



2020 YMCA Champions Book

EVAN ALLEN-MADER

Every year we select a person to dedicate our YEAR OF CHAMPIONS. In 2020, Evan Allen-Mader rose to the top of the list as his life was suddenly taken away. Evan participated in our programs and came back to work as an official before he moved away. Our 2020 YMCA Champion Book is dedicated to Evan Allen Mader. *Trust the Process Evan!*

Evan has been a part of the YMCA since the age of 5. That is

when he started playing sports at the Y. His true love was basketball. He was on a team every year until he

started middle school. Evan was very passionate when it came to sports. I guess you could say it was

his life. The YMCA was a place Evan went to daily

for hours at a time to play ball, workout or just hang out with the guys. Everyone there knew who

Evan Allen-Mader was. As a child he also attended the after-school program that the Y offered. When

he got older, he would help with the weekend games by referring, running the clocks, helping to

coach the kids or anything else that needed help. In high school, he was also employed by the YMCA. He

loved working with the kids. It was a safe place with great people to guide Evan and teach him what it means

to be a good person and a good team player. Evan remained

involved in sports and still giving it his all until the day the Lord called him home on October 26,2020. RIP Evan Allen-Mader.



Evan received help as a child through the scholarships that were offered at the YMCA. It allowed him to participate in sports and more. Now, in his memory, he is giving back to the kids of our community by offering those same scholarships so other kids can also be part of a great organization.

THANK YOU to everyone involved in the YMCA, and for nominating Evan to be part of your Monumental Moment Book. It means a lot to everyone who loved Evan.

The Family of Evan Allen-Mader | Trust the Process #34



2020 YMCA Champions Book ASC, MERIT, SERVICE, TEAM, HEALTHY HEART, and MISSION CHAMPIONS

ASC: Campaigner who exceeded 1,500 points

Joey Ramos, Kandace Kennis, Kyle Korf, and Shannan Sullivan

Mission: Volunteer, Donor, Member, Team Member, or special friend who helped excel the YMCA mission for multiple venues and events!

Terry Darden, Roni Knight, Chris Castoe, Stephanie Davidson, Mike Popejoy, Scott Selee, Real Men Real Leaders, Michelle Mayo, WindRiver Grain, and DFA

Merit: Volunteer, Member, Donor, or special friend who helped the YMCA

Patrice Shelton, Susan Ziegler, and Lisa Hort

Team: Team members who went above and beyond the call of duty!

Alazai Ibarra, Robert Heath, Remi Vargas, Jonathan Zapata, Sarah Volden, Manny Gonzales, Jerry Strong, and Lane McKenna

Service: Team employees who hit a benchmark year

Linda Selee, Manuel Terrazas, Valerie Molina, and Yecenia Sanchez (5 years); Maria Ortega (10 years)

Healthy Heart: Recorded and checked in the YMCA and/or DOME over 200 times

Quang Nguyen, Ignacio Ibarra, Daniel Herrada, Miguel Rodriguez, Leonardo Tena, Steven Lynch, Jack Crook, Marvin Alvarez, Antonio Perez, Nancy Mejia, Stephanie Arteaga, Aaron Aguiniga, Ezequiel Baca, Bryce Livermore, Andrez Hernandez, Derrick Dahlke, Miguel Duarte, Bryce Livermore, Blake Wasinger, Carlos Jimenez, Mariana Macias, Chad Knight, Thanh Nguyen, and Timothy Ko

Past Board President: Paul Doi

2020 Community Healthy Champion Health Coalition



To further our outreach and promote more from the “outside” instead of “in” our box, we will recognize a community organization, club, group, business, school, company, individual or whatever to recognize their efforts for promoting a healthy lifestyle in the community. They must have a voice or advocate for healthy living.

GREAT WORK HEALTH COALITION!



2020 Ambassador Champion

Mark Nelson

This award is given to an Ambassador of our YMCA. Ambassadors have been with the YMCA for five or more continuous years! The Management Team select a special Ambassador who helped the YMCA in some capacity, uses the YMCA on a regular basis or is just a great advocate for the YMCA. **THANK YOU MARK!**

The area above our racquetball court has seen many transformations through the years. However, we seem to have a 'win-win' situation with Mark Nelson and our YExpress studio. The YExpress took advantage of a donation from a local for-profit club that was willing to donate their equipment, on the promise that we gave all their members a special rate to join. Mark Nelson is one of those original transfers that came to our YMCA 11 years ago and four months. To be an Ambassador, a member must be with us for five continuous years. Therefore, Mark was selected as our Ambassador Champion for 2020. With the pandemic, most of our members have chosen to not continue their workouts here at the YMCA. Mark never wavered in his pursuit of a healthy lifestyle. He has been very instrumental in serving as the 'repair man' up there. He alerts us when there are problems and concerns on the equipment, or something needs attention. He has even given his support to some of our development campaigns. **THANK YOU MARK** and we will be happy to see you at the YMCA! *Chad Knight - CEO*

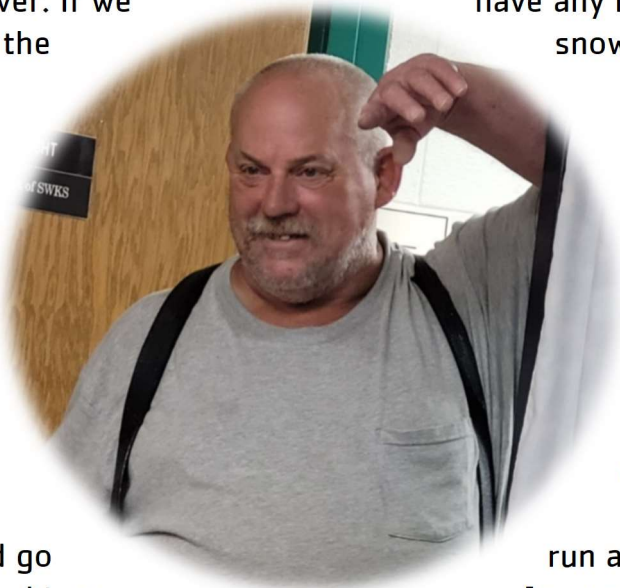




2020 “Dana Polson” Employee Champion Jerry Strong

This award is given to one of our special team members who provided outstanding leadership, great customer service, extremely dedicated to their profession or job at the YMCA and exemplified our core values throughout the year. *CONGRATS JERRY!*

