even has an athletic bone in his body to be honest. He has worked hard all his life, mostly as a truck driver, to provide for his family. Life was work, eat, sleep, and back to work again. He never slowed down, and never thought about his health or his eating habits...until his first heart attack in 2000. But being a stubborn man (stubbornness runs in the family!) he was back to working hard and not taking care of himself. Heart attack #2 in 2006, followed by heart attack #3 in 2011. This year, he fell while working on a piece of equipment at work. He has been doing physical therapy for months, but his PT thought it would be good to start the PREP program here at the Y. He met with Sarah, and she set him up on a plan to get him on the right track. His second day of PREP was on his own...Sarah was gone for the day, so he ventured out to the bikes to pedal away. He had been on the bike for about 10 minutes at one of the slowest paces possible, and he said he was sweating bullets. He looked over to the bike next to him, hoping to see someone else struggling a little bit so he didn't feel so alone in his quest, and he sees a man, peddling away at what dad referred to as "mach speed", with his eyes closed and head leaning back...not a single bead of sweat! Dad said that was an ego buster, and he was ready to get off the bike and go home. As if sensing the discouragement, the man opened his eyes and struck up a conversation with my dad. Dad said he was feeling pretty good until the man told him he was 87 years old!!! But the following advice the man offered gave my dad hope. "Don't quit! It's the getting started that's the hard part. You got past that...don't quit!" Mr. Lewis, you inspired my dad...thank you!!!!!!

September 10

Afterschool Helping Hand

Krystal Richardson



It always amazes me to see someone going out of their way to help someone else, especially children. I had the opportunity to witness this with two of our kids in our afterschool program here at the Y! Every Monday our kids get the chance to go swimming. We usually do not have very many, but the few that do swim have a blast! The kids will go into the locker rooms and change and meet a counselor out on the pool deck where they will get life vests on and the rules explained to them. I was the counselor on the pool deck that day and I witnessed one of our kids helping Hannah, who is special needs get her vest on. Hannah is very independent and can do everything herself, but she was struggling with the buckles. This child stopped what she was doing and went right over to Hannah and helped her get her vest on. Hannah smiled and clapped when she was finished and went right into the water. It is a helping hand of one person that can make all the difference in their lives and the lives of those helped!

September 23

Don't listen!

Chad Knight

I was leaving the Men's Locker room and Tom caught me and said "Chad, I received your letter on all the complaints". At first, I didn't know what he was talking about and then it dawned on me that we sent our survey results to all of our members. Then Tom said "don't listen to them, you guys are doing a great job here at the YMCA and keep up the good work". I said THANKS Tom!

"Do Justice, love mercy, walk humbly with your God."

-Micah 6:8

Membership Director Highlight Crystal Ibarra



I started working here at the YMCA in Aug of 2012 as MSA staff. In November 2012, Shannan offered me the Membership Coordinator position. I felt so lucky and happy. We worked together on everything. She taught me many things. In April 2012 she let me know she was leaving the YMCA. My heart stopped, a million and one things went through my mind. How could the woman who was my leader here at the YMCA be leaving? There was much more I knew she could teach me. I wasn't sure if I should apply for the position or stay where I was. Shannan then said "Crystal, I have been preparing you for this." I went to Chad and was promoted on May 1st,

2013 as the Membership Director. My family and I love the YMCA. They treat my daughter as if she is theirs. She gets to come with me and enjoy the YMCA as much as I do. She loves helping anyone and everyone. I'm glad she is learning the YMCA's core values at such a young age. They are needed on a daily basis though out our lives. So far through my journey here at the YMCA, I was lucky enough to go to my first General Assembly in Philadelphia. Which General Assembly only happens every three years. I was a little worried going, first because I was going to be away from my family for so long and second because I am afraid to fly. My husband was very helpful in telling me everything would be okay and to call anytime. When the day finally came, I was terrified. I was very glad to have Sarah Tighe next to me the whole way. On the plane she made sure I was okay. She is awesome and I'm very thankful to have her in my life. My next adventure was in Elmdale, Kansas. This was something very new to me. I have never slept in a room with 10 other ladies. From talking, giggling, cell phone rings, and snoring I had a lot of fun. The training gave me new ideas and helped me open up more. I have two great employees. There is Keali Carr, who is our Membership Coordinator. She was part time in 2013 and was promoted full time 1/3/2014. She works hard and makes sure her work comes first. Then there is Kandace Kennis, she was our Membership Engagement Coordinator, which she was just promoted to Business Coordinator as of 1/2/2014. I will miss her. She lives by the YMCA's core values and her family is amazing. I don't think I could thank these ladies enough. Being a part of the YMCA is one of the greatest things that have happened to me. It's great knowing I have a job that I love. Being able to wake up and be excited to go to work is what I've always dreamed of. Thank you Garden City YMCA for welcoming me aboard.

**"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."
-Thomas Edison**

October 1

What a performance!

Chad Knight

At our September BOD meeting, we had a guest presentation on behalf of the Fitness Committee for the purchase of a piece of equipment. Julie King came to help the presentation of a NuStep to help Sarah with the PREP program. Julie did a great job! She went on to elaborate how great of a job Sarah is doing and how awesome the YMCA is helping to work with these doctors and therapy patients. She said she has joined, her sister and another friend is going to join. She said that the YMCA is doing great things.

October 8

Simple Gestures

Jackie Regan



The other day I was out at Tyson volunteering for the United Way campaign. The Director for our Garden City United Way was there and mentioned that both her grandsons are playing football in our program. One plays for Scott City and one for Leoti. Susan told me that she thought Doug was great, apparently her daughter was very impressed because following an injury on Sunday, Doug called to follow up and see how the player was on Monday. Just a simple act that they appreciated! Great Job Doug!

October 8, 2013

Letting Go

Krystal Richardson

I was blessed with my first child in May and I would do anything for him, but letting go of him to go to a sitter while I worked was very hard. I had a parent who for the first time had to have her daughter start our afterschool program and let go. She made sure she knew who was driving to pick her up, what time snack would be, what time would she do homework and whether she would be safe and taken care of while she was with us. I knew exactly what she was going through because I recently had to go through all these same emotions. I reassured her that she would be well taken care of and that we would be there to pick her up and that she would not be forgotten. She text my cell phone wanting to remind me to pick Esther up and I told her that "she is on the list and she was safe and in good hands." She said "thanks a lot Krystal....I have no doubts now that I talked to you yesterday. I know she is safe with you." I replied with a simple "Thank You" and she expressed her gratitude. I know letting go is one of the hardest things for a parent to do, I guess that is why we start doing it while they are young! I know there will be several times in my son and Esther's life where both us mom's will have to let go, just know it will NEVER be easy.

October 15

A compliment

Jackie Regan

I received a phone call from a member/volunteer whose daughter is employed in the Aquatics Department. This parent told me that there had been a situation on the pool deck and her high school aged daughter was lifeguarding. Apparently a member was upset and took it out on the lifeguard. Monica, upon seeing the situation, made sure to approach the member and defend her lifeguard in a professional manner. Kudos to Monica!

Don't let the fear of striking out keep you from going to bat.

- Babe Ruth

October 22

Blessed

Krystal Richardson

I wasn't quite sure how I would handle taking on staff again, but I have been blessed with some AMAZING staff! I am not going to lie; it has been super-duper stressful in childcare. I am still trying to figure out my times, scheduling and managing staff. I think I might look a little overwhelmed at times and I am usually running around and back and forth come 3:00 p.m. every day. I was having one of those super stressful days and one of my staff left me a note on my door, which I received after everyone was gone for the day. It said "KR, You are beautiful inside and out I hope you know that because it is pure truth! I hope you are having a great day! God bless you!" Thank you Tasha for believing in me and being AMAZING to work with each day!

