



FAMILY YMCA OF LANCASTER  
& FAIRFIELD COUNTY

2024



# FEBRUARY NEWSLETTER

This month we're celebrating a couple of our amazing members, our amazing staff, getting some fantastic cooking instruction from our resident Chef, and getting some monthly advice from Monthly Mary!

## MEMBER SPOTLIGHT!



Cindy Walter used to bring her two sons to the Y for Karate class on Saturday mornings. With both boys being home-schooled, the karate class was a credit towards their gym class for school. In 2017, Cindy made the decision to try the karate class with Sensei Carl and Tammi Skidmore. Since then, with dedication and perseverance, Cindy has completed 21 katas, and has earned nine karate belts. In December '23, Cindy (69 years young) completed her biggest accomplishment yet – the black belt!

Cynthia's three granddaughters (Mya, Rachel, and Madelyn) have also participated in the karate class with Cindy aka "Memaw". Cindy can be seen in the photos demonstrating a karate pose in her tie-dye karate t-shirt with the words "Sensei Memaw" on the back.

**Congratulations, Cindy on your big achievement!**

# GROUP EX UPDATES

## Women and Weights

Our next Women and Weights class will be on Tuesdays and Thursdays for 4 weeks beginning February 6<sup>th</sup> from 6pm-7pm. Class is limited to 4 participants. Registration is open online and at the Welcome Desk.

Price is 80.00 for members and 160.00 for non-members.

## Changes to group ex line-up:

No Friday morning HIIT for Spring 1. It will return for Spring 2.

Wake Up With Carrie is changing time in SP1

Class will run from 5:30am-6:15am T/TH

There will be no DanceFit in the SP1 session.

T/TH morning cycling at RVC will be returning to the line-up with some fun changes. The class is being renamed Sculpt and Spin. Participants will use light weights to work their arms/shoulders, standing abs, and cardio/legs on the bike.

## FREE FRIEND FRIDAY

We offer Free Friend Fridays! If you are 18+, feel free to bring a friend any Friday at no additional cost! If you are under 18, as long as you have an accompanying adult, you can bring a friend along as well! See you all on Fridays!

# MEMBER SPOTLIGHT

## ALBERT GARDNER



This month, we're proud to shine a spotlight on one of our cherished members, Albert Gardner. Albert's dedication to his health and community is truly inspiring. Every week, he eagerly looks forward to his workout sessions with his trainer, taking full advantage of our facilities to stay fit and active.

Beyond his commitment to fitness, Albert is deeply involved in his community. He works at Wendy's and generously volunteers his time at Lancaster Community Hospital, where he has built strong friendships and made a positive impact.

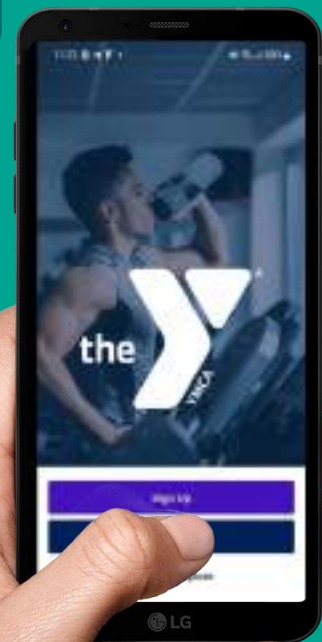
Albert's love for his family shines through in everything he does. He takes great pride in being "Uncle Bert," showing care and support to those he holds dear.

Albert, thank you for being a member of our YMCA family.  
You're an inspiration to us all!

# YMCA LANCASTER APP

## WITH OUR APP, YOU CAN:

- SCAN IN AT FRONT DESK
- REGISTER FOR PROGRAMS
- TRACK YOUR WORKOUTS
- JOIN CHALLENGES & WIN REWARDS!
- SHARE YOUR PROGRESS



# STAFF SPOTLIGHT



## Maddie McCafferty

This month, we're shining the spotlight on Maddie McCafferty, a lifeguard and swim instructor who embodies the spirit of dedication at our YMCA. Maddie's commitment to safety and her passion for teaching make her an invaluable part of our team. Whether she's keeping a watchful eye on our pool or guiding our members through swimming lessons, Maddie's hard work and positive attitude make her a standout employee.

Thank you, Maddie, for all that you do to make our YMCA a safe and welcoming place for everyone!

## REMINDER!

Please clean equipment when you are finished on the wellness floor. We want to be especially mindful now with cold and flu season upon us. Spray bottles and paper towels are available on the wellness floor at both Robert K. Fox and River Valley Campus locations.

Thank you for your cooperation!

# STAFF SPOTLIGHT!



## JAMIE POTTS

We're thrilled to shine the spotlight on Jamie Potts, our dedicated Wellness Attendant at the RVC. Jamie recently completed the Appalachian Trail Virtual Cycling Challenge in an impressive 197 days, exceeding the goal of 1,968 miles within 365 days. Jamie's determination and positive spirit are evident not only in his cycling achievements but also in his interactions with both his co-workers and YMCA members. With his friendly demeanor and willingness to go the extra mile, Jamie is truly a valued member of our team.

Congratulations, Jamie, on this outstanding accomplishment!



## DID YOU KNOW..

That we offer personal locker room options, such as two family changing rooms in the front lobby Rotunda?



# COOK WITH JUDY!

(Our very own Executive Chef!)

## Andouille, Chicken and Shrimp Gumbo



OK, so I was told I was too easy on you all with the pb&j cookie recipe, so this month I am going to challenge you with one of my favorites...please read the entire recipe before attempting this dish if you haven't made it before!

