



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HERE TO HELP
POSITIVE CHANGE
WE ALL WIN
B E L O N G I N G
ALWAYS HERE FOR YOU
FRIENDSHIP
WELCOMING TO ALL
LIVING HEALTHIER
I N C L U S I V E

WE ARE
ONE

2015 ANNUAL REPORT
YMCA OF THE PRAIRIE

Don Sjogren Community YMCA • 1415 Broadway • Holdrege • Nebraska • (308) 995-4050
Orthman Community YMCA • 1207 N. Grant • Lexington • Nebraska • (308) 234-1970

DEAR
FRIENDS

WE ARE ONE

It's a big world out there. But, at the YMCA of the Prairie in Holdrege and Lexington, we make the world seem a little smaller and more inviting. It's a place where everyone – young at heart and young in body, native and newcomer, wealthy and working class – is welcome and included. We are excited to present to you for the first time a combined annual report of the Don Sjogren Community YMCA and the Orthman Community YMCA, working together as the YMCA OF THE PRAIRIE to build a stronger “us.”

Together, we are committed to helping you and your family through programs focused on:



YOUTH DEVELOPMENT

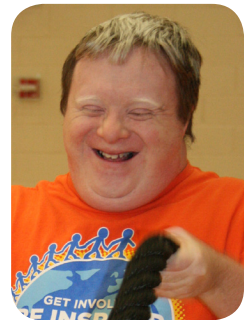
All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. We see every interaction with young people as an opportunity for learning and development — all grounded in the Y's core values of caring, honesty, respect and responsibility.

> Read about **Caleb Govier of Holdrege** and how the YMCA partnered with his parents to help him overcome early developmental delays to become a child that is learning, growing and thriving. **PAGE 4.**

HEALTHY LIVING

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

> Read about **Lexington's Lewis Vise** and how he has found friendship, belonging and a healthier lifestyle at the YMCA. **PAGE 5.**



FOR SOCIAL RESPONSIBILITY

With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve.

> Read about immigrants **Alex Mahundi and Gustavo Ramirez** and how their past experiences led them to now help others through their work at the Y. **PAGES 6 & 7.**

In 2015, we provided

\$176,860

in scholarships to
those in need
in our communities.

6,996 members, or 2,830 membership units, were part of the YMCA family.

Members and non-members visited the our YMCAs **222,403** times.

163 employees lived their mission working at the YMCA OF THE PRAIRIE.



More **than 450** parents & children

learned about health and wellness at
our **FREE Healthy Kids Day** events.

MAKING AN IMPACT ALL YEAR

2,708 Kids Discovered Their Potential
in Youth Sports & Programs.

473 Adults Got Back In The Game With Adult Sports.

There were **24,697** Visits to Group Exercise Classes.

149 Kids Learned To Swim In YMCA Swim Lessons.

There were **12,226** Visits to Child Watch.

187 Veterans Were Honored on Veterans' Day.

1,428 Free Lunches Were Served at the Kids Cafe.

Summer Camp Enriched The Lives of **450** Kids.

60 Kids Were Safe and Secure in Y After-School Care.

219

dedicated
volunteers
served kids
and families
by giving of
their time.



Y Partners With Parents To Help Child Overcome Developmental Delays

Holdrege Kindergartner Caleb Govier's eyes are wide with excitement as he enters the Don Sjogren Community YMCA.

He sees Joe, his swim lesson instructor who recently taught him to submerge his face in the water. He sees friends in the game room and jumps in to play air hockey with them. He talks about his favorite class at the Y – Dance Fusion Kids.

He sees, Shannon, a camp counselor who last summer helped Caleb go from a boy who wouldn't put a toe in the water to a boy who now splashes and plays with friends in the Y pool and is learning to swim.

Caleb's mom, Carmen, credits the Y's staff and programs for helping Caleb overcome his fear of the water, improve socially, overcome sensory issues and even learn to eat healthier. The Y has become an important partner in helping Caleb develop physically, socially and emotionally after his premature birth left him with developmental delays.

Caleb, 6, was born 11 weeks early and weighed just 2 pounds 11 ounces at birth. He spent his first eight weeks of life in the hospital. Skills like talking and learning to walk lagged behind as he grew. Caleb had trouble adjusting to new or loud environments and clung to his mom.

The Govier family moved to Holdrege in August 2013 to escape the city traffic and congestion in Colorado.

