



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**Greater Green Bay YMCA**  
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# BUILDING FUTURES

The Greater Green Bay YMCA

Fall 2011

## MIELCAREK AND LAU RECEIVE 2011 BARTMANN MEMORIAL SCHOLARSHIP

In honor of John Bartmann, a pioneer in the Green Bay fitness movement and longtime fixture at the Green Bay YMCA, a \$1,000 scholarship is awarded each year to an employee or employee family member who is pursuing a career in a health and fitness related field. This year, due to the generosity of a member of our scholarship committee, we were fortunate to be able to provide two scholarships. Please congratulate Megan Mielcarek and Tony Lau, the 2011 John Bartmann Memorial Scholarship recipients.



Megan is employed at our East Side Y working in preschool, kids korner and gymnastics. She is a returning adult student at UWGB pursuing a degree in Nutrition. Since joining the YMCA she has incorporated a healthier lifestyle into her household and is inspired to help others achieve a healthier lifestyle.



Tony was most recently a lifeguard at the East Side Y and has been accepted into Marquette University's Doctorate of Physical Therapy program. Tony attended Denmark High School where he excelled academically, and participated in a wide variety of activities ranging from athletics such as golf, cross country and football to academic teams like math, social studies and ecology.

# FOR YOUTH DEVELOPMENT

## UNIQUELY HOLLAND

For five-year-old Holland, having Down Syndrome doesn't keep her down. In fact, when she's ready to get up and running our family heads to the Y. Even before she could walk, Holland came along for the ride as I toned up with stroller aerobics. Soon she was scooting her way around the gym at Rainbow Rompers. And not long after her successful heart surgery, she was kicking and splashing in her first parent/child swim class. At the prompting of Birth-3 therapists, we soon enrolled Holland in Tumble Bugs, Jitter Bugs and other tumbling classes, which improved her gross motor skills. Now she's moved up to gymnastics.

Having an extra chromosome may make our little girl a little different, but it also makes her "uniquely Holland." And that's something we'd never want to change. It's also why we feel fortunate to have found a place like the YMCA that welcomes everyone...just the way they are!

Sharon, Holland's Mom



# FOR HEALTHY LIVING

## ORDINARY DAY, EXTRAORDINARY CHANGE

Sometimes ordinary days come along that change our lives in extraordinary ways. For me, that day was the day I decided to take control of my life by becoming a Y member. I had been overweight for as long as I could remember, but with few exceptions had never taken many steps to become a healthier person. I'm not sure what changed that day, but something clicked in mind and I knew that losing weight was something I needed to do.



My sister had lost a significant amount of weight through running, and I saw how drastically her self-confidence had improved. Following her lead, I decided to become a runner and set the lofty goal of running the Bellin Run 10k that June. Early on a cold January morning, I dragged myself out of bed, laced up my beat-up Nikes and headed to the Broadview Y. On the track, I ran a single lap, and was so winded that I needed to walk the next several laps. Gradually, I began to increase the number of laps I ran in a row. Suddenly, running went from being something I dreaded to something I looked forward to doing each day.

I successfully ran the Bellin and as soon as I crossed that finish line I knew I needed to set a new, loftier running goal. That September, I ran my first half marathon. In October, I completed the Milwaukee Lakefront Marathon – a race that was particularly special to me because I used to cheer my dad on as he ran it and I never thought our roles would be reversed. Running has become like therapy for me – a time to make plans, think about things that are going on in my life, and, most importantly, a time to be thankful for how far I've come.

Thanks to the Y, I have become not just a person of strong body, but also one of strong will and strong faith. I am the same girl who set out that January day, but the miles I have traveled on my journey have made me a fitter, thinner, braver, prouder, happier, and more confident version of her. All because I ran that first lap at the YMCA.

Maribeth

# FOR SOCIAL RESPONSIBILITY



## DEALING WITH THE LAST CARD

My father was a special man to me. He taught me many things in life, as most fathers do. He was a man of few words, but when he spoke you listened. He wasn't one to show affection; he just expected that you knew he loved you. Even though he didn't tell you verbally, he tried to show you the best he could. In November of 2010, dad thought he hurt his shoulder while doing maintenance at his job. He already had arthritis in his shoulder, so for weeks he just sat with a heating pad on and off dealing with the pain in-between work shifts. In December, he went to his doctor because the pain had taken over his neck as well. The results were stage 4 lung cancer. He took on chemo and radiation and still tried to work. Dad never drove a car so he walked every day to keep his muscles active.

