



Summer 2009

Connecting members, contributors and friends.



A Message from Glenn Haley YMCA Of Greater Cleveland President and Chief Executive Officer

Time seems to escape us. It is hard to imagine that we are already half way through 2009, but a glance at the calendar proves that to be true. So much is happening at the YMCA of Greater Cleveland! And it seems that so much has happened since my last communication with you. To use a phrase popular in the current vernacular, It's all good.

In the toughest economy since the Great Depression, your Greater Cleveland YMCA has fared extremely well. You, as members, have continued to remain committed to our organization.

You have continued to demonstrate that you value what we offer to you – and you have stayed actively engaged with us. I thank each and every one of you for that.

That helps us maintain the fiscal health of our organization, which has been a dominant presence in the Northeast Ohio region for 155 years, and will continue to remain so, because of you and your loyalty and support.

One of the most significant happenings recently has been our conversion to a new Information Technology system, which began officially on March 18. We now offer you the ability to register online for YMCA of Greater Cleveland memberships, programs and the many services we provide. It's a move that we believe will make being a YMCA of Greater Cleveland member easier, and more convenient for you.

With that conversion, we also undertook a new campaign to re-card all our almost 40,000 members with new identification photo I-D cards. We thank you for your patience during this process, and urge you to visit the Member Services Desk of your neighborhood Y branch to get your new identification card if you have not yet done so.

We have also centralized all our Business Operations to provide greater access and convenience for you. This is specifically designed to make your YMCA experience more efficient and convenient. If you have questions or concerns, a member of our Central Business Office is available to you via telephone six days per week. Hours are 7:30 a.m. – 7:30 p.m. Monday through Friday, and 9 a.m. – 1 p.m. Saturday. You can call (216) 781-1337 to have a concern addressed.

We're excited about the fact that we'll continue to expand our wide array of programming this fall. We will begin a Charter School Sports Program with 21 different charter schools in Northeast Ohio.

This September, we will be offering a new personal training package for all our members, including Pilates training, Marathon training and a special one-on-one program design.

We have also re-tooled the program now known as Y-Cycle, to better meet your needs and expectations.

We've listened to you and are responding to your concerns to make the Greater Cleveland YMCA all that you want – and need – it to be. Our philosophy is simple: It's all about you. Because of you, we continue to do well.

Please accept my warmest personal thanks for your continued support and involvement. You are the reason we remain strong, vital and relevant in the Greater Cleveland community. You are the reason we will continue our mission of putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

It is our pleasure to serve you and help you to meet your personal health and wellness needs. ♦

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has been a dominant presence in
Northeast Ohio for 155 years.*



Y-Haven Chorus Performs at City of Cleveland “Senior Day”

The Y-Haven Men’s Choir performed a musical invocation at the City of Cleveland Senior Day, Thursday, May 21. The theme for the day was “Living Today for a Better Tomorrow.”

Twenty-one senior citizens received special recognition for their community contributions.

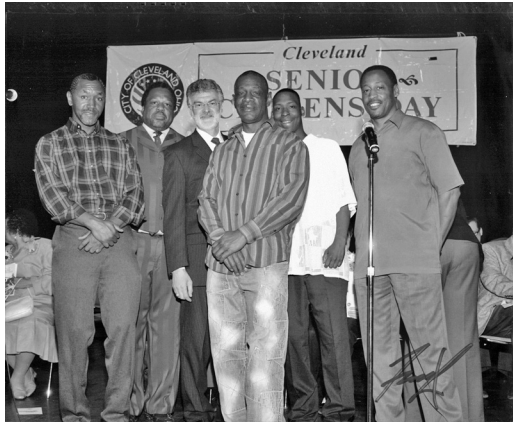
“These honorees are outstanding examples of the thousands of Cleveland seniors who continue to devote their time and talent to make positive change in our neighborhoods,” said Cleveland Mayor **Frank Jackson**.

The annual event is sponsored by the Cleveland Department on Aging.

Master of Ceremonies was WKYC-TV (3)’s **Dick Russ**.

Y-Haven is a program of the YMCA of Greater Cleveland. It offers transitional housing to homeless men with substance abuse issues.

Chip Joseph is Y-Haven Executive Director, and **Janet Schneider** is Y-Haven Director of Operations. ♦



New Summer Hours are in Effect

Beginning this Memorial Day and continuing through Labor Day, all YMCA of Greater Cleveland branches with the exception of the Lakewood Family YMCA and the Ridgewood Y-Express inside Parmatown Mall will close two hours earlier on Saturdays and Sundays.

