

ACTIVE & AGELESS

EAU CLAIRE YMCA ACTIVE & AGELESS NEWSLETTER

SEEMS LIKE YESTERDAY

SUMMER FUN... 35 YEARS LATER!



PHOTO CREDIT: NATURE IS AWESOME, ANNA JURCZAK

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SPECIAL OUTING

FOREST HILL CEMETERY WALKING TOUR

Let's join the Chippewa Valley Museum history experts as we explore some of the noteworthy families and individuals who lived in the Chippewa Valley years ago! This is an ALL NEW walking tour of the Eau Claire's Forest Hill Cemetery led by retired UW-Eau Claire historian, Robert Gough, and UW-Eau Claire University Archivist, Greg Kocken.

WHEN: August 4 OR August 11

TIME: 6:00-7:30 PM

COST: Adults \$10/Students \$5

REGISTRATION INFORMATION:

- CVM Members can register for free by logging in to register
- The tour start location and other details will be sent to participants on Wednesday, prior to tour.
- Register through the Chippewa Valley Museum Calendar linked to the Active & Ageless Page on our website!
- Registration closes August 1.
- Questions: Contact Angela at 715-834-7871 or a.allred@cvmuseum.com



QUESTIONS, COMMENTS, IDEAS?

Contact: Laurie Pettis

Eau Claire YMCA Active &
Ageless Coordinator

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715-839-4608

WE WANT YOUR STORY!

"YMCA CAMP MANITOU: 1945 MEMORIES AND MORE"

Have you been a Y member "forever?" Or, after a hiatus from membership, you made the great decision to come back? Or, do you have a Y story/stories to share? Y friendships, experiences, childhood camp, sports... What comes up?

If you are interested in sharing your story, please reach out to me! lpettis@ymca-cv.org.

Meanwhile, here's a great example from one of our long-time members, Dave Weiss:

"YMCA CAMP MANITOU: 1945 Memories and More"

It was early summer, 1945, and World War II was grinding to a finish. Having been a camper during four previous seasons, I responded to Norm Bussell's invitation and now served on Camp Manitou's staff. The ongoing war had claimed almost all of the able-bodied males, and although I would be only 15 in July, the camp was desperate for counselors and cabin officials. And they urgently needed a bugler.

Some personal chest surgery had delayed my start, but toward the end of June, I was ready to assume my role of bugler, kitchen steward, and assistant cabin leader. My friend and classmate Kenney Wolf, a tuba player, had been the bugler in my absence and gratefully accepted my presence.

Soon, I joined Gene Johnson in the kitchen and began my duties under the surveillance of Mr. and Mrs. Herrick who actually created the camp's culinary offerings. Learning from Gene, I tried to follow his example, preparing and distributing food. Gene, a year older than I, was a prodigious worker and keeping up with him tested me. One of the benefits of being a kitchen steward was piling a food platter with your own heaping helping. Later, I often joked that even though I was paid one dollar per day as a worker, the camp lost money on me because of the mountains of food I consumed.

My bugling duties started early with Reville and finished late with Taps. In between, many calls ranging from first, second, and final calls for mess hall, etc., made for an extremely structured day. No wonder Kenney was glad to see me!

Camp Manitou's director, Norm Bussell, ran the camp with strict efficiency. During the school year, Bussell served as the Eau Claire Public School Elementary Physical Education Coordinator in addition to being the Senior High School Track & Field coach. Somewhat resembling Bob Hope, Bussell alternately could be stone-faced funny or biting serious. But no one ever questioned who ran Camp Manitou.

Soon I found myself the sole leader of Hayes cabin as the official mentor, Trygve "Trig" Pedersen, seldom was present. The legendary Pedersen, a former Eau Claire Blugold college basketball star in the mid-1930's, had returned from the war, fighting the remains of "Jungle Rot," a varying skin condition troops suffered in tropical climates. Pedersen and another camp official, Julius J. Dinger, had been members of the famed 32nd "Red Arrow" infantry division which eventually secured New Guinea, setting the stage for liberating the Philippine Islands. Dinger had enlisted early as a private and came out a captain. These WWII veterans were the only privileged people who escaped Bussell's strict attendance requirements...

