



-update

News from **Baierl Family**  
**YMCA**

A branch of the YMCA of Greater Pittsburgh

## Imagine...

It was only a few years ago that members of our community imagined if there were a full service YMCA, how it might change their lives. How fortunate we are today to not have to imagine if. Today, our YMCA helps the community to be well, to serve as a social gathering place, to actively engage teens, to help a family who is struggling financially to be able to participate and on and on and on. The list of what is just that, a list. The impact that our YMCA has on everyone is the real story. Sure we have a beautiful building, great equipment and caring staff and volunteers. These are the tools which we are fortunate enough to have to work with.

With the resources available to us, the imagine if question becomes for all of us, *imagine how...?* Imagine how we can change an adolescent's outlook of exercise with the XRKade? Imagine how we can help to engage members of our community in healthy lifestyles who don't know where to begin? Imagine how we can grow the confidence of someone who has never run a marathon to finish one? Imagine how we can help people who have had serious cardiac episodes to return to excellent health? Here's the thing, all of these things are going on at our YMCA everyday because we are continually challenged by *imagine how*. The great facilities, staff and volunteers let us turn imagine how into wow!

The YMCA certainly is an important part of my family. We are regulars at not just one YMCA every week, but four. Working out, dancing, playing tennis, swimming, whatever it might be, the YMCA is there for me, my wife, and two daughters. We came to Pittsburgh almost five years ago and are very thankful that we *imagined what* the YMCAs here could become.

Let's revisit that *imagine if*. Imagine if there was no YMCA in the community? How different would life be for everyone? No Over 40 bunch. No group of Teen Leaders from different schools who are becoming one group together. No group of ladies gathering daily to challenge themselves in more physical ways all of the time. The YMCA is the place where all of these relationships have been fostered. As we enter what is always a busy holiday season, please take the time to join me and my family in taking time to be thankful that the YMCA is such an important part of all of our lives.

*Ken Soliday, Executive Director*

The Baierl Family YMCA Board of Management has been busy over the summer and early fall. We have formed and staffed our committees, comprised of volunteers and staff members for our 2009-2010 campaign. One of our focuses last year was to identify great volunteers to add to the board. At this time, I would like to make special mention of and welcome the four newest members to our board—Tom Baker, Amy Franz, George Guentner, and Paul Katus. We are excited about what these individuals bring to our volunteer organization.

One of the most important elements of running a successful YMCA is having a strong volunteer base. I am confident that the addition of these individuals enhances our YMCA. I would like to acknowledge the efforts of our Leadership Development Committee, led by Erich Smith, in helping find great volunteers. If you are a member of the Baierl Family YMCA and would like to investigate the volunteer roles available in our organization please do not hesitate to call us. We are always looking for volunteers committed to the mission of the YMCA.

Over the past 6 months in one way or another, all of our board members have been involved with our Strategic Plan for 2009-2012. A few board members have been very involved with the details of this process. Although this strategic plan has not been finalized, we are well on our way. As you might imagine, there are many priorities, objectives, initiatives, benefits, and other forms of "consult speak" that we address in this planning process. Also, the responsibility of the execution of this plan will rest mainly with the staff and our board of management. One area that we would like to enhance our focus is community outreach.

*Continued on page 2*

## The Baierl Family YMCA Board of Management

*Continued from page 1*

Last year you may remember that we revamped our committee structure to more accurately reflect the new work required of our new facility. We have taken this and many other steps to “settle in” and better serve our diverse membership. Now we want to look outside of our walls and make a more meaningful impact in our community. Specifically we would like to focus on outreach and add new programs and services for the underserved of our community. We have a few ideas of our own. If you have an outreach idea or opportunity for the underserved of our community and think there is some type of role that the Baierl Family YMCA might be able to play please call me. You can be put in contact with me by calling the YMCA at 724-934-9622.

*David Groetsch*

Chairman of the  
Board of Management at the  
Baierl Family YMCA.

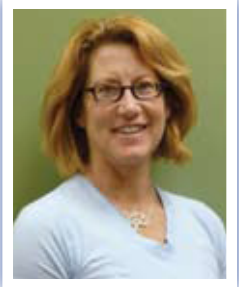
## Welcome Our New Employees!

