



YMCA Member News



YMCA Celebrates 10 Years...

It's hard to believe, but your YMCA is 10 years old! We've accomplished tremendous things in our short history, and we are celebrating throughout January 2010!

The Wapakoneta Family YMCA opened the doors to our new facility in January 2000, and quickly grew to over 4,000 members in our 32,000 square foot facility. By 2005, our membership base grew to over 4,500 members, and by early in 2009, we topped 5,000! With the opening of our 6,400 square foot expansion in 2008, our facility grew to over 40,000 square feet.

Programs include health and well-being, aquatics, youth sports, teens, older adults, family, child care, and arts and humanities.

We've grown from having a presence in Wapakoneta with the Community Outdoor Pool in 1992 to being a beacon in the community, and a safe place for children and families to enjoy healthy

activities.

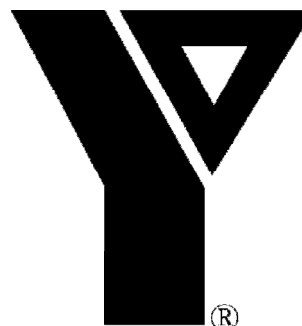
We bring together young and old, men and women, people of all faiths, backgrounds and incomes. No one is turned away for inability to pay.

Scholarships, subsidies and outreach provide critical access to low-income families. In 2009, we provided over \$137,000 in Financial Assistance for memberships to 1,021 individuals. We serve vulnerable populations in our community, and 39% of our members are children and youth. The YMCA provides a wide range of activities to foster healthy, productive children including teen clubs, sports leagues, family nights, community service projects and prevention programs. All youth activities incorporate the YMCA Core Values of caring, honesty, respect, and responsibility.

Over the last year, we provided family events, exercise and nutrition activities for members and

nonmembers all of which was valued at \$32,450 in benefit to the community. We also provided \$11,880 worth of space at little to no charge for outside clubs, nonprofits, and community service organizations to help them face broader community problems.

During January, we are hosting a Charter Member Appreciation Breakfast for 10 year members on January 8th. We are also offering several give-aways and drawings throughout the month, and are offering \$10 Joiner's Fees to new members. Thank you for belonging to the YMCA! We hope that you will Be Happy, Be Healthy, and Belong!



Wapakoneta Family YMCA

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Did You Know?

- Financial Assistance, made possible by public, private and member support, opens YMCA programs to those in need?
- The first female employee of the YMCA was hired in 1886 in Buffalo, New York?
- Two ornaments decorated by Y-Arts youth will adorn the White House Christmas tree?

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College—Within Your Reach...

A four-year or two-year college degree is expensive, and too many students and families cite that expense as a primary barrier to pursuing higher education, even when abundant financial aid is available. College Goal Sunday is a one-day event where volunteers, many of whom are financial aid administrators, assist students and their families in understanding and completing state and federal financial aid forms for higher education.

College Goal Sunday, which began in 1989, is funded by the Lumina Foundation for Education, and served over 41,000 families in 37 states and the District of Columbia in 2009. The YMCA assumed responsibility for the program

in spring of 2009. College Goal Sunday events are typically held in late January or early February. Students and families need only find a College Goal Sunday event near them by visiting www.collegegoalsundayusa.org and clicking on "Decide Where You'll Get Help." All events are free of charge.

Connecting young people, particularly from underserved communities and those who are the first in their family to explore higher education as well as non-traditional and adult learners with higher education empowers them to reach their full potential and sets them on a path to success. Increasing access to 2 and 4-year colleges and

vocational training is part of the YMCA's work with youth, families and communities. College Goal Sunday is part of a continuum of YMCA educational programs for youth, beginning with quality afterschool programming and including Achievers Programs (college prep), Leadership Clubs and Youth and Government.

Visit www.collegegoalsundayusa.org for information about a College Goal Sunday event. College is within your reach.

Spirit, Mind, Body...

Whether the holidays find you reveling, relaxing, or retreating, there are tried and true strategies for enhancing your mood when you're feeling tired, blue or unenthused. From our brain chemistry, employ them during the holidays and throughout the winter to give you a little lift.

- **Follow the light.** The shorter days mean you may need to do some additional planning to get your ten minutes of sunlight and accompanying vitamin D. Adjust the lighting in your home or office if need be.
- **Watch your blood sugar.** Frequent small (and healthy) snacks rather than three large meals keep your blood sugar and energy from dropping.
- **Exercise.** Rigorous exercise releases endorphins, a natural mood enhancer, not to mention the host of other health benefits.
- **Get more sleep.** Turn in earlier, de-clutter your bedroom of stimulants like the TV and computer, start a calming bedtime ritual (bath, warm milk, good book, meditation) and get those zzz's.
- **Explore a hobby—find a project.** When our mind's engaged, we have less conscious brain space for worries or mental clutter. Painting, gardening, reading, learning an instrument or language, volunteering, woodworking, knitting, cooking... can all give focus and pleasure for an afternoon.
- **Attend a religious service.** The support and connectedness many people feel as a result of their faith tradition is among the most comforting thing you can do for your spirit and mind.
- **Cozy up to that dog/cat/guinea pig.** Pets bring joy, companionship, comfort and a sense of fun to life. Find your own mood improvement trigger. What it is matters less than that we consciously engage it when we need that pick-me-up.



