



# Mexico YMCA Today

The newsletter of the Mexico Area Family YMCA, December 2012

Dear YMCA Members and Friends,

Merry Christmas and Happy New Year to our YMCA members, supporters and friends! It is always my pleasure to give a recap of the year and highlight some history making events in the life of our Y. What a year we have had! In January we received word that we had been approved for a challenge grant from the J.E and L.E. Mabee Foundation. Their challenge gift of \$832,000 would be the largest gift received in our capital campaign. In June we reached our goal of \$4.16 million. Construction and site preparation actually began in the spring. In September, we closed our gym so the renovation could begin in that space. We feel blessed to have relocated our classes to Richardson Hall. That came with some challenges, but the good news is that all the classes continue to be offered.

Thanks also to the Mexico Public Schools for giving time and space for our youth basketball leagues. As I write this, the walls of our new gymnasium are up and the roof is being constructed, as well as the elevated track; the new fitness classrooms are being dry walled and all the duct work is in place. I appreciate each of you for being loyal members despite all the construction and displacement of classes. It will be worth it as we enter a new era in 2013. I hope you will share our joy and excitement as we prepare to open this new and improved facility. If you have not given to this campaign and would like a tax deduction for this year, your gift will be very much appreciated. You will be able to share in the pride of a larger facility to meet the needs of our community. You may also donate on-line through our web site at [www.mexicoymca.org](http://www.mexicoymca.org). It is a point of great pride that we tell people that our community made this expansion possible through private donations, large and small. This is what happens when you combine a big dream with hard work and community pride.



(continued inside)

- |                     |   |
|---------------------|---|
| <b>Our Mission:</b> | <b>To put Christian principles into practice through programs that build healthy spirit, mind and body for all.</b> |
| <b>Our Cause:</b>   | <b>Strengthening the foundations of our community.</b>  |
| <b>Our Values:</b>  | <b>Caring, Honesty, Respect, Responsibility</b>   |
| <b>Our Focus:</b>   | <b>For Youth Development<br/>For Healthy Living<br/>For Social Responsibility</b>                                   |

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The Mexico YMCA welcomed two new members to our Heritage Club this year: Mark Bakke and Max Kennen. The members of the YMCA Heritage Club are men and women who believe in the mission of the YMCA, share its ideals and traditions, and have made a commitment to ensure that this heritage is continued for future generations. The commitment might be in the form of an outright gift or be a part of their estate plan. The good they do today will live on forever. This group is very important to the future of our Y!

The YMCA expanded our summer food program this summer by serving free lunch at 4 different sites. The Mexico Housing Authority allowed us to use the Garfield Community Center, the Optimist Club allowed us to use Optimist Park, Centennial Baptist Church congregation allowed us to use their fellowship hall, and the YMCA was also used as a feeding site. Healthy lunches were served to all children who came to one of the four sites. Over 3000 meals were served over the 6 weeks that the program operated. Our goal was to help families stretch their food budgets, and to make sure no child would go hungry during the summer months. We think we accomplished both goals and hope to do even better next summer.

A recent phenomenon that has been a “win-win” for our members and the Y is the number of insurance companies willing to reimburse the member or the Y for their member fees. Many of the Medicare supplements have a Silver Sneakers benefit. The policy holder can be a member of our Y at no expense to them, and the Y is reimbursed by the insurance company for each time the member uses the Y. United Health Care plans have a reimbursement component as well as other plans used in our community. Ask your benefits’ advisor if your health plan has any incentive program for being a member of a fitness center. The insurance companies are well aware that it is cheaper to reward healthy lifestyles than to pay for meds and surgeries that are the result of unhealthy lifestyle choices. Our Y staff will be happy to assist you in what ever way we can.

Our YMCA Marlins swim team and their parents will host the Missouri-Illinois YMCA District swim meet in Columbia at the University of Missouri Aquatics Center in March 2013. This is a huge meet with hundreds of kids swimming. Parents have been planning for months now to be organized and ready for this event. We are so proud of these young swimmers and their accomplishments, and proud of their parents for taking on this huge task.