October 29

Independent

Krystal Richardson

I know all of us as kids want to be independent at some point and for some that independence comes earlier rather than later. It then becomes a little difficult on our parent's because that means we are growing up and won't need them as much because "we can do it by ourselves." We were having a Funday here at the Y for all kids when they are out of school for a day or two, and it was swim time. I needed to call her mom to see if she would bring her swimming suit, she didn't answer so I text her to see if she could bring one by. She text back saying she was bringing one and I told her "thanks." She then text back and said "Krystal....I think you are a wonderful person....God bless you and your family." I told her "Thank You! I am glad to be a part of your lives as well." Esther's mom arrived and she got changed into her swim suit and said "mom, I am ok...you can go" and she went into the pool and got her life vest on and was ready to go! Her mom looked at me and said "she is going up way too fast" and I said "they always do." Rachael continued to stay and watch to make sure Esther was doing ok in the water, and I stayed with her for a few more minutes. She turned to me and said "Thank you" and turned around and left to go back to work. It is such a blessing to see the growth of kids and parents alike and I was so happy I was able to be a part of Esther's growth today!

Property Manager Highlight Joe Garcia



Wow another year gone. I do not know who is older now, me or Norman. What a great man that Norman is, at 85 still going strong. What would we do without him? Every person that is a part of the building and grounds staff is an amazing group of hard working, dedicated, loving, caring and I could go on forever for they all do an outstanding job. They are all a part of the Y family who not only work here but participate in our many programs. This past year they have all stepped up while I was gone for so many days. Another great man my father was very ill this year and had to have several surgeries on his back and neck. At 83 years of age the doctors were afraid of what could happen. For a time there things were not very good but with the grace of God, the many prayers from everyone my father is doing great. No one expected the amazing results. He can walk now where before he could hardly stand, severe pain had become a part of his every day. I personally do not know how I could have handled the whole ordeal if it was not for our Y family. The professional staff like only they know how, with prayer and love were by my side. My staff C.J. and Ralph putting in all the extra time needed to make sure that all problems were resolved. C.J. a great job covering for me. Norman for keeping the building up. All the Y members. Thanks for your prayers and support. My family, Diana and I thank you Garden City Family YMCA for being the highlight of our year.

November 12

Pool Record

Chad Knight



During our fall swim meet, I was helping with something and came across Julie Tull posting the times. I asked her how we were doing. She said I think pretty good but I think Emma just broke the pool record in the 100 IM. So, I went and checked the time and sure enough she did beat the pool record. Julie was so excited and told me it was her goal to break that record. She said the last meet, she came close and didn't get it done and she wanted it really bad. I went and had the PA announce a pool record was broken and Emma was so excited. GOOD JOB Emma!

November 19

Tournament Fun

Jackie Regan

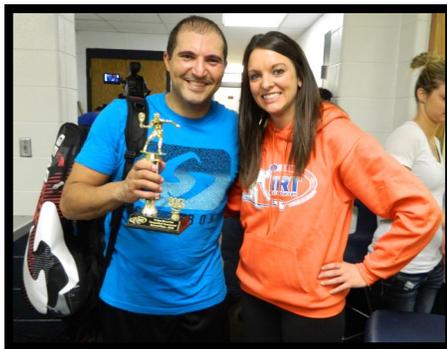
This past weekend we had our Turkey Shootout Racquetball tournament. This was the first year we were able to host a Tier 1 tournament and I think everyone was very excited. There was also a lot of nervousness as this was Sarah's first tournament as Health & Fitness Director. The tournament was a SMASHING success, with the exception of one of our racquetball supporters who was down with the flu (Wray we missed you!). There were many friendships built, some winners & losers (in racquetball as well as pitch black racquetball dodgeball-sorry Logan) and a hilarious comedian/magician, and as always great food & fellowship. I can't thank everyone who came and supported the tournament, volunteered or participated enough for a great weekend and a lifetime of memories.



November 19,

Tournament Fun (continued)

Sarah Tighe



This year was my first year working the racquetball tournaments and the first year the Garden City Family YMCA ran a tier one tournament. I had an amazing experience and met so many wonderful people! I had a blast! We absolutely have the best donors, sponsors, and volunteers for this event. It's amazing the people that come together to run and participate in such a fun tournament. If you haven't come to watch one of these tournaments yet, I highly suggest it. We even had a comedian for the last night of the tournament, who was hilarious! I can't wait for the next tournament in February!

November 26

Seashell

Monica Colborn

Jack Stonestreet came to me and asked if I could help him find snorkels and masks for his upcoming trip he was taking with his wife. I told him sure thing...it would just cost him a seashell! I went through my catalogs, and found a set for Jack and his wife. A few weeks later, Jack returned, looking very relaxed and tanned, and stopped me in the hallway. He opened his hand, and there was a seashell! Even though I had teased him about bringing one back for me, it was so thoughtful of Jack to take the time on his vacation and pick out a shell just for me...Thanks Jack!

Sports Director Highlight Doug Marshall

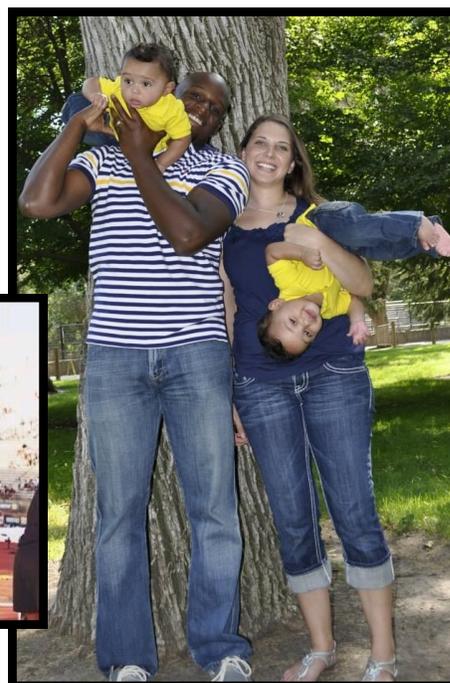
My Sports Family

WOW what a great second year here at the YMCA. I learned so much from last year and did a lot of growing up. I strengthened a lot of the relationships I built during my first year here as well as built new relationships with people around the community. Looking back over the year God has blessed me so much and I am grateful I was able to share all of his blessing with everyone around me.

The beginning of the year was tough as my wife and I were blessed with our twin boys Brendan and Cason. I had a lot of adjusting to do as I was trying to balance things at work as well as spend time with my boys and help my wife at home. I have to admit it was a struggle for a while and I had to lean hard on my faith to get through it, but as usual God made the transition a smooth one. As the weeks went by things began to get easier and easier.

Then spring hit and I found out that I would have an opportunity to coach jumps at GCHS which was an opportunity I couldn't turn down. I was able to build a lot of very important relationships with the coaches and athletes at the high school. These relationships were very critical for me as I was able to find more referee's for our programs as well as add a couple of summer camps to our summer programming. I am grateful for this opportunity as I know it was God's way of bringing me closer to a lot of people in the community.

My second year was great at the YMCA as I was able to build important relationships that were important for me as a person and professional. I was able to attend the YMCA's national conference and meet people who are just as passionate about the YMCA as I am. I got closer to my fellow co-workers and got to know the people I work with better on a personal level. I thank God for my time here at the YMCA and I am excited for what he has in store for me in 2014.



December 3

Romona Blackburn

Rashawn Hewson

I got the biggest hug today from Ro for all our love and support we give her. She has been working hard and striving hard to reach her health goals. Way to go Ro! Keep it up!

December 10

Potential Trainer

Chad Knight

I received an email while Doug and Marcy were at Principles & Practices with the YMCA from Marsha Moore. Marsha is our training partner with the YMCA of USA from Kansas City and she had some good news to tell me. She said Doug has been nominated to be a potential trainer with the YMCA. Marsha was excited for Doug and more importantly excited that we sent Doug and Marcy to training. GREAT JOB Doug!

December 17

An inspiration

Monica Colborn

A young man has been coming to the Y the past few weeks as part of the PREP program. He started out in the Fitness Center, and then added aquatics to his routine. He has overcome many obstacles, and still has a ways to go in his recovery, but he comes in every day with a smile on his face, and determination in his heart.