You can read more of Dave's fascinating camp memories, which include "Tidbits and Treasures" in the September Active & Ageless Newsletter.

**ACTIVE & AGELESS
ICE CREAM SUMMER
SOCIAL & GAMES!**



No better time to beat the “dog days of summer” than with an ice cream social and games! Mark your calendars and join other Active & Ageless Members as we gather in Owen Park for ice cream, games, and laughter!

DAY: Tuesday, August 2
TIME: 10:30 AM-NOON

WHERE: Owen Park picnic tables near the bandshell. If it rains, come to the Hobbs Gym for games (Corn Hole and Ladder Golf), with ice cream to follow in the Party Room!

Please RSVP: Laurie Pettis 715 839 4608 or email: lpettis@ymca-cv.org

AUGUST WORD SEARCH

Music Word Search 



METRONOME
SHARP
REST
TIE
MEASURE
TEMPO

EIGHTH
STACCATO
QUARTER
WHOLE
TREBLE
LEDGER LINE

FORTE
PITCH
STAFF
PIANO
BAR
DOTTED HALF

HARP
FACF
FLAT
BASS
PRESTO
REPEAT

MASON JAR LUMINARIES: HOMEMADE BUG REPELLENT

Do summer bugs hamper your outdoor fun? These mason jar luminaries may be the answer. Simple, non-toxic ingredients and these will look good in your outdoor gathering areas! Let your kids or grandkids help make them with you. A fun “project.” Give it a try!

- 2-8 oz Mason jars
- 1-16 oz Mason jar
- 40 drops rosemary essential oil
- 1 lemon
- 2 key limes or 1 lime
- 8 fresh rosemary sprigs
- 3 tea light candles
- 32 oz water



Place 3-4 slices of lime and lemon in each Mason jar. Add 4 sprigs of rosemary in larger jars, and 2 sprigs in smaller jars.

In a pitcher, mix 32 oz of water and 40 drops of rosemary essential oil. Stir and pour into jars. Take tea lights out of their silver containers and place directly in your jar of water.

Light the candles and place your luminary jars in your outdoor area, while you are using!

PART II: EXPLORE THE MANY DIFFERENT TYPES OF JOURNALING

Last month we learned about the benefits of journaling. So let's put this into action! There are so many ways to journal. What might work for you? Here are a few different types of journaling options to consider.

Stream of Consciousness

- Write down your thoughts as they happen. The words and thoughts don't need to make sense, you're simply capturing your thoughts in action.

Dream Journal

- Take note of your dreams each night as a way of getting in touch with your subconscious. Remember to make your journal entries right when you wake up.

Food Journal

- Make a note of what you've eaten each day. This will help you be more mindful about the foods you choose to eat. If you're struggling with a healthy weight-loss journey, documenting what you ate can offer insight into areas you may need to change.

Fitness Journal

- Keep track of your workouts so you can stay committed to an active lifestyle. The best part of keeping this type of journal is seeing the progress you made over time.

Gratitude Journal

- Before going to sleep, make a list of everything you were thankful for that day, week, or month.

Sketch Journal

- Express your feelings, thoughts, and ideas through illustrations, doodles, or sketches.

Day's Events Journal

- Keep track of your experiences throughout the day. Whether it's making note of a funny conversation or describing a new recipe you enjoyed.

To-Do List

- Instead of keeping a running tally of to-do items in your head, write them down. You can cross things off as you complete them and get a great sense of accomplishment.