"It was the best thing we ever could have done," Carmen said of the move. However, it took some time to adjust and find activities to help her only child.

"People recommended the Y to get to know others," she said.

She also turned to the Y to help Caleb grow and discover what he loves. He participated in Y soccer, t-ball and full-day summer camps in 2015.

Counselor Shannon Kruback took Caleb under her wing at Y summer camp. At first, Caleb clung to her. Carmen warned Shannon that Caleb probably wouldn't go in the water and likely wouldn't even put on his swim suit. And, at first, he didn't. He stood by Shannon and watched the other kids play. But, by the end of Caleb's second week of camp, he did wear that swim suit. In fact, he had to eventually wear a life jacket as he braved the pool waters to enjoy time with new friends.

Last summer, Carmen accompanied Caleb to the YMCA Kids' Café to further encourage his social development and to expose him to new healthy foods.



The Kids Café is a free summer lunch program that takes place in June and July at a local church. The hour-long weekday program includes a healthy lunch followed by social activities such as board games, Legos or outdoor play.

"He had some eating issues," Carmen said. "He was a very, very picky eater. The café exposed him every day to something different. He saw the other kids eating and that encouraged him to try something new. He got exposed to a wide variety. He was a lot better by the end of summer, and that has helped him transition into kindergarten."

Caleb also participated in Dance Fusion class at the Y and the free Just 4 Fun Sports program on Fridays in the park. She's happy with the progress she has seen in Caleb and plans to continue partnering with the Y to further help Caleb learn, grow and thrive.

"It's been a great place to discover what he likes to do," she said.

As for Caleb. He looks forward to the Y for one reason.

"Have fun! That's the best part!" he said.

LEARN • GROW • THRIVE

Vise Finds Friendship & Improved Health With Exercise at Orthman Y

As 38-year-old Lewis Vise throws a medicine ball in the Orthman Community YMCA gymnasium, a smile slowly develops into a laugh with each additional throw.

Sometimes, he even makes his trainer, Melanie Schubert, chase the ball across the gym floor if he misses the catch.

Melanie doesn't mind. She enjoys the relationship she and Lewis have developed and infuses their meetings with jokes and laughter to make the sometimes not-so-fun task of exercising more enjoyable.

Lewis, who has Down Syndrome, began training with Melanie a year ago after his mother, Sharon, decided he needed some guidance and more exercise than shooting baskets in the gym.

Since he started, he has improved his balance, coordination, endurance and strength.

He has gained friendship with Y staff and has enjoyed lots of laughter as he and Melanie work through medicine-ball exercises, biking, weight machines, the treadmill, throwing the tire, push-ups, sit-ups, jumping small hurdles, pulling the weighted "sled" and most recently TRX.

"She's been a big help to us," Sharon said of Melanie.

Lewis and Melanie meet every Monday, and Lewis returns on Fridays to exercise on his own. When Lewis started his exercising with Melanie, he lifted 20-30 pounds on the weight machines. He recently set a new personal best in the bench press by lifting a whopping 95 pounds!

He started by walking three minutes on the treadmill, and now he's walking more than 15 minutes.

Lewis has a pacemaker, and Melanie worked to slowly increase his cardio training to exercise without disrupting his heart monitor.

"His endurance is definitely better," Melanie said of Lewis' progress. His coordination has improved as well with the "fancy dancer" exercise.

It has improved so much that Melanie jokes with Lewis that, "We are going to go on 'Dancing With the Stars.'"



Mexico Native Gives Back To Community Through Working at Orthman YMCA

Gustavo Ramirez is grateful that his parents took a risk when he was three years old and moved his family from Michoacán, Mexico, to the United States.

"My dad, growing up in poverty, realized that he couldn't support a family the way he wanted to support a family and stay living in Mexico," Ramirez said. "I am nothing but grateful for my dad and for this country and just for everything."

Ramirez, who now works as the Program Director at the Orthman Community YMCA, is grateful for the opportunity to make everyone feel welcome at the YMCA, to share his love of sports with kids and adults in his community and to give back to his community.

"I feel like I'm in a position where I can treat everyone equally, fairly and be impartial and that makes me feel good," Ramirez said. "I can help people feel a sense of belonging to this community and to the YMCA."

Ramirez doesn't remember anything about his life before coming to the United States. His first memories are of attending kindergarten and learning English in ESL classes at Lexington Public Schools. He learned quickly and didn't require special classes after first grade.