December 31

A great place to be

Sarah Tighe

Over Christmas break, I received a thank you from Sarah Tighe our Health & Fitness Director. She told me that her parents received their donation letter and she read the little blurb I said about her. I sent her parents a thank you acknowledgement for the books they donated to the Child Care department. At the bottom, I wrote a little PS about how amazing Sarah was and how she will explode the numbers with a full year under her belt. She said "she appreciated the comments and was glad she was part of the YMCA organization." I returned the email and said "you are welcome, you deserve it." It gives you a warm, fuzzy feeling inside when your staff really appreciates working for the YMCA. In my mind there is no better place to work. GOOD JOB Sarah!

Chief Operations Officer Highlight Jackie Regan



This year for my highlight story, I want to recognize something that happened within our Y that truly touched my heart.

I was walking to the front of the building when a member, who wishes to remain anonymous, stopped me and inquired who a couple of little girls were. The girls he was talking about were regulars that we see almost every day. I hesitantly, asked him why he wanted to know. Truthfully normally when someone asks this it means the child in question has just done something wrong and I am about to become "the discipliner." However, what followed

not only surprised but humbled me as well.

This member told me that he had seen that one of the girls, while playing in the racquetball courts, nearly tripped because her shoes were completely falling apart. All the kids were laughing, and it bothered him because he didn't know if the family could afford new shoes. He then gave me \$20 and told me to get it to the girl's parents so that she could get some new shoes. I nearly cried. I knew the little girl's grandmother, so I went and gave her the money and told her what was going on.

The very next day, the little girl found me and proudly showed off her new shoes, and gave me a handmade thank-you card thanking her benevolent shoe giver! I passed the card along and also made a copy so that when I was having a rough day or feeling frustrated at the actions of others or myself I would remember that simple gesture of kindness and the happiness that it gave to a stranger.

Allstars

Marcy VenJohn

This past weekend I got the chance to coach the 3rd and 4th grade girls basketball allstars and man was it crazy. I don't normally get a chance to coach because of different events and being busy so when Doug asked me if I wanted to help him coach the allstars I jumped at the chance. Being able to help the girls with different fundamentals was very rewarding and makes me miss my childhood basketball days. I commend the volunteer coaches that we have helping us out. We had a wonderful and very talented group of girls and I look forward to watching them develop as players as well as young ladies in the future.

To the rescue

Chad Knight



As I showed up to work out and swim on a Saturday morning, I was at the front desk going through the mail and there were two ladies at the front desk. Apparently, a member left the fitness center and was staggering as he left. When he approached his vehicle, he stumped over the car. Then he moved to the side of his car stumped over. Well, then he went to the front and passed out. These two ladies observed the whole incident and ran to his rescue and called the ambulance. A BIG THANK YOU to these two observant ladies who helped somebody who needed some medical attention. Everything turned out just fine, but the lifesaver were the two ladies who witnessed the whole show. GREAT

JOB!!

Supporting our Family

Shannan Sullivan

It was a nice surprise to get a phone call the other day from someone that wanted to pay for someone else's childcare. I was in somewhat of a shock to hear her say that this is what she wanted to do, but very happy to try and make that arrangement happen. After working with our Childcare Director, Hannah Simpkins, we are trying to make this happen immediately. I am still in awe to see that there are actually some genuinely caring people still in this world. Well, not really, because in my job, it seems that 99% of those that I am around are this way. Great to be part of an organization that revolves around awesome individuals and corporations with big hearts! This is how we support our family!

My first Volunteer

Shannan Sullivan

The beginning of January, I hired a Member Engagement Coordinator, Kandace Kennis, for the first time. Now, her job is to call all of the new members to try and help them out, answer questions that they might have and to get them engaged and to feel a part of our YMCA family. Kandace has already done an amazing job as MEC and I am truly amazed, as the rest of the staff is, already at her work! One of the questions that she is asking our new members is "Would you be interested in volunteering for the Y"? She has already gotten a lot of volunteers but to see the joy in the email that we all received from Kandace was heartwarming..."I got my first volunteer!" Good job Kandace! I am so glad you are part of our team!



The Mascot

It was picture day and things were going pretty well, we were on time and hadn't had any problems. I left the gym to get a shirt for a coach and came back to the gym. About 15 minutes went by when I looked up and saw the funniest thing I had ever seen in a YMCA youth league game. Kyle Korf and his team the Cougars had their mascot from their school come for picture day. While it was funny I thought it was pretty cool that they were able to get the mascot to come to their YMCA basketball game.

Doug Marshall



Fun Week

Interesting but loads of fun, perhaps, YMCA euphoria has set in. I have been here around the clock for several days because of a blizzard, so has Hannah I might add, and you don't really appreciate what happens here without seeing it from many perspectives. Last night I was walking through the racquetball courts and this young twig of a girl who was drenched in sweat is saying to her boy friend "I will beat you if I have to stay all night", my thought was join us. It is warming to see the place full of children all day, knowing they are safe from the storm. Finally the thought that prompted my story, we work with such diversity of people; young, old, weak, strong and every color of Gods rainbow; I just visited with a couple of young kids that I am rather sure this is their first job. The thought occurred to me what a gift to shape their future, guiding them to become responsible citizens. WOW, I love this place.

Karen Berry

Core Values

One afternoon a lady was dropping off a kid to our childcare program, she stopped at our membership board at the front entrance and discussed with the child about our core values and how to implement them in his everyday life.

Rashawn Hewson

An appreciation from somewhere else

Chad and I had a meeting with a friend the other day who works at a very large YMCA Association in Illinois and he couldn't stop talking about the cool stuff we had and how nicely we were set up here. He was extremely jealous of the programs that we were doing and I couldn't help but just smile and be proud of where we are and where we are headed in our YMCA!

Marcy VenJohn

A special guest appearance

Last week during the evening Water in Motion class, our fearless CEO Chad Knight hopped in and joined the ladies for two tracks. The ladies were tickled pink, and I couldn't stop laughing. He was so intent and focused on the routine, I think he forgot that he had his flippers on his hands, and they were just flapping in the air.

Monica Colborn

The Y Way

I was talking with Troy Unruh and he was wondering about the start-up of the new Dodge City Family YMCA. I told him it was going pretty good. I said the biggest headache is training the new staff and getting trained the Y way and how we conduct business, especially building relationships. He said the Y does a great job on those aspects and that is hard to train. I said it is but we will get them there. He stated, "I am sure because our staff does a great job with customer service". I said, THANKS Troy that is awesome!

Chad Knight

Coming together is a beginning. Keeping together is progress. Working together is success!

-John Maxwell

Always Willing to Help

The other day Tina Barton walked in and I told her she needed a pen and paper and that I wanted her to write something down and she was like ok let me have it. So I told her write down April 4, 2013 6:00pm Garden City Coop Conference Center for Annual Awards Dinner for you and your family because you will be receiving an award! She replies with ok what do you need me to do and I said nothing Tina I'm giving you an award! And she says ok do you need me to bring something? I said no just yourself because you are getting an award then . . . light bulb goes off . . . Tina says oh my gosh I'm getting an award! I have had such a crappy day and this completely turned my day around. Tina was awarded with the Social Responsibility Award and with her eagerness to always help out it was definitely well deserved! Thanks for all you do Tina!

Marcy VenJohn



The Best



Over the weekend I was helping at the racquetball tournament. I was in the Childcare Room kitchen starting to get things cleaned up while a group of the players were eating. They group was talking about all the different tournaments they had been to and one of the newer players asked one of our veteran pros Tony Carson which tournament was his favorites. Tony replied that the absolute best tournament overall is ours. He said he loves it because of the people, the food and the hospitality. I was very proud of the Y and all the volunteers and staff who work to make the racquetball tournament go well. Just hearing those words reminded me that the work that is put in is appreciated! Thanks Tony!