Where do I begin with Jerry? Let’s take you through a typical day for Jerry. He arrives at the YMCA around 4:15 am. The first thing he does is open the YMCA and checks everything over. If we have already cleared the snow on the sidewalk and melt. He gets his and ready for the until the Member shows up. After many of the work repairs he notices completed around he knows before the does or even turns in that’s done, he will run a bunch of errands for Jerry comes across as the gruff, old, upset at the world guy, but he has the YMCA at heart! I have had Von Hunn and Jim Koeperich tell me to stop sending Jerry to haggle with them or try to wheel and deal. Jerry is always trying to get the best deal he can for the YMCA. It doesn’t matter what the supplies are, he is trying to squeeze every nickel out of everyone. He works exceptionally hard and expects everyone else to follow suit. He doesn’t like anyone slacking or not pulling their weight. Now, back to his day. He will come back to the YMCA to check on things, do some towels, walk around, sit at the welcome center and gab with the team members up there. He is always visiting with members. This is when he will finally leave for lunch. After lunch, he comes back and does his normal walk through. Around 3:00, he will call it a day. However, if I call him that evening to do something, he is right on top of it. If my Building Supervisor cannot work, Jerry is quick on the draw to come in and do those duties as well. If a water line is leaking or the power is out, he is there in a heartbeat! This guy has been an UNBELIEVABLE and VALUABLE team player. During the pandemic, he stepped up and did a ton of work and renovations. THANKS SO MUCH JERRY!



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Chad Knight – CEO

2020 Humanitarian Champion

Susan Scott



This award will be given to person who demonstrates the best campaigning efforts throughout the last year. At the YMCA, we have many fundraisers including the Annual Support Campaign, Capital Campaign and many other special events that deal with volunteers asking the community to give to our special cause. This person has displayed the passion, worked hard, and has the YMCA in their heart! *YOU ARE TOO AWESOME SUSAN!*

Everyone knows we were in uncharted waters last year, and the boat ride was different for everyone. Despite that, Susan Scott never wavered on her commitment to her exercise routine in the pool, and more

importantly decided it was important for her to give to our organization. She is a golden member (free membership over the age of 80 for lifetime) and is very active in her water aerobics class. This continued throughout the year. I love it when a member gives from the heart and does not have to be asked to give. Susan just dropped off a check at the Welcome Center one day and said give this to the YMCA. I went straight over to Susan and told her 'THANK YOU'. This was in January before the pandemic hit us. Susan increased her amount she gave the year before 100%. She has been giving to our Annual Support Campaign since 2016, but she stepped it up in 2020. Since then, I received three more checks from Susan. I was very thankful for her gifts every single time. I told her I was going to send some of our annual raffle tickets to thank her. She just smiled and said 'okay'. When I told her she was our 2020 Humanitarian Champion she was astonished, and I said I need picture for the story. Again, she said 'okay' and went on to her water aerobics class. THANK YOU for continued support for our YMCA Susan! I appreciate it and keep active!



Chad Knight – CEO



2020 Family Champion

Mindy & Moses Martinez Family

This award will be given to one of our family members who have demonstrated our mission and core values in their commitment to the YMCA through programs or general membership. These Champions are dedicated to Youth Development, Healthy Living and Social Responsibility! *CONGRATS MARTINEZ FAMILY!*

Mindy and Moses Martinez have been members of our YMCA for 22 years. I have witnessed their family growing up in the YMCA firsthand. I personally nominated the Martinez Family for our Family Champion because they are committed as a family to come to the YMCA. I walked in

and Mikayla, Mindy,

Damian were all
Meanwhile, sitting
them play was

Mindy have been
working out that
the rest of the

suit. Megan is an
and constantly in
her routine. Mindy

game in racquetball

few tournaments, partake

on Sunday afternoons, and even

at the Dome. She often brings her granddaughter with her to the YMCA, who plays
with her in the racquetball lobby. Moses jumps in the court occasionally but can

always be found on an elliptical in the fitness center. During the pandemic and
closure of the YMCA, Mindy was always wanting to come up and play. Due to their
dedication and willingness to stay safe and committed, I would allow them to come

in the back door and play sometimes. They needed their exercise and what better
way than playing racquetball together! Whenever Mindy has her brother in town, she
always requests a guest pass so she can come and play racquetball with him as well.

They truly make it a family affair and that is why they are the 2020 Family
Champions. They epitomize the family working out together! It is great to see their
family in here doing their thing.

Chad Knight – CEO



the racquetball courts one day

Megan, and their friend

playing racquetball.

there watching
Moses. Moses and

dedicated to
it has influenced
family to follow

active member
the YMCA doing
has elevated her

and participated in a

in the Cutthroat Challenge

picked up the game of pickleball



2020 Character Development Champions

Andres & Darius Garcia

This award will concentrate in the Child Care Department. The YMCA will recognize a youth in the program, a counselor or a volunteer in our program who best exemplifies the YMCA values of Caring, Honesty, Respect & Responsibility.

GREAT JOB Andres & Darius!

Andres & Darius Gracia have been a part of our childcare program for a few years now. Seeing the turnaround from their first days in our program to now, is truly amazing!! Anyone who walks in the room can expect to be greeted by one of these boys. In fact, one of the high points of my workday is getting to chat with these brothers about their day at school!

While the brothers are each unique in personalities, they both love the YMCA! Darius can often be found doing active games in the racquetball courts or the gym. He also is one of the first kids to ask staff how they are doing. He has such a caring spirit. Andres can be found talking to one of the counselors, asking what he can help with around the room, or even playing a board or card game. Andres loves being able to help carry snacks into the 4-year-old room. Both have built strong relationships with their counselors, most especially Mr. Manuel! Seeing the excitement these brothers show when experiencing a field trip, new craft, or game really makes what we do at the YMCA worth it.

Andres & Darius have grown in character throughout the past years. We have seen them go from being reluctant to trust and participate in activities, to being one of the first kids to try a new activity.

