



# Kosciusko Community YMCA

## Member Newsletter

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### Member of the Month



I am the Disaster Relief Coordinator for World Compassion Network. I have lived in Warsaw most of my life. My family and I have been members of the YMCA since 2003. The YMCA offers so many things for

families and we have taken advantage of swimming, gymnastics, t-ball and so much more over the years. It was nearly five years ago that my heart was being stirred to be physically and spiritually healthy. I woke up one day and went for a run; I ran for nearly one minute and had to stop. I challenged myself each day to run further and longer. I came to the YMCA more and more; I signed up for cycling, swimming and ran on the treadmill. I registered for a 5K to give myself a goal to work toward. Thanks to the YMCA instructors and staff I have lost nearly 50 pounds and am in the best shape of my life. On October 11, 2009 I ran in my first full marathon, the Chicago Marathon. This was my first attempt at a race of this distance. Although I did have physical goals in this endeavor there was a much deeper spiritual goal I accomplished. When I accepted the position on November 2008 at WCN, I knew that one of the challenges would be raising my own funds. I prayed that God would give me creative ways to raise these funds. He placed this event on my heart, not just to run, but to run with a purpose. As I ran through the city of Chicago I ran for the victims of hurricanes, tornados, and most recently the Typhoons in the Philippines. While running I prayed that God would give me strength to finish strong. At mile 24 I began to laugh and cry at once. God was faithful to me again. He was giving me strength to finish a marathon, allowing me to bring awareness to the poor and suffering, all For His Glory. The YMCA has developed a culture for families to grow physically and spiritually in the town of Warsaw. Thank you to all of the staff at the YMCA for making a difference in many lives.

*Clark Shepherd*

### Mommy and Me Apron Action

November 6  
6:00-8:00 p.m.  
All ages

Moms bring your kids to paint aprons together.

### Men's Basketball League

Ages 18-35 league and a 35 and over league. Registration starts November 12.

### Youth Dodgeball

Starts November 16  
Monday & Thursday  
4:30-5:30 p.m.  
Ages 10-15

### Teen Night After Hours

November 13  
10:00 p.m.-2:00 a.m.  
Ages 12-15  
Swim, Climb, Lights Out  
Dodgeball



### Corporate Challenge

Winner: Biomet  
Spirit Award: Creighton Brothers

### Help our neighbors in need!

Operation Thanksgiving Dinner  
Decorate and fill a Thanksgiving box for a needy family from our community. Ask for more info by Nov. 15.

### Family Strengthening Week

November 23-28

### Is your family ready for a challenge?

Family Feud: Complete 12 tasks as a family, first family to complete will be our family of the month!

See the Welcome Center for a check off sheet

- Complete one Dance Dance Revolution dance
- Participate in a game of Wii bowling
- Attempt 2 climbs on the climbing wall
- 30 minutes of family pool time
- Walk 1/2 mile on the track
- Play a game of PIG in the gym
- Complete a family craft in the Youth Center
- Write a story about your family
- Donate one canned item for the food drive
- Play a board game in the Youth Center
- Attend one family fitness class
- Ride the Y bikes as a family