

YMCA OF STEUBEN COUNTY NEWSLETTER



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF Steuben County

East Harcourt St., Angola, IN 46703

260-668-3607 www.ymcasteuben.org

October 2023 77th edition

"A lifeguard is like a lighthouse guiding ships to safety." ~author unknown



AHS Swim Team Season begins Monday, October 25.

AHS will be using the pool M-W-F from 5:30 a.m. to 7:00 a.m. and T/Th from 3:45—5:45 p.m.



Wavemaker pool hours started in September!

Junior: M/W at 4-5 p.m.

Bronze: M/W/F at 4-5 p.m.

Silver: M/W/F at 5-6:30 p.m.

Gold: M/W at 6:30-8:30 p.m., F at 5-6:30 p.m.

During swim team practices, one lap lane will remain open if Y members would like to swim.

LIFEGUARDS WANTED



Across America seniors are revisiting their youth and becoming lifeguards again! And why is that? There is a lifeguard shortage and these former lifeguards want to stay active and help fill an extremely important job in their communities.

If this is of interest, the YMCA of Steuben County invites you to rejoin the lifeguard movement and pick up a job application. You would have a flexible time commitment along with a free membership! If anyone has questions please talk with our new Aquatics Director, Steve Lake, 260-668-3607 x 107.

October 23rd Halloween Howl at the YMCA of Steuben County



Join us on Monday, October 23, from 5:30-7:30 p.m. in the YMCA parking lot. You will be greeted by a carnival style Trunk or Treat Walk Through while you enjoy games and decorated vehicles. Grab some candy and win prizes. Someone may even win a brand new bike from Bike & Soul!

For entry, please bring a canned food item to benefit Project Help. Parking is limited. Please follow directions when entering the parking lot. Thank you and see you for our 2023 Halloween Howl!!

ACTIVE OLDER ADULTS

The September AOA Luncheon is scheduled twice this month. Wednesday, October 11 and Wednesday, October 25th, both at Noon.



MEET THE STAFF



We introduce and welcome **Steve Lake**, our new Aquatics Director. Steve joined the Y Team after retiring from 35 years in the Education field where he taught high school drafting, CAD, engineering and design, research development, architecture, and technology before assuming positions in school administration.

Steve is geared towards reaching goals. While in education, he wrote and received monies for several school oriented projects. A \$50,516 grant from the U.S. Dept. of Energy helped implement the district's first green alternative fuel program, propane powered school buses. In another grant-writing endeavor, The Genesis

Project, Steve introduced high school students to working in collaboration with engineers from the Johnson Space Center. Students designed and built a lunar habitat in zero gravity in the school's swimming pool. They were invited to present their project at an education outreach dinner at Johnson Space Center in Houston, TX.

In discussing YMCA goals and direction, Steve is already on top of things. "Like many other businesses, the Y is experiencing staffing challenges in the Aquatics Center. My primary goal is to keep both pools operational at all times. To solve the problem I am trying to build relationships in the community because they can be the critical foundation to having successful outcomes. I like to listen to and involve others in making decisions while being imaginative in seeking new directions."

One of Steve's ideas is to encourage active older adults to renew and/or get their lifeguard certification. "Across America, seniors are taking jobs as lifeguards to stay active and fill an extremely important job in their communities. As a lifeguard at the Y, active older adults will get a free membership and the job allows for a flexible time commitment." Steve has also been talking with community leaders, schools, WLKI, the fire department, and senior groups. "I might need a magic wand, but if that is what it takes, I will do it."

Outside of work, water sports are at the top of Steve's interests, his favorite being water skiing. He also enjoys outdoor, adventure sports with his sons. "My boys are in the air force and we have enjoyed trips from New Mexico to Canada to the Middle East. We especially like to hike or ride horses in the mountains."

Family includes his wife Teri, boys, Kyle and Travis, and daughter, Madison. "My Dad is 93 and still alert and lives independently. When visiting with him, Dad still makes me write down three goals to achieve. The Y will be at the top of my list. We have a problem to fix and I intend to find the solution."