Andres & Darius have touched our hearts with their personalities and the childcare program is blessed to have them as part of our family! I can't wait to see what these brothers do in the future. Keep it up Darius & Andres!!

Valerie Terrazas- Childcare Coordinator

2020 Youth Development Champion

Esther Selee



To highlight one of our focus areas, the Youth Development Champion is given to a member, volunteer, staff person or participant who demonstrated Youth Development. As one of our focus areas, it is important that we are striving to develop the youth in our community. *GREAT WORK ESTHER!*

How can I sum up the impact Esther has on the youth in our programs?



Esther started out coming to the YMCA as a young child with her family. She has truly grown up here!! Recently, she went from being a volunteer in our childcare programs to being an employee. The pride she takes in her work is something to be admired. Esther is eager to learn new things and always has a listening ear for our youth. On any given day, you can spot Esther helping with homework, teaching a new game, and helping childcare kids with arts & crafts. A crowd favorite was when she taught the School Campers Spike Ball. She always strives to go the extra mile. Esther has come up with ideas for new projects, reward systems, and so much more. I always know when she has a new idea because she will get the biggest smile and tell me how excited she is! Not only does she work with children at the YMCA, but she also volunteers regularly with church camps. She is a popular counselor at both! Esther makes each kid feel special and cared for. She is also active in the Girl Scouts! But above all else, her best quality is her smiling face, caring heart, and her welcoming greetings for everyone who walks through the childcare room doors! Since Esther has been a part of the childcare department it has been impossible to imagine it without her! Keep up the hard work Esther, you are going to do great things in life!

Valerie Terrazas– Child Care Coordinator

2020 Spirit, Mind, and Body Champion

Gio Leyva



The Spirit, Mind, and Body is essentially the Coach of the Year in our Sports Department. This is our longest running award as we started recognizing our coaches in 1999. The winner should be a positive role model and must serve in some capacity as a coach for any sport at the YMCA. *KEEP IT UP GIO LEYVA*

This year I nominated Giovanni Leyva. He started as a volunteer coach for Boys' Basketball, and he also helped as an assistant coach in Tackle Football. Gio is an all-around great guy and helps us out at the YMCA whenever he is available to help. Whether that be to help with equipment checkout, moving fitness center equipment in, or whenever we need a coach, he is there. When asked why he volunteers and gives back to his community, Gio said: "The main reason that I volunteer is to help the kids as much as I can. It's for them after all. I just want to make a difference in my community. I thoroughly enjoy seeing the kids have fun and enjoy playing the sports that I love so much. I want to be able to see the kids that I coach play in high school and give it their all. Most of all though, I love seeing the kids smile and getting to know them. Even after the season ends and I happen to see them out and about at the store or something, they still call me coach. That always brings a big smile to my face and makes me feel as if I have made an impact in that kid's life. That's what it's all about. Helping them become better human beings and future members of our society. That is the reason that I volunteer and coach for the Garden City Family YMCA." Doesn't that embody what a Coach of the Year should be most proud of? That is why Gio is our Spirit, Mind, and Body Champion for 2020



Manuel Guzman – Sports Director



2020 Program Champion

Rafaela Murillo

The Program Champion recognizes someone who coached, volunteered, and/or participated in multiple programs throughout the year. This could be an individual, family, or multiple people.

Programs is one vehicle for us grow our mission.

GREAT JOB RAFAELA!

Rafaela first started using the Spinning class with Athena. Rafaela loved this class and the ladies who talked her into joining. When Athena decided she needed a

break, Rafaela basically took over. It was no longer a registered class because she just came in on her own time and many members that used to take the class with Athena would

join her. They would even call and text her to see when she was coming to the YMCA to do her spinning. Rafaela would still meet friends at the

YMCA two or three times a week. She could always motivate the class. My office is right next

door, and the intensity would make me want to join them. There was fun music, lots of laughter, and shirts wet from the great workout they just

had. I could hear Rafaela above the music saying up down, fast, and stand up. When Patty, another spin instructor, eventually started teaching a class

Tuesdays and Thursdays, Rafaela was right there ready to go. Rafaela got people to participate on her

own. She would post this on Facebook, snapchat and send

out group texts to get it filled. She always marketed it herself and even did the same thing for Monica's aerobics class. Rafaela would motivate all the ladies, even if she was not attending. If Patty would have to miss, Rafaela would not hesitate to

take over. Rafaela has come to my office several times to tell me how much she needs aerobics. When she must deal with hard times it helps keep her busy and puts a smile on her face. She loves to get people involved and loved to uplift woman. She

mentioned sometimes she thinks of staying home, but then realizes her day will not be the same if she misses. She pushes through that patch to get up and get to the class. As soon as she is here, it changes her whole attitude. Being with the friends

she has made, never fails to brighten her smile. Rafaela is a GREAT program champion. She continues to coach, volunteer, and participate in several programs.

Crystal Ibarra – Membership Director





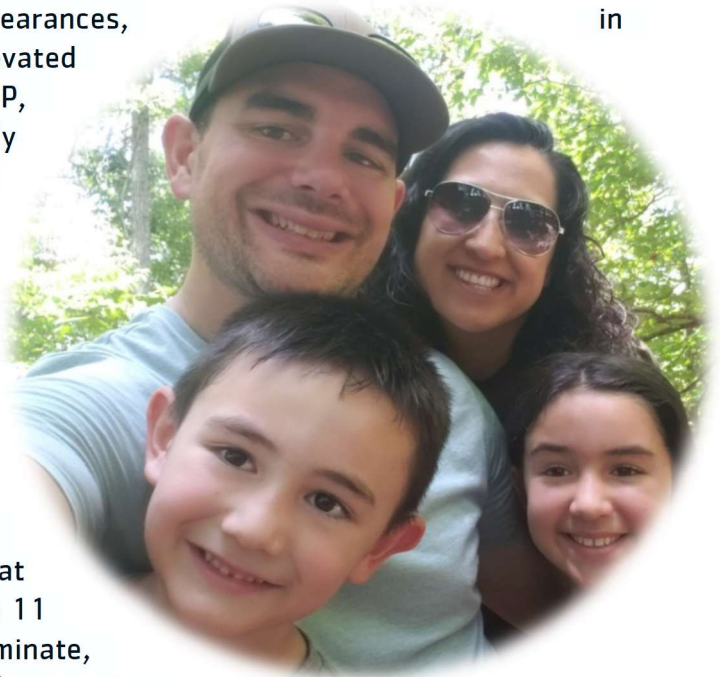
2020 Healthy Living Champion

Blake Wasinger

To highlight one of our focus areas, this award is given to a member who demonstrated Healthy Living in his/her workout or commitment to the Y. This member was dedicated to health and is a living proof of their workout at the Y. **KEEP IT UP BLAKE!**

