

HEALTH & WELLNESS

Try the Triclub

H.O.R.S.E.ing around with the Chief

Sixteen healthy foods for less than \$1

MEMBER NEWS

Parents: Valentine lunch date anyone?

Embarcadero camper sings in DC

COMMUNITY PROGRAMS

Wish lists for our community programs

CPR/AED classes

Green Corner

Y NEWS

International Y: Macedonia

STAFF & VOLUNTEER NEWS

Feb. Staff/Volunteer of the Month

ON THE WATERFRONT STAFF

What holds you back from trying the Triclub?

By Michelle Jew, Embarcadero YMCA member

For everyone who has never tried a triathlon because they're worried about finishing last, I'm here to say it's not that bad, especially when you get a police escort—which is worth the price of admission.

I joined the YMCA Triclub in 2000, not knowing how to swim or ride a bike. Once I learned how to swim and ride a bike, I entered my first Olympic distance triathlon at the San Jose International Triathlon.

The swim went fine—I finished it, one of the last people in the water, but I finished it. It was my arch enemy, my bike, that ate my time. When I rode out of transition, I noticed I had a flat. It took me about 20 minutes to vanquish my enemy and change the flat. By then, people were already completing the race and a police officer told me, “You are officially the last person on the course.” Since I was wearing the club jersey, I bit my tongue and just said “Thank you.”



Tri-club participant Michelle Jew

Tri-Club: Cont. on Page 2

Member H.O.R.S.E.s around with Obama

By Luisa Montez, Embarcadero YMCA member

Longtime basketball player and Embarcadero YMCA member Steve May has played in a number of memorable basketball games over the years, but nothing could have prepared him for the day he'd share the court with President Barack Obama.

Everyone knows Obama loves to play basketball. Throughout the campaign and especially after the election, coverage of Obama's frequent trips to the gym reached levels normally reserved for Hollywood's hottest celebrities in rehabilitation programs. So much attention was paid to President Obama's abilities on the basketball court that Senator Herb Kohl (D-Wis.) asked Attorney General—designee Eric Holder during his confirmation hearings if he would do his best to defeat the president in a one-on-one game.

Over the holidays this year, May and his wife visited her family in Oahu at the same time the Obama family took their highly publicized vacation on the Eastern side of the island.

Through a relative of May's wife, they

had access to the facilities at the Marine Corps Base in Kaneohe Bay. During their morning workouts they would often see Obama and his wife Michelle pursuing their own fitness regimens.

One day, Obama and a few other players engaged in a game of H.O.R.S.E.—a variation of basketball in which all players take turns shooting at the basket from various points on the court. During this game, May was in charge of rebounding the shots and passing the ball back to Obama and the other players.

But it wasn't Obama's jumpshot that impressed May the most.

After the game, Obama took some time to talk with the other players, but paid special attention to May's eight-year-old son, Joe.

“The coolest part was seeing him talk to my son,” May said. “He was able to pick out the kid in a crowd of adults and talk to him. He was extremely genuine just like you see him on TV.”

And how does the president stack up compared to May's teammates on the a.m. team at the Embarcadero YMCA?

H.O.R.S.E.: Cont. on Page 4

- Feb 11** **Intro to Group Cycle**
5:30 p.m. – 6:15 p.m.
- Feb. 12** **Couples Massage Workshop**
with Toria Leos 6 p.m. – 7:30 p.m.
Studio 2
- Feb. 18** **Posture and Gait Analysis**
Dr. Mazgaloff and Dr. Medel
4 p.m. – 6 p.m. third floor
- Feb. 23** **Trigger Point Seminar with**
Dr. Mazgaloff and Dr. Medel
5:30 p.m – 6:30 p.m. in the
boardroom
- March 1** **Embarcadero YMCA Youth Swim**
Meet for children ages 13 years
and under. Contact Mohammed
Assad massad@ymcasf.org

Weekly Highlights

- Mon,Wed,Fri** **AA in the boardroom**
12:00 p.m. – 1:00 p.m.
- Tues** **Scrabble in the boardroom**
5:30 p.m. – 9:30 p.m.
- Wed** **Arthritis Foundation Class in the**
pool 3:30 p.m. – 4:30 p.m.
Renaissance Toastmasters
in the boardroom
6:15 p.m. – 7:30 p.m.
- Thurs** **Sierra Toastmasters in the**
boardroom 6:45 p.m. – 8:30 p.m.
- Sat** **Wheelchair Rugby in the gym**
1:00 p.m. – 3:00 p.m.