Jackie Regan

YMCA Love

Manuel Beltran came in Tuesday afternoon right after our staff meeting to talk to me about who was going to referee our men's basketball league that weekend. Before he could get into that he began talking about how much he loved the YMCA. He said every time he walks into the building he could literally feel the love. He told me that anytime he feels like he is down he could always count on the YMCA to pick up his spirits and better his day.

Doug Marshall



The Presentation

After our Annual banquet, I received an email from Bob Almos whose wife is the principal at Edith Schuerman. He said she read the story on Mr. Johnson's class swimming at the Y and was blown away by the behavior of her kids at the Y and the nice story that was written. She wanted to do an all-school assembly about this great story and wanted me to be there. She also wanted to recognize Danny Chamberlain for his Youth Development award since he was unable to make it. I thought this was AWESOME!! Thanks Sandy!

Chad Knight

Got Your Noodle

Monica Colborn

We added a new water aerobics program, called Water In Motion, to our Aquatics Department. Before we introduced the program to our members, we wanted to try it out on our co-workers to see what they thought of the class. On this particular evening, there were four professional staff members and one MSA staff in attendance. A member came to swim laps, only to find that the pool was closed at the time, so he asked to join the class as well. (Poor guy had no clue what he was getting himself into!) Near the end of the class, participants are asked to use a pool noodle for the upper and lower body and core exercises. The simple fact that everyone had to sit on a noodle as if it were a horse to do the first set of exercises had everyone in fits of laughter. I thought to myself "Oh boy, this will be interesting." No one could keep their balance to begin with, and their laughter only made things worse. As the song began, I was trying to instruct the class on how to keep their noodle in place and focus on keeping their core engaged and getting the most from the workout. (We are a close knit staff, and we like to tease and raz each other often, so the following should not have surprised me one bit.) As the class is traveling on their noodle and working their upper body, I see one of the professional staff face plant in the water and flail their arms with a big splash. Another staff member is holding a noodle in their hand high up in the air, laughing hysterically and boldly stating "I got your noodle!" It took nearly the rest of the song for everyone to settle down and catch their breath. It was priceless!

The Y Rat

Karen Berry

Scurrying about at all hours day and night, looking for food or something to fill this empty soul. Chad most loving refers to himself as a Y rat, and at first glance one might think that this first sentence is what is meant by that, but no, I went to Dictionary.com and found a "slang" definition of "one who frequents a specified place", oh yes I have become a Y Rat!

Will do anything

Chad Knight

After our Annual banquet, I received an email from Doug Keller. Doug was thanking me for the kind words and compliments last night. He said he loved enjoyed his association with YMCA and if there was anything he could do to make a difference, just call him. I thought this was GREAT!! He is willing to do anything to make a difference for the YMCA. THANKS Doug!

Kansas Barnstorming Tour

Marcy VenJohn

Saturday evening the YMCA hosted the Kansas Barnstorming Tour and through the madness and the kaos there was a light at the end of the tunnel. I ran into one of the players after wards and he thanked us for having them and said everything was great he also mentioned how Chad was a character! Yes we all know Chad is quite the character that is for sure. Through the night there were several frustrations and several confusions but all in all the night was a huge success and everyone in town had a great evening!

**A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills to accomplish his goals
-Larry Bird**

YMCA Family

Marcy VenJohn



It is that time of year again when we look back at our Annual Dinner at our previous year. Tears are shed and many laughs are had at the Annual Dinner and it is and overall GREAT fellowship with our YMCA family. The sense of reward and emotion that comes over all of us by the kind words our members say is just truly Amazing. Sometimes it is so easy to get caught up with stuff that is going on and overwhelming with the different jobs and programs and task going on but with the members that we have it makes it all worth it. It makes us all Family and I don't know what I would do without my YMCA family no matter

what the future may hold for me. Thank you members for being family and making the YMCA a home away from home!

Compliments

Jackie Regan

The other day we met with Kim Myers who is our evaluator for our 21st Century grant. She mentioned that she has noticed that both in Garden and Dodge City when she walks in the Y someone always says help and greets her. She told me she really liked that because most places she goes she has to find someone and address them and here she is welcomed and greeted.

What's that Smell?

Monica Colborn

Sandy Fine walked past the Front Desk while I was working up there, and said "What is that smell?" I couldn't smell anything awful (because being a pessimist at times, I assumed she meant something stunk). She said the Y childcare hallway always smelled wonderful during lunch time. "I've been in a lot of schools and hospitals, and their food always smells the same, whether it's spaghetti, fish sticks, hot dogs, cookies, etc. Here, you can actually smell what the food should smell like." Good job childcare cooks!

Teacher Appreciation

Marcy VenJohn

Last week was teacher appreciation week and we gave gift baskets to all of the schools to show our appreciation to all the work that they do to help out the YMCA. As I went to my stops each person was so appreciative and excited about their basket and each one mentioned how they should be thanking us for the work that we do for them. It was only a small token of our appreciation for them but it is always great to see the relationship and the collaboration that we have made between us and the school district they truly do a wonderful job in our community.

Famous Autographs!

Jackie Regan

I was walking through the Y while I was covering a family fun night one evening and I saw Cory Hernandez. Cory has become very involved with the Y and our sports programs. When I saw him it jogged my memory and I remembered I had seen a picture of him hanging in the building. Coincidentally we passed in the hall and it was hanging right there and I pointed it out to him. I told him he was famous, and he replied that he was and to let Chad know when he wants Cory to autograph it. It cracked me up! I think it is great that we have pictures of our programs/members/volunteers everywhere and I think they enjoy it also!!



The "norkel".

Monica Colborn

Doug, Marcy and I were sitting out on the pool deck having a conversation when a group of kids leaving the Family Pool walked by to head to the locker rooms. We continued our conversation, and a little boy in a yellow shirt ran by with his swim mask. I started to holler out "Walk please!" when I noticed that he didn't have any pants on!! I looked at Marcy and Doug, and we were all dumbfounded and speechless. I followed him to the Family Pool, and said "Hey buddy, did you forget something?" And he looked up at me with a straight face, held up his swim mask and said "Yeah, I lost my `norkel!'"

I LOVE Birthdays!

Marcy VenJohn



So today is my Birthday!!! As tradition stands Shannan and I are usually singing at the top of our lungs for everyone on their birthdays and well they say it is not ok to sing to yourself so as Shannan was singing at the top of her lungs I was like holy cow this is embarrassing (but I sure am gonna miss that lady) when we do this ha ha! But, as she was finishing the song with the Florence Wilson school group in the game room listening they started singing and finished the song for her it was absolutely precious! I loved it! Birthdays are amazing and I love everything about them!!

Darkest before Dawn

Karen Berry

Shannan's last day was Tuesday. Wednesday lacked light. Thursday was the prayer breakfast, Thursday afternoon. I began to heal. Chad always says it is all about relationships.

Positive Review

Well the time has come that I have received my review from my presentation at NAYDO and . . . drum roll please . . . We did GREAT! We rated above a 4.3 out of 5 on all of the evaluation questions. The comments were also so AMAZING! One of the comments stated "Best Session this whole week these girls are fun and energetic and they really laid down the facts in an honest and exciting." Among the great reviews I have exchanged several emails among the group of girls that I worked with and again relationships that you build through the YMCA are the greatest relationships ever!

Marcy VenJohn



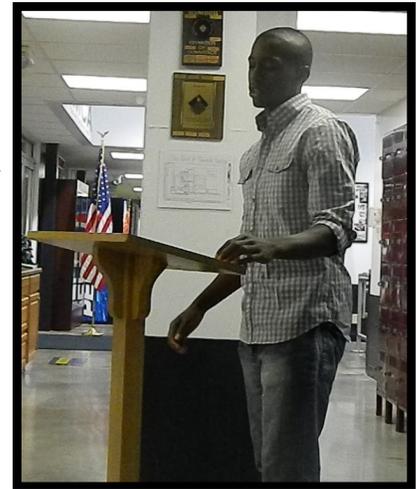
"Every day so many people pass through our lives, each person leaving behind a small part of themselves, giving us a broader understanding of life."