No matter which type of journal you decide to keep, remember there is no right or wrong approach. It's all up to you. The simple act of taking the time to get in touch with your mind, body, and spirit is what's truly important



Credit: Kaiser Permanente, (March 24, 2020). Seven Benefits of Keeping a Journal. <https://thrive.kaiserpermanente.org/thrive-together/live-well/everyone-keep-journal-7-surprising-benefits>

HOPE & SUPPORT THROUGHOUT A CANCER DIAGNOSIS

Cancer....it touches everyone in one way or another. Whether yourself, or your spouse/partner, sibling, parent, friend, or work colleague, we all know someone who is walking this difficult path.



The Eau Claire YMCA wants you to know that we are here for you! LIVESTRONG at the YMCA Cancer Survivor Program has been one of the cornerstones of our health intervention programming for over ten years. During this time, I've had the privilege of working with/meeting several hundred cancer survivors/family members of survivors through the FREE evidence-based LIVESTRONG Program.

So what does this program look like? This Stanford-based curriculum is a free 12-week health and wellness program for adult cancer survivors. With appropriate medical clearance, we create individually-based strength, cardiovascular, and flexibility programs for each survivor, based upon their current medical status, interests, and abilities. We start off with a brief, individual assessment of upper and lower body strength, flexibility, and balance. Then, during the 12-weeks, meeting twice a week for an hour and 15 minutes (along with approximately 8-10 other survivors) and uniquely trained instructors, we gradually guide each participant in creating their own unique program, building strength, endurance, and improving flexibility. At the end of the program, assessments are repeated.

Participants regularly share that the opportunity to connect and share insights/experiences with other survivors is one of the most valuable benefits of this program. This also includes self-reported improvements in fatigue, anxiety, sleep, and depression. We have not only witnessed these connections, but have also seen functional improvements in each and every participant!! But you may wonder, what do participants say?

- "Coming to LIVESTRONG was the 'push' I needed to do something to take my life back. Cancer didn't win and I needed to learn how to overcome the challenges I was facing."
- "The mental clarity I've received, the physical strength I have gained, and the positive emotional attitude has been a WIN for me. You deserve to experience this too."
- "LIVESTRONG instructors helped me in so many different ways. Each one of them loved me, the ME aside from cancer. They were patient, kind and compassionate. They encouraged me through every frustration and I so needed that encouragement."

If you are an adult cancer survivor, anytime during or after treatment, or know of someone who is, please reach out! You do NOT have to be a YMCA Member and each participant along with their household family will receive a FREE ONE YEAR family membership to the YMCA!

Next Session: September 12-November 30, 2022

Choice of two classes: Mondays/Wednesdays 1:00-2:15 PM OR 4:30-5:45 PM

Rosters are filling! Contact: lpettis@ymca-cv.org or 715-839-4608

UPCOMING EVENTS

August 2, 10:30 AM-NOON | Summer Social
Owen Park - RSVP to Laurie

August 4, 6:00 PM | Forest Hill Cemetery Walking Tour
Registration Required

August 11, 6:00 PM | Forest Hill Cemetery Walking Tour
Registration Required

August 13, 7:30 AM | Pure Water Day Races
Chippewa Falls YMCA - Registration Required

August 18, 1:00 PM | Core & Balance
Chippewa Falls YMCA - Registration Required

ONGOING EVENTS

Every Wednesday @ 10:00 AM | Coffee Connections
Eau Claire YMCA - Lobby - FREE & Open to All

June 5-August 25 | 9:00 AM - 2:00 PM | CF YMCA
Sunday Fun-Day at the Y - FREE & Open to All

June 6-September 2 | FREE Fitness at the Riverfront
Riverfront Park - Chippewa Falls - FREE & Open to All

To register for programs or events listed above, please visit our website, www.ymca-cv.org/aoa, or call the Member Service Desk at (715) 836-8460.

LEINENKUGEL'S PURE WATER DAYS RACES

Join us for Leinenkugel's Pure Water Days Races at the Chippewa Falls YMCA on Saturday, August 13!