I made a commitment in 2019 to a season pass of Spartan Races to get back in shape. I was in all appearances, good health. Yet my yearly labs were all elevated or high (LDL's, Triglycerides, Cholesterol, BP, etc), had digestive issues, and was extremely sluggish with no energy. I was even at my heaviest, around 225 lbs. So, I could only run in two races before the reminder of the season was cancelled due to Covid-19. I continued to work out but soon lost the motivation. I committed fully after Memorial Day to not only workout but change my eating habits. I gave up pop, one of the biggest changes, my weakness and stress beverage. I started intermittent fasting, a schedule of 16/8 where I would eat from 11 am to 7 pm, and fast from 7pm to 11 am the next day. I reduced, but did not eliminate, carbohydrates from my diet. Removed other excess

sugars from my diet, introduced more vegetables, and increased my water intake. My workouts remained about the same. I dropped lifting for the time and focused only on cardio. My runs ranged from 40 minutes to 1 hour. A month into my training, I was down 15 lbs but suffered a stress fracture in my foot. I switched to biking and swimming to remain active. My wife and I began walking after dinner between one to three miles. I could not run. At day 60, I had dropped a total of 60 lbs. Through the entire process, I monitored what I ate through a food app to keep me informed. I did not restrict my eating, but I was more conscious of what I was eating and just how much. I went from 228 lbs to 167 lbs and have managed to keep it off and maintain. I have now started introducing weights again. I average around 50 miles in running weekly. I work out 7 days a week but vary my workouts. My labs are all within optimal or low on my last checkup. I am about to celebrate my one-year anniversary and, while I no longer fast, my diet has adapted. I have been able to maintain this with little to no effort. I have already started my race season for 2021, with finish times in the top 1% of all racers. All this was possible because I had the support and love from my wife who helped me the entire way. She adapted recipes, went to the YMCA with me, encouraged me when I was down.



Written by Blake Wasinger / Nominated by Chad Knight – CEO

2020 Partner in Health Champion

Dairy Farmers of America (DFA)



This award honors companies for their Corporate Membership with our Partner in Health program. More importantly, this company has devoted endless time and commitment to their employees and to the YMCA to help promote healthy spirit, mind, and body in the workplace. **CONGRATULATIONS DFA!**

Dairy Farmers of America (DFA) has been chosen to receive the "Partner in Health" award for 2020 due to their outstanding commitment to the Garden City Family YMCA and their employees. DFA has eight memberships with the YMCA. It is not a huge number but their IMPACT is outstanding! They are always promoting our specials of the month and trying to get their employees involved with the YMCA. The DFA employees use the racquetball courts, the locker rooms, strength and cardio centers, and the DOME. Their General



Dairy Farmers of America
Dairy Farmers of America

Manager plays in our racquetball tournaments and our Cutthroat Handicap Racquetball Challenge on Sunday afternoons. DFA has always been willing to continue to support the YMCA and their employees. Last December, they sponsored our Member Appreciation Day and donated 10 cases of

white milk and 10 cases of chocolate milk. This allowed every member that came into the YMCA to work out and enjoy a small carton of milk of their choice. DFA has helped sponsor our racquetball tournaments and one of their employees (Chris Castoe) helped with the formation of the sprinklers and planting the grass at the DOME as a volunteer. Chris has also helped on a couple of other projects at the YMCA and DOME. It has always been a joy to work with them as partners in health and the relationships that have evolved due to this partnership has been wonderful. I am always so THANKFUL to work with people and organizations such as DFA because of their devotion to their employees, as well as the community around them. Thank you DFA for your support! I hope to have many more years to share in our partnership.

Crystal Ibarra – Membership Director

2020 “Darlene Mathias” Volunteer Champion

Michelle Mayo



This award is given to a volunteer who demonstrated outstanding service to the Y in the past year. This could be a program volunteer, board member, committee person or general volunteer activities.

Volunteers are the BACKBONE to our operation!

THANK YOU, MICHELLE

Michelle Mayo has been a part of the Garden City Family YMCA for many years. She volunteered as the Gym & Swim instructor when it started in 2000.



Now she is currently volunteering as our instructor for our Water Fitness and Power Waves classes in the mornings on Tuesday and Thursday. Michelle has an outgoing, positive attitude, and a very welcoming vibe when new members come and join the class. Not everyone is ready to jump in and start working out in the pool. Some people do not like to be in the water if it is too deep. No matter what hinderances may come up with the members, Michelle is accommodating. She is willing to help anyone improve to have a better and healthy lifestyle. Since the first day I started, I have seen these classes grow.

They manage to achieve the benefits water aerobics can bring and how it can change your lifestyle. According to Michelle, the water aerobics classes are “The best all over low impact with resistance exercise that can be done in the water. It can be and is for all ages at our YMCA”. She continues to spread the word and tell everyone who will listen to come try it out for a day. Michelle is determined to help anyone, and everyone start a healthy lifestyle. Whether it’s the lifeguards, directors, or coordinators, we are all here to help Michelle. All of us want her class to make a difference in the present and future. Thank you, Michelle, for everything you do and continue to do for the Garden City Family YMCA!

Stacy Castoe – Dome & Healthy Initiatives Director

2020 Social Responsibility Champion

Paul Doi



To highlight one of our focus areas, this award is given to a member, volunteer, staff person or participant who demonstrated Social Responsibility. It is one that focuses on giving back to the Y and our community. As many people know, it is our responsibility to make sure good and positive things are happening.

GREAT WORK PAUL DOI!