- Author: Unknown

"Surely the Presence of the Lord"

Almost a year ago Christian emphasis began meeting and one of the first ideas that came up was we should have a prayer breakfast on National Day of Prayer. At the time it seemed like a long time away, but suddenly it was upon us. With four ministers and a bunch of Y girls we got the ball rolling. Oddly events leading up to it are not remembered the same. Different individuals from the community were invited to pray for 5 needs of our country. There was talk of having a speaker, I wanted a strong Christian while others wanted a sports figure, God gave us both. Chad and I had been bantering on how many would be there I said 100 he said you will be lucky to have 40. So we divided the difference and Kevin agreed to provide for 75. Along the way when preparing for the breakfast it seemed like there were alot obstacles but that is how the enemy works when you are trying to do something to bring God glory. Even the weather seemed to not cooperate, but I had to trust that God knew what he was doing, and boy did He. It finally arrived, many of us were operating on little sleep.....

Karen Berry



I heard the words to Lanny Wolfe's song " Surely the presence of the Lord is in this place" almost as soon as Doug's friend, Josh Hunnicutt began to speak. He talked about communing with the Lord and how prayer is our pathway. "I can feel His Mighty power and His grace" as Cliff Mayo prayed for our government. " I see glory on each face" as Terry Major prays for our churches. "I feel that same sweet spirit that I felt often times before" as the lady prays for the needy. "My heart is overflowing with the fullness of His joy" as Jon Elder prays for families. "I can hear the brush of angels' wings" as Dr Atha prays for the education of our children.

After the breakfast I was talking to Chad and he was only a few numbers long on attendance, I asked how he knew. Experience was his answer. " In the midst of His children the Lord said He would be. It doesn't take very many, it can be just two or three, Surely the presence of the Lord" was in this place - today.

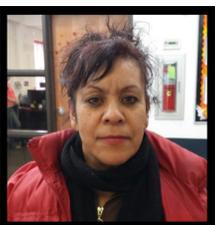
Happy Birthday

Jackie Regan

One of the things that we are really encouraged to do is make sure to make our "birthday calls" and with our members a happy birthday. Today, before I made any calls I saw Sandy walk in and had remembered seeing her name on the list. So I went over and wished her a happy birthday and kidded with her about working out on her birthday. She said she had to get in to see everyone because it made her feel good to come in and she wanted that on her birthday! I LOVE our organization is about making everyone feel special and I love Sandy because she always makes our staff feel special as well...

Beatrice

Rashawn Hewson



I see her walking all the time down Kansas Ave. to and from the YMCA. Whatever the weather; rain or shine she is dedicated to get to the Y and workout. When she comes in she always has a smile on her face. Way to go Beatrice! Keep it up!

Scott Selee

Scott found out that there was some new staff at the YMCA. He made his rounds and made sure he welcomed each and every one of us. I know that I am not new to the Y, but I am not usually full time. It just made my day that he was so friendly and welcoming. The Y is an amazing place and full of wonderful staff and members.

Roni Knight

The Candy Man

Ron Baker is so thoughtful. He makes sure that he always says "Hello" and hands who ever checks him in a werthers candy. This always makes me feel so special. It is such a simple gesture that makes my day. We are here to benefit him and he makes sure that he puts a smile on our face.

Roni Knight



Summer Camp Praise

It is always nice to hear praise. This summer was pretty crazy, but it was all worthwhile. It is amazing to me how much a simple compliment from a parent can make everything better. We had parents telling us that they were so happy with the organization and the expectations of the children. Things were really different than they had been, but they were consistent. Even when things aren't always as a child or parent wants them to be, once they realize things are consistent they usually understand. We had a lot of rough patches, but for the most part the kids all had fun and enjoyed their summer.

Roni Knight

One vs. the Other

The world is full of competition. McDonalds vs. Burger King, Target vs. Walmart, Ford vs. Chevy, public school vs. private school...the list goes on and on and on. This is my first YMCA to work at... I've always been in the Park and Recreation field. I get razzed from time to time for being a "rec rat convert", I hear the Rec vs. Y speech all the time from both my current and past co-workers. I argue with Chad all the time that in the aquatics field, it isn't Rec vs. Y...it's about keeping safe, learning as much as possible, and helping each other out. A large majority of my lifeguards work for me in the fall, winter and spring, and leave in the summer to work at outdoor pools. This summer was no different, but the availability of guards was slim to none at times. I want to give a shout out to Sam Larrick (Holcomb Rec) and Meghan McFee (Garden City Rec) for helping me out numerous times this summer in sharing lifeguards. It may be Rec vs. Y everywhere else, but here, we work together!

Monica Colborn

Race Day

Well, it was race day!! There are always a few headaches on prepping for programs and without our volunteers we could never do it. On Saturday Scott Murrison helped us "run" the race and with the prep work and the route also. He is always an amazing volunteer and an asset to the fitness department. Even though it was Sarah's first time running the big pool tri with his and her committees support made it great. I even had someone compliment that it was the best one they have ran in! Great Job and Thanks Scott!!

Jackie Regan

BUDDING ARTIST

Karen Berry



Our dear friend Gary Taton has been to YMCA of the Rockies for a family reunion and made a great t-shirt. Gary says while there he learned that Estes Park's Y is the largest in the world. He and his son Steven made "magic bleaching t-shirts" for entertainment/souvenirs. After cutting a mountain stencil scene and YMCA, he said the little pieces were quite tedious, they ironed it onto a black t-shirt, hung on wire screen and sprayed with a water/bleach formula. Rinsed and hung to dry. That sounds easy and quick but he said it was the next day before the shirt was completely dry. At the Y we build strong FAMILIES. Great story Gary thanks for sharing.

MISSING the YMCA

Karen Berry

This week at the church revival in Scott City I was visiting with Kelly Funk, I asked how he liked being in Scott and he said he really missed working out at the YMCA. He really appreciated the flexible hours. He also said to tell everyone here "hello".

Top notch

Mike McMahon

I was at the front desk checking on something and a member came up to the front desk. I said 'can I help you?'. He said 'I just need to tell you how great my visit was. He said I am here as an AWAY member from another YMCA and your little front desk gal as amazing and your membership person was outstanding. He went to say It's about Customer Service and it is great here at your YMCA. You have a great gym and I really love the Hoist stuff, that is a great circuit. Those machines just work with your body great! You have kids to seniors and you are really serving the community. I attend YMCAs all over the United States and this is one of the nicest Y's I have been in." WOW, what an amazing story from an AWAY member! THANKS Mike!

Building that relationship

I came in the evening to get something out of my office and I was amazed at what one of our MSA staff was doing at the front desk. Every staff meeting I preach to my staff to build relationships, make a difference and do something to help transform lives. Well, RaVae was congratulating a member who cracked the Top Ten User board. There was nobody else around, it was later in the evening and this member was very grateful that she was recognizing him. When I heard her talking about with him, I congratulated him as well. This is what we want! GREAT JOB RaVae!!

Chad Knight



"When wisdom enters your heart and knowledge is pleasant to your soul, Discretion will preserve you and understanding shall keep you"

-Proverbs 2:10-11

Volunteers are the Best!

Marcy VenJohn

It is that time of the year again for the Annual Support Campaign and Chad and I have been busily rounding up campaign volunteers to help us raise money for our scholarship program. We had our orientation this morning and Kate Krug came in to pick up her packet and select her prospective donors. Chad and I both thanked her for her hard work and her willingness to help us out with our scholarship program and she graciously said she is more than happy to do things for the YMCA because she loves it here and anything she can do to give back here is wonderful. I love when our volunteers say things about the YMCA our volunteers are the best in the world regardless and hearing them say how much they love the YMCA is truly Amazing!!!