YMCA

We build strong kids,
strong families, strong communities.

Decadent Chocolate Cake...

2 cups all-purpose flour
1 1/3 cups sugar
2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. cardamom
3/4 tsp. salt
2/3 cup unsweetened Dutch-process cocoa powder
1 tsp. instant espresso powder
1/2 cup boiling water
1 tbsp. vanilla extract
1 cup lowfat greek-style yogurt
1/2 cup lowfat milk
1/3 cup canola oil
1 large egg white
1/3 cup currants, soaked in hot water for 1 minute, drained

Confectioner's sugar for dusting
Preheat the oven to 325 degrees. Generously spray a 10-inch Bundt pan with cooking spray.
Combine the flour, sugar, baking powder, baking soda, cardamom, and salt in a medium bowl. Combine the cocoa and espresso powder in a small bowl. Pour the boiling water over the cocoa mixture, whisking until smooth. Stir in the vanilla.
Whisk together the yogurt, milk, oil, and egg white in a large bowl; stir in the coca mixture until blended. Gradually add the flour mixture, stirring just until combined. Stir in the currants and chopped chocolate.
Pour the batter into the pan. Bake in the center of the oven until a cake tester inserted in the cake comes out

clean, about 50 minutes. Cool on a baking rack for 10 minutes then turn the cake out onto a baking rack to cool completely. Dust generously with confectioner's sugar just before serving.

Nutritional Information:

Calories per slice: 180

Total Fat: 7 grams

Protein: 3.5 grams

Carbohydrates: 29 grams

Fiber: 1 gram

Cholesterol: 12 milligrams

Sodium: 180 milligrams

Mission in Action—Preserving What Works...

In upstate New York this past June, a relatively new Oswego County program that connected teens with volunteer, government and recreational service in their community was facing severe budget cuts and looked like it might close the doors of its well-used program. The Fulton Family YMCA in Fulton, NY, however, saw what the program was capable of and how it served an important audience—teens—that the Y hadn't been able to reach as it hoped, and decided it could find a home for its important work at their YMCA. The Board of Directors voted to fund an Americorps Volunteer to run the group, called ACT or Assets Coming Together for Youth.

Members of ACT (open to ages 13 to 21) are engaged across the city, attending Fulton Common Council meetings and working with partners that include the mayor's office, the

Oswego City-County Youth Bureau and Catholic Charities. Youth also formed a task force to work with the food service department of the local high school to improve school lunches and helped the city with its Christmas tree lighting ceremony.

ACT has been an important springboard for the YMCA to launch an intensive campaign aimed at getting youth involved both in the YMCA and in the community, says the YMCA's Executive Director, Betty Fadden said. "The idea is to give them ownership in the community and a chance to speak and be heard on the issues that affect them," she said.



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Families, and Strong Communities**



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International...Roots for Reconciliation...

The Caucasus Region is a geopolitical term for the countries located at the border of Europe and Asia—Armenia, Georgia, Russia, Azerbaijan and Iran. The area is home to a wide range of religious and ethnic groups, languages and cultures, making it one of the most diverse places in the world. But the region has experienced significant religious, ethnic and political conflict, resulting in social upheaval, widespread displacement and economic turbulence, particularly since the dissolution of the Soviet Union in the late 1980s.

As in many areas around the world impacted by social and economic challenges, the YMCA in the Caucasus region offers services to meet individual health and wellness needs (including psycho-social counseling) and programs to promote multicultural

understanding in an effort to end cycles of prejudice and violence. The YMCA Roots for Reconciliation Program for one is an innovative youth service-learning initiative that brings together young people from diverse backgrounds to share their realities and opinions, strengthen their leadership skills, learn about YMCA programs around the world, and foster relationships with other young leaders.

Led by YMCA Europe and funded in part by YMCA World Service in cooperation with YMCA national movements in the region (including Armenia, Georgia and Nagorno-Karabagh), the program organizes innovative camping and arts programming for thousands of children and young adults annually. The YMCAs

work with local musicians, religious leaders and media groups to promote the importance of youth leadership, civic participation, integration and peace and reconciliation. When young people are given the opportunity to become part of the solution, they use their creativity, values and energy to positively impact the community.