### INGREDIENTS

- 1 pound andouille sausage, sliced into coins
- 2/3 cup vegetable or canola oil · 1 cup all-purpose flour
- 2 large bell peppers, cored and diced
- 2 large celery stalks, diced
- 1 small white onion, peeled and diced
- 5 cloves garlic, minced
- 6 cups chicken stock
- 1 (14 ounce) can fire-roasted tomatoes
- 2 cups shredded cooked chicken
  
- 1 cup fresh or frozen chopped okra · 1 tablespoon Creole seasoning · 1 teaspoon dried thyme · 1/2 teaspoon cayenne · 3 bay leaves
  
- 1 pound peeled and deveined raw large shrimp (optional) · fine sea salt and freshly-cracked black pepper
  
- white or brown rice, for serving
- toppings: thinly-sliced green onions and/or chopped fresh parsley

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## Andouille, Chicken and Shrimp Gumbo

### A Little Mardi Gras History!

Mardi Gras is a fun filled day celebrated in France on Shrove Tuesday, the day before Ash Wednesday. The term "Mardi Gras" is French for "Fat Tuesday". It comes from the custom of eating rich foods before

### COOKING INSTRUCTIONS

**INSTRUCTIONS** 1. Brown the sausage. Heat a large heavy-bottomed stockpot over medium-high heat. Add the sliced sausage in a single layer and briefly cook for 1 to 2 minutes per side, until lightly browned. Transfer the sausage to a clean plate and set aside for later.

2. Make the roux. Add the oil to the stockpot and whisk in flour until combined. Continue to cook, stirring constantly, until the mixture reaches a dark brown color (similar to milk chocolate), about 20 to 30 minutes. Keep a very close eye on the roux as it cooks, adjusting the heat if it seems to be browning too slowly or too quickly, and whisk it constantly to be sure that it does not burn.

3. Sauté the veggies. Once the roux reaches the dark brown color, immediately stir in the bell peppers, celery, and onion until combined. Continue to cook, stirring every 10 to 15 seconds, until the vegetables have softened, about 6 to 8 minutes. Add in the garlic and cook for 1 more minute, stirring constantly.

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## Andouille, Chicken and Shrimp Gumbo



Continued..

### COOKING INSTRUCTIONS

4. Add in the broth. Gradually add in the chicken stock, stirring in a few cups at a time so that the broth can thicken. Then add in the tomatoes, cooked chicken, okra, Creole seasoning, thyme, cayenne, bay leaves, cooked sausage, and stir to combine.
5. Simmer. Continue cooking until the gumbo just barely reaches a low simmer, then reduce heat to medium-low and continue simmering the soup for 5-10 minutes. (Or if the broth is too thick for your liking, continue simmering a bit longer to reduce it down.)
6. Add the shrimp. Stir in the shrimp and cook for 2 to 3 minutes until they are opaque and cooked through.
7. Season. Remove and discard the bay leaves. Taste the gumbo and season with however much salt and pepper it may need, to taste. (Feel free to also add extra Creole seasoning and/or cayenne too.)
8. Serve. Serve warm with a big scoop of rice, sprinkled with your desired toppings.



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## Andouille, Chicken and Shrimp Gumbo



### LETS TALK ROUX!

Prep your other ingredients in advance: It's important you give the roux your undivided attention. So go ahead and have the next round of ingredients in the recipe prepped and ready to go before you begin making the roux. Use a good old wooden spoon/spatula: I really like to use a wooden spatula with a flat edge x, because the flat edge makes it easy to stir the edges of the pan well. But any large wooden or silicone spoon will also work, or you can also use a whisk.

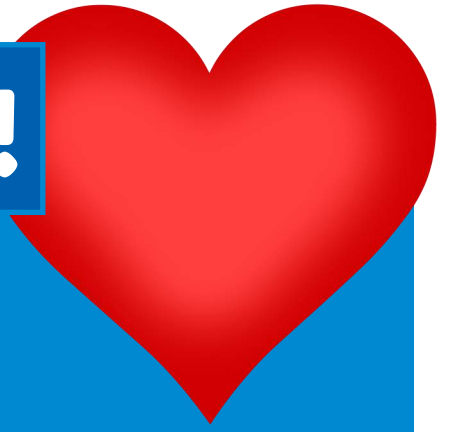
Go low and slow: The process of making a good roux unfortunately cannot be rushed. It's best to maintain a consistent medium heat and let the roux cook steadily and slowly until it reaches your desired color. And if you notice that the roux seems to be browning too quickly or starts to smell ever-so-subtly burnt, immediately turn down the heat a bit.

Stir constantly (really): It's easy to accidentally burn the roux if it is not being stirred constantly, especially in the later/darker stages. In the earlier stages, I will stir the roux every 15-30 seconds. But by the end, I'm slowly stirring the entire time so that it does not burn.

Aim for a milk chocolate color: Different cooks prefer different colors of roux for gumbo, but I recommend cooking yours until it darkens to somewhere between a copper penny and milk chocolate brown color for optimum flavor.

If it burns, start over: If you follow the tips above, the roux should not burn. But if it does and you notice that there are little black flecks floating around and the roux smells burnt, unfortunately there is no salvaging it. You'll need to start over.


# MONTHLY MARY!



## It's February!

Heart Health Month has begun. We offer cardio classes and our instructors are great! Lap Swim is really great for the whole body and heart. Get in Fox Pool and work out!

Anything helps breathing and the heart always. The whole staff want you to be healthy, happy and strong at heart! But don't forget your sweetheart, too. Could be your spouse, children or even a friend! Invite a friend to walk with you in the wellness center. That works the heart!

Happy Valentines Day and just continue to work out here at your local YMCA! —Mary 

## SEE YOU NEXT MONTH!