Volunteers Make the Difference

Marcy VenJohn

Yesterday I was conducting the Orientation Meeting in Dodge City for their Annual Support Campaign and to start the day off there was a mix up with breakfast and the day started not how I had planned and I was feeling discouraged. Then no one had shown up for the breakfast meeting and I was feeling even more discouraged. The Lunch meeting came around and I had seven people show up!!!! I was very pleased and they were all very eager and they all took several cards and they were talking strategy and helping each other out and all I could was just smile! The evening meeting came around and I had three shows up which I understand three is not many but I had three very passionate people show up and the enthusiasm and the willingness that they showed floored me. Lauren Allen was one of the volunteers that came in the evening and she had mentioned that she had high hopes for the YMCA and she wanted to be a part of helping it get there. On more than one occasion she mentioned how she loved the Y and it was the first thing she looked for when she moved to town but Dodge City didn't have one yet, so when the city began the YMCA proposal she was all in and willing to help wherever was needed because her and her family think the YMCA rocks! Thanks Lauren and thank you to all of our other volunteers as well we think YOU ROCK!!

The Scholarship

Chad Knight

I received an email from Patricia Schmidt. Here is a copy of the email:

“Thank you for my scholarship. I really enjoy the aerobic swimming class and I’ve gotten several compliments”

Isn't that a great story! Patricia works hard to maintain a healthy lifestyle. I am so glad and fortunate to have the supporters in our donors and volunteers to raise money for our scholarship program. Keep it up Pat!

An extra set of eyes

Monica Colborn

Childcare came every Monday and Friday to swim in the Family Pool this summer before it opened to the public. They were a large group, and even with two lifeguards on deck, it was overwhelming at times. This particular day was no different. While scanning the water, I see out of the corner of my eye a childcare staff member moving quickly towards a group of kids huddled together. She was standing next to the group, and spotted one child trying to push another child underwater. In the time it would have taken me to enter the water and swim over to the child, she was able to help the child up and diffuse the situation. Thank you Valerie M. for being observant and thinking quickly! I truly appreciate it!

PREP Program

Sarah Tighe

Every day I get the privilege of working with people who need help getting better. Our PREP Program (Physician Referral Exercise Prescription Program) allows me to work with people who are no longer able to do physical therapy and need assistance working out. These people range from those with heart conditions, stroke victims, knee replacement clients, or those who are overweight and need help losing it to get their cholesterol and blood pressure under control. I learn something new from these people every time I get to work with them. They truly do show one the power of not giving up. I have one inspirational client who when I first started seeing him/her, he/she walked with a cane. Now, I am proud to say he/she no longer needs that cane and does not even bring it with him/her when they go out!!! I am so proud of each and every client I get to work with, I truly do learn just as much from them and they do from me.

We Appreciate You

Doug Marshall

I'd just wrapped up our coaches meeting when I called Cory to see how he thought things went. We went over a few things that he felt I handled well or he thought we needed to look at for next year. After I got off the phone with Cory he sent me a text message. It read "...". I really appreciate Cory and everything he does for our programs he is a huge help to me and the rest of the YMCA.

"Do I hear Angels singing?"

Karen Berry



Not quite but almost. It is very early on a payroll day, much to be done. Trying to find a right spirit within me to do the task at hand and the most beautiful voice is singing. GOD is GOOD all the time. It is Melissa Fulton aerobics instructor next door figuring out TRX and singing "Les Miserable". One of the best parts about arriving early or staying late is seeing people and hearing things you don't normally get to experience. All the time GOD is GOOD.

New Friend

Marcy VenJohn

The other day I was working away in my office and came out for a breather to find a new friend. Esther Selee was in the game room while her Dad was in the swimming pool and I had asked her how she was and how school was today and then for over an hour I got to have to most delighted conversation with a very intelligent young lady. Esther is wise beyond her years and everything we talked about was relevant and inspiring the subject changed several times but all in the same I was so blessed to have had the time that day to speak with her. She was so polite and respectful. The next day I received an email from her father saying thank you for being a friend to his daughter. I smiled from ear to ear! Esther can come speak with me any time of any day she is an amazing child and I can't wait to see the woman that she grows up to become!

Building Relationships

Jackie Regan

I was listening to a conversation between to people in the fitness center the other day, and it really warmed my heart. One member was a male in his 60's and another was a female in her 30's I would say. They were talking about how things "used to be" and the man was telling stories about when he was "young" back in his thirties and all the things he had experienced. It just made my day to listen to two people make a connection and build a relationship. It is truly what the Y is about!

Same Team?

Jackie Regan

We received this email from Ken Schmidt, a Dodge City task force member and YMCA supporter:

I dropped in to see / and visit with Aaron ... but No Aaron !!?
Did visit a little with Kip !!
The Best Thing was that Jackie was over, and I got to chat with Her ...
(We Need More like Her for Our Dodge Program !!!)
... and I think Kip will do a Good Job !!
I just wish that we could be more Involved, and more Knowing of
What is Going on // and What is Happening !!?
I'm Sorry !! ... I'm just too " Gung Ho " ... " Do it Right " or
" Don't Do It At All !!!?? We (DC) Need to " Get On Board " !!!
You Folks (GC) have some Great Ideas !!!
SAME TEAM !!!??
Thank You for All that You are Doing !!!
Ken

I thought it was awesome of Ken to stop in and visit with us and that he wants to be a volunteer and be involved.

GOOD WORDS

Karen Berry

Marcy and I are at the front desk and she greets Brenda Reeve and I greet Janet Hands as they come in for Water in Motion Class. Janet replies "You just need it" Mary Ann Miller used to say "the water is good for the soul". I think I better go try out the pool!

A Homey Welcome

Sarah Tighe

I volunteered Tom Nekuda as Member of the Month because he is such a great inspiration to have at the YMCA. He is here almost every day and will talk to anyone. Everyone is always happy to hear from him! He absolutely made my day, one day when he came in and brought me vegetables from his garden. He told me he knew I probably missed home and hoped this would help. It did, and I'm so thankful he comes in day after day. Thank you for being such an amazing member at the YMCA Tom!

An Excited Volunteer

Jackie Regan

Last Month I nominated George Caine as our Volunteer of the Month. George has volunteered in our football program in many different capacities including coach, equipment checkout and lead official. I really believe he deserved this award. I was gone for a week on vacation and had been in and out so I hadn't seen him since the sign was hung up and he was notified. When I first saw him he gave me a hug and a big smile and told me that he had made a copy of the VOM sheet when he got his prizes and showed his wife and family... I thought it was great that he was proud, we are lucky to have him as a supporter!

"When anxiety was great within me, your consolation brought joy to my soul."

- Psalm 94:19

Giving Back

Jackie Regan



I love when former Y participants or members come back and see the changes or help in the department they participated in. Recently, a former Y sports participant came back from college and offered to help coach our youth football league. Zach Schultz is helping a 5th & 6th Grade team, which is really cool because Zach's dad was one of the founding fathers of the youth football league and is one of its greatest supporters. It's great to see people give back!

Numero UNO!

Chad Knight

As I was helping at the front desk, a member came in and gave me his card and was telling his buddy, "see, there it is". They were looking at the first recipient of our Keeping Our Promise program with Greg Calzonetti at Prudential and Luis Galvez from Victor Ornelas. This was Luis Galvez checking in and showing his buddy. I thought this was awesome and he was pretty proud of his picture and plaque hanging up at the front desk. This is what that program is all about. THANKS Luis for the great memories of being our first KOP. It is great to see you using the YMCA today!

Check it out

Chad Knight

As I was giving a tour for a prospective new member, I ran into a member who had a clipboard and was using the ActivTrax program. I stopped the member so I could show the new member his sheet. He didn't hesitate and went to talk about how great the program is and that he and his wife are both using it and love it. He said they just joined and this was the first thing they signed up for. I couldn't ask for a better testimonial or advocate for the ActivTrax program, even if I paid him. THANKS John!

Star Trainer

Chad Knight

I received an email from Scott Selee about his training he just took at the YMCA under Monica Colborn, our Aquatics Director. Here is a copy of that email:

"Wanted to be sure to let you know what a great job Monica did teaching our first aid class last week. I felt that it was the best certification for first aid that I have attended. She has a passion to get it right and it made the class time valuable for the future when I may need to use the training." Isn't that AWESOME!!! Good job Monica!