Every year when I have a new Board President begin, we sit down and visit about what we want to accomplish, how we want to handle situations, and set some guidelines. When I met with Paul to review and discuss, we were both on the same track. We wanted to re-energize some excitement and create a more positive environment for our team members and our Board members. I was astounded that Paul and I had the same thought process. Paul said 'it is our job to support you and your team, and we will do everything

necessary to make that happen. We will not get caught up in the weeds of the operation and want our YMCA to be successful.'

Now how powerful is that coming from your lead volunteer? I was excited for our year and thought we could get things turned around and moving. Then, we were hit with the pandemic. We had to make some tough decisions and Paul supported everything I presented and thought we were on track. Then,

we were closed. This forced our meetings to be by Zoom and Paul was very adamant that we still met. He wanted to keep our Board members in the loop on what is happening and thought it was important for everyone to get together. Throughout the year, Paul was very supportive of me and was always asking me how things were going and what was going on. He kept abreast of our day to day and made sure we were on track to follow the safety protocols and looking out for our members and team members. He was very concerned. Therefore, I nominated Paul for our 2020 Social Responsibility Champion. It is times like these that we experienced in 2020, that leaders step up and shine. Paul stepped up to the plate and hit a home run with his guidance, support, dedication, and commitment to our organization and everyone involved.

Chad Knight – CEO





2020 Member Champion

Glenda Ramirez

To recognize and highlight one of our members based on their workout history, relationship building within the YMCA and community or serves as a great advocate as a member. This special member demonstrates all three of our focus areas and follows our core values. *YOU ARE TOO AWESOME GLENDA!*

When Glenda finally decided to get in the YMCA, she figured her first step would be just to ask questions about a family membership. She had many questions that day. She was given a tour and signed up for her Y promise. She received her Y promise from Steven one of the personal trainers we have. She was very interested in signing up to receive personal training to help get to her goals. Once she was done with those sessions, she decided to do another round with Manny a different personal trainer. She would come in two times a day, or she would show up early and still stay the whole time for her session. Her daughter Lorena would come in and be interested in what she was learning and loved watching her mom achieve her goals. Glenda was on top of working out 4-5 times a week. Even if her personal trainer was unable to show up or life got in the way, she would still come in to get her cardio in.



Was not as motivating to do without Manny and his push to accomplish that day's workouts but she made it in. After about 2 ½ months of training with Manny, Glenda dropped 3 pant sizes. She was ecstatic and more dedicated than ever. Her personal training sessions were her time to destress and clear her mind. Glenda was battling a lot of personal demons, but weight training always put her in a great mood and helped keep her busy. She was super glad she had Manny to not only train her but also be willing to listen to her. She always left in a better mood than when she arrived. out.

Crystal Ibarra – Membership Director

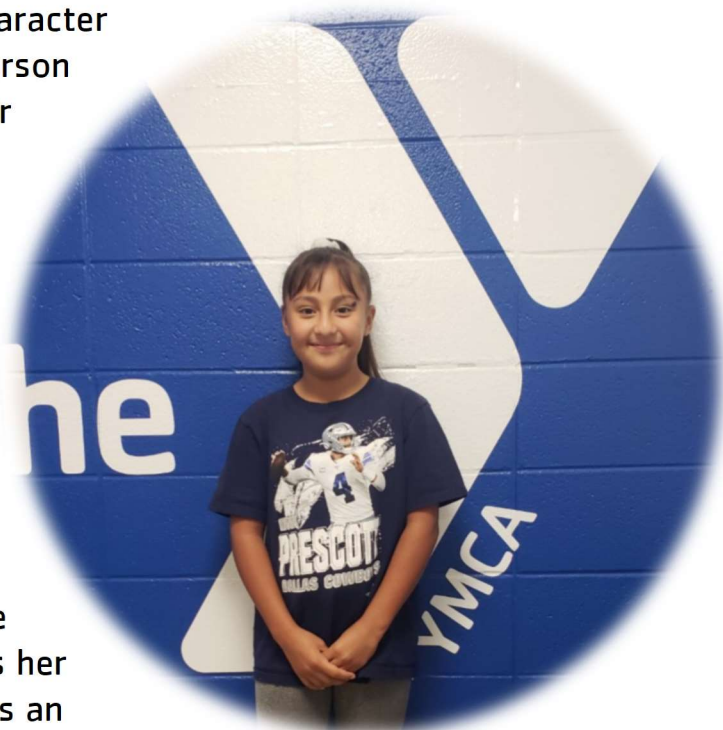
2020 Sports Character Champion

Aliyah Silos



This award recognizes a participant or volunteer in our sports department who displayed the best sportsmanship and character throughout his/her sports participation in our programs. Character counts in our programs and this person exemplified great character in their program. **GREAT JOB ALIYAH SILOS**

This award recognizes a participant or volunteer in our sports department who displayed the best sportsmanship and character throughout his/her sport participation in our programs. Character counts in our programs and this person exemplified great character in their program. This year I would like to nominate Aliyah Silos. Aliyah played Fall Indoor Soccer for the Garden City Family YMCA. I chose Aliyah because she is an outstanding young lady. When she plays sports, no matter if it's Indoor Soccer or Girls' Basketball, she always gives it her all and doesn't complain when things don't go her way, or she commits a foul. When corrected she takes the advice that her coach gives her and continues to play hard. She is an exceptional soccer player that was even giving some of the boy's trouble. Aliyah can dribble and score with a soccer ball just as good as any other player her age, she is also fast and is a hard worker when it comes to playing defense. You honestly wouldn't be able to tell that Aliyah is a great competitor because of how quiet and reserved she is, but when she starts to play, she changes into a competitive young lady that will do whatever it takes to get the ball and score. Aliyah is a respectful and outstanding young lady and athlete with a bright future. We can't wait to see everything that she will accomplish in life!



