



# Greater Johnstown Community YMCA

# LINK

Your LINK to YMCA news, events, updates and member information.

Issue 9

NOVEMBER-DECEMBER 2004

## POINTS OF INTEREST

- YMCA Improvements
- Marathon & 10K Results
- Holiday Gift Ideas
- Christmas Luncheon
- Did You Know?
- Cookies with Santa
- And more!

## INSIDE THIS ISSUE:

- Executive Corner
- Sports 'n Stuff
- Aquatic Fun
- Here's To Your Health
- More Y News
- Marathon & 10K
- Eat Smart Holiday

## Our Mission:

Putting Christian Principles into practice through programs that build health spirit, mind and body for all.

## Greater Johnstown Community YMCA

100 Haynes Street  
Johnstown, PA 15901

## How to reach us:

Phone: 814-535-8381  
Fax: 814-535-8384

## It's hard hat time, again!



### IMPROVING THE YMCA

As Albert Einstein once wrote, "In the middle of difficulty lies opportunity." Our YMCA is at the crossroads where we are having difficulty meeting all the facility needs of our growing membership. What positive problem to have!

If Albert Einstein was correct then we must seize the opportunity to better our facility and meet the growing needs of the people we serve.

I am excited to tell you that through the hard work of our Board of Directors and Staff we have developed a comprehensive plan to renovate and expand our current site. Of course this all takes time and money and securing funding for this vision is also part of our plan. This comprehensive plan was developed so it could be completed in phases as funding becomes available.

For Phase I of our plan we received a \$200,000 grant that enabled us to put in our new cardio and weight room center, renovate our gymnasium and purchase a computer network system. All of which was completed last year.

As a result of funding secured through the City of Johnstown we are about to embark on Phase II of the plan.

This plan will include the demolition of one of our garages, minimum renovation of the second garage, and \$10,000 in equipment purchases for the free weight room, renovation of the second floor program/meeting room and the addition of squash lines being painted in Racquetball Court #2.

It's exciting when a vision becomes reality and the reality of that vision benefits many. What better time than now, during the Holiday Season, is there to give thanks for the difficulties we encounter which provide us with opportunities for progress?

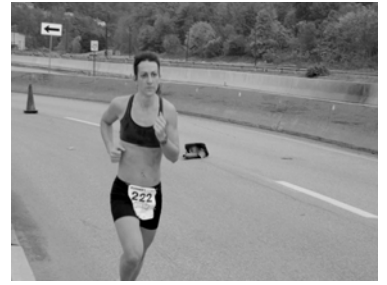
Thank you for your continued support of our YMCA and...

***have a great Holiday!***

### UNDER CONSTRUCTION...

The Johnstown YMCA is currently working with Brian Krise, one of our members, to develop a website for the YMCA. Check it out at [www.johnstownpaymca.org](http://www.johnstownpaymca.org).

***"We build strong kids, strong families and strong communities."***



## 29 YEARS & STILL RUNNING... the Johnstown Marathon & 10K

The beautiful fall skies and autumn colors were a wonderful backdrop for the 29<sup>th</sup> Annual YMCA Marathon and 10K Race held on October 3<sup>rd</sup>. Due to the construction at the Point Stadium this year's event ended at Central Park which proved to be a more intimate setting and brought more of the community out to see the race. The list of runners included past participants and athletes new to the sport. The group also included YMCA Board members and some of the people you work-out with us here at the Y. This year's winners are:

MARATHON				10K race			
<u>OVERALL TOP 3</u>				<u>OVERALL TOP 3</u>			
FEMALE		MALE		FEMALE		MALE	
Jill Knesh	3:13.12	Tim Lipsie	2:48.12	Clare Smith	46:23	Douglas Basinski	39:40
Erin Imler	3:13.38	Tim Hewitt	2:49.21	Tammy Bernstein	47:25	Daniel Beyer	40:17
Candice Lockard	3:31.03	Michael Kichty	2:55.20	Lori Graham	50:21	Michael Clarke	42:49
<u>ADAPTIVE CYCLING</u>				<u>ADAPTIVE CYCLING</u>			
Donald Rullman 2:14.38				Mike Pham 35:15			
<u>RELAY TEAM</u>				<u>10K CORPORATE CHALLENGE WINNERS</u>			
SCI SOMERSET RELAY TEAM 2				CONCURRENT TECHNOLOGIES CORPORATION			

We would like to thank everyone who participated in this year's event. We would also like to thank the many volunteers. Without you this race could not go on. So to those of you who stood along the road and handed out water, to those of you who stood in the intersection and directed traffic, to those of you who helped with registrations, refreshments, offered massage, took pictures, and all others, we thank you.