Made her day

Chad Knight

After the email from Scott and another staff person about the training they received from Monica, I told her she needs to pursue that passion and start doing YMCA trainings. She said she was very happy to get that message and to hear her boss tell her about the trainings and the messages. She went on to say, she was having a bad day and now it is a good day. I just told her to keep doing what she is good at and helping others goes a long way. GOOD JOB Monica!

Social Media

Marcy VenJohn



At the YMCA we love to recognize our members and employees for how Amazing they are and all of the Amazing things that they do! We have recently started highlighting those individuals on our Facebook page and have been receiving rave reviews! Family and friends and the individuals themselves have been commenting on our posts and WE LOVE IT! We truly appreciate all that our members, employees, volunteers, and ambassadors do for the YMCA!!

What a Y

Chad Knight

During my conversation with Brian Griffith from Member Solutions, who presented to our Branch Board of Directors on a membership campaign, said some amazing things about our YMCA. Brian said he has been over all the United States helping YMCAs with their memberships. He said he was very impressed with our YMCA and the operation. He said there are very few YMCAs who are 24 hours and have a shake bar. He even bought a shake. He was also very pleased with the staff and the attitude displayed. He could tell this YMCA is upbeat and progressing forward.

A monumental moment about a Monumental Moment

Monica Colborn

At staff meeting today, I gave the following monumental moment:

"I covered the lifeguard shift during Aquacise classes yesterday for Paul since he was out of town. As the ladies came in for the first class, each of them said good morning...except Carlene Schweer. She says "Hey, we got the real thing today ladies!" She made my day...it's always nice to receive a compliment from the Aquacise classes. When the second class came in, Rocky "the Balboa" Warta came up to me. I teased him about no goofing off today, because I had my eye on him. He says 'Oh geez...you're the lifeguard?! I'm gonna drown before you can save me!!!' My witty response was 'I'll save you before you even know you're drowning!' Nothing like going from the 'real thing' to 'Oh geez... you?'

Pro staff members get a good chuckle out of this story, but Karen Berry outdid herself! (It's those quiet ones you have to worry about!) Her end of the table starts rolling with laughter. I asked what was so funny, and she Karen says "You went from a Coca Cola commercial to an Aflac commercial!" Good one KB! J

Popular CEO

Jackie Regan

The last few weeks a few of us have been putting in quite a bit of time volunteering for United Way during their campaign. One place we have volunteered is Tyson. While I was there Susan, the United Way Director, mentioned how they love when Chad volunteers because he will talk to everyone, and is convincing when he presents for United Way. We all laughed at how Chad always tries to break communication barriers, whether it be with the Burmese, the Hispanics or the Somalians. Chad always tries to get them to teach him how to speak in other languages and we all have a great laugh when he tries to repeat it. Good Job Chad for being such a great "face of the Y"!

New Spin Bikes

Sarah Tighe

This year we were lucky enough to get new spin bikes for the Garden City Family YMCA. With the help of my instructors and my wonderful Fitness Committee, we were able to get this passed through the board. It was so nice to hear the great appreciation from my instructors regarding the new bikes. Scott Selee emailed me and said "The new bikes are great!! Thanks for working to get us quality equipment for the YMCA. I believe this will really raise the level of interest and provide an excellent workout for the members. You are doing a great job." It is so nice to hear that the instructors love them so much! I know it'll help them as they teach new spin classes. I truly do have the best staff!

The "Other Place"

Rashawn Hewson

I was at Applebee's the other day with a friend and a group of people walked in after a football game at the high school. They sat down at the booths around where we were sitting. A kid looked over and said "hey don't you work at the rec?" I replied with "No I work at the Y" he then replied "THAT'S WHERE I KNOW YOU FROM". Have to say it made my night plus I got a good laugh out of it. Thanks Spencer

Outside resources

Chad Knight

During the budgeting process, I sent an email to two great resources; Craig with Mid States Fitness and Debbie with MacroLease. Both of these people provide our YMCA with the money and fitness equipment for us to operate. I asked them to give me a ballpark price for some equipment needs for 2014 and I needed it pretty fast. Within days, I received what I needed with a nice message from both of them. Craig and Debbie both said they enjoyed doing business with our YMCA and that is a joy to work with you Chad. I thought this was very nice. THANKS Craig and Debbie!

PREP Program

Marcy VenJohn

It is always nice to hear great things about our YMCA programs when we are outside of the YMCA. We were out and about doing Booth Marketing at several places last week and on each occasion I had someone come up and speak to me about our PREP program and how appreciative they were of us doing this for people. Sarah has really gone above and beyond with the PREP program and it is AMAZING all of the support we are getting throughout the community.

Running Circles

Monica Colborn

Lucinda Miller has been attending my Water in Motion and Power Waves classes for quite some time now. She has what she calls a "bum knee". She had an upcoming trip to Pittsburg, PA and was hesitant as to how she would do keeping up with the others. After her trip, she said that her knee felt so good during her trip, she was running circles around everyone else! She was so excited, and said she owed it all to water aerobics.

Principles & Practices

Marcy VenJohn



This last week I was in Black Mountain North Carolina for Principles and Practices with Doug. Needless to say we were both a little nervous to be there and we weren't sure what to expect but we were in store for nothing short of Amazing! I learned so much and met some of the most amazing people! The connections that we make through the YMCA last a lifetime and they become our support systems as we got through the hustle and bustle of working at a non profit organization. Thank you Chad and the Board of Directors for allowing me to go to P&P my trip was very rewarding and I enjoyed lots of laughs!

A golden employee



I was going to the front desk and was stopped by Drew Petersen who asked me about a bench. I told him I would find out and about that time, Marcy came by and asked him about something he was printing for us. He said he would have it done pretty fast because of the work Marcy did on the project. He went on to tell me that she does a good job with all of his work and told me to never let her leave. I told him, she is golden and does an AWESOME job for us and saves us tons of money. He said she saves them tons of time and he appreciates it. GOOD JOB MARCY!

Chad Knight

Familiar Faces

One week ago I had my gallbladder removed and it was my first surgery ever and needless to say I was scared. I know it was a minor surgery but I was nervous and tears were shed. Working at the YMCA you see members everywhere and was I glad to see some familiar faces in a not so happy place. Mercy was my nurse and was I ever so glad to see her and she defiantly made my stay much more enjoyable!!! The relationships that we make at the YMCA are definitely ones that help save your life!

Marcy VenJohn

Y Supporter

The other day I received a phone call from one of our members, Jessica Norton. There is a funny backstory to this monumental moment, you see when I first started working here I nominated Jessica Norton for Member of the Month, and she won! GREAT, except, she wasn't a member at the time. Ever since then she has been a member and has always been a great advocate of the Y. So recently, when she received a phone call from member solutions inviting her to come in for a two week pass, she PROUDLY informed them she was already a member, and although she appreciated it, she already knew EVERYTHING there is to know about the Y. I thought it was awesome (and a little hilarious) when she called to tell me about. Thanks for all you do Jess!

Jackie Regan



Member of the Month



Bob Tempel was here at the YMCA and I caught him walking down the hallway. I told him that he won the Member of the Month award and he was excited. He said he didn't know why he won it but he was glad that he did as it would give him some extra motivation to continue to come in and workout. A few days later I gave him his write up from winning and about an hour later I got a phone call. It was from Bob telling me that he was extremely thankful for my kind words. He didn't feel like he was always positive but he said that he'd been working on it. Member like Bob make the YMCA exactly what it is and that's a great place to uplift your spirits when you're down. I appreciate Bob and his family and I am glad that he is a member here at the Y.

Doug Marshall

Danny Chamberlain and Tim Johnson

Doug Marshall

I received these emails from Danny Chamberlain and Tim Johnson

“Chad and Doug-

I just wanted to say how I really appreciate your basketball program. One aspect I really appreciate is how you don't "baby" the 3rd-4th graders. Another youth league in GC has them playing on 8 and a half foot goals. 4th grade boys playing on goals of that height is not going to make them better. I like that you have always had the girls playing on 9 ft. and the boys on 10 ft. I also always appreciate that you have a reduced rate for those on free/reduced lunch. Without that, 99% (not exaggerating) of our players would not be able to play.