His dad loved sports and encouraged his son to be involved and active at an early age.

"I think my dad recognized early on that it was important for me to value some type of engagement in the community, whether it be sports or clubs or whatever," Ramirez said. "That in turn helped me to grow to love sports myself."

Ramirez started playing youth soccer and baseball in elementary school and continued sports by playing soccer and baseball and running cross country in high school. He graduated in 2008 and attended the University of Nebraska at Kearney to study criminal justice. He completed that program in 2012 and started working for the Nebraska Department of Health and Human Services.

He also continued playing soccer for fun and loved serving



as a youth volunteer coach, which eventually led to his job at the YMCA.

Ramirez realizes the importance of his position and how his actions and words can impact kids. Last year, 971 kids participated in youth sports at the Orthman YMCA. In addition, Ramirez works with kids in non-sport programs, such as Christmas Angels and Santa, Nerf Wars and Healthy Kids Day.

"As far as how many kids I've impacted, I'm not sure. But, I like the fact that I know a lot of their names and every time they see me they say, 'Hey that's Gustavo or that's the YMCA guy,'" Ramirez said. "That helps me remember my values and morals because I know that little kids are watching."

He now enjoys giving back through his work at the YMCA and wants to encourage as many kids as possible to be active and enjoy sports.

"It is best that kids get involved in some type of sports activity so they learn to respect authority, so they learn what discipline is and team-working building," Ramirez said. "That definitely did contribute to why I am here right now."

CLUSIVE • ACCEPTING

Tanzanian Native Mentors Youth in Life and Sports at Don Sjogren YMCA

Alex Mahundi's favorite pastime as a child was playing soccer with friends.

But, the Don Sjogren Community YMCA sports program manager didn't play organized sports as a child. He didn't own a bicycle to cruise around the neighborhood and didn't race Hot Wheels or play Super Mario Bros. on Nintendo either.

In fact, he didn't even have electricity, and sometimes no running water.

Growing up in Tanzania on the Eastern side of Africa, Mahundi learned to be satisfied with very little.

He played soccer with a ball they crafted by "knitting" together plastic bags.

His parents were small farmers in Songea, Tanzania, and life was not easy.

"We didn't have much to eat," Mahundi said. "It was difficult. We just had to use the best resources we had. We just learned to be satisfied in what we had."

His parents emphasized the importance of education to their five children.

"Both of my parents were strong believers, and they had a great moral compass," Mahundi said. "They always wanted us to be to respectful to other people and to get along with other people. They taught us this from an early age."

The Mahundi children did well in school. At the urging of an uncle, Mahundi decided to pursue higher education in the United States, where he would study medicine. A college search agency matched Mahundi with Colby Community College in Colby, Kansas.

"It was, here you go, pack my bag and get on an airplane for the first time and land in Colby, Kansas," Mahundi said.

He found friendship and encouragement in Colby. The Colby track and cross country coach said if Mahundi participated in sports, the school would pay for his books and possibly some of his schooling if he was any good. So, he decided to give it a try. He performed well, and his 4 X 800 relay team placed second at regionals and earned a trip to the national competition.

Mahundi earned his associate degree in health sciences at Colby and then transferred to the University of Nebraska at Kearney to continue to work toward a medical degree. At



UNK, he also ran on the track team as a walk-on.

To save money, he eventually completed his bachelor's degree in chemistry with a minor in biology at Fort Hays State University's online program.

While attending school and living in Kearney, Mahundi was introduced to the Kearney Family YMCA. A friend who worked at the Y recruited Mahundi to coach soccer.

He then started a part-time job at the Y and realized that the Y's mission and philosophy that emphasized Christian principles, youth development, social skills and healthy living, matched with his own upbringing and future goals. He eventually was hired as a full-time youth sports coordinator at the Kearney Y.

"I came to realize that the YMCA is for all, it's very inclusive," Mahundi said. "It doesn't matter your social status or the color of your skin. It doesn't matter where you come from or your religion. All those things didn't matter. They do accept everybody, and you will be taken care of."

In April 2015, Mahundi took an opportunity to expand his passion for helping kids to a new community when he became and sports program manager at the Don Sjogren Community YMCA in Holdrege.

He has enjoyed the partnerships he has built with school and city leaders as they work together for the same goal.

"We all have the same purpose," Mahundi said. "We want to work with those kids to be good citizens."

OUR DONORS

GENEROSITY • YC

We would like to recognize and thank all of our 2015 YMCA donors.

