

WHAT'S YOUR Y?



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAPITAL CAMPAIGN UPDATE

JUNE 2018

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CAMPAIGN CLOSES IN ON GOAL WITH MONTH LEFT

It's hard to believe that it's been almost five months since the Northern Lights YMCA Dickinson Center Capital Campaign launched to the public. What's even harder to believe is that the campaign is closing in on the finish line. And what a five months it's been!

Since kicking off in January, the greater Iron Mountain and Kingsford community has voiced their overwhelming support for the project, donating nearly \$650,000 to renovate and modernize the YMCA.

"It's humbling," NLYMCA Center Director Jonathan Ringel said. "The support has been amazing. It shows that this community believes in what the YMCA does for the community and they want to see us keep doing it for years and years to come."

From corporate to private support, the Y has collected gifts from nearly 300 different contributors since the campaign began.

"The success of this campaign is remarkable," Ringel said. "But we're not done yet. Every additional gift we receive from now until the campaign closes at the end of the month is only going to enhance what we can do with the facility and provide for our community."

Once the campaign closes, Y officials will finalize construction plans and show the community renderings of what is ahead. The rebuild of the pool, one of the biggest components of the campaign, will take place in the summer of 2019. And all renovation and remodeling should be completed by the fall of 2019.



NORTHERN LIGHTS YMCA
DICKINSON CENTER

CAPITAL CAMPAIGN

DONATE!

www.WhatsYourY.org

FULL TIME CHILD CARE AT THE YMCA?

As part of the Capital Campaign renovation, the YMCA is researching the feasibility of turning some building space into a full-time child care center. A survey has been posted. To take part in the survey, please visit or click:

<https://www.surveymonkey.com/r/G36LPGS>

WHAT'S YOUR Y: RECLAIMING HEALTH

JEFF JOHNSON TRANSFORMS HIS LIFE AT THE Y

IRON MOUNTAIN – After two heart attacks, Jeff Johnson's path back to good health started in the water.

"I grew up on a lake as a child and more or less loved to be in the water," the 58-year old Johnson said. "I loved to swim. So following the heart attacks and other medical challenges, once I started feeling a little better, I decided to join the Y so I could swim year round."

Once he began swimming at the Y and as his health continued Johnson soon started working out in the fitness center. That led to him meeting Karen Pollock, the Y's Fitness Director, and signing up for some personal training sessions.

"Karen, being my coach, has been one of the great things and relationships that have come from my Y membership," Johnson said. "Now I am getting fit, losing weight and feeling better than I felt long before my first heart attack."

Johnson's personal training regimen includes a wide variety of activities. He uses a lot of kettle bells. The sessions include strength training, range of motion exercises and overall conditioning.

"It's something different every time," Pollock said. "We use battle ropes, bands, and weights. Jeff has put in the hard work and it is showing with his results."

Since beginning his training, Johnson is down more than 60 pounds and loving every minute of his time at the Y.

"If someone was thinking about joining the Y, I'd tell them to go for it," he said. "The people are helpful, friendly and nice.



JEFF JOHNSON

You'll feel like part of the family. There is something for everyone there and lots of good people to meet."

With new found health, Johnson is enjoying life with his wife Sally and their three dogs – two pugs and a young St. Bernard puppy. He believes in the guiding principal of treating others like you would like to be treated.

"I try to keep a positive outlook on everything," he said. "Keep a positive attitude until proven wrong, and even then, just move on. Don't let the negatives bring you down."

As the YMCA embarks on its renovation, Johnson sees nothing but positives for the future of the facility.

"Anytime you can improve a place for people to go, unwind, meet others and get fit all at the same time, it's a win, win," he said.

FREQUENTLY ASKED QUESTIONS

Q: WHAT IS HAPPENING IN THE FITNESS CENTER AS PART OF THE CAPITAL IMPROVEMENT PLAN?

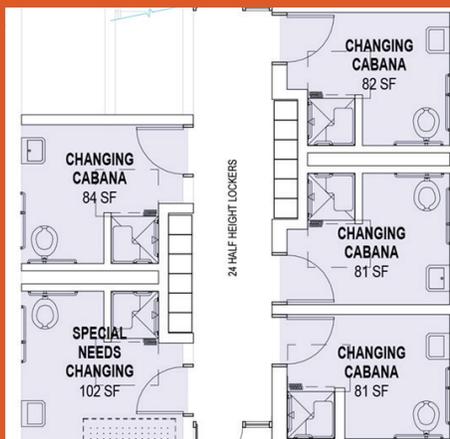
Should funding allow, the YMCA plans to raise the floor of the fitness center to make the whole area up to grade – the same level as the current hallway. More of the dividing walls between the fitness center rooms will be removed, creating a more open concept. The current Youth Room will become part of the fitness center, allowing for more equipment. Windows will be added for views of Crystal Lake, and the center will receive all new equipment.

PROGRESS METER



FAMILY CHANGING AREAS

One of the priorities of the Capital Campaign, based on feedback of our members, is the locker room configuration. Both the men's and women's locker rooms will undergo a complete renovation. Along with this will be the addition of expanded family locker room space. The drawing to the right illustrates a concept that adds five private changing areas, including one designed for members and guests with special needs. The hallway down the middle will lead directly to the pool.



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