

February 7, 2012

By the time you read this article, Amy and Mena's pajama party at the Holiday Inn will be a thing of the past and we will already be preparing for next year's event. A special thank you to the Holiday Inn for giving us special room rates for our guests and also to everyone who has signed up to participate in this year's event. We really are just counting down the hours until we open the doors for this year. And of course, again thanks to our wonderful sponsors, Lynch's Furniture and RJ Jewelers for their donation of door prizes and Razzle Dazzle Photo, Savannah Bank, Aflac and Summit Auto Group who donated money towards our t-shirts.

From one event on to the other, we are now preparing for our **Annual Health Fair** to be held in the A-gym at the Auburn YMCA on **Saturday, March 3 from 7:30am to 10:00 am**. The Auburn Memorial Hospital Laboratory will be here to do the blood draws for cholesterol, triglyceride and glucose testing. We will also have a number of vendors and professionals from the medical field to answer any questions and keep you up to date on the latest in the medical field. This year, we have received a generous donation from the Cayuga Community Health Network to help us continue to offer the free blood testing to member and the general public. We are truly grateful for their gracious support. Be sure that if you are planning to have your blood tested, that you fast for 24 hours prior to testing.

The Cayuga Community Health Network will be offering their 6 week series, **Healthier Habits for Life**, learning to eat smart. There are different lessons each week which focus on the prevention of obesity and diabetes. The series begins on Wednesday, February 29 and continues each week through April 4, from 6:00 to 7:30 pm at the Auburn YMCA. The presenter is Christine Guelius, MA, RD. Registration is required by calling Suzanne Hai, Cayuga Community Health Network at 315-252-4212. We are proud to collaborate with the Cayuga Community Health Network on presenting this program as it truly helps the many people who are faced with obesity and diabetes.

The Auburn YMCA and Skaneateles YMCA recently sent out a member survey via email to our members. It is the hope of all of us that the survey will help us to find ways to improve our facilities and programs. In less than a week we have had over 330 responses from the 3,000 that we went out, with response numbers being equal from both facilities. Everything has been very positive and there have been quite a few helpful comments that we will try to implement once we are finished collecting them. If you are a YMCA member and have not received a survey, we will be putting a link up on our website shortly that will guide you there and you can fill it out. We will also have hard copies available around the building for members to fill out. Remember these are for you in order to make us more aware of the needs of members.

So, it is February 1, and lots of people are thinking spring. Here is a great chance to work on a family activity that is a lot of fun. The **Annual Soap Box Derby** will be held this year on Saturday, May 26. Nucor is our title sponsor and Hammond and Irving and Sky Travel are also sponsors. We would love to see more new faces and cars this year. If you have any interest in getting into the Soap Box Derby, please contact Steve Komanecky at 253-5304. Do it early so you can start working on your car right away.

Speaking of Steve Komanecky, he is also starting this year's **Hitting League** on Saturday, February 18. This is always a huge program with everyone getting a chance "at bat" with the pitching machine. There are different age brackets for all of the ball players. The 28th will be here before you know it, so be sure to sign up soon to insure a spot for your favorite ball player. Check our website, auburnymca.org for all of the programs offered at both Auburn and Skaneateles.