Creative Kids...Discover Your Inner Artist

Participants will create age appropriate crafts each week. All supplies are provided and included in the program cost. Dates are Oct. 3, 10, 17, and 24 Times are:

PreK 10:15-11 a.m.

Grades K-2 5:30-6:15 p.m.

Grades 3-6 6:30-7:15 p.m.

Cost is \$20 for Members and \$30 for non-members. Registration can be done at the front desk or on line at www.ymcasteuben.org/programs.



2023-24 Thunder Youth Hockey League



Youth Hockey is starting soon at the Trine Ice Arena. Parents can register their kids by going online @ Thundericearena.com.

For YMCA members use the Promo code YMCAHOCKEY2023 for a \$25 discount!

Trine also promotes several other ice skating opportunities including Learn to Skate, Learn to Play, Thunder Youth Hockey League, and High School Hockey.

The next Try Skating for free is scheduled for January 20, from 1-2 p.m. Mark it on your calendar! This is a great way to try out skating and receive mini-lessons from the Learn to Skate Staff. Skate rental is also free!

For more information about any of the above, please contact John Mihalik at mihalikj@trine.edu



Our next CPR class is scheduled for Saturday, Nov. 11 from 8:30

a.m.—1:00 p.m. Cost is \$60 for members and \$75 for non-members. To register, please visit www.ymcasteuber.org/programs. Scholarships are available.



Prayer Warriors from Revive Indiana will be back at the Y, Oct. 24-26, from 8 a.m. to 4:00 p.m. Please come and let the healing begin.

Stars for Our Troops

Y We Honor U



It is time to replenish our stash of stars to honor service personal in our communities and country. Stop in to help cut stars and cards, or stuff bags to distribute. We will be doing this on Tuesdays in the lobby from 8:30-10:30 am. Tentative dates are Oct. 3, 10, 24, and 31, and Nov. 7, 14, 21, and 28. As always, we are thankful for our military, police, fire, and EMS. You can bring your torn & tattered American flags to the Y, and place them in the collection basket. The American Legion & VFW also accept old flags, and process them for official and proper retirement.



Congratulations to Gail Rhoades and other team members of the 8.0 division Wildwood Racquet Club Mixed Doubles tennis team! Gail & team were crowned the 2023 U.S. Tennis Association (USTA) mixed doubles state champions on Sept. 17! They will go on to compete in the Midwest Championship tourney in Indianapolis on Oct. 6-8, 2023.

Gail is a fitness instructor at our Y specializing in Spin & Strong Functional Training classes.

"The faces of young people are the faces of our past, our present and our future. No segment in the society can match with the power, idealism, enthusiasm and courage of the young people." ~ Kailash Satyarthi

MEMBER SPOTLIGHT



Griffin Michael was chosen as the October Member of the Month. He starts his day by coming to the Y for an early morning workout five days a week before heading to school. His goal is to get stronger and leaner.

Once in the door, Griffin heads upstairs for his weightlifting workout. He describes his workout as a lifting split and his goal is to get stronger. He splits his workout between chest and triceps, back and biceps, and finishes with legs. "I do a lot of repetitions and it seems to be working. After weight lifting I will generally switch to cardio or abs, using the Stairmaster, treadmill, or

weights." When asked if he is reaching goals, Griffin said "Definitely! I am getting stronger and maintaining weight goals."

Griffin is a senior at AHS this year and he has served on Student Council for his four years of high school. When asked what sports he enjoys, we learned that he likes playing tennis and watching football games. His favorite subjects in school are psychology and AP Literature. Griffin was on the track team for four years and on the AHS Swim Team for two years. He is still deciding on if he will swim this year. Griffin's favorite strokes are the Free Style and Butterfly. When asked what his plans are, after graduating from high school, Griffin said that he is looking at two schools for college, Central Michigan and the University of Cincinnati. His goal is Fashion Design. Griffin is currently working at Tom's Donuts.