Donors to the DON SJOGREN COMMUNITY YMCA branch are listed on pages 8-9.

SIR GEORGE WILLIAMS SOCIETY

\$10,000 and Greater

Phelps County Community Foundation
Bruning State Bank

CPT. THOMAS VALENTINE SULLIVAN SOCIETY

\$2,500-\$9,999

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Phelps Memorial Health Center
Don Sjogren
Snow-Redfern
Memorial Foundation
Marlin and Polly Murdoch
CHS Agri Service Center
BNSF Railway Foundation
The First State Bank of Holdrege
Coca-Cola Chesterman Co.

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\$1,000-\$2,499

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Great Western Bank
Farm Bureau Financial Services
Central Valley Irrigation
Brian Bergstrom

South Central Diesel
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Holdrege Irrigation
John and Wendy Skallberg
Janssen Auto Group
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Gerald Weber
Andrew and Amy Weides
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DONORS

\$200-\$999

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Gotta Go

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Bunker Hill Farms
Runza Restaurant
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Hilsabeck Sporting Goods
Holdrege Optimist
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Diana Watson
Dick Messersmith
Linda Shefstad
Holdrege Family Dental LLC

SJOGREN GIFT SECURES STRONG Y FUTURE



Long-time YMCA Board Member Gloria Erickson shakes hands with YMCA donor Don Sjogren.

Retired Phelps County farmer Don Sjogren donated \$1 million to the YMCA of the Prairie's Holdrege branch in 2015, and the branch was renamed the Don Sjogren Community YMCA in his honor.

Sjogren, 83, said he wanted to leave a legacy in his community, and he is glad to help children and families through the YMCA.

"I like kids, and there are two things that stand out in the Y in its title – youth and Christian," Sjogren said. "I realize how much kids need to be brought up in a Christian atmosphere because they are the leaders of tomorrow. They need to have a solid foundation in their lives, and I think the Y is one place that can give that to them."

YMCA Chief Volunteer Officer Robert McCormick said Sjogren's gift was placed in the YMCA's endowment fund to help secure a strong future for the Y.

OUR SUPPORT MATTERS

Brian and Kim Rust
Tim and Laurie Hill
Michael and Deb Corkery
Joan Carl
Phelps County Chiropractic
Bruce Furniture
Svoboda's ACE Hardware
The Screen Machine
K & D Motor & Electric
Principal Financial Group
Tri-City Auto Parts
Ed's Electric & Plumbing
Cole Haying
Pizza Hut
Holdrege Kiwanis Club
Holdrege Lions Club
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Kim Lueking
Todd and Brandi Hilyard
Kent and Janet Exstrom
Dr. Scott Ehresman
Kyle and Christi Anderson
Ralph Schroeder
Joe and Liz Lawrence
Ron and Patsy Johnson
Bob and Shirley Butz
Fraternal Order of Eagles

DONORS \$10-\$150

Wells Ag Inc.
South Platte Youth Athletic Club
Holdrege Family Vision
Bosselman Energy Inc.
Pro Building Supply
Golden Harvest
Fritz's Meat
Gourmet House
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Holdrege Auto Parts
Nelson-Bauer Funeral Home
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Doug Hohman Family Dentistry
Donna Silver
Thomas Nutt
Gary Gray
Jim Van Marter
Edna Suhr
Tom Schwartz
Anderson, Klein, Swan & Brewster

HERITAGE CLUB MEMBERS

The Heritage Club is comprised of individuals or families who have let the Y know that they are committed to giving a gift of at least \$1,000 to the YMCA Endowment Fund.

Anonymous
Mike and Marcia Bussey
Lois Carlson
Cheryl Cox
Julie Doolittle
Gloria Erickson
Curly* and Betty Geer
Bruce and Carol Hendrickson
Phil and Kim Hinrichs
Doug and Laurie Hohman
Chadd and Kristine Jacobson
Brian and Julie Johnson
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Jeff and Rachel Morgan
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Don Sjogren
John and Wendy Skallberg
Tom and Shirley Smith
Rod and Jeanne Streff
Jim and Dee* Van Marter
Robert and Michelle McCormick
Monty and Tammy Vonasek
Gary and Dot Wall
Gerald Weber

2015 DONATIONS*

GRANTS

\$4,150

SPONSORSHIPS

\$38,547

DONATIONS

\$1,244,334

*Amounts reflect combined giving at both branches.



