

Sioux Falls Family YMCA, 230 S. Minnesota Avenue, Sioux Falls, SD 57104 [www.siouxfallsymca.org](http://www.siouxfallsymca.org), 605-336-3190

*“The mission of the Sioux Falls Family YMCA is to serve all people and to help them reach their God-given potential through the development of spirit, mind, and body.”*

**Celebrating**  
**90 Years!**  
**in Sioux Falls**

**Friday, Sept. 11; 6 am to 7 pm**

- 20% Discount on all adult full pay memberships that sign up on the 11th.
- No Join Fee!
- Free lifetime membership to all existing and new members that are 90 years old or older on the 11th.
- Live radio remote from 11 am to 1 pm with Free Giveaways!
- Participate in one of the exciting classes offered that day.
- Open House from 10 am to 7 pm – Join us for a free tour of the facility.

**FREE FOOD!**

 230 S. Minnesota Ave.  
Sioux Falls, SD 57104  
Phone: 605-336-3190

E-mail: [Info@siouxfallsymca.org](mailto:Info@siouxfallsymca.org)  
[www.siouxfallsymca.org](http://www.siouxfallsymca.org)  
Financial Assistance Available

## 90 Years and Still Going STRONG -

### YMCA Celebrates 90 Years of Making a Difference in Sioux Falls

The Sioux Falls Family YMCA will celebrate their 90<sup>th</sup> Anniversary as an organization, September 11, 2009. Although the YMCA began in Sioux Falls in 1886, it was not until 1919 that the Sioux Falls Family YMCA filed Articles of Incorporation papers with the State. Over the past ninety years the YMCA has seen many changes: from an all-male membership to family memberships; from sleeping rooms to GTS studio, from Canteen dances to Middle School After School talent shows. This organization has changed over time to keep current with the needs of the community.

Among the many changes there have been some constants. Currently there are 4 members that have continued their membership for more than 70 years; **Claude Hone - 82 years, Phil Rysdon - 72 years, Jim Kirschman - 72 years, and Larry Kirk - 71 years.** We also have several members that have continued their membership for 50 years or more. They are:

David Stavig - 66 years

Robert Hazard - 66 years

James Westby - 65 years

Harold Ersland - 59 years

John Marshman - 59 years

Claude Krause - 52 years

Wesley Nelson - 50 years

To help celebrate this momentous anniversary, the YMCA is giving lifetime memberships to any member over the age of 90. These members are Larry Kirk, John Lalley and Eugene Person. Congratulations to all of these long-time members and thank you for being such terrific role models for others, you are truly inspiration to all!

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## MEMBERSHIP NEWS...

You asked for it and we responded. Have you noticed the new changes to our facility? We have installed new Cybex equipment in Foster Conditioning, new paint in the Welcome Center area, new wellness classes will begin this fall, and much more.

Exciting news! Our corporate transportation program will start up again on Monday, August 24<sup>th</sup>. If you would like a free ride to the YMCA for your workout from 11:00 am to 2:00 pm, just call the YMCA the day before and schedule a pick-up. We have been gifted with a wonderful Winnebago conversion van...so get ready to ride in style.

We would like to thank all of you that participated in our annual member survey. Overall, the survey showed us that our members love the YMCA and feel that the staff cares about them. The new equipment was a good addition to our facility and that we have some of the best aerobics instructors in town. We will use all of your comments as we move forward in improving our facility.

## **Y's BUYS Thrift**

Every Tuesday receive a 25% discount on all purchases.  
 Every Thursday from 9am to 11am enjoy in-store specials (pick up a flier for weekly specials.)  
 Did you know that we also pick-up furniture by appointment only? Call Roger or Mike at 339-0904.  
 Cars are a great donation as well!

**25,000 Square Feet of high quality thrift items and antiques. All YMCA members receive a 25% discount every Wednesday. Just show your membership card at the register.**

**Y's Buys Thrift  
 2721 West 41<sup>st</sup> Street (41<sup>st</sup> and Kiwanis) - 605-339-0904**

**Surpassed  
 Stretch Goal!**



This year's annual **Strong Kids Campaign** met the original goal of \$170,500 and surpassed the stretch goal of \$187,500. A Huge thank you to our Leadership Team:

### **Campaign Chair**

*Chris Thorkelson*

### **Vice Chairs**

*John & Sherry Archer*

### **Division Leaders**

*Camille Lewis*

*Drew Reaves*

### **Team Captains**

*Jeff Edman*

*Mike Mahan*

*Dave Neiman*

*George Peterson*

*Tate Profilet*

*Jim Schnatterly*

*Dave Stadheim*

*Mike Teslow*

*Mark Wahlstrom*

*Carl Wynja*

This campaign raised much needed funds for:

- ◆ Camp Scholarships
- ◆ Life-saving Swimming Lessons
- ◆ Financial Assistance for Families
- ◆ Youth Wellness Program Subsidies

**Memorials Received for 3 long-time members: Dick Pruitt, Robert Stevenson & Merle Moxnes.** These gentlemen enjoyed many years of fond memories of our YMCA. They will be missed.

### **YMCA Golf Classic fore the Kids**

- ◆ We had a fabulous event and were blessed with a "perfect" weather day. The event netted \$183,000 for the Afterschool Program.

Thank you to our presenting sponsor, Starmark!

## **GRANTS AWARDED - THANK YOU**

- ◆ We received a grant from the Sheldon Reese Foundation to cover the cost of Pool Drain Cover Compliance upgrades.
- ◆ We received funding from HSBC - North America for Camp Scholarships.
- ◆ JCPenney Foundation has been very active in supporting the Middle School After School program through their in-store "Round Up" Afterschool

### Volunteering for Dollars

Does your company provide incentives for you to get involved in your community - Ask them! Several organizations will provide funding to the nonprofit of your choice in exchange for volunteer hours.

Our YMCA has benefited from several companies through this program such as; Citi, HSBC, Safeco and WalMart.

### 2009 Member Appreciation Days

Friday, September 11  
Friday, November 27

## Have you remembered the Sioux Falls Family YMCA in your will?

### A Man, A Woman and a 5K!

Welcome to the First Annual 5K Walk/Run at Family Wellness. "Run Haley Run" will be held September 26<sup>th</sup> at 8:00 am. It will start and finish at Family Wellness. Please contact them for further information at 323-6900.

You are invited to wear your wedding attire, from your dresses, suits or something as simple as a garter and neck tie! Come out and have some fun. Price before September 11<sup>th</sup> is \$20, after the 11<sup>th</sup> is \$25.

*Love is just a stride away!*



YMCA Healthy Family Home is a partnership with Eli Lilly and Company to provide families with practical, flexible tools and support for making lasting changes for a healthier, happier life.

- There are three keys to creating your healthy family home; play every day, eat healthy and make family time. Spending time together is one of the best health investments families can make.

- As part of the YMCA's continuing effort to support families and individuals in their pursuit of health and well-being, Y-USA is working with the American Psychological Association (APA). The APA and the YMCA are both committed to the health and well-being of individuals and families, and, particularly, to providing resources in helping them lead healthier lives.

- Visit [www.healthyfamilyhome.org](http://www.healthyfamilyhome.org) to download a Healthy Family Home Starter Kit and learn more about tips and tools to help you on your path to healthier living.