

# THE Y VOICE FOR A BETTER US.



YMCA OF MARQUETTE COUNTY

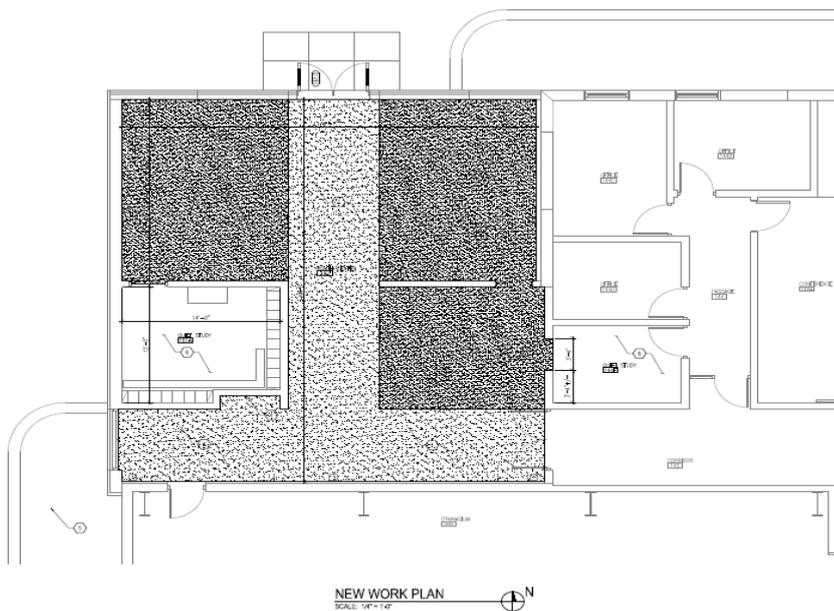
1420 Pine St, Marquette, MI 49855

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February 2018

www.ymcamqt.org

A newsletter for members and volunteers of the Y



## ANNUAL CAMPAIGN

FOR A BETTER YOU. FOR A BETTER COMMUNITY. FOR A BETTER COUNTRY. THE Y. FOR A BETTER US!

We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. That's why we focus our work in three key areas that are fundamental to strengthening our community: Youth Development, Healthy Living and Social Responsibility.

**WHY GIVE?** Every dollar donated to the Y has a lasting impact on the people in the communities we serve. When you donate to your Y, you're donating for a better us.

**HOW TO GIVE** You can give by check, credit card, or cash or online at [YMCAMQT.ORG](http://YMCAMQT.ORG). You can also make a pledge now, and be invoiced at a later date.

## WE'RE ON WAY TO OUR GOAL

\$115,000.....  
 \$103,500.....  
 \$92,000.....  
 \$80,500.....  
 \$69,000.....  
 \$57,500.....  
 \$46,000.....  
 \$34,500.....  
 \$23,000.....  
 \$11,500.....



# BUILDING FOR OUR FUTURE

New Youth Center Construction to Begin in March 2018.

By Jenna Zdunek

Thank you for sharing in our excitement as we make the Y more youth friendly!

In the next few weeks you will see renovations begin for our new Youth Center! When the Y opened its doors in October, 1999 we had a space for all youth any age. A lot of memories were made in our Youth Center.

Unfortunately, the Center was replaced with locker rooms in 2014. These locker rooms cannot be used so our youth have been using the hallway for their programs. We have been working very hard to raise the funds to bring the Youth Center back to our Y! Thanks to the Rotary Club of Marquette, Michigan Masonic Charitable Foundation, The River Valley Bank Foundation and exceptional donors we have raised every penny to start the renovation.

### BUILDING FOR OUR FUTURE... (con't.)

The new Youth Center will house our Before and After School Program, Snow Days, Summer Day Camp, Birthday Parties, and be a space for your 10-17 year old at night and on the weekends! We are still raising funds for fun items that will go in our Youth Center.

