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“Y People” Establish Endowed Scholarship Fund



Seated: Alberta and the late John (Jack) Tomick.
Standing from left, Paul Tomick, John Tomick, Jane Tomick Wold, David Tomick.

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The children of **Alberta** and the late **John (Jack) Tomick** have established an endowed scholarship fund to benefit the YMCA of Greater Cleveland in the amount of \$50,000.

The fund was established in honor of the 60th wedding anniversary of the couple. Sadly, Mr. Tomick, 83, passed away just about a month after a party to celebrate the occasion, which also heralded the set-up of the fund.

As David Tomick, who now resides in Cary, NC, put it, “We’re Y people.”

Indeed, that certainly describes this unique family.

Jack and Alberta met in high school and spent lots of time at the Broadway YMCA in the 1940s.

Both remained involved throughout their adult lives – Alberta was president of the branch’s first Women’s Club, while Jack worked tirelessly as a branch board member and campaigner.

Their children, John, David, Paul, and Jane literally grew up in the YMCA.

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Summer Projects Enhance YMCA of Greater Cleveland Branches

A continued commitment to maintain and enhance the facilities of the YMCA of Greater Cleveland for the benefit of all Y members was evident this summer, as some major improvement projects were undertaken.

Key among those efforts was the work to replace the roof over the West Shore Family YMCA swimming pool, at a cost of almost \$100,000. The West Shore YMCA is located at 1575 Columbia Road, Westlake.

Other major summer projects saw the painting of shower room walls at both the Ridgewood and Southeast Family YMCA branches, located at 6840 Ridge

Road, Parma, and 460 Northfield Road, Bedford, respectively.

Naturestone flooring at the Southeast Family YMCA was also pressure cleaned and re-sealed, after years of wear and tear, according to Southeast Family YMCA Executive Director Maureen Mizerak.

The Hillcrest Family YMCA, 5000 Mayfield Road, Lyndhurst, benefited from the replacement of both inside and outside water main valves, working with Pace Construction.

“The continued enhancement of our facilities is a top priority and will be a major focus for us in the months

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French Creek YMCA at Avon Groundbreaking Ceremony Coming Soon

Mark your calendars. The groundbreaking ceremony for the new French Creek YMCA at Avon will take place later this fall at the construction site at the intersection of State Route 611 and Miller Road (Entrance off State Route 611 directly across from Miller Road). The official date will be set soon. Refreshments will follow the ceremony. ♦



Back row: Ridgewood Family YMCA Associate Executive Director Gary Guzy, Head Coach Mike Milliken, Brad Bielak, Stephanie Andrasek, Dan Fink. Front row: Jamie Puls, Katey Brooks, Brittany Krauth, Jake Jencson, Alyssa Kmet, Annette Frac.

Ridgewood YMCA Swimmers Race Their Way on to the Podium at Y-Nationals

Nine members of the Ridgewood YMCA Swim Team traveled to the University of Maryland to compete in the 2008 YMCA National Long Course Swimming Championships July 28 – August 1. Over 1,300 swimmers representing almost 200 YMCA's across the United States qualified to represent their Y and compete in this national competition.

The nine swimmers included five from North Royalton High School - Katey Brooks, Alyssa Kmet, Brad Bielak, Dan Fink and Jake Jencson; two swimmers from Normandy High School – Stephanie Andrasek and Jamie Puls, and two from Padua Franciscan High School – Annette Frac and Brittany Krauth.

The swimmers were coached by Mike Milliken, once himself member a of the Ridgewood YMCA National Swim Team back in 2002.

According to Milliken, “All of the Ridgewood Swimmers peaked just at the right time during this national competition and put up some amazing times. Not only did they represent their community and YMCA well, but all swam their personal best times.”

The Women’s 200 Meter Freestyle Relay consisting of Brooks, Kmet, Puls and Frac finished in twelfth place with a time of 1:52.90. Katey Brooks also swam a 27.52 in the women’s 50 Meter Freestyle event earning sixth place. Brad Bielak placed third in the Men’s 200 Meter Butterfly with a time

2:07.80, sixth in the 50 Meter Butterfly with a time of 26.39 and tenth in the 100 Meter Butterfly event with a time of 58.07.