Member enjoys training, races and camaraderie with the Triclub

Tri-Club: Cont. from Page 1

Later in the bike ride, I took a tumble when I went to itch my nose. By the time I looked up, I realized I had a police escort—not just one police car but three cars complete with lights on and two motorcycle cops. I felt like the queen! At the end of the race, I thanked the fine taxpayers of San Jose and my new friends at the San Jose Police Department for my personal police escort.

Not one to let experiences like this slow me down, I continued to train while pregnant with my son: completing one marathon, one metric-century bike ride, and three triathlons, (including one where a lifeguard told me he could not condone my reckless behavior then yanked me from the swim).

My pregnancy racing days came to an end one week before the 2005 Nike Half Marathon when my son was born. I was determined to continue racing. Training after a baby is harder because I'm responsible for another person and can't take off and train whenever I want. Like many mothers, I've found my "free time" in the middle of the night. I've been known to train on two

hours of sleep. Imagine a toddler bouncing on your legs after a marathon. Even though I am exhausted and in pain after a race, I still have to be a mom.

Fast forward nine years since that first triathlon in San Jose, my son is now three and I am still doing triathlons. I may not be fast or even good, but I am out there doing it and having fun. The YMCA Triclub is a great way to get into triathlons and along the way, you might meet new friends. I certainly did.

What I love about the YMCA Triclub is that no matter what race I am doing, there is always someone else from our club who will also be doing the race. There are people of all different skills and everyone in the club is supportive. I have met some people who I will consider to be friends for life.

When Michelle Jew is not swimming, biking, or running, she is an attorney for Burnham Brown.

Spring Cleaning? Make wishes come true in our community programs

Downstairs at Youth Chance High School, a new semester has begun with many new students. Interim Principal Chris Chatmon has pulled together a wish list for school supplies. We're wondering if any members, or their employers, can help us fulfill this wish list. All items unless otherwise indicated, are for Youth Chance High School.

School Supplies

- * Markers—dry erase
- * Pencil sharpener—electric and hand held
- * Scissors
- * Art supplies for Canon Barcus after-school program.
- * Journals for each student (15)
- * Calculators for math class (15)
- * Pearson – Digital Learning—NovaNET License(s) = \$1,425.00 per license—online targeted learning program (Educational Software)

Miscellaneous

- * Weekly BART tickets for field-trip travel
- * Safeway/Whole Foods account for daily/weekly delivery (breakfast & lunch)
- * Student Incentive/Reward system prizes—tickets to events, gift cards, ipods
- * Monies to redecorate school (large frames for student photos, access to print shop for student photos, academic posters, etc.)

Equipment

- * Digital camera(s) for student-run newsletter
- * Digital voice recorders
- * Computer speakers
- * Adobe Creative Suite 4 software (PhotoShop, Illustrator, In Design) for students newsletter, brochure
- * School laptop to hook up to projector in classroom
- * Projector screen for two classrooms
- * Computer equipment for after school programs two years old or less
- * 36-inch flat screen television for lobby

Volunteer Opportunities

- * Arrange visits/tours at your place of employment
- * Serve on mock interview panel
- * Help design and run a new rooftop garden
- * Participate in March 2 Read Across America event with children in our after-school program at Bessie Carmichael Elementary.

Hey parents: plan a Valentines Day lunch date on the Waterfront!

Bring your kids down to the Y and take advantage of an extra hour of complimentary ChildWatch on Saturday, February 14. From 9a.m.–2p.m. we'll have skilled dedicated staff on hand for you to fit in a workout and a meal out! This month, on Valentines Day only, we're waiving the rule that parents need to be within the branch while we watch their kids. So go have a romantic waterfront lunch while your kids check out the fun we have on tap at ChildWatch. Can't make it on the 14th? Come down any Saturday for two hours of complimentary babysitting in ChildWatch in Studio 2 on the first floor.

If you want to book a table online at a local restaurant, check out [Open Table's](#) list of restaurants open on Valentines Day. Be sure they're open for lunch and close enough to the YMCA to fit your romantic meal into the two-hour ChildWatch time limit.

Contact Troy O'Leary, at 415-615-1309 or toleary@ymcasf.org.

The Green Corner

Greening up our acts. Tips and tools.

We've talked in this space about your green footprint and your water footprint but this month, we're going to talk about how to reduce both. If you go to <http://green.yahoo.com/pledge>, or check the Chronicle's 2009 Green Tips [here](#). You'll find great interactive site with suggestions on reducing your carbon and water footprint with very simple steps. It also links to an easy gift guide, a carbon footprint calculator and information on why we should care about global warming from a personal standpoint. Check it out and use it to be the change you want to see!