Some of the awesome things we would like to see in our new Youth Center include:

- > Bouldering Wall
- > Lounge Furniture

- > Computers & Desks
- > T.V.
- > Homework Tutoring
- > Wii Gaming System

The cost to build the shell of the center will cost around \$75,000. The other elements of the center will cost about \$15,000. Currently we have raised \$79,000 which has given us the ability to start construction as soon as all of the permits are pulled.

We are still in need of raising an additional \$11,000 to complete the interior of the center. Please let us know if you would like to donate to our Capital Campaign and help us complete this great project.

If you or your child has any ideas of what you think would benefit our area youth the most please email Jenna Zdunek at [jzdunek@ymcamqt.org](mailto:jzdunek@ymcamqt.org) to let us know.

## COUCH TO 5K IN 7 WEEKS

By Christina Bennett

Have you ever had a goal of running a 5k race? The YMCA's 18th Annual Run/Walk is coming up April 28th and we would like to see you in it.

Our Couch to 5k program can help you reach that goal of successfully completing a 5k. Through the course of this 7 week program, you coach-Certified Personal Trainer and avid runner-Brittany Richard, will give you tips and techniques to help you gradually build up to a 5k.

Starting something new like running can be intimidating. Where do I start? How long should I run? What shoes do I need? What if it hurts? These are all valid questions and can stop a person before they even begin. We all have moments of doubt, but with support and guidance we can help you past the fear and intimidation while boosting you confidence and self esteem while promoting better cardiovascular health.

Running can also be a great way to distress. Even small amounts of physical activity have been shown to increase serotonin, endorphins and dopamine. With Couch to 5k-for 2 days a week for 45 minutes don't worry about anything else other than putting one foot in front of the other.



## KILLER WHALES SWIM TEAM

Making Progress One Stroke at a Time.

By Shawn Robinson-Sobczak

The YMCA of Marquette County has a swim team of over 90 swimmers ages 5-18 from in and around Marquette, Negaunee and Ishpeming. Our Head Coach is Shawn Robinson-Sobczak .

About 50 swimmers recently traveled to Green Bay to swim - the whole team posted over 85% personal best times -many swimming in as many as 9 individual events over the 3 day weekend.

We are gearing up for a busy end of the season with swim meets in Escanaba, Manitowac, WI. And ending up at our Marquette Senior High School on Friday and Saturday March 2nd and 3rd. Many of our swimmers are trying to qualify for our State Championships in mid March in Milwaukee, WI . Due to our geographical area we are considered a part of Wisconsin's state swimming. An amazing 22 swimmers have already qualified for States.

# OUR MENTORS MAKE A DIFFERENCE

Reach & Rise Group Mentoring.

**By Jasmin Roden**

Reach and Rise Group Mentoring is a free program offered at the YMCA for youth ages 8-15. The purpose of Reach and Rise is to help youth reach their full potential by teaching them social and emotional skills in a group setting. The groups are led by two adult mentors that are trained in Para professional therapeutic skills.

Reach and Rise had a successful January as we finished up two groups. One group consisted of boy's ages 8 and 9 and the second group was composed of 6th grade girls. The groups were held at Lake Superior Village Youth and Family Center. The groups were started in October of 2017 and lasted 16 weeks.

Some highlights from the boys group were talking about what makes them angry and how to relieve anger in a healthy and fun way. The girls group focused on relationships and self-worth and overall discussing day to day challenges of middle school.

If you are interested in more information, being a mentor or referring your child for this program, please contact Jasmin Roden at [jroden@ymcamqt.org](mailto:jroden@ymcamqt.org) or by phone at 906-227-9622.



# NURTURING IS WHAT WE DO

**By Leslie Desjardins**

Our Child Development Center at KI Sawyer has three components. We have Preschool for 2 ½ through age 5, a Before and Afterschool program, and also an Afterschool program in Gwinn.