Our Youth in Government delegation also made us proud again this year. Congrats to the following students who held leadership positions for this convention: Jordan Henry, Committee Chair for the Senate; Sean Kelly, member of the Governor’s staff; Gabby Keller, Supreme Court Judge; Megan Brandow, Supreme Court Judge; Rory McKeown, Chaplain of the House. Awards received by our delegates: Alex Shaw was awarded the “Most Dedicated Reporter” and also elected the Editor in Chief of the Print Press program for 2013; Greta Runge, Clay Jeffrey, Sean Fitzgerald, Hannah Williams and Cooper Manns were selected for Outstanding Extemporaneous

Speech awards; Mathias Whitworth, Outstanding Bill; Abby Gooch and Jacob Lauer, Best Hard News Story, Video Press; Jacob Lauer, elected Technical Director of the Video Press program for 2013.

Here at the end of the year we had a wonderful family event—the YMCA Turkey Trot on Thanksgiving Day. 115 runners and countless walkers came to Lakeview Park to participate. The ingredients that made it even more fun were their family members who came to cheer them on and take pictures; some even had their loyal dogs to run with them. Friends and family from out of town gathered with their local families, to burn off some extra calories and to celebrate the joy of just being together. Many have made this an annual event –this was our 5<sup>th</sup> year!

Please continue to check out our beautiful web site at [www.mexicoymca.org](http://www.mexicoymca.org) or follow us on Twitter. You can also find us on Facebook where we post announcements daily about programs and activities. If you provide us your e-mail we will send an information newsletter each month about activities the following month. We do not want you to miss anything! 2013 promises to be an exciting one here at the Y with new classes, new staff, more leagues, tournaments, batting cage, Y Café, new walking track—all great things for our community.

Our YMCA is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good. The Y is all about youth development, healthy living and social responsibility and we are committed to strengthening our community. Thank for allowing us to be a part of your family.

Kudos to:

*Nancy Ekern and Jack Creason for their tireless leadership of our capital campaign – four years and counting!*

*All of our donors – we appreciate you so much!*

*Our Y board members who give of their time and expertise to our YMCA.*

*The Mexico Housing Authority, Centennial Baptist Church, and the Optimist Club for allowing us to feed kids at their locations.*



*All of our summer food volunteers.*

*Presser Performing Arts Center for allowing the Y to use Richardson Hall as our temporary classroom site.*

*YMCA volunteer coaches for their caring and for their time.*

*Youth in Government Volunteers: Brendan Webber, Christine Beshears, Cheryl Bledsoe and Paul Seigfried.*

*Our YMCA staff for their commitment and dedication.*

I appreciate each of you for being a member or a friend of the Mexico YMCA. I always close this newsletter by asking you to look at the memorial list and to remember loved ones and friends who are no longer with us. I also ask you to look at our list of Annual Support donors. These are the people who make it possible for many families to be members of the Y and hundreds of children to participate in Y programs. For the first 11 months of 2012 the YMCA has granted \$65,000 in aid for memberships and programs. If you would like to make an end of year gift, you will be provided with a letter for your tax deduction. Your gifts are a blessing and they truly make a difference in so many lives.

Thank you again for your loyalty and support of our YMCA. Keep an eye on our corner – great things will be happening in 2013. May God bless you and keep you in the coming year.

Yours in Good Health,

Sherry Medley  
Executive Director

# 2012 Memorials & Donations

***In Memory of Burt G. Bakke***

Mark Bakke

***In Memory of JoAnn Harrison***

Lisa Davis Ovaitt

Kitty Seigfreid

***In Memory of John Wesley Webber***

Ruth Kent

***In Memory of Gwen Miller***

Mary Borman

***In Honor of Jim and Leila Inlow***

Ron and Connie Whittaker

***In Memory of Lorna Gatson***

Pete and Nancy Ekern

***In Memory of Dana Ballinger***

Doug and Kathy Snodgrass

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***In Memory of Jessie and Tom Taylor***

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***In Memory of Quentin C. Bakke***