In addition, Katey Brooks and Brad Bielak qualified to swim at the USA Grand Prix meet in Madison, Wisconsin in November and the USA Short Course Junior National Championship Meet at the University of Texas in December. Brooks and Bielak are the first swimmers from the Ridgewood YMCA to qualify to swim in USA Junior Nationals and are two swimmers to watch as they both close in on the United States Olympic time trial cut off times for the London Olympics in 2012. ♦

Scholarship Fund

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From Indian Guides (Adventure Guides) to swimming lessons, the YMCA played an integral role in their formative years.

“Every Friday night was ‘Y’ night, with all four kids either in the pool or the gym while Dad played handball,” David Tomick recalled.

The endowment will provide for continuing scholarship and program support for the YMCA of Greater Cleveland.

YMCA of Greater Cleveland President and Chief Executive Officer, Glenn

Haley, and Vice President of Fund Development, Terri Manns, attended the 60th anniversary celebration for Jack and Alberta Tomick, and presented them with a copy of *The Cleveland YMCA: Reflections on 150 Years of Service to the Community*, by Paul Allan Hillmer.

The book featured a personally inscribed brass plate thanking the Tomick’s for their generosity in establishing the endowed scholarship fund, and was dated June 12, 2008, the date of their special event. ♦

Summer Projects

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ahead,” said YMCA of Greater Cleveland Business Operations Manager Jack Schroeck.

“We are committed to maintaining and upgrading all of our branch facilities for our members,” he added.

Other potential projects being investigated currently are the re-shingling of the Ridgewood Family YMCA swimming pool roof and the painting of the exterior of the Ridgewood YMCA branch.

“Just like a homeowner must continuously repair and upgrade their property, we take a similar approach to our buildings,” Schroeck said. ♦

Marathon Program Keeps Cleveland Students Running

It's not often that you get two high-powered Cleveland Chief Executive Officers to join in a race.

But YMCA of Greater Cleveland President and Chief Executive Officer, Glenn Haley, and Cleveland Municipal School District Chief Executive Officer, Eugene Sanders turned out and ran – joining 283 Cleveland students in the 2008 Marathon Program.

The Marathon Program is collaboration between the YMCA of Greater Cleveland, Steps to a Healthier Cleveland, the Cleveland Metropolitan School District and The Rite Aid Marathon.

The program is generously supported with contributions from The Medical Mutual Foundation, The Cleveland Foundation, and the St. Luke's Foundation.

The mission of the program is to encourage healthy habits and exercise in Cleveland's young people.

With our running programs, we strive to teach young people to set and achieve goals, increasing their self-confidence as well as their fitness and endurance. Crossing the finish line is just the beginning.

Facts and Statistics

- At the start of the 2008 program, more than 1/3 of students said they didn't feel the neighborhoods they live in are safe for physical activity.
- A quarter of students training to run the 10K in 2008 started the program as overweight—this is well over the national average for both boys and girls.

- Students identified the fact that they “like to run” as the number one reason that they participated in this program in 2008.

The Marathon Program was launched in 2006 with 81 middle-school runners. The program nearly doubled in 2007 with 150 participants and expanded to include high school kids from St. Martin DePorres.

Additional changes to the program in 2007 included the addition of a team of 10K runners and walkers and expanded race day events.

Structure

The Marathon Program is a 14-week program. Individual teams are formed at schools and community centers. The teams are led by teachers or volunteer coaches and assisted by YMCA coaches and peer mentors. To make sure the program is run efficiently, each team should have 15–30 participants. The teachers/coaches are responsible for scheduling practices, submitting all paperwork and ensuring that their teams attend pre-race events (kickoff, conditioning clinic and practice races—10K teams only).

The Marathon Program offers the students a training schedule that allows them to cover the distances necessary to be prepared for race day. There are two options for training:

1. The marathon, where the students accumulate 25 miles of conditioning over 12 weeks and complete their last 1.2 miles on race day
2. The 10K, where participants safely build up to running or walking 6.2 miles.