There's a race for the whole family...

- 200-meter dash
- one-mile fun run
- two-mile fit walk
- 4-miles
- 1/2 marathon

Every finisher receives a race shirt and a finisher medal at the finish line.

Registration information can be found on our website, www.ymca-cv.org/pwd.

See you at the start line!

MEET YOUR INSTRUCTOR: TRACI MESSNER!

I joined the YMCA over 20 years ago working out on my own and then participating in some of the group exercise classes. I met other members in these classes and we continue to be friends today and stay active together. Now they attend my Indoor Cycling class!

I'm a morning person so I like to get up and get a workout in at 5 AM. I feel so much better when I start my day running, swimming or cycling. I have completed over 30 marathons, finished the Madison Ironman, and biked many Century rides. It is so important to keep moving at any pace. Teaching Indoor Cycling gives me the opportunity to help others find their pace.

Check out our group cycling schedule! So many opportunities to connect with others and get active!
www.ymca-cv.org/groupexschedules



SHARE YOUR STORY WITH US

Have you been a Y member "forever"? Or, after a hiatus from membership, you made the great decision to come back? Or, do you have a Y story/stories to share? Y friendships, experiences, childhood camp, sports... What comes up?

If you are interested in sharing your story, please reach out to me! lpettis@ymca-cv.org.



PART I: STORING FRESH FOOD/PRODUCE GETTING THE MOST OUT OF YOUR MONEY!



It's a running joke in our family that we buy fresh produce just to let it "over ripen" and throw it out one week later! Frustrating on so many levels; and such a waste of money as prices continue to climb for many of our favorite foods! Good news, there are simple steps we can all take to prolong the lives of so many fresh food items! Did you know that if you refrigerate your bananas, yes, the skins will darken, but the life of the fruit inside will be extended! I found out that for two people there is only so much banana bread I can make from over ripened bananas! Read below for the first 14 of 28 Tips!

What is the best way to store fresh produce to make sure we can get the most out of it before it goes off and ends up in the compost bin? Well, we've done some research and put together a clever little guide on the best way to store fresh fruits, vegetables, bread and other fresh produce to make sure it lasts as long as possible. Heads up: you may want to stock up on some food storage containers!