Our Preschool program participates with Great Start to Quality rating process. All licensed and registered programs in the State of Michigan appear on their website with a STAR rating. It starts out a blank star which means that the program meets licensing requirements up to a 5 star rating which mean that the program demonstrates highest quality. We are pleased to say our KI Sawyer center has a 5 STAR rating. We are very proud of all the hard work the entire staff have put in to accomplish that rating and to have kept it up for 4 years now. The Preschool program also participates in the Great Start Readiness Program (GSRP). This a fully funded program for 4 year olds to come free to our full day program in preparation for kindergarten.

Our Before and Afterschool program which we have around 30 children enrolled in. We are able to offer the program at a lower cost to parents because we have been lucky enough to have someone donate to our program to ensure that the children at KI Sawyer have a safe and fun place to go. This year we opened an Afterschool site at Gilbert, which is an elementary school in the town of Gwinn. Our numbers at that site are around 45 enrolled and just keep growing weekly.



## WEST END NEWS

**By Rachel Berglund**

Come and join the party! Amanda Mathie has joined our West End group exercise team and is offering Zumba classes Monday evenings from 6:35-7:25 PM and Zumba Gold classes Tuesday mornings 10:00-11:00 AM.

What is Zumba? Dance fitness classes that are fun, energetic, and make you feel amazing. Dance to great music, with great people, and burn a ton of calories without even realizing it.

What is Zumba Gold? A perfect class for active older adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity.

Both classes have recently been added and are member benefits available at no added cost for members!



## SAFE SWIMMING SAVES LIVES

**By Rachel Berglund**

The YMCA is currently serving 24 families in 4 different classes through Parent and Tot swim lessons. Mom or Dad, Grandma or Grandpa assist in these classes for our youngest swimmers starting at 6 months of age.

Infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building activities and songs, while parents learn about water safety, drowning prevention, and the importance of supervision. Many families express the importance they place on their little ones learning to be safe around the water, especially living next to Lake Superior.

## FEBRUARY IS AMERICAN HEART MONTH

**By Christina Bennett**

As a leading community-based organization committed to improving the nation's health, the YMCA of Marquette County urges everyone in Marquette to get a blood pressure screening. Revised blood pressure guidelines from American Heart Association mean that nearly half of all Americans (46 percent) have high blood pressure. High blood pressure is often referred to as "The Silent Killer" because there are typically no warning signs or symptoms.

To address the prevalence of heart disease, the Y has made a national commitment to the Million Hearts campaign, an initiative spearheaded by the U.S. Department of Health and Human Services, CDC and Centers for Medicare and Medicaid Services that aims to prevent one million heart attacks and strokes.

The YMCA of Marquette County is increasing the availability of the YMCA's Diabetes Prevention Program – which is part of the CDC-led National Diabetes Prevention Program. The YMCA's Diabetes Prevention Program helps adults at high risk for developing type 2 diabetes adopt and maintain healthy lifestyles to help reduce their chances of developing the disease. Type 2 diabetes is a major risk factor for cardiovascular disease and people with diabetes are twice as likely to have heart disease or suffer a stroke as those who do not have it.

The program provides a supportive environment where participants work together in a small group to learn about eating healthier, increasing their physical activity and making other behavior changes with the goal of reducing body weight by 7 percent in order to reduce their risk for developing diabetes. A trained lifestyle coach leads the program over a 12-month period. Increased physical activity and moderate weight loss not only reduce diabetes risk, but also have an impact on lowering blood pressure and cholesterol.

## NERF FIGHT NIGHTS IN MARCH

By Emmy Holt

Come Swim, Eat & Play!

The first hour will be swimming and pizza (from Vangos). After pizza we will head to the gym for a Nerf gun fight fun complete with giant foam shapes and cardboard box forts to hide behind!

Ages 6-14 will be divided into heats and wreak havoc in the gymnasium while ducking and dodging bullets.