Dad lived only a few blocks away from the Downtown YMCA. He used to love the sauna so we got permission from his doctor for him to use one at the Y. The sauna was his escape. The heat comforted his body and helped relax his aching muscles. It was quiet and peaceful, and he could relax. Only 2 months later, dad could no longer work but still walked to the sauna.

In February, cancer took his ability to get out of bed. Dad was a mere 80-some pounds now. I sat with him everyday between shifts and stayed at his home to help as best as I could. We joked about the sauna and how I could roll him there in the wheelchair even though we knew he was too weak to go. Dad took my hand and told me he loved me for the first time in a long time. 2 days later, he was no longer able to talk. Cancer had taken over his airway, no longer allowing him to eat or drink.

On March 6th, only 6 months after his diagnosis, I told my father it was ok to go. I sang him a lullaby and held his hand while he took his last breath. Out of the corner of my tears, I saw his gym bag for the sauna. He had it packed so nice and neat. With the help of the Strong Kids Campaign, I was able to bring him a little piece of comfort and independence, while he was dealing with his last card in life. Thank you Y, from the bottom of my heart, for being my helping hand and extending a hand to my father.

*Kathleen Johnson, dedicated to my father George Johnson Sr.*

## SHOPKO FOUNDATION PROVIDES OEE GRANT

Thanks to a grant from the Shopko Foundation, Nicolet, Tank and Howe schools all participated in Outdoor Environmental Education program at Camp U-Nah-Li-Ya.



## STRONG KIDS STILL NEEDS YOUR HELP



Kimberly DeYoung, Terri Trantow, & Shanna Graykowski, representing US Bank, visited the YMCA/21C Eisenhower After School program to present the Y with a contribution to the annual Strong Kids Campaign. We are still in need of donations to reach our annual goal of

\$580,000. Please consider a year end gift to the Strong Kids Campaign. Find us online at [www.ymcastrongkids.org/wi](http://www.ymcastrongkids.org/wi)

## IMPROVING CAMP U-NAH-LI-YA FOR GENERATIONS

We are incredibly excited to announce that our Generations Capital Campaign for Camp U-Nah-Li-Ya has surpassed the \$3,192,975 goal to complete Phase I of our Master Plan and we have set our sights on raising the additional funds for Phase II.

The Generations Capital Campaign is the start of a multi-year master plan for Camp-U-Nah-Li-Ya. Projects we will be completing in Phase One include: major renovation to the Resch Welcoming Center, addition of multi-purpose space in the dining hall and expanded kitchen storage area, construction of a new west bathhouse, construction of a new lodge overlooking Bluegill Pond, replacement of Cabin 9, construction of a new nature center, a new sail staging and storage area, renovation of the east bathhouse, and construction of a new maintenance building.

The second phase of the Camp U-Nah-Li-Ya master plan will focus on the replacement of the remaining cabins on the east side of camp. The third phase will address the needs of staff housing, improving the pedestrian traffic areas around camp, repairing the marsh walk, and building a new boardwalk and deck along the lagoon.

TO LEARN MORE ABOUT GENERATIONS – A CAMP U-NAH-LI-YA CAPITAL CAMPAIGN VISIT [WWW.UNIEGENERATIONS.COM](http://WWW.UNIEGENERATIONS.COM).



Grandpa Gregg was teaching granddaughter Madelyn to shoot archery; however, Madelyn was too small to hold the bow. Grandpa knelt down, wrapped her in his arms and she covered his hand with hers as they pulled back on the string. Madelyn danced with delight every time an arrow flew.

Grandpa's patience never wavered as he savored every moment. Ahh, magic; but there's more. Later that day, Grandpa Gregg (with tears in his eyes and a catch in his voice) shared his story: he was saddened when 7 years earlier his youngest daughter went off to college and their weekends at Camp Unie came to an end. Gregg thought camp was destined to be a cherished memory, until Madelyn came into his life and was finally old enough for another generation of magic moments to begin.

## THANK YOU TO OUR CAMPAIGN LEADERSHIP

Campaign Chairs  
Honorary Chair  
Advanced Gifts Chairs  
Community Chair

Tim & James Kneeland  
Dick Resch  
Rick & Susie Beverstein  
Tim "Morty" Richter

A special thank you to the many campaign volunteers that were the key to our success. Your devotion to Camp U-Nah-Li-Ya is truly amazing.