Mark Bakke

***In Memory of***

***Galvin and Juanita McNabb***

Norman and Linda Castle

***In Memory of Aletha Finnell***

Norman and Linda Castle

***In Memory of Marie Martin***

Norman and Linda Castle

***In Memory of Don Hueben***

Norman and Linda Castle

***In Memory of Ned Harliss***

Norman and Linda Castle

***In Memory of Kathryn McCallum***

Pete and Nancy Ekern

***In Memory of Margery Gantt***

Pete and Nancy Ekern

***End of Year Donation***

Steve and Carolyn Hobbs

***In Memory of YMCA Heroes:***

Dr. Steve Taylor

Mary Cockelreas

Jessie Taylor

Margaret Thomas

Howard and Carla Tanzey

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Nancy Arnold

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Jeff Frazier

Beth Boyce

Pete and Nancy Ekern

Helen Maupin

Dan Erdel

Jim and Sherry Medley

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Ruth Kent

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Mark Bakke

***In Memory of***

***Margaret and Ray Hagan***

Ann Hagan & James DeLong

***In Memory of Jean Hill***

Chris and Tori Webber

***In Memory of Dorothy Nordwald***

Pete and Nancy Ekern

***In Memory of Alice Danser***

Pete and Nancy Ekern

***In Remembrance of***

***Quentin Bakke's Birthday***

Mark Bakke

***In Memory of Darriel Douglas***

Pete and Nancy Ekern

Bill and Deb Teague

Jim and Sherry Medley

John and Carol Gallaher

***In Memory of John Tsikalas***

Pete and Nancy Ekern

Ruth Kent

***In Memory of Frank E Kent***

Ruth Kent

***In Honor of Kitty and Quentin Bakke***

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Pete and Nancy Ekern

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***In Memory of Gwen Miller***

Mary Borman

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Duane and Mary Jane Rankin

Pete and Nancy Ekern

***In Memory of Dona Stuart***

Pete and Nancy Ekern

***In Memory of Nona Jane Oliver***

Mark Bakke

Paul and Mary Seigfreid

The Mary A Thomas Family



# 2012 Memorials & Donations

## *In Memory of Mr. and Mrs.*

**William Lowe**

Phyllis Van Horn

## *In Memory of Florence Fennewald*

Pete and Nancy Ekern

## *In Memory of Marjorie Schuessler*

Robby, Cara, Dudley and

Sheryl Miller

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Mark Bakke

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Nancy Ekern

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Nancy Ekern

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Jack and Mary Creason

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Edna Woodroof

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Mark Bakke and Nancy Bakke

## *In Memory of Lyllis Mongler*

Reinhart and Irene Brandt

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Terry Hill

## *In Memory of Dr. H. Peter Ekern*

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Kit Bond

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Bill Williams

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Randy and Connie Robley

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Chuck and Anna Rentschler

Dr. Ray and Karen Wilbers

Jim and Mila Lowry

Michael and Joni (Houston) Lewis

Jim and Kay Valentik

Jane Crow

*(continued on page 6)*

# 2012 Memorials & Donations

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Kitty Seigfreid  
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Mr. William (Bill) Williams

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Patricia Lawrence  
Sterling and Pam Oliver  
Mexico Kiwanis Club  
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Tim and Lori Brandow  
Altrusa International of Mexico



**Mexico Area Family YMCA**  
1127 Adams  
Mexico, Missouri 65265

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Permit No. 113

573.581.1540

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Please let us know if we may serve you or your family in this way.

### **HOURS OF OPERATION**

**MONDAY - THURSDAY**  
5:00 a.m. - 10:00 p.m.

**FRIDAY**  
5:00 a.m. - 9:00 p.m.

**SATURDAY**  
7:00 a.m. - 6:00 p.m.

**SUNDAY**  
12:00 p.m. - 6:00 p.m.

## **NOTICE**

**The YMCA will be open on New Year's Day  
from Noon to 4 p.m.**

**We know that many of you have asked for this,  
as you want to start the New Year  
with a commitment to your good health!**