### Parents drop your kids with us and enjoy a night out on the town!

Nerf bullets and safety eyewear will be provided. All you need to bring is a bathing suit, towel and Nerf gun!  
(Bullets are compatible with Nerf elite type guns)

Friday, March 2nd, 9th, 23rd

\$15/Night for Members & Non-Members  
(Pre-Registration is required)



## LACROSSE

Lacrosse is Summer's Hockey.

By Emmy Holt

From Gretzky to Tavares, Shanahan to Stamkos, Canadian-born NHLers recommend playing lacrosse in the summer to improve hockey skills.

"It's lacrosse that helped teach me to spin off checks, take shots and protect the puck under pressure. My stick skills, the way to read the play quickly comes from lacrosse. The hand-eye coordination, is just one of the little things that helps you in hockey."  
– John Tavares, two-time World Junior Hockey Champion

### Hockey players benefit from playing Lacrosse because Lacrosse...

- > develops stick handling creativity
- > develops creativity in tight areas
- > reading the play offensively
- > develops strong, dynamic defensive tactics
- > builds up strength and endurance
- > helps prevent sport burn-out by playing a new, fast-paced sport
- > increases hand-eye coordination
- > teaches players to play with their head up and to be more aware of their surroundings
- > reinforces the importance of quickness and agility around the net
- > teaches leadership skills
- > helps players learn to play both offensive and defensive positions and make a quick transition from defense to offense and vice versa
- > helps scoring skills be honed by shooting at smaller targets and picking corners
- > teaches the creativity of fakes, back passes and shots
- > develops the use of both hands

**Ages 8-15 on Mondays 6-7pm starting March 5th  
(Children will be split up into age groups)  
Members: \$30; Non-Members \$35  
Register Today Online or at either Facility**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UPCOMING EVENTS

## easter EGGSTRAVAGANZA

March 31, 2018

WHAT?! Easter eggs in the POOL!? YES!!! You read it right! Have a splish-splash time searching for Easter eggs in our pool and get your prize at the end. This event is Free for members and \$5 for non-members. Pre-registration required.



## healthy kids DAY/ OPEN HOUSE

APRIL 21, 2018

Nothing charges up kids like summer and Healthy Kid's Day is the Y's official start to the best summer ever!! So make sure your kids get the most they can out of this summer...in spirit, mind and body. Everyone is welcome, members & non-members, to enjoy the fun. Let's charge into the best summer ever together. Join us for Healthy Kids Day at the YMCA of Marquette County. A complete schedule of the day's events will be posted at [ymcamqt.org](http://ymcamqt.org). **Try out the Y for FREE from 10:00am - 6:00pm.**

## ymca RUN/WALK

APRIL 28, 2018

Save the date and start training now!

Fun for the whole family, all ages and abilities welcome.

100% of the net proceeds benefits our Annual Campaign.

You can choose from the 1 mile Youth Run, 10 Mile Run, 5K Run, 5K Walk, 10K Run or the Free Toddler Trot. Registrations turned in by April 8th will receive a free t-shirt. Trophies will be given for overall top 3 males and females in each adult and youth race.

Registration Cost \$22 (18+); \$17 (ages 13-17); \$12 (ages 12 and under). UPRRC and YMCA Members receive \$3 off of the entry fee. Pricing increases by \$5 for all registrations received after April 8th. Race Day registrations will not be accepted.



## other events

**Middle School Dances - Fridays, February 16, March 16, April 13, May 11 @ 8:00-10:30pm**

\$6 for Members & Non-Members

**Winter Water Safety & Awareness - Saturday February 17 2:00-4:00pm**

Presented by the United States Coast Guard, Station Marquette. A live in-water demonstration including topics related to water safety, self rescue, winter water awareness, examples of dangerous ice and much more! Event will take place in the YMCA of Marquette County Pool. Free to the entire community, no registration required!

**Talk Derby to Me - Saturday, May 5th**

Double Trouble in partnership with the Y presents the Kentucky Derby at the Y.

**\*All dates and times are tentative and are subject to change.**