Regular hours will resume on the Saturday and Sunday after Labor Day 2009, or September 12 and 13, 2009.

SUMMER SCHEDULE

Memorial Day to Labor Day

Monday-Friday:
5:30 a.m.-10:00 p.m.

Saturday: 7:00 a.m.-4:00 p.m.

Sunday: 10:00 a.m.-3:00 p.m.

Meet Richard Karberg

Cleveland YMCA’s Own Marathon Man

BY JUSTIN HALEY

Would you volunteer to participate in a marathon walk through the desert with a 35 pound bag strapped to you?

67 year old **Richard Karberg** would.

The Bataan Memorial Death March will take place in New Mexico on March 21, 2010. It commemorates the transferring of both Filipino and United States soldiers by the Japanese during World War II. Karberg hopes to be there next year.

“One of my friends did it this year. Now that he’s done it, I have to consider it!” Karberg said.

Born and raised in the Cleveland area, Karberg is a marathon walking enthusiast and an active member and supporter of the YMCA of Greater Cleveland.

Karberg recalls his childhood, walking throughout the west side of Cleveland running errands for his family.

He said, “Walking was always a part of something I did.” In his young adulthood, Karberg worked out in the gym mostly and started power lifting. It was only three years ago when he started marathon walking.

Marathon walking is one of the fastest growing sports in America, and Karberg is one of the few to jump starting this revolution.

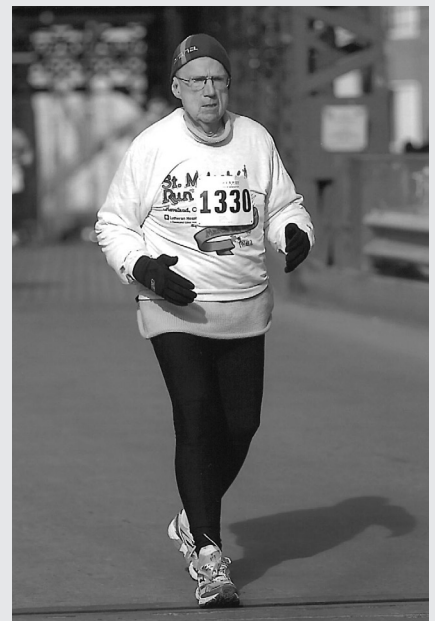
He said, “I got interested, so I signed up for the Toronto Marathon with no experience. I am a very determined person and I wanted to give it a try.”

After his first run, he said crossing the finish line was exhilarating. “After my first run, I had a natural high and it was remarkable. I did the Cincinnati and Ottawa Marathon and realized I should do more, but I needed help so I joined the Downtown Y.”

Karberg paired up with the Greater Cleveland YMCA’s Personal Trainer and Fitness Guru, **Tony Sigmund**, who’s known as a marathon machine. Karberg continued to work with him and improved his walking times.

“In the spring, I entered local meets and started winning at 67, which was incredible for me.” Karberg shows the utmost respect towards Sigmund and said, “He’s really a great person. He was in the Boston Marathon so knows about fitness and endurance. He’s a great asset to the YMCA.”

Karberg took his walking skills to a higher plateau when he entered in the



Jimmy Fund Walk, which is a cancer fund-raiser marathon in Boston, Massachusetts that uses the same course as the Boston Marathon.

Karberg emphasizes that this is one of the most diverse sports he’s ever participated in. “Marathons have been a life changing experience for me. You really meet a cross-section of interesting people, I think more so than other sports.”

He recalls one of his favorite moments in a marathon was completing it with his son. “It was a great experience to walk with my son,” he said.

Marathons have built his endurance while having fun, he said. “What’s good for me is I’m in better shape than I’ve ever been in the past. I’ve found an activity that is great.” ♦



**Join
us this
summer**
at the YMCA of
Greater Cleveland

**Visit your neighborhood
branch of the YMCA of
Greater Cleveland.**

**11 branches serving the
Northeast Ohio region:**

Downtown, Euclid, Geauga,
Hillcrest, Lakewood, Ridgewood
and the Ridgewood Y-Express inside
Parmatown Mall, Southeast, West
Park-Fairview, and West Shore.



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*We build strong kids, strong families
and strong communities.*

www.clevelandymca.org

**YMCA of Greater Cleveland
Mission Statement**
To put Christian principles
into practice through
programs that build healthy
spirit, mind and body for all.