Manuel Guzman – Sports Director

2020 Committee Champion

Susan Zielger



The Committee Champion is given to volunteers who served on a YMCA Committee during the year and demonstrated outstanding leadership, dedication, and service. This Champion went above and beyond the call of duty and was always there to support and provide input for the Department Head. *THANK YOU, SUSAN!*

Susan has been a part of the aquatics committee for about five to six years now. She is an amazing person with a positive attitude and takes everything into consideration when it comes to deciding. I met Susan three years ago during the Aquacise class in

Wednesday, and Friday, to

also on the aquatics nervous working in a new

for joy as I knew a into our meetings. Some

meetings can go laughing and done. Then

get intense, voting on on what's best for the

of the aquacise class, passionate on what

made in the lap pool. The classes, this is their way staying

interaction. So many relationships have been built over the years in the aquacise one and aquacise two classes. To see these classes, thrive and

continue to grow, and knowing they have someone on the committee to have a voice for them, is something Susan is very proud of. Susan quoted "I enjoy

being on the aquatics committee as I like having a voice for the many people in the aquacise program. I love to hear about all the other aquatic activities

for many age groups. Being a part of my YMCA swim class has helped me stay healthy and form invaluable friendships.



the mornings on Monday,

only find out she was committee. I was so

department, I jumped familiar face going

of the committee smooth, in and out,

there are times it can action items, voting

pool, etc. Being a part Susan is very

decisions are being ladies in these morning

healthy and keeping that social

Stacy Castoe– Dome & Healthy Initiatives Director

2020 “Mac Foreman” Courage Champion

Jocelyn Sperry



This award will be given to a YMCA member, program participant or a volunteer who demonstrates courage in their activities at the YMCA. Whether it be a person who has severe arthritis, a person who is blind, a person who can't hear or a person who beats all the odds, we want to recognize his/her commitment to health!

KEEP IT UP JOCELYN!

Jocelyn Sperry is committed to getting to the YMCA despite her challenges. I gave Jocelyn and her husband Steve a tour. It wasn't your normal walk around the facility and tour. They were only interested in checking the route for Jocelyn and making sure she would be okay. Jocelyn and Steve were checking to see how easy Jocelyn could get from point A (in the front parking lot) to point B (Women's Locker Room) to the ultimate point C (the swimming pool). Jocelyn is almost blind. Steve asked if she gets lost or needs help, are there people to help her? I said we always have someone around to help and we will make sure she will be safe. After the tour, they signed up and the rest is history! She rides the bus to the front doors, gets out and comes into the Y.

She pulls out her Y card and gets checked in on her own and goes to do her workout in the pool for water aerobics. When she first started, she was watching one of her grandchildren and they would assist her to the KidZone and then she would do her workout. Jocelyn has yet to lose her way. I believe it is because the 'water is good for your soul' as Marianne Miller would tell me all the time. The water has brought Jocelyn to exercise even though she can't see very well, she knows the benefit of her YMCA and the pool. Throughout the pandemic and even to this day, Jocelyn continues to make it to the bus and to the YMCA. With all the outside stuff looming and her own challenges, it gives me great honor to recognize Jocelyn Sperry as our 2020 Mac Foreman Courage Champion recipient!



Chad Knight – CEO

The BEST of the BEST

The next 12 pages signify the BEST of the BEST Mission Moments. Our Mission Moments are YMCA stories from our members that are heart-enriching, tear-jerking, life-changing, and mission oriented. The stories are then selected in our weekly Management Team meetings. At the end of the month, we vote on which story managed to express our values and move us the most that month. We know everyone has a YMCA story and we hope by sharing these 12 we can inspire others as much as they inspire us.

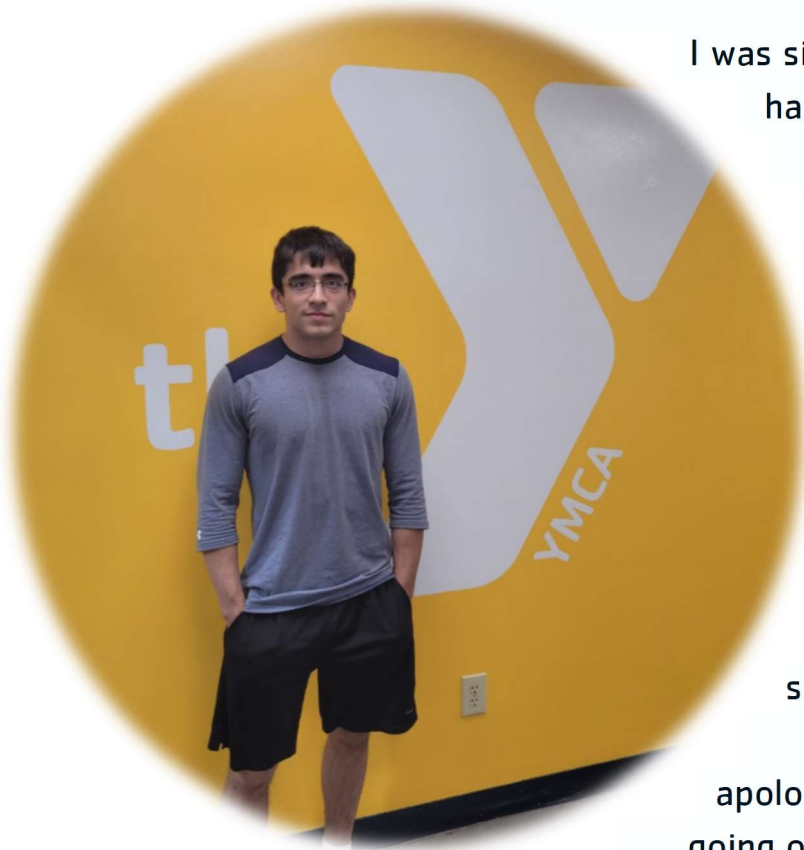




2020 MISSION MOMENTS

January

“Giving Back”



I was sitting in my office one day, when I had a member come by and knock. I said come on in. His name was Jovan Goytia. He said I am here to apologize for my actions. I said what are you talking about. He said I got into some trouble in here and did not behave appropriately and said some things I should not have said. He said he snuck some kids in and got upset with our staff. I said, well for starters you are doing the right thing by coming in to apologize. I went on to ask him what is going on and how he is doing. Jovan went

on to say he knows this is a Christian place and is trying to do the right things and make the right decisions. He wanted to know if we would forgive him for his actions and welcome him back. I said you are doing the right thing and get yourself back on track. The YMCA would be happy to help you and if you ever need anything please do not hesitate to come and ask for help I believe we are here to help our members improve and get better mentally, physically, and spiritually. He thanked me and walked back out the door and said you will not have to worry about me again, I am trying to do the right things and will! I am glad to see Jovan has changed his ways and is trying to become a better man! Keep it up Jovan!