Also, your program creates an opportunity for our school to establish our own sports program to be competitive. Without it, probably 90% of our players would not play. We do not have parents who are sports-minded; it is not their fault- they have other things to worry about. I at least want them to play for us and go on from here having the basic fundamentals and understanding of the game. Many go on to play in middle school and high school. Doug- Isaac Silva played for me as a 1st grader. He could not stand still for 5 seconds but was always a nice kid from great parents. His dad coached him after that and had a very good team from ES that almost won the championship as 4th graders. They have the chance to have 3 or 4 players from ES starting varsity in the next few years.

One of the situations our players are exposed to is when it is OK to be nice and friendly and when it is OK to be very competitive. Our school does such a great job of teaching citizenship, kindness, manners and how to behave in a civil society that it is always funny to me when I first teach them about taking the ball away from an opponent. To them, this is stealing and not nice. They have been taught empathy and sharing which is great but does not work in basketball.

Our team that won the championship on Saturday was the most deserving of a championship of any I have coached. They did not have someone with incredible talent who could dominate but they had heart. They started practicing for this season in March and it wasn't because I pushed them; they wanted to. Several of the girls found me at the open house on Aug. 15 and asked when practice would start. It started the next week.

I have been lucky to coach some great kids and work with some great parents. I was especially lucky to coach a boy who is a 6th grader now and could be an all-state player in 2 sports in high school. I am thankful for those memories and will continue to coach while I am in Garden City these next several years.”

“Chad,

Front desk success

Chad Knight



Jesse Bernal, a longtime member stopped in my office and just wanted to tell me how much he appreciates the work of RaShawn at the front desk. He said everytime he comes in, she greets him with a smile and doesn't matter how busy she is, she is always there to greet him and welcome him to the YMCA. He also said she is always trying to help everyone and please everyone and that is what we need at the front desk. He said he has seen a few of the front desk people with attitude and he said RaShawn has a great attitude.

Compliment

Monica Colborn

I went to Mail It, Etc today to return consignment items from our home swim meet. It's one of the many tasks that have to be taken care of after the meet. While the gentleman behind the counter was getting the label printed out, he noticed that I was returning items to the Swim Shop. He said "Oh, I just attended my very first swim meet this weekend. This is my grandsons first time to ever swim on swim team, and I wasn't sure what to expect. He wrestles, and wrestling tournaments are always hectic, frantic, and rushed. The swim meet was so organized, everyone seemed to know what to do and where to go...it went so smoothly! Did you happen to catch the meet?" I laughed, and said "Bits and pieces of it!"

"Relationships are the strands that knit people together, and the more abundant and robust they are the stronger our communities abilities are to grow and thrive."

- Author: Unknown

Thank you for the opportunity to grow and thrive with you!

This chapter comes from our outstanding members. These are their testimonies on their Y stories and how they have been impacted and how they impact our Y Family.

Alvin Torres

I love how Stacy always lets me know of upcoming racquetball events. Everything at the YMCA is ran professional and actually makes me feel like I am always welcome and wanted here.

Aron Percival

The YMCA lifts my spirit every day when I go and puts in a better mood. I enjoy the staff and other members. The staff is always very helpful and I feel a very strong connection with them and the facility. My family enjoys the sports for the kids and the child care. Mrs. Royal does a wonderful job with my five year old. I can tell that she really cares for the kids and her program. I can't say enough about Mrs. Royal except she does a great job.

Patricia Schmidt

My aerobic swimming is very special to me. I have met new ladies I didn't know before, I've reacquainted with ladies I already knew and recently found out I'm related to one of the ladies through my mother. And one lady I took care of her mother when I worked as a nurse. The ladies always include me in their activities. Whether it's having coffee on Wednesdays or birthdays of the month luncheons or Christmas luncheons at someone's house!

I have made a lot of friends at the YMCA like swimming instructor Darlene Mathias whom I found out I went to high school in the same class with her daughter-in-law.

David Scott

Something to do in GC and keeps the kids active in sports, swimming and allows them to meet new friends.

Lucinda Miller

I attend Tuesday and Thursdays water aerobics for 2 hours on each day. I had a partial knee replacement and the water has been a "miracle" for my recuperation. It is truly the answer to my joint related surgery on recovery.

I will be attending for the rest of my life.

I wish I would have attended right from the beginning. Every day is a better day for me.

Ried Frolich

Great place to workout. Fits my schedule.

Gary Harley

Well I've been with the YMCA from 1998 till still going. Ha ha. Anyway last year I went to see my doctor and I was overweight. I was 302 pounds, not good. That was December 16th or so 2011. I started back hitting the YMCA hard come Jan 2nd of 2012 and as of Monday Jan 1, 2013 I am 243 pounds. I feel like, no I know, the YMCA has helped me so much mentally and physically. If I had not started coming back that I may have been an early grave. So like I was saying the YMCA and its staff and friends all that work at the YMCA and all who workout at the YMCA have helped me so much and for that I am so grateful to all of you, nothing but love and thanks. I'm still going to the YMCA two times per day on average. I feel so much better when I go. Thanks

Chapter 14



David Duran

I have tried to get in better shape last year (2012) and the fitness equipment really helped. I am not sure I use it effectively enough.

I also learned how to swim this year at the age of 47. Being able to take lessons (one-on-one) at the Y allowed me to reach a life long goal.

Jay Edwards

I am very much motivated by the challenges such as the Row Across Kansas. It helps me set goals and watching the line move toward the finish lines keeps me coming back. My goal is to get the challenge done before track season begins and the poster really helps. It has inspired me to challenge myself to try to bike from San Ysidro to Blaine, WA as a next goal using the bikes the gym.

Thank you for the friendly well-trained staff at the front desk. They refer to me by my name and always smiling. It is appreciated.

In the time I've started my rowing challenge I've lost 14 pounds yet gained five inches on my chest and arms and another five on my thighs without injury.

My future goals will get me to better physical and mental health. With the support of the Y, I know I can succeed.

Thank you.

Susan Carmicheal

We wouldn't be able to work out without the y.

Abel Nieto

It motivates me to stop drinking and get in shape.

Nelda Lewis

The 8:30 am class has been a part of my life since the Y began. I appreciate it very much because I believe it has helped my overall health and happiness.

Jess Bernm

Staff is very friend and helpful. Facility is well kept by Joe and his help.

Johnny and Leveta Crist

The YMCA lap pool with wheelchair lift has been a huge blessing to my husband who is recuperating for an airplane crash which resulted in multiple open fractures and has helped tremendously with his physical therapy. His therapist was so pleased he used the facilities to expedite his recovery. Also, the workout machines have been very beneficial-just the same machines plus more varieties that our therapist used. Very helpful in his recovery! I sincerely appreciated all the help from your staff and in particular the life guards at the pool.

These testimonials came from Anonymous Members

I think it's great that we have an indoor pool in Garden.

My daughter was home for Christmas and she was able to use the Y without paying anything. That was very nice and we were grateful for that.

I have more energy and have met real nice people!

I really like the idea of having the 24 hour service for me it comes in really hand for me-it is awesome. Also, have really enjoyed the Lean and Mean spinning class. I feel it was the class that really helped m lose weight. However I do miss the Pilates class and wish we had it back. I have become a stronger person not only physically but mentally. So far have enjoyed my experience with the Y a lot.

Thank you, thank you for the fun, happy environment that encourages and promotes FITNESS and HEALTH for us all!!!! VERY GOOD STAFF!!!

I like the impact it has had on my son. He enjoys coming.

Gratitude

“At times our own light goes out and is rekindled by a spark from another person, each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

- Albert Schweitzer



Thank You to our Members for 49 Years!

**We do not remember the days . . .
We remember the Moments that make our days!**