

# "Y" OUR MEMBER CONNECTION



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

DECATUR COUNTY FAMILY YMCA

1 YMCA Way, Greensburg, IN 47240

August 2019

[decaturncountyfamiymca.org](http://decaturncountyfamiymca.org)

THE Y. FOR A BETTER US™



## TREE CITY ROLLING TOUR: THE RIDE MUST ROLL ON

June 22 marked our 10<sup>th</sup> anniversary for the Tree City Rolling Tour & Century Cycling event. But on Friday, the 21, the 10th Anniversary almost wasn't. Deena Hamer, Director of the Tree City Rolling Tour, was approached by someone in charge of the emergency management team in Greensburg wanting to know if she had cancelled the event due to a forecast of bad thunderstorms and possible tornado's for Saturday's bike ride. He stated that the Tenderloin Throw Down had been cancelled and thought that we should cancel too. After careful thought, Deena decided that the ride must go on! We made sure we had the supplies we needed to put on the event, since the Tenderloin Throw Down was cancelled. Our tent had sides so if it did rain or storm, we were enclosed and dry. Even though the forecast for the day of the event was calling for severe thunderstorms and possible tornadoes, that morning, it rained just a little bit off and on. The riders came, some leaving before 7 am that were riding 100 miles. We ended up with 248 riders ranging in age from 10 to 75+. All in all, the event went very well. The weather actually cooperated and cleared up and was just overcast clouds.



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### ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

### WE NEED YOUR INFORMATION!!!

We are working to update our system and save money on postage. Please stop in or call and make sure we have the correct and updated email for you! Thanks for your help!

### Sessions 6&7 Program Guide is READY!

Stop by the Front Desk to pick up your copy or download a copy at:  
[www.decaturncountyfamiymca.org](http://www.decaturncountyfamiymca.org)

Cont. from pg. 1 "TCRT"

We had over 25 new riders this year, and a few no shows, mainly people that lived far away, due to the unpredictable forecast. One of our riders did get a flat tire, but no one got hurt! Refreshments were placed every eight to 15 miles along each route for riders to get off of their bikes, stretch, use rest rooms if needed and grab a quick snack. All the riders complimented about the great food, wonderful sag (refreshment) stops, and friendly volunteers at all of those stops. We hope to see all of the riders and lots of newcomers at next year's event! Mark your calendars now for this great family, friendly and fun event! Deena remarked, "I would like to thank all of our sponsors and volunteers again this year. There are so many to list and we simply could not pull this event off without each and everyone. Visit our web site to see our mission and the many volunteers and sponsors are listed there. See you next year!"



## YMCA GOLF CLASSIC



On June 6, the YMCA held their Annual Golf Outing to help raise money for our Annual Campaign. This year, we had 9 teams that participated in the Annual YMCA Golf Classic, which included 54 hole sponsors and more than 20 silent auction items. Altogether \$6,288.28 was given towards helping families participate in Y programming that may not otherwise be able to participate.

## SUMMERTIME, SUMMERTIME, SUM, SUM, SUMMERTIME!

Over 100 campers attended the Y camp for the summer. They brought excitement, curiosity, creativity and their own ideas to share for camp. The children not only are Greensburg and Decatur County residents, but we also had children attend camp from Batesville, Rushville, Jennings County and as far away as North Carolina and New York.

Despite the very high heat this summer the campers remained positive and engaged in activities shared by our counselors. They were taught different art techniques and some were hanging in the lobby and the upstairs windows for all to enjoy. They finished the summer by thanking the Y for supporting them by creating a tapestry that is also hung in the lobby.

"Our campers enjoyed weekly field trips which included trips to: Flat

Rock YMCA camp, several trips to outdoor pools including Shelbyville and Batesville and the highlight of the summer was the trip to the Indianapolis Zoo. This summer we utilized many of our hometown resources by visiting the library's programs, local parks, bowling alley, and enjoyed a treat from the Sweet Shop. The youngest campers were invited by Aspen Health to attend a Disney Day at their facility," said Donna Dykes Childcare Director at the YMCA.



Danielle Halcomb, from the Purdue Extension, visited campers for a week and taught them the importance of nutrition and the 5-day club taught Bible lessons through song and dance.

The campers were involved in a reading program this summer sponsored by the Greensburg Public Library. Each child was asked to read books this summer and were then rewarded with new books, food tickets, and/or fair tickets. We encourage reading during the summer to keep children engaged in academics.



# IRONMAN CHALLENGE!

Our annual Ironman Challenge kept some of our members and staff very busy during the month of June, working hard to reach their goal to complete a full Ironman in 30 days. It was a small group that challenged themselves, but they worked hard and all of them completed the challenge! There are Ironman races that take place all across the US and overseas as well.