We would also like to thank the local business and organizations who graciously offered their support through sponsorship, goods and services:

Chrysler Jeep Dealers  
First Summit Bank  
Wessel & Company  
Jats Transmission, Inc.  
Cambria Rowe Business College  
Penn Installations  
Fox Channel 8  
SCI Somerset  
Pepsi Cola Bottling, Inc.  
McDonald's, Haynes Street  
Pizza Hut, Westmont  
Wal-Mart, Galleria  
Media Displays

Highmark Blue Cross/Blue Shield  
RNDT, Inc.  
Gleason Agency, Inc.  
Slovenian Savings & Loan Assoc.  
The Mountain 96.5  
Mervac Plumbing & Heating, Inc.  
The Fish Boat  
Mountain Top Technologies  
Bi Lo Market, Vinco  
Pappy's Family Pub  
Domino's, Westmont  
J&D Fleck Paint Company

The Tribune-Democrat  
First Commonwealth Bank  
Concurrent Technologies Corporation  
American Red Cross Blood Services  
Spence, Custer, Saylor, Wolfe & Rose  
Western PA Orthopedics & Sports Medicine Inc.  
Active.com  
Sheetz, Inc.  
Galliker's Dairy, Inc.  
Burger King, Westmont  
Wendy's  
Ben Miller Massage

**THANK YOU FOR ANOTHER SAFE AND WONDERFUL EVENT!**

**WE LOOK FORWARD TO OUR NEXT RACE CELEBRATION! 30 YEARS! SEE YOU ALL NEXT YEAR!**

# SPORTS 'N STUFF



## YOUTH BASKETBALL

Y-Winners Basketball is well under way with two evenings of non-competitive play and instruction. The Y-Winners program encourages fair-play and teaches the fundamental skills of the game. "Basketball Bob" Weiman is coordinating this program as well as overseeing the Midnight Basketball Program on Friday nights, a cooperative effort between the Y and the City of Johnstown.

The Y-Winners Basketball Program at Cambria Heights Elementary School in Carrolltown began on November 6<sup>th</sup>. Mona Sides is again coordinating this off-site activity.

## GO TEAM GO!

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Adult Winter League registrations  
December 1-31!

### ADULT ROLLER HOCKEY

The Adult Roller Hockey League has 5 teams. Play started in an abbreviated season leading up to a Christmas/New Year's break before the regular winter season begins in January. The League plays on Sunday evenings in our gymnasium. Get a team together and register for the league's winter season.

### ADULT SOCCER LEAGUE

The Adult Soccer League has opted for a pickup format on Sunday afternoons. The League is open to regular league players as well as anyone interested adult, member or non-member. The regular team season begins in January 2005.

## *Building strong kids.*

### Y-WINNERS INDOOR SOCCER

Registrations are being accepted for Y-Winners Instructional Indoor Soccer scheduled to begin in December. Mike Flynn who ran the outdoor program this past summer is returning as lead instructor. This program teaches kids new skills, how to be a team player, and that "winning the game" isn't the only goal of sports. Register now! It's a great way to learn the fundamentals of the game and have fun too!

## and...

Plans for upcoming program enhancements include:

- Youth Tumbling Program
- Adult/Teen Racquetball Challenge
- Fencing
- Group Skiing at Springs at Laurel Mountain
- Preschool Soccer

## Volunteer focus

*If you are interested in volunteer opportunities at the Greater Johnstown Community YMCA, please call 535-8381.*



- *Kids programs*
- *Sports Activities*
- *Special Events*
- *Swimming Lessons*
- *AND MORE!*

## AQUATIC FUN!

Everything is going *swimmingly* at the YMCA Pool!



*We strive to promote the YMCA Character Values of:  
Caring, Honest, Respect and Responsibility*

### WATER EXERCISE

All of our exercise classes are filled to capacity. We have a class to satisfy almost anyone wishing to take a class. Come and exercise while you use the buoyancy of the water to help you exercise with ease and have fun at the same time!

### SWIM LESSONS

Swim Lessons are also going great with the current session almost totally filled. Teaching children to swim is just one of the important things that we do here at the YMCA. Swimming is considered a lifelong sport. We have lap swimmers that are in their 80's and 90's.

### SWIM TEAM

This year's GJY Swim Team is one the largest teams that we have had in a long time. We currently have 106 swimmers on the team. We would like to welcome Zak Puhala and Adrienne Fyock to our coaching staff.

We can expect great things from our team this year. Check out our schedule on the swim team bulletin board and come support us at a home meet at the IUP College Swimming Pool.

### POOL REMINDER...

We would like to remind lap swimmers that two area High School Swim Teams will be renting the pool for practice Monday thru Friday until March 15, 2005 from 3:00 pm to 4:00 pm. This is in addition to our YMCA Team practice time of 4:00 pm to 6:00 pm, Monday thru Friday.