Griffin reported that the best part of his YMCA experience has been the fact that the Y is available to anyone. Griffin especially likes the YMCA offerings and said that he enjoys watching others have fun while working out. When asked what suggestions he would have for potential YMCA offerings, he thought that Pickle ball and a Volleyball League for middle and high school kids would be popular offerings.

When asked what suggestions he would have for making the world a better place, Griffin just said, "If people just chose to be good and do what is right we would see change. It is not that hard. It is a choice that can make the world not only better place for self but for those around you."

Griffin's family includes his parents, two sisters and an older brother who is working in TX. Two dogs, Lola and Hazel, complete the family.



The **Indiana YMCA Youth & Government Program** is an exciting opportunity for youth in grades 6-12 to step into the shoes of those who run our State Government. Participants will have the opportunity to study and debate public issues, learn

different parts of State government, and participate in events that shape growth. They will also be introduced to public speaking skills, as well as social and leadership skills. This opportunity will be offered on Wednesday's, Sept. 27 to March 27, in room 2 at the Y, from 6:00 to 7:00 p.m.

If interested, please register at the Welcome Center or online at www.ymcasteuben.org/programs. For more information please contact Ashleigh Smith. Phone: 260-668-3607 X102 or email her at youth@ymcasteuben.org.

Upcoming October Events in Angola

Check out these Fall Events!



Angola's Parks & Recreation announces the annual Halloween Fun, scheduled Oct. 26 from 6-8 p.m. There will be games, prizes, face painting, refreshments, pumpkin decorating, and a scenic hayride. This event takes place at the Selman timber Frame.

Downtown Spooktacular! Join Angola Main Street and local businesses for trick-or-treating around the Mound. Oct. 28 from 2-5 p.m.

Angola's Downtown Fall Fest, Saturday, Oct. 14 from 11 a.m.-5 p.m. Vendors, live music, kids activities and scarecrow competition. Get involved contact: mbird@angolain.org.

Ridenour Acres: Check out and explore the corn maze. The family friendly attractions include "Pick your own Pumpkin," jungle gym, hay rides, the barrel tractor, bounce horse racing, duck races, the tile slide, bounce house, the "trick-or-treat" trail, as well as live music in the evenings. The Corn Maze and Cocktails events have something for everyone this year. For more information, check out RidenourAcres.com. Open on Saturdays, through October 29, from 12 PM to 9 PM. and Sundays, from 12:00 to 6:00 p.m. For more information, contact: ridenouracres@gmail.com or call 260-667-1322.

BE ACTIVE. BE GREAT. BINGO CHALLENGE

AOA Senior Bingo at the YMCA of Steuben County

Make new friends or connect with old friends when you come to the YMCA to play Bingo! The next Senior Bingo is scheduled for Thursday, October 26 in Room 2. The time is 11:15 a.m. -12:15 p.m.

Snacks and drinks will be provided. If interested please RSVP to Ashleigh Smith at youth@ymcasteuben.org or call her at 260-668-3607 x102



Pick up current group exercise, gym, and pool schedules in the lobby. You can also go on line at ymcasteuben.org to get the information. Just click on "schedules."

We've Got Spirit!



Due to it's popularity, we are announcing another Cheer is Here class! It is being offered

Nov. 7th—Dec. 14th at the YMCA. Former Trine Cheerleaders will be teaching the class in the YMCA Fitness Room. Cheer shirt, shorts, pom poms, and a cheer bow are included with the price.

Cost is \$60 for Members and \$80 for non-members. Financial aid available upon request. Register at www.ymcasteuben.org/ Registration is open until Nov. 1st.

Grades K-2 will be held from 5:15- 6 p.m. on T/TH. Grades 3-5 will be held from 6:15—7 p.m. on T/Th.

If you have questions, please call Ashleigh Smith at 260-668-3607 or contact her at youth@ymcasteuben.org



It's a Pool Party Teen Night Edition

October 27, 6:30-8 p.m.

Free to the 1st 30 teens, grades 7-12, to register,

Pizza and Pop provided. For more information, contact Ashleigh Smith. 260-668-3607 x102 youth@ymcasteuben.org

Check out the new bikes and equipment in the Wellness Center!

