

As we head into another new year, we look forward to a bright 2018 filled with even bigger and better things for the MAC. Last year was an outstanding year for us here at the MAC, and we hope to build on our previous achievements and continue our organizational growth. Last year saw many achievements, but perhaps our most significant expansion was in our membership base, specifically from April – December. As we head into 2018, we have over 150 children participating in youth basketball and over 100 active participants in our REC League After-school program at Brandenburg and Flaherty. All of our upcoming programs and events are listed on our website, and we hope all of our members are engaged and involved at a capacity that allows your maximum enjoyment of all that the MAC has to offer.

Aaron Greenwell  
Executive Director

### **Jingle Bell Trot**

The 15<sup>th</sup> Annual Jingle Bell Trot was held on a VERY chilly evening Thursday, December 7<sup>th</sup>. We were fortunate to be able to launch the race with dry weather and over 125 adults and children participating in the Jingle Bell Trot. Santa Claus made an appearance at the Trot, and the MCHS “Soundwaves” helped get everyone in the Christmas Spirit by providing holiday music for all in attendance. The Meade Activity Center would like to thank all of our event sponsors including KORT Orthopedic Rehab who took the role of lead sponsor again in 2017.

### **NEW YEAR'S SPECIAL**

On January 2<sup>nd</sup>, we will be hosting our MAC New Year's Membership Special. We will be running a special for any NEW members or for any current members who upgrade their membership. NEW Members will enjoy a free month as well as waived join fees. *Current members who upgrade their membership will be able to choose from a variety of MAC comp packages including guest pool passes, golf cart passes, or fitness guest passes.*

If you have not yet changed over to MAC Auto Pay we encourage you to do so and we will be happy to set it up for you at no additional cost. We also offer two convenient draft dates to assure that you have flexibility in your payment date to meet your needs. Feel free to reach out to one of our office staff members if you would like to go to an Auto Pay method.

### **Board Elections**

One Nomination was received for our new Founders Club board representative. At the December Board Meeting we voted unanimously to approve John DeVries to the MAC board. He will officially take his seat as an active board member at the first meeting in 2018. We say goodbye to Eric Vanover, who finished out his 2 year Founders Club Term with us this December. Thank you to Eric for your time and guidance on the board.

The MAC also had two additional Board Members who have put in years of service who officially will resign as of December 31<sup>st</sup>. Meg King and Jason Sutton have been a part of the MAC since it was just a pipe dream. They literally have been board members since inception in 2009. They have donated to this organization in every sense of the word and proved to be a vital piece of the puzzle to make the MAC what it is today. Without their hard work and leadership we would not be where we are in our organizational growth. I would like to thank them from the bottom of my heart and look forward to their continued advocacy for years to come. Thank you!

The vacancies that they leave will be filled by the following individuals:

- **Amy Berry** – Amy serves as the Coordinator for Student Services at the Meade County Board of Education. She is an active member at the MAC and her family participates in a variety of MAC programming.
- **Travis Rhoads** – Travis is a Sales Representative for Shaw Flooring. He is an active member at the MAC, and played a large role in getting both flooring material and labor donated in the MAC Fitness Center.

We look forward to welcoming our New Board Member into their roles at our February, 2018 meeting.

### **Nutrition Corner**

Welcome to 2018 everyone!

Though you have probably already made some goals and resolutions for the New Year, tweaking those goals help adapt to our current situation and continuously progress forward. One strategy to help achieve our goals is to make S.M.A.R.T. goals.

- Specific to time and place - what, where, and when.
- Measurable, once goal is achieved plan to move forward once we have how much/often.
- Attainable, Stretch slightly beyond what you are comfortable with so it is a challenge, but can still be achieved.
- Realistic- We want to be sure we can actually do it. This helps set small steps toward big success. If overall better eating is the theme, slowly changing one thing at a time, and you will be more successful than all at once. Exercise/fitness-improve time, weights, or amounts slowly with milestones set to break up the overall goal.
- Time-bound, Set the time-frame in which the goal should be achieved to stay on track.

### **Poorly set goals:**

- Eat more vegetables/eat better
- Exercise more

### **SMART Goals**

- Increase vegetable intake by 1 additional serving of vegetables twice daily by February 15th.
- What—vegetable intake; When—twice daily; How much—1 additional serving per meal; time bound—February 15<sup>th</sup>. This goal seems realistic because we are changing one thing variable until we get in a rhythm, and is attainable because we have given ourselves ample time and specific measures to improve upon. Once achieved, maintain and set another small goal to move toward better health.
- Exercise at the MAC for 45 minutes, 3 days per week, 4 weeks in a row by April 1st.
- As above, we know what where and when we will do it, but we have left time for flexibility by not setting specific days of the week so we can adjust to our ever-evolving schedules. If setting specific days of the week will keep you more accountable, then absolutely do so! What works for one person will not necessarily for another.

*Happy New Year!*  
*Ethan Mattingly, MS, RD*

### **River Trace Golf**

Old Man Winter has finally settled in on us. The fairways have gone into dormancy, and we ask for everyone's help in assuring that we keep the course in good shape during the off-season.

- Winter Tees are now being utilized.
- We are observing MATS ONLY on the Driving Range.
- PLEASE DRIVE CARTS ON PATH OR IN THE ROUGH AS MUCH AS POSSIBLE, AND DO NOT CROSS OVER FAIRWAYS IN WET AREAS.

## **Thank You for your support of the MAC!**

### ***Meade Activity Center's Board of Directors***

*John Beavin, Chairman*

*John DeVries, At-Large*

*Travis Rhoads*

*Amy Berry*

*Jason Dupin, Fundraising*

*Scott Wilson, Technology*

*Randall Bradley, Finance*

*John Hamilton, At-Large*

*Kim DeVries, Philanthropic Adv.*

*Andy Miller, Fundraising*

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