1. Remember, the freezer is your best friend. A lot more foods than you might think can be kept in the freezer to extend their shelf life. In fact, here's a load of foods you might be surprised to hear you can freeze.
2. Store milk in the back of your fridge. Your fridge will be colder in some parts than others. Despite the fact that most of us are probably storing our milk in the fridge door, that is actually the warmest part of the fridge. Get your milk to the back – the coldest part – to ensure it doesn't go off before it should.
3. Keep grapes on the stems. Don't be tempted to remove your grapes from the stem, as this will make them go off far quicker. This is because the portion of the fruit that was attached to the stem will then be exposed; leading to bacteria growth.
4. Store rice and grains in airtight containers. The first thing that will make grains and rice go bad is moisture. So, once you open a packet, pour the contents into a container as opposed to just shoving the open pack back in the cupboard. Plus, it'll look much neater.
5. Pop asparagus in a cup of water to keep them fresh longer. This may look mad (a bit like you've got your asparagus mixed up with your daffodils...), but trim the bottoms, then stand your asparagus upright in a cup with an inch or two of water, then store it in the fridge. You'll get a good few days more out of them that way.
6. Store cookies with a slice of bread. To keep chewy cookies from going all dry and dusty, simply pop them in an air-tight container with a slice of bread (white bread is best as it won't transfer any flavor). The cookies will suck up any moisture from the bread, which will keep them deliciously chewy.
7. Do not keep your bread in the fridge. Keeping bread in the fridge will only make it go stale quicker. Invest in a bread tin or a bread box, and your bread will last way longer.
8. Freeze bread and it will be ready for the toaster. You can also freeze bread to make it last longer. And the best part is, you can put slices of frozen bread straight in the toaster. Just give them a couple more minutes, and you'll be stuffing your face with toast and peanut butter before you know it.
9. Make stale bread into croutons or breadcrumbs. If your bread is looking a little on the stale side, don't just admit defeat and chuck it away. Make it into tasty croutons for soups and salads (simply cut into centimeter squares, drizzle in olive oil, season, and bake in the oven for 15 minutes at 180°C/350°F), or chuck it in the food processor and make them into breadcrumbs. Lovely on a pasta bake.
10. Wrap broccoli in foil to keep it fresh in the fridge for longer. Wrapping broccoli in tin foil will keep it fresh for longer as it's porous enough to allow any ethylene (a ripening hormone) to escape, but it will also stop moisture getting in.
11. Store onions in a pair of tights. Store onions in tights... but wash them first, obviously. This one sounds mad – I get it. But if you keep your onions in a pair of tights (or stockings if you're feeling saucy) they can last up to one or two months. Pop your onions in your tights, hang them in a cool, dark place, and expect some weird looks when you have guests over.
12. Wrap cheese in paper, not cling film. You might think that wrapping your cheese in cling film is the best thing for it. But actually, the stuff you need is baking paper, as cling film will trap in any moisture while paper allows it to breathe. Moisture can lead to it going off quicker, so we can't have that.
13. Is your fridge at the right temperature? This might sound silly, but it's worth checking whether your fridge is doing what it should at the temperature it should. According to the Food Standards Agency, the coldest part of your fridge should be below 5°C/41°F. That way, your food won't spoil sooner than it should.
14. Store lettuce with kitchen roll. As soon as you get your lettuce, pop it in an airtight container with a couple of paper towels (if you're lucky enough to have some right now...), and pop the container in the fridge. The kitchen roll will soak up any moisture that would, in turn, make your lettuce go sad and floppy.

Did you find this interesting? Read tips 15–28 in the upcoming September Active & Ageless Newsletter for more helpful produce/food preservation tips!

ACTIVE & AGELESS GROUP EXERCISE LAND & WATER CLASSES

For the complete list of offerings, go to our website:
www.ymca-cv.org/groupexschedules



SUNDAY:

- 4:15-5:10 PM - Zumba
- 5:15-5:45 PM - Butts & Guts

MONDAY:

- 8:00-8:55 AM - Hydro Aerobics (water class)
- 9:00-9:45 AM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:30-11:15 AM - Chair Yoga
- 5:30-6:30 PM - Zumba
- 6:45-7:30 PM - Mind, Breathe, and Pose Abilities
- 7:00-8:00 PM - Hydro Aerobics (water class)

TUESDAY:

- 8:00-8:45 AM - Strength, Balance, and Flexibility
- 8:00-8:55 AM - Aqua Zumba (water class)
- 9:00-9:40 AM - Cardio Blast and Sculpt
- 9:45-10:30 AM - PIYO
- 5:30-6:15 PM - Yoga
- 6:15-7:00 PM - Meditation and Mindfulness

WEDNESDAY:

- 8:00-8:55 AM - Hydro Aerobics (water class)
- 9:00-9:45 PM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:30-11:15 AM - Sit and Fit
- 5:30-6:30 PM - Zumba
- 6:45-7:30 PM - Mind, Breathe, and Pose Abilities

THURSDAY:

- 8:00-8:45 AM - Strength, Balance, and Flexibility
- 8:00-8:55 AM - Aqua Zumba (water class)
- 9:00-9:40 AM - Cardio Blast & Sculpt
- 9:45-10:30 AM - PIYO
- 5:00-5:45 PM - Yoga

FRIDAY:

- 8:00-8:55 AM - Hydro Aerobics (water class)
- 9:00-9:45 AM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:00-10:45 AM - Sit & Fit

SATURDAY:

- 9:00-10:00 AM - Zumba Toning