**THANK YOU TO THE GALLIKER DAIRY COMPANY FOR PURCHASE OF THE NEW LANE LINES AND REEL IN THE POOL AREA.**

### MEMBERSHIP CARDS

**All Members** must present their membership cards to the front desk staff when entering the facility. The procedure is in effect to insure that only current members are being admitted to the facility. If a membership card is lost, a \$3.00 fee is required for a replacement. Thank you for your cooperation.

## WELCOME

### NEW YMCA STAFF

Please welcome the following new staff:

- Melissa Janidlo – Front Desk
- Natalie Wolfe – Front Desk
- Tara McBride – Nursery
- Bob Grassi – Senior Program Director
- Caroline Wagner - Registered Dietician
- Andrea Griswell - Registered Dietician
- Zak Puhala – Swim Team Coach
- Adrienne Fyock – Swim Team Coach

### WELCOME NEW MEMBERS!

A hearty welcome to the 128 new members who joined our YMCA family in September and October:

- 28 – Youth
- 28 – Adult
- 37 – Senior Citizens
- 2 – Adult Fitness
- 2 – Senior Citizen Fitness
- 30 – Families
- 1 – Senior Citizen Family

### DID YOU KNOW?

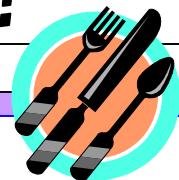
The Johnstown YMCA has over 200 children participating in swim lessons each week?

**VOLUNTEER!**

**It's never too late to be what you might have been.**

## HERE'S TO YOUR HEALTH

## what to eat?



## NEW WELLNESS PROGRAMS

The Greater Johnstown YMCA and Highmark Preventive Health Services have partnered to bring several life-style improvement programs to the Greater Johnstown community. These programs are located at the Johnstown YMCA and have been a huge success. Additional sessions have been added to meet the interest level of both Y members and non-members.

***Eat Well for Life*** is a 4-week lifestyle improvement program promoting wellness and long-term weight management through balanced nutrition, cooking, demonstrations and other hands on experiences. Class taught by registered dietitians.

***Discover Relaxation Within*** is also a 4-week program that helps individuals identify everyday stressors and teaches specific relaxation techniques to evoke relaxation and reduce and manage stress. This class is taught by a certified yoga instructor and requires no prior experience in yoga.

Also available is ***personal nutrition coaching***, a personalized program designed by a dietician to address the needs of an individual seeking counseling relating to weight management, heart health or diabetes. This is available by appointment only.

These programs are schedule to begin the New Year; however you can schedule an appointment with the dietician anytime throughout the year. Program information will be available in the new brochure or simply stop by the front desk for additional information.

## MEET OUR NEW DIETITICANS

In an effort to help you meet your personal health and fitness goals and to expand services the Y has added two dietician to our staff.

***Andrea Criswell***, MS, RD, LDN is a graduate of IUP and has varied experience in healthcare, community and educational settings. Andrea currently works part-time as an instructor at Pennsylvania Highland Community College. Career interest includes promotion of healthy lifestyles for adults and children and awareness of food safety issues. A member of the YMCA for several years, Andrea's hobbies include reading, walking, bike-riding and yoga.

***Caroline Wagner*** is a registered dietician with a Bachelors of Science degree from the University of Delaware. She has experience in community work, food service and long-term care. Carrie is currently staying home to raise her family, however, enjoys working part-time for the YMCA and its members. Her hobbies include basketball, running, aerobics, and scrap booking, and she is excited to meet and get to know all of our members.

## Don't Forget...

***Blood pressure counseling*** is available from 8:30 am-12:30 pm on Tuesdays, so you can now have your blood pressure monitored on a weekly basis by Joan Bost, R.N. Free to all YMCA members and the public.



## YOGA VS. PILATES?

Remember the saying, "everything old is new again"? The fitness industry has seen a renewed interest in both yoga and Pilates programs. With an increase of baby boomers, the "sandwich" generation (individuals with children at home, and aging parents) is looking for programs geared more for their changing bodies with elements of stress reduction. But how are yoga and Pilates different?

Yoga will provide your body with overall definition by working the shoulders, arms, back, legs and abdominals. Yoga also gives you the added bonus of meditation and flexibility. Pilates differs by focusing mainly on the core, or "powerhouse" muscle groups, made up of abdominals, lower back, thighs and glutes. For a strong flexible body, try working both yoga and Pilates into your routine.

# MORE Y NEWS...

## WELCOME ABOARD!



It is with great pleasure that we welcome Bob Grassi to our YMCA staff. Bob is our new Senior Program Director.

Bob is no stranger to our facility as he has recently worked here as a part time employee in our youth sports programs and has played an instrumental part in the planning and implementation of several past Marathon and 10K events. Bob also served as our part-time program coordinator several years ago.

Bob comes to us with a B.S. in Secondary Education and a M.S. in Sport Sciences. In addition, he has several national YMCA training certifications that add to his impressive resume.