The YMCA's commitment is to strengthen the community through programs focusing on youth development, healthy living and social responsibility to anyone regardless of their ability to pay. We express sincere gratitude to all of our donors for their continued support of our mission. We have listed here and on the following page those who donated to the Don Sjogren Community YMCA in Holdrege and the Orthman Community YMCA in Lexington between January and December 2015. We have done our best to ensure the accuracy of this listing. If there is an error, we hope you will accept our apologies and contact us to correct the error.

OUR DONORS

WE IMPACT LIVES

Thank you to all of the 2015 donors to the ORTHMAN COMMUNITY YMCA.

SIR GEORGE WILLIAMS SOCIETY

\$10,000 and Greater

Lexington Community Foundation
Car Bar Cattle Co.

CPT. THOMAS VALENTINE SULLIVAN SOCIETY

\$2,500-\$9,999

Jerry Dannehl
Tyson Foods, Inc.
Optimist Club of Lexington
All Points Cooperative
Sue Kloch

CHAIR'S ROUNDTABLE SOCIETY

\$1,000-\$2,499

Randy and Peggy Carpenter
Bruce and Julie Rickertsen
CoBank
Mac's Creek Vineyard & Winery
Platte Valley Auto Mart
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Plum Creek Motors
Lexington Rotary Club
MRK, Inc.
The Home Agency
Lexington Family Eyecare
Darr Feedlot, Inc.
Paulsen, Inc.
Shotkoski Hay Company

DONORS \$200-\$999

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Mike Jeffrey
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Will and Fritz Weinhold
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Nebraska Truck & Equipment
of Lexington, Inc.
Anderson Feedlot Inc.
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Audrey Strauss
Denker & Sons Inc.
Mac's Short Stop
Beth and Randy Rogers
Rex and Amy Adams
Chris and Jill Denker



The Orthman Y provided a safe place for teens after prom by opening the facility for a post-prom party.



Orthman Y staff volunteer at the Majestic Theater as another way to give back to the community.

Tom and Judy Wisdom
Tracy and Bredna Wolf
Scott and Tricia Latter
Marge Bader
Steve and Mary Smith
Meghan McKeone
Judy Lauby
Anonymous
Maria and Freddy Melo
Renee Winter
Ricky Heldt
Lois Heldt
Stephanie Block
Linda Shaw
Jeff and Gail Wightman
Phil and Diana Bassett
Riley and Jessica Gruntorad
Lindens Plumbing

OUR BUDGET

RESPONSIBLE STEWARDSHIP

2015 FINANCIAL STATEMENT

PUBLIC SUPPORT

Contributions.....	\$1,244,334
Grants.....	\$4,150
Sponsorships.....	\$38,547
TOTAL PUBLIC SUPPORT	\$1,287,031

EARNED INCOME

Youth Programs	\$207,726
Adult Programs	\$97,176
Membership	\$1,056,091
Investment Income	\$33,398
Aquatics	\$10,470
Other Income.....	\$29,053
TOTAL OPERATIONAL INCOME	\$1,433,914

EXPENSES

Employee Expense	\$760,016
Occupancy	\$511,570
Program Expense	\$106,370
National Support	\$26,986
TOTAL OPERATING EXPENSE	\$1,404,942

SALE TAX RECEIPTS

City Sales Tax.....	\$235,451
Long Term Debt.....	\$0

ENDOWMENT FUND

Endowment as of Dec. 31	\$1,014,390
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ASSETS & LIABILITIES

Total Assets.....	\$6,551,836
Total Liabilities.....	\$234,968

VOLUNTEER LEADERSHIP

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 Jessica Fagot
 Nick Reynolds



YMCA OF THE PRAIRIE
PO Box 618
Holdrege, NE 68949

Current Resident Or

OUR MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

OUR CAUSE

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



OUR FOCUS

We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. That's why we focus our work in three key areas that are fundamental to strengthening community: youth development, healthy living and social responsibility.

COMMUNITIES SERVED

Alma • Arapahoe • Atlanta • Axtell • Beaver City • Bertrand
Cozad • Eddyville • Edison • Elm Creek • Elwood • Eustis
Franklin • Funk • Gothenburg • Hildreth • Holdrege
Johnson Lake • Lexington • Loomis • Miller • Minden
Orleans • Overton • Oxford • Republican City • Smithfield
Stamford • Sumner • Wilcox