H1N1 Influenza News

Keeping You Safe and Healthy

The safety and health and well-ness of our members is the top priority of the YMCA of Greater Cleveland.

As we continue to deal with the spread of the H1N1 influenza across both Northeast Ohio and across the country, we want our members to know that cleanliness of our facilities also is a top priority.

We have always practiced these principles, but we want to reiterate them now for the benefit of all concerned. Please exercise these steps to minimize the spread of germs that can cause illnesses such as the H1N1 influenza.

H1N1 influenza in people is characterized by fever, sore throat, cough, body aches, headaches, chills, similar to most viruses. Not all individuals will suffer from all of the symptoms. The illness may last up to seven days, but people are considered to be contagious as long as signs and symptoms persist.

The following guidelines should be exercised to minimize the spread of germs that cause respiratory influenza-like illnesses, especially the H1N1 influenza.

1. Practice good hygiene by sneezing and coughing into a tissue or if not available into your elbow or sleeve. Cover your mouth and nose when coughing and sneezing.
2. Thoroughly wash hands with an anti-bacterial soap for 15 seconds or long enough to sing the Happy Birthday song twice.
3. Avoid touching your eyes, nose and mouth.
4. Avoid close contact with sick people.
5. If you are experiencing flu-like symptoms, stay home from work or school.
6. While at the YMCA, please clean all equipment with the disinfectant that we have supplied.
7. While at the YMCA, please take advantage of the hand sanitizing dispensers that we have provided.

If you have any questions or need additional information, visit the Centers for Disease Control website, www.cdc.gov, or the Cuyahoga County Board of Health website, www.cuyahogacounty.us/index.asp.

The YMCA of Greater Cleveland Invites You to Take a Walking Tour of Cleveland

Join other health seekers while you explore the sights and sounds of Downtown Cleveland and learn interesting historical facts along the way.

All are welcome. You do not need to be a member of the YMCA to participate.

Each Wednesday at Noon, from May through early October, a YMCA of Greater Cleveland representative will lead a Walk around Downtown Cleveland.

Each walk is outlined on a neighborhood map that shows the route on one side and contains Points of Interest on the other side. Map sets can be picked up in the Downtown YMCA lobby or printed by visiting our web site, www.clevelandymca.org.

All walkers are automatically entered into the weekly raffle to win a Dave's Supermarket Gift Card. Walks are held rain or shine, but not in thunder storms.

Downtown Cleveland is a treasure trove of architectural landmarks, each brimming with a history con-

veyed through brief points of interest discussions on the back of each map. We hope you will join us for this opportunity to get to know Downtown Cleveland better while taking steps to get and stay healthy.

Planned Upcoming Walks:

Rock 'n Roll Boulevard Route

Walk Date: July 1

Departure: Rock & Roll Museum Plaza, NW Corner of East 9th Street and North Marginal Road

Distance: 3 miles

This route includes the Rock n' Roll Hall of Fame & Museum, the Great Lakes Science Center, the Historic Gateway District and the Medical Mutual Plaza at Huron Point.

St. Clair Superior Route

Walk Date: July 8

Departure: SE Corner of St. Clair Avenue and East 9th Street.

Distance: 3.5 miles

This route includes the Artist Live/Work District; China Town and the Deli District.



**YMCA
of Greater Cleveland**

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Bruce Noll, Chief Financial Officer

Rick Haase, Editor and Director of Marketing
Communications & Public Relations

Kevin G. Reeves, Photography

Welcome New Staff



Meri Surdoval-Fetkovich

Meri Surdoval-Fetkovich is the new Senior Program Director at the Downtown YMCA. She is a graduate of Edinboro University and Florida Atlantic University.

At F.A.U., she completed her Master of Science Degree in Exercise Science and Health Promotion/Exercise Physiology.

Surdoval-Fetkovich has worked in both corporate wellness and YMCA facilities previously.

She also has expertise working in cardiac rehabilitation, weight loss, Alzheimer's Disease and sport-specific training programs.

She is a certified strength and conditioning specialist and health and fitness instructor.

A former collegiate swimmer, Surdoval-Fetkovich still completes in running events and triathlons.

Carla Turner is new as the Downtown YMCA Membership Director.

Turner comes to the YMCA from the Marriott Hotel Chain. For four years, she worked at the Grand Bahama Island Marriott Hotel, where she served as the Catering Manager.

A graduate of Alabama's Tuskegee Institute, Turner holds an undergraduate degree in political science.

Her passion is serving as an advocate for the health and well-being of children and teens. ♦



Carla Turner