

# January 2010 Member Newsletter

## Save the Date

### Member Potluck

Join us on January 14, 2010 at 6:00 p.m. in the Member Community Room for a potluck. This will be a great time to meet other members and celebrate your success! This potluck is for Weigh to Go Challenge participants, friends and supporters.

### Tell Your Friends

If your friend comes in and joins the YMCA January 4th – 9th, they save 50% off the joining fee on a new Wellness Membership.

### Get Free Y Gear

Refer a friend to the YMCA and get free Y Gear! Take a minute to fill out our Member Referral Form and you get cool Y Gear. If your friend signs up for a Wellness Membership, you get even cooler Y Gear! Ask the Welcome Center for details and to pick up a form.

## Get Help From the YMCA With Your New Year's Resolution

Did you make a New Year's Resolution? Here are some easy steps to take that will make it easier to fulfill your promise to yourself.

### Choose an obtainable goal

Instead of resolving to look like a super model, promise to include daily physical activity in your life.

### Create a game plan

At the beginning of January, write a comprehensive plan. By writing your own personal plan you'll be more likely to succeed.

### Share a resolution with a friend

Speak with one of your YMCA friends to help you reach your goals. If you select a Y member that shares your determination, you each have someone you can be accountable to. Just be sure to set limits so that this doesn't backfire and become more irritating than helpful.

### Break it down

Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal.

### Make contingency options

Plan on hitting bumps along the resolution road and be prepared with specific ways to overcome them.

### Give it time

Most experts agree that it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.

### Reward yourself

If you've stuck with your resolution for two months, treat yourself to something special.

### Don't go it alone – get professional assistance

Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from fitness professionals greatly improves people's success rate. Feel free to talk to a YMCA personal trainer for assistance.

### Limit your number of promises

You'll spread yourself too thin trying to make multiple changes in your life.

### Keep a journal

A journal helps you recognize your positive steps and makes it harder to go back to the same old habits. See the next page for information about creating a resolution journal.

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# How to Make a New Year's Resolution Tracking Notebook

Making resolutions is the easy part. Sticking to them can be challenging. Setting up a New Year's Resolution tracking notebook is one way to keep yourself organized, prevent yourself from forgetting resolutions and write about the progress you have made. Check out this great tracking notebook created by [www.ehow.com](http://www.ehow.com).

## Materials:

Notebook, page flags, pen, highlighter, scrapbook supplies and glue stick

**Step 1** – Find a notebook as large or as small as you feel comfortable working with. Avoid choosing one that is too formal or decorative, or else you may be too worried about messing it up. Choosing one that has too many pages to fill (like a 5-subject notebook, for example) may become too daunting to use, so avoid that as well.

**Step 2** – Write out all of your resolutions on the first page of the notebook. Write what you honestly believe you can achieve, rather than what you hope to or wish you could achieve during this coming year.

**Step 3** – Count how many resolutions you have written on the first page. Then divide the notebook up by that number. Use the page flags to flag off each section as you count off the pages.

**Step 4** – Write the resolutions from your list on each corresponding flagged off section of the notebook and then highlight it. Write one or two paragraphs (or sentences, whatever you feel comfortable with) about how you intend to keep this resolution. Use the rest of the pages in the sections to write about your thoughts, challenges, solutions and resources you might need for each resolution.

**Step 5** – Embellish, decorate and title the front cover using the scrapbook supplies and glue stick. Embellish and decorate the title page and interior pages in any way that will help motivate you throughout the year. Using scrapbook supplies will offer a lot of variety and the ability to be very creative.

## Tips & Tricks

Choose a notebook small enough to carry with you wherever you go with ease. Choose a notebook that is sturdy enough to last throughout the year. Share your resolutions with others so they can help you or offer support when needed. Avoid using felt tip pens or markers so they don't bleed through the pages. Don't work in a notebook that is too large or the process of trying to fill it will become too frustrating.

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## Top 10 Most Popular New Year's Resolutions

Did any of your New Year's Resolutions make the Top 10 Most Popular New Year's Resolutions?

1. Spend More Time with Family and Friends
2. Exercise More
3. Lose Weight
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get Out of Debt / Save Money
8. Learn Something New
9. Help Others
10. Get Organized



# Health and Fitness News

## Community Foundation Grant

We were awarded a \$1,500 grant from the Candace Young Advised Fund, a charitable fund of the Community Foundation for Southwest Washington.