Written by Chad Knight - CEO



2020 MISSION MOMENTS
February
“One step at a Time”

Janette came to the Dome in January 2020 inquiring information about a membership at the Dome. Janette asked me how the process worked and how the membership is paid for each month. I gave her the information and she proceeded to tell me she was not able to do the automatic withdraw every month and if I would work her. I told her absolutely, that I would get with her every month on the first and we would get things taken care of. From that moment on Janette has been in everyday walking and pushing herself each day. Janette says “The Dome has become my sunny, safe and sanity place! So thankful for the Dome and the excellent staff, their kind help and encouragement to meet my walking goals.”

Janette even said the days she does not want to come, she makes herself get up and come to the Dome. When she gets done walking, she will come sit in the lobby for a bit before leaving and tell me how she is so glad she made herself come. It really does make a difference, not wanting to at that moment but when it is all said and done, she just feels better.



Written by Stacy Castoe – Dome & Operations Director



2020 MISSION MOMENTS

March

“Stay Awhile”

Johanna has been a member of the Garden City Family YMCA for two years. However, on March 23, 2020, she came in wanting to cancel her membership. The reason being that she was no longer using it as much.

After she was explaining this to Megan, our MSA team member, I asked Johanna, “now do you really want to do this?” Johanna laughed. Megan

and I proceeded to tell her that this is not what she wants to do. We continued to talk to her and tell her that the YMCA is a good place to relieve all that stress, and what better way to get rid of stress than

exercising at the Garden City Family YMCA. She continued to listen to us encourage her to stay, and we each mentioned that we enjoy when she comes in.

After hearing that she looked at us both and said “Ok I won’t cancel my membership, it’s a good thing you both were here today” with a big smile on her face. At that moment, there was a great connection we had with one of our members. We were able to talk to them, feel at home at the YMCA, and of course have a laugh or two.

We were so ecstatic that Johanna decided to stay with us. Not too long after, Johanna ended up participating in the 2019 Corporate Cup Challenge with Central Care Cancer Center. This was their first time ever participating in Corporate Cup, and they had a blast. Thank you Johanna for sticking with us here at the YMCA!

Written by Stacy Castoe – Dome & Operations Director





2020 MISSION MOMENTS

April

“Thank You YMCA Team”

One thing the YMCA loves to do, is stay on top of our relationships with our members. Once the pandemic started and we had to close our doors for a couple weeks, we knew we wanted to do something special to help our seniors, since the pandemic was affecting them the most. We called our senior members and asked them if there was anything we could do for them to help them out during this time. After I called 22 members and was either declined or not answered. My 23rd call was to Ruth Cones, who uses our morning water aerobics class, she was very appreciative of my call and loved this idea. Ruth let me know this is something she would love to take advantage of because she didn't want to chance being out and about. One thing she was looking forward to was some chicken from Dillons. She said she would let us know when she would need our help. This was a great idea. Even though not many members took advantage of it, we wanted them to know we are here even if we must close.



Written by Crystal Ibarra – Membership Director



2020 MISSION MOMENTS

May

“Helping One Another”

Corey is the owner of American Canvas, we heard about him through my husband as someone to get a hold to look at our volleyball and tennis nets. I gave Corey a call and he is willing to work with us regarding our nets. In that same week Corey came to Dome to see exactly what we had at our facility.

Chad and I met him and began talking about our ideas with our divider nets and if it were something he could do. Absolutely he said, Chad then began talking to Corey about putting up a company banner on our back net, with the cost of hanging a corporate



banner, using that as a trade out with our nets. Corey was excited to have that happen and agreed. I began taking our nets down and marking them off so Corey would be able to know where to cut them. Our plan was to have the divider nets going from cable to cable, making it easier to put them up during game days. I bet he did about 8-10 nets for us, he did an AMAZING job! This was done back in January/February, after we got the nets up everything went on hold due to the COVID-19. In May, Corey came to the Dome bringing his company banner to be hung and two invoices from when he worked on our nets, the total of both came around \$1700. Corey said to me, “make this a wash, consider it a donation to the YMCA”, COVID-19 hurt us financially and his business was picking up. Even during these hard times, Corey did one of the most AMAZING things for the Garden City Family YMCA.

Written by Stacy Castoe – Dome & Operations Director



2020 MISSION MOMENTS

June

“Going the Extra Mile”

Maria Quintanar called me asking about our swim lessons that we had coming up June 22. She informed me that her daughter, Julie has down syndrome and was not sure what level to put her in. I went through our lesson selector asking her questions based on skills to determine what level her daughter should go in, going over the

level 1. Maria also sometimes does not do places, I offered her a

to take Julie when lessons would be familiar

When we got our teach level 1, he 6-6:30 pm would

we were able to times. I called all to let them know

change and when I she told me she had for t-ball and that

practice from 6-7 pm.

interfere with swim days. I told Maria we would

talked to Yanitza, our Aquatics

she would teach Julie at 5:30 pm on the first day of swim lessons so she would not miss practice. The following day Maria had called me to let me know that Yanitza was a phenomenal instructor, that Julie just loved her. Good job

Yanitza!



questions Julie went into informed me that Julie

well in unfamiliar seven-day pass

swimming, so

started Julie

with the pool.

instructor to

told me that

work best if

change the

the parents

of the time

called Maria

signed Julie up

she has

This would

lessons on some

work it out for her, I

Coordinator and she said

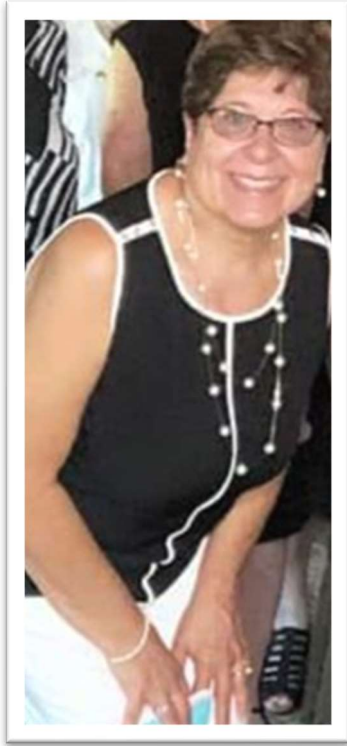
Written by Stacy Castoe – Dome & Operations Director



2020 MISSION MOMENTS

July

“The Steeler Swimmer”



“It’s all about the Steelers and a little about the swimming!”