My name is Melanee Ferrier and I recently relocated to the Pittsburgh area from Marquette, Michigan. I graduated in 2005 from Northern Michigan University with a Bachelor of Science in Media Production and I am currently working on my MBA in an online program. I have worked in many different areas of the YMCA organization for about five years. As Associate Youth Director, my area of responsibility includes the XRKade, climbing wall, birthday parties, Teen Leaders club, and tween programs. I am very excited about the opportunities that are ahead and I look forward to meeting all of you.



*Melanee Ferrier*

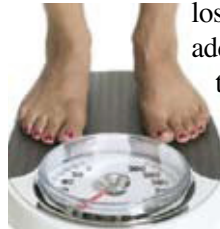
My name is Linda May Conner. I was recently hired as the Regional Director of Healthy Lifestyles for both Baierl Family YMCA and Western Area YMCA. My background is diverse in the fitness arena. For the past nine years I was self employed as a personal trainer for in-home clients and various fitness centers in the Pittsburgh area. My group fitness certification covers spin, body sculpt, beginner Pilates, power yoga, and youth fitness. Prior to this employment, I developed leadership training and curriculum and was a professional trainer for corporations. I am very excited about assisting you in your personal journey in health.



*Linda May Conner*

## 2010 Weight Loss Challenge

The 2010 Weight Loss Challenge begins on January 10, 2010. Initial weigh in celebrations will take place on January 7 at 6:30 p.m. and January 9 at 10:30 a.m. Each week participants will weigh in and the percentage of weight loss will be posted on [www.backline.com](http://www.backline.com) so everyone can track their results. Prizes will be awarded to the top three males and top three females with the highest percentage of weight loss. Each week participants will be invited to a group meeting that will focus on healthy weight loss, lifestyle changes, coping with challenges and goal setting. In addition to meetings and lectures you will receive a weekly informational piece about weight loss and exercise from a certified personal trainer or dietician. The 2010 Weight Loss Challenge is sponsored by Chiropractic Family Health Center. For more information on how to register, call our Welcome Center at 724-934-9622.



## 2010 Triathlon

Thanks to everyone who volunteered and participated in the 2009 Triathlon, the event was a huge success! Thanks to our sponsors Janney Montgomery Scott LLC and to Tri Rivers Surgical Associates for their generous support of the Triathlon.

We are already starting to work on the 2010 Triathlon which will be held on August 8, 2010 at North Park. We are looking for volunteers who would like to be on our Triathlon committees to help with planning and sponsorships. If you are interested in joining these committees please email Kathy Nipps at [knipps@ymcapgh.org](mailto:knipps@ymcapgh.org).



**United Way Campaign** *When you are giving a donation to the United Way campaign this year, please consider designating your gift to the Baierl Family YMCA #4827. We appreciate your support!*

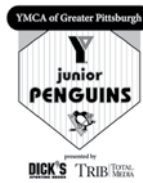
**TEEN LED, TEEN DRIVEN.**

**So what is the YMCA Teen Leaders Club?**

Leaders Club is for teens ages 12-17 who are interested in building their leadership skills, gaining valuable teamwork experience, and working in their community through volunteer opportunities. Leaders work throughout the school year to make a difference by serving their community and participating in social and team building activities. Teens meet once a week to plan upcoming events and volunteer activities. If you would like to meet new people and learn new things contact Melanee Ferrier, Associate Youth Director, at 724-934-9622 or email mferrier@ymcapgh.org.



**Junior Penguins Hockey**



It's time to dust off your hockey gear and join us for the Junior Penguins hockey program.

The Junior Penguins hockey program is a grassroots effort by the Pittsburgh Penguins hockey team and the YMCA to get kids who have little to no experience playing deck or floor hockey, grow to love the sport. The Junior Penguins

hockey program is held in YMCAs all over the Greater Pittsburgh area and will be held at the Baierl Family YMCA again this year! The goal of the program is to teach hockey fundamentals, teamwork, fair play, and the value of exercise. Teams will be formed based on skill and age. The program begins on January 9, this day is skills day to assess each child so they can be placed on the appropriate team. The following three weeks are team practices at designated times and the first day of game play begins on February 6. Each participant will receive a hockey stick, t-shirt, and other great Penguin giveaways throughout the season. This is a great program to try a new sport or freshen up your skills, but definitely to play, have fun, and make new friends! We're looking forward to another fun session this year!