## Member Potluck

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## Tell Your Friends

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## Did You Know

In the Member Community Room, located directly off of the Welcome Center, we have a Blood Pressure Machine?

## January Member of the Month – Tami McBride

Tami was chosen to take the honor of member of the month for several reasons. She and her family have been members of the YMCA for almost a year, and within that time have been committed to not only their health, but also portraying what it means to live by the Christian principles of Love, Honesty, Respect, Responsibility, and Service. Tami is a mother of two who loves spending time with her little ones. When at the Y, she spends most of her time with her kids in the gymnasium where they run up and down the basketball courts together, but it doesn't stop there. She also uses the Matrix and elliptical machines and attends the water exercise classes occasionally.

When asked what it is that drew her to the YMCA she replied, "I strive to be a great role model for my kids and it begins with a healthy lifestyle. It's also nice to be recognized and befriend the staff members."



Not only does Tami set the example for those around her at the Y, but it is what she does outside of our door that makes her extra ordinary. She is an active volunteer at her daughter's school as well as a Youth Leader at her church! One instance Tami provided a service to others was right here in our YMCA parking lot! On a VERY cold winter afternoon, another member of the Y was in need of a jump for his car. One of our employees attempted to help the gentleman, but she was unsuccessful. Tami, who saw this man in need from the other end of the parking lot, decided she would also help. Approaching him with a friendly smile, she offered a battery charger. Thanks to her, he was able to get his car started and get out of the winter cold. She also directed him to the nearest shop, where he could pick up a new battery. Way to go Tami!

## January Employee of the Month – Dierdre Drew

Although Dierdre Drew started her career at the YMCA as a Certified Lifeguard, she quickly began to share her gifts and talents in other departments. Today, you can find Dierdre in the Lifeguard chair, in the water teaching private and group swim lessons, in front of a water aerobics class or hosting a YMCA birthday party. Dierdre is always willing to help out in any department to make sure that our members and guests are happy. If a workmate calls in sick and can't make their shift, Dierdre is consistently there to answer their call and cover their hours. Thank you Dierdre, for all of your hard work and forever "saving the day" when a coworker needs a hand.



# From Eddie's Desk

HAPPY NEW YEAR – I hope that the New Year finds everyone in good health and happy spirits!

2009 has come to an end, for many of us it was a year of uncertainty. Our economy was hit hard and this impacted many of us both directly and indirectly. 2010 is here and we are facing it with similar uncertainty. I don't know what the new year will bring but I applaud you for making your personal well-being a priority.

Well-being is something that is different for everyone and is self defined. It encompasses everything that makes you feel whole: family, job satisfaction, friends, spiritual connection, health and much more. When you take a moment to sit back and think of all the aspects in life that are important to your well-being you may find you are making some a priority but have lost sight of others. For many, New Year's resolutions focus on health. While health is an important component of what we do here at the YMCA, it is not all we do.

## Our Mission Statement

**To Put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy, spirit, mind and body for all.**

As we enter 2010 please let us know how we can help support your overall well-being. I thank you for being a part of the Clark County Family YMCA and look forward to serving you in 2010.

Sincerely,  
Eddie White  
Executive Director

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## Other Highlights

### New Playhouse

Child Watch has received their new playhouse! The raffle was successful and the donated money helped us purchase the new Little Tykes playhouse for Child Watch. Thank you very much for all of your generous donations towards the playhouse. A special thank you to Jake and Vicky Swalling.



### Giving Tree Update

A huge thank you to all of our generous members who donated toys and clothes this year to the Salvation Army Giving Tree. Collectively we donated more than 80 items to children and families in Clark County who names were on the Giving Tree, thank you!

### Letter from Andrea Kelm

Dearest Clark County Family Members,

I am so happy to announce that I'm back with my YMCA family! I have a brand new position here which is in fundraising! I have a passion for helping the Clark County Community with the Obesity epidemic, which is where our fundraising dollars are allocated to help provide financial assistance to families, adults and children to participate in YMCA programs. My office is upstairs behind the treadmills. It's so welcoming to see all of our members that were here when I left in January 2008! Please stop by and say hello anytime. If you would like to give a donation, or know any businesses that would like to support the Campaign through out 2010, please send them my way. Spread the word and help 'Clean-up Clark County'!

Thank you for choosing the YMCA for your fitness facility, Andrea Kelm