As Senior Program Director, Bob oversees the Aquatic Director, Sharon Giles and the Fitness Director, Debra Smith.

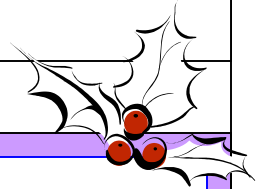
If you haven't had an opportunity to meet Bob yet, please take a moment to stop by and introduce yourself. His office is on the third floor and his door is "always" open. He would be happy to assist you with any program related issues that cannot be first answered by our outstanding Aquatic and Fitness Teams.

### DID YOU KNOW...?

The Johnstown YMCA offers a GymTime Program to local preschools, stay at home moms, tots and homeschoolers? Check it out in your brochure!

## Great Holiday Gift Ideas

- YMCA 12-Days of Fitness Coupons
- YMCA Program Passes
- YMCA Memberships



## CHRISTMAS LUNCHEON

Open to **ALL** members our Christmas luncheon and cookie exchange is scheduled for Thursday, December 16, 11:30 am-1:00 pm. Held in the gymnasium, the luncheon will provide all classes and members the opportunity to get to know one another and spread some holiday cheer. Registration deadline is December 7<sup>th</sup>; cost is \$5.00 per person. Included in the luncheon is a cookie exchange, if you care to participate, the amount of cookies needed will be determined by number of people registered.

### Santa claus is coming...

The jolly old man will be at the YMCA on December 11<sup>th</sup> at 11:00 am. Children ages 1-15, members and non-members, family and friends, all are welcome. \$4.00 /CHILD

Come by the YMCA on Saturday December 11<sup>th</sup> for COOKIES WITH SANTA!

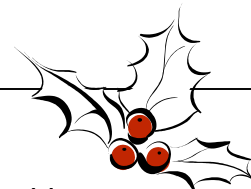


*Look at the YMCA for those News Year's Resolutions Solutions!*

## SUGGESTIONS?

We will again be placing a SUGGESTION BOX at the front of our building. If you have any suggestions you would like to offer or issues you would like to have addressed, please feel free to place your comment(s) in

# HELPFUL HOLIDAY HINTS



## EAT SMART HOLIDAY GUIDE

Keep this calorie guide of the best and worst holiday foods handy when celebrating this year.

	Cal.	Fat	Sat. Fat
<b>APPETIZERS</b>			
Mixed Nuts (1 oz.)	168	15g	2g
Cheese and Crackers (3 crackers w/cheddar)	162	12g	7g
Cereal Based Party Mix (1 oz.)	121	5g	2g
<b>BEVERAGES</b>			
Eggnog, nonalcoholic	172	10g	6g
Hot Buttered Rum (6 oz.)	130	2g	1g
Mulled Cider (6 oz.)	90	0g	0g
Wine (3.5 oz.)	79	0g	0g
<b>MAIN DISHES</b>			
Lasagna (3x3 inch sq.)	369	19g	10g
Ham (3 oz.)	207	14g	5g
Beef Brisket (3 oz.)	188	8g	3g
Turkey (3 oz. white meat)	164	7g	2g
<b>SIDE DISHES</b>			
Bread Stuffing (1/2 cup)	178	9g	2g
Green Bean Casserole (1/2 cup)	171	10g	4g
Candied Yams (one 2x2.5 inch piece)	144	3g	1g
Mashed Potatoes (1/2 cup)	118	4g	2g
Dinner roll (1)	111	3g	1g
Cranberry Sauce (2 oz.)	86	0g	0g
Cooked Corn (1/2 cup)	76	1g	0g
<b>EXTRAS</b>			
Butter (1 teaspoon)	36	4g	3g
Gravy (1/4 cup)	31	1g	1g
<b>SWEETS</b>			
Pumpkin Pie (1/8 pie)	411	19g	5g
Gingerbread (on 2x3 inch slice)	263	12g	3g
Boxed Chocolates (2 pieces)	150	7g	4g
Fruitcake (1 slice)	139	4g	0g
Fudge (1-oz. piece)	115	3g	2g
Sugar Cookie (one 3-inch diameter)	66	3g	1g
Candy Cane (1)	60	0g	0g

## THE NEW YOU! COMING IN JANUARY!

"The New You" Fitness Package is an eight-week program to help you lose weight, tone up, increase your energy level, and improve how you feel about yourself. The package includes: Use of the Cardio/Nautilus Fitness Center, One-on-one orientation of equipment, optional enrollment in several land-based fitness programs, your own personal fitness coach, 2 FREE body fat tests, a NEW YOU booklet to motivate and track your progress and a \$10.00 Coupon for the S.H.A.P.E for Summer Package coming in March! What a way to get started with your New Year's Resolution! Contact Debi, for more information.