For more information call Megan Desmond, Associate Physical Director, at 724-934-9622 or email mdesmond@ymcapgh.org.

**SUPER GOAL SATURDAY**

The Radio Disney Crew will team up with the Baierl Family YMCA for a fun day of sports, games, and prizes to get ready for the Super Bowl! Everyone will receive a Passport to Play which will direct you to all of the funtastic stations so you can earn points toward a prize. The event will be held on Saturday, February 6 from 1-3 p.m. at the Baierl Family YMCA. Bring your friends and join us for Super Goal Saturday!



**Aktion Club**

The Kiwanis Club of Allegheny North and the Baierl Family YMCA are currently seeking charter members for a Kiwanis Aktion Club in Northern Allegheny County. Aktion Club membership is open to adults over the age of 18 with physical or mental disabilities. The club will meet regularly in the North Hills for social activities and community service.

The Mission of Aktion Club is to provide adults with disabilities an opportunity to develop initiative and leadership skills, to serve the community, to be integrated into society and to demonstrate the dignity and value of citizens living with disabilities.

If you or someone you know is interested in becoming a charter member of the Allegheny North Kiwanis Aktion Club, please call the YMCA at 724-934-9622. For more information on Aktion Clubs visit the Kiwanis web site at [www.aktionclub.org](http://www.aktionclub.org).



[www.ymcapgh.org](http://www.ymcapgh.org)

## Cookies with Santa and Tree of Lights



Bring the children to the Baierl Family YMCA on December 12, 2009 from 12 to 2 p.m. for our 2<sup>nd</sup> annual Cookies with Santa event. Your children will enjoy holiday themed crafts and games.

Santa will be strolling around the YMCA visiting the children, bring your camera and get a picture with him. While at the event, help light our tree by supporting our Tree of Lights which will be held on Monday, December 14, 2009 at Trinity Lutheran Church on Brandt School Road at 7 p.m. We invite you to purchase a colored light in honor of or in memory of a loved one or use it as a year-end gift to the Baierl Family YMCA. Your light will be displayed in the lobby of the Baierl Family YMCA on our Tree of Lights, and your name will be read during the event. The Tree of Lights ceremony includes the reading of the scroll, with our 4 year old preschool, a performance by the Shaler Area Choir and a group sing a long. Refreshments will be provided after the event. All donations from this event are tax deductible and support our Campaign for Strong Communities. For more information please contact the Baierl Family YMCA at 724-934-9622 or [mwalker@ymcapgh.org](mailto:mwalker@ymcapgh.org)

## Birthday Parties at the Y!

Sit back relax and let us do the work! The Baierl Family YMCA is now offering full service theme parties for our Full Facility members. Activities include gym games, pool fun, climbing wall challenges or play in the XRKade. We will provide the decorations, balloons, party photos and a coordinator for the party. For details on party planning, call Melanee Ferrier at 724-934-9622 or email [mferrier@ymcapgh.org](mailto:mferrier@ymcapgh.org).



## Teen Birthday Parties!!!

Want to have one of the coolest birthday parties ever? Grab 30-50 of your closest friends and step into the XRKade as we dim the lights and have a cool light show on the dance floor. You can play one of the many games the XRKade offers or you can dance with all your best friends to the music you want...just plug in your iPod! All of this can be yours for only \$300. Call Melanee for more details at 724-934-9622.



## All Night Lock In

Jumpstart your holiday season! The Baierl Family YMCA is offering an All Night Lock-In for youth 7 to 12 years old on Saturday December 19 from 7 p.m. to 9 a.m. The evening will feature games in the gym and XRKade, swimming, rock wall climbing and holiday treats! We will provide dinner, snacks, breakfast, prizes, and FUN!!! All participants should bring a change of clothes, pajamas, sleeping bag, pillow, tennis shoes, toiletries, and a bathing suit. Please DO NOT bring iPods, cell phones, money or snacks. The fee for Full Facility members is only \$30 per person and the fee for Program members is \$40 per person.