Cindy Jervis is a member who loves to swim but more importantly she LOVES the Steelers. Every time I jump in the pool, we talk about the Steelers. It doesn’t matter if it is May, August, or December, it’s all about the Steelers. We visit about the Black and Gold and how the team is doing. She is probably a bigger diehard than I am. Cindy tells me about her trips to Pennsylvania and how all her friends back home tell her what is going on and what the gossip is in Pittsburgh. She even told me how to get the games through a Pittsburgh connection,

I nominated her for Mission Moment because of her energy and excitement to swim and workout. She came into the YMCA and she was just feeling energetic and ready to go. She said you know this swimming is the best exercise. It is very refreshing and very good for you. She says she LOVES it! She said she was not much of a swimmer or a fan of swimming, but now she cannot get enough. She said it is great! Cindy has even thought about helping us out and taking a lifeguarding class. She said she used to be a lifeguard back in her younger days.

Cindy is a prime example of someone who started something they did not love doing but have grown to love it. She is living truth that all it takes to get going is go and do it! GREAT job Cindy and GO STEELERS!!!!!!

Written by Chad Knight - CEO



2020 MISSION MOMENTS

September

“Where Everybody Knows Your Name”

In the middle of September, Audrey Law started coming into the Dome to walk around the track. At that time, she was not a member of the Dome or YMCA, and per policy any non-member that comes in needs to pay a guest fee. Sarah, the early morning MSA let Audrey know of this policy and Audrey proceeded to tell Sarah she is a

Member and that she does not need to pay.

The next day Sarah came to me to clarify the policy, I did explain to Sarah the policy and what to do. A couple of days later Audrey came back in to walk to and Sarah greeted her by her name and said good morning. Again, there was still some confusion on the guest fees, so Sarah just told Audrey that she would have me call her. Later that afternoon I gave Audrey a call to explain the policy and to let her know that we could get her setup with a free Golden

Membership. She thought that was great, so I explained to Audrey what we needed her to do the next time she came in. Audrey then proceeded to tell me how great Sarah was and only seeing/meeting her one day, Audrey was so impressed that Sarah remembered her name Audrey thought that was impressive and amazing of Sarah. This is what we do, wanting members/guests to feel welcome when they enter our facilities. Good job Sarah!



Written by Stacy Castoe – Dome & Operations Director



2020 MISSION MOMENTS

October

“Growing by Leaps and Bounds”

As the Child Care Coordinator, I receive calls daily about our program. One day though, I received a phone call from Esmeralda Ibarra. She was inquiring about signing up her child, Inari, for our program. Her first major concern was transportation. She was unaware we provided transportation to and from the school to the YMCA. We do this to help alleviate the problem of parents having to leave work or adjust their schedule. Esmeralda loved her home daycare provider, she even felt like her daughter enjoyed the home daycare. But she personally wanted me to know how much Inari had improved in her academic skills by attending the YMCA program. Esmeralda was equally joyous on explaining how much Inari adores Ms. Royal, our four-year old teacher! At the YMCA, we strive towards enriching the lives of those who come to our facility. Our focus areas revolve around healthy living, social responsibility, and youth development. So, assisting the children to improve in their academic lives is something we truly cherish as an organization. Especially the four-year-old program which focuses on not just social skills and playtime but also kindergarten readiness. We want the kids who attend to succeed outside our facility as well as in. It is so much more than just daycare. Our staff was ecstatic to hear the kind praises from Esmeralda herself. We love having this family as part of our childcare family! Keep growing and learning Inari!!

Written by Valerie Terrazas – Child Care Coordinator



2020 MISSION MOMENTS

November

“It’s about the Kids”

One night I was working the closing shift as MSA. PT Pinchon, who is the building supervisor came up to bring towels. We started a conversation, and eventually I asked him “Why he worked for the YMCA.” PT replied and said “honestly, it’s about the kids. That’s why I’m always bringing in kids to help coach and mentor them. I can help mentor and coach them into staying on the right path to stay focused and succeed to hit their goals. Kids are always asking for my help when I walk through the gym and I don’t mind.” I thought this was very powerful. He went on to say “this is the first year he is not coaching his kids because they wanted to try something different. He said it was hard to sit on the sidelines and watch, but he did enjoy being able to sit back and watch his kids play something they love.”

The YMCA is here to help everyone out and so is PT. Working here keeps him busy and involved with his kids since they love it here. Therefore, I had to nominate PT for our Mission Moment of the Month because that is what it is all about. We are here to help transform lives and make a difference. PT is one of our great team members who go above and beyond the call of duty to make an impact. There are few places you can work that allow you to make a difference in the lives of others. The YMCA is that place and that is why I love working here.

Written by Crystal Ibarra – Membership Director



2020 MISSION MOMENTS

December

“The Good Times Keep Rollin”

It was time for our 30th Annual Turkey Shootout Racquetball Tournament. This was a big year, 30 years so we wanted to make it big. At first, I was hesitant about the tournament if people were even going to show up with the Pandemic going on. I had a meeting with my racquetball committee, we picked a date and went for it. The tournament was a couple of weeks away and I had only about a handful of people registered. I went to social media for

marketing and emails, finally the week of

the tournament my registration number went from 18 to 44

players. I was so excited

that people were finally

registering, and it was

more than last year. The

day of tournament when

I meet new players that

this is their first time

coming, I get a little

nervous, the minute I met

some of them it was like we

had all been friends for a long

time. The weekend was relaxing, there

was laughing, joking all while still playing their

games. During this tournament we have a supper on Saturday night for the

players, and for the first time in a while it was a full house. We ate, chatted,

players talk about their first time coming and the past players about their

experience coming, and we also do prize giveaways, during this time I get up

to say a few words and I am not one to speak in front of everyone. This time

was different, it was very welcoming, and I could not have asked for a better

turn out for this tournament.



Written by Stacy Castoe – Dome & Operations Director