“This program is so much more than just running. It is about the triumph of the human spirit – to do something that you can't believe you can do but want to do. We hope after the race is over, their race is still being run for years to come.”

– Dawn Imler, Physical Education Teacher, Buckeye Woodland Elementary

A Marathon Program student does not have to be an athlete to become a participant in this program. The goal for each student is completion rather than competition.

WHO ran this city on May 18, 2008?

- 210 students ran a special 1.2 mile route, accompanied by world class runners **Anne Audain** and **Bill Rodgers**
- 71 students ran the 10K (6.2 miles)
- 2 students ran the Half Marathon (13.1 miles)
- Community leaders—Dr. Eugene Sanders (CMSD), and Mr. Glenn Haley (YMCA)— completed the 10K and 1.2 mile route, respectively
- 718.4 miles were run on race day
- More than 10,000 miles were run by all students throughout the program

Important Future Dates

- Registration begins in December for the spring race
- Program kick-off is in February
- 10K Training starts in February
- 1.2 Milers training starts in March
- Rite Aid Cleveland Marathon is in May

Sponsorship

Students do not pay to participate. The Rite Aid Marathon Charities underwrites the cost of the medals and race entry fees.

The Marathon Program staff undertakes continued fundraising efforts to fully support the students including costs for programming, shoes and t-shirts, which are provided free to every participant.

If you are interested in sponsoring a school or providing funds or in kind donations to help this program continue to grow, expand and provide a high quality experience for participating youth, please contact **Tara Taylor** via e-mail at ttaylor@clevelandymca.org or at (216) 263-6298. ♦

Yes! I would like to sponsor runner in the amount of:

\$100 \$50 \$25 Other: \$ _____

Payment Enclosed Please Bill Me

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ E-mail: _____

Type of Payment: Check MasterCard Visa Discover

Card #: _____ Exp. Date: _____

Signature: _____

Please make your tax-deductible gift payable to: YMCA of Greater Cleveland
2200 Prospect Avenue E., Suite 900 Cleveland, OH 44115-2697
Attn: Terri Manns Vice President of Fund Development



YMCA of Greater Cleveland

YMCA of Greater Cleveland
Association Office
2200 Prospect Avenue, Suite 900
Cleveland, OH 44115

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Musical Treasure Unearthed

It all started innocently enough. Preparing for the YMCA of Greater Cleveland Annual Meeting last April, the find was stumbled upon.

Like buried treasure – literally – the baby grand piano was slowly unearthed in a first floor storage room of the Downtown YMCA.

It's legs were torn off. Boxes were piled on top of it indiscriminantly. The keyboard cover was up – and the hinges were broken, exposing the ebony and ivory keys.

Not a good thing, for anyone who knows about the proper care of an expensive musical instrument.

"I wonder how long it's been here?" asked Director of Corporate Memberships Mike Caprino.

A few months and a little T.L.C. later, and the instrument is permanently gracing a corner of Butler Hall. The piano's legs have been re-attached. It has been tuned to perfection. Ready for use. The cabinetry was polished. And the keyboard cover repaired. A cover now protects the wood. But there are still a lot of unanswered questions about this fine piece of musical equipment.



Anyone with answers, please feel free to share your knowledge.

Further evidence that one never knows what one will find behind closed, locked doors. ♦

The latest edition to Butler Hall is quite "grand."



Banner Effort

The next time you're downtown and driving on either Carnegie or Prospect Avenues, look up.

The YMCA of Greater Cleveland recently installed new avenue banners on poles in the Downtown Cleveland area on those major thoroughfares.

The banners are part of continued efforts to enhance marketing efforts for the Greater Cleveland YMCA Association.

The banners feature a series of children photographed during summer camp at the West Park-Fairview YMCA in August 2007. Special thanks to our volunteer models, **Kydon Elam, Abigail Torress, Natashia Whitfield, James Trudel, and Malik Berry**, as well as their parents. ♦