The official Ironman consists of a 2.4 mile swim, which is usually done in an ocean or big lake, followed by cycling 112 miles, then



finishing with running 26.2 miles. All of this has to be finished in less than 17 hours. "Our event breaks all of those miles down into doable amounts each week, which makes it possible for most people to do it," says Deena Hamer, Wellness Director. "By participating in this event, it helps a person prepare for such an event gradually, keeps one focused on an exercise goal, challenges one to work a little bit harder each day, keeps one motivated, and is a great cross training workout", added Deena. The 4 individuals that participated this year were: John Whitehair, which accumulated the most miles ending up with 179.3 miles. Second was Carrie Shumaker with 145.4, 3<sup>rd</sup> was Iris Wilhoit with 143.9 miles and 4<sup>th</sup> was Diane Hart-Dawson with 140.9. They all received a cool Ironman T-shirt for their efforts and of course, Bragging Rights!! Congratulations to everyone who participated and we look to many more next June!

# SAFETY AROUND WATER

We ran our first Safety Around Water class earlier this year in May 20-23 and we are gearing up for our second offering October 7th-11th, here at the Decatur County Family YMCA for the community. The event will take place during fall break and is open to anyone age 5-11. "During the program, students will be given the opportunity to learn how to swim, float, and enjoy the water while staying safe. We will also teach the students how to rescue a friend or family member who might be struggling in the water, without putting themselves at risk, stated Aquatics Director Sabrina Schorn. Each day will include safety lessons, games and some free swim time! The Safety Around Water program allows kids to enjoy the water as a safe environment, makes the community a safer place to be, and teaches young children how to swim and handle water situations appropriately. **A special thank you goes out to KB Specialty Foods for sponsoring this wonderful program!**



# FEEDING DECATUR COUNTY

The Feeding Program provides meals to kids age 18 years old and younger, during the summer while the children are out of school and during the school year the after school hours.

According to Feeding Program Director, Shawna Evans, "We had a successful summer with the feeding program, and are now looking forward to a successful school year."

Evans also stated, "A very special thank you to all of our volunteers. This program would not be a success without you. Your continued support allows us to reach out to children and families in our community," If there is a location you would like to see this program in or you would like to volunteer your time, please contact Shawna Evans at the Decatur County Family YMCA. Shawna added, "We are always looking for new sites in the community where we can be helpful to families."



**Her contact information is 812-663-9622 x 19 or shawnae@dcfymca.org**

# UPCOMING EVENTS:

## Kid's Triathlon

**Saturday, September 7th at 10:00 am**

2 age divisions: 7-9; 10-12 years old

Swim/Bike/Run

Kids 7-9 will swim 50 yards, bike 1 mile, and finish with a 7/10 mile run.

Kids 10-12 will swim 100 yards, bike 1.5 mile, and finish with a 1 mile run. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded. (Kids 7-9 must be able to swim down/back once, and 10-12 must be able to swim 2 laps) **Must wear a bike helmet**

**Fees: \$15 up to one week prior to the race; \$20 after**

## The Biggest Loser September 9 - November 4

Are you tired and feeling totally out of shape? Do you lack motivation to lose weight? Maybe you've tried to lose a few pounds, but have not had much success. Let us help you with guidance, new workouts, and that extra push that you have been missing. This 8- week program offers:

- \*Pick one class of choice per week.
- \*Nutrition support
- \*Biggest Loser T-shirt
- \*Weekly weigh-ins
- \*Membership prizes
- \*Weekly challenges
- \*Individually designed workouts
- \*Most of all, better health

Initial weigh-ins begin on September 9th: 5:30 am

- 6:00 am, 8:00 am - 10:00 am, 11:00 am - 11:45 am, 5:00 pm - 8:00 pm

**Fees: \$40 YM \$110 PM**



DECATUR COUNTY FAMILY YMCA

1 YMCA Way  
Greensburg, IN 47240  
812.663.9622

Address Service Requested

Non-Profit Organization

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Greensburg, IN 47240

Permit No. 4

# YEAR-END GIFTS **make a difference**

Did you know the **YMCA is a non-profit, cause-driven organization?** What is a cause-driven organization, you ask? It is where we, as a YMCA, connect our work to a greater good or community impact. Every day, we work with our neighbors making sure everyone, regardless of age, income, or background has the opportunity to learn, grow, and thrive. Please consider the Decatur County Family YMCA in your year-end giving plans. The Y works to strengthen this community and believes everyone has potential. As a non-profit, the Y meets many challenges, but is always striving hard to give you quality programming that is fun for all ages, from Aquatics to Zumba, Diabetes Prevention to Blood Pressure Self-Monitoring programs. Help sustain our cause so we can meet your needs for another century—or MORE! Donate online, send a check to the YMCA, or come see us today!

The Y.™ For a Better Us.™

## STAY CONNECTED

You can always stay connected with your Decatur County Family YMCA on all our social media platforms!

Follow us on Facebook:

@decaturcountyfamilyymca

Tweet with us on Twitter: @dcfymca

Like us on Instagram: @dcfymca

Find out about us on the web:

[www.decaturcountyfamilyymca.org](http://www.decaturcountyfamilyymca.org)

