



## WINTER 2011/2012

### Dear Friend of the YMCA:

During the busy yet joyous holiday season, people all over the world are filled with the spirit of giving, the importance of family and friends, and a sense of healing, renewal and new opportunities. That very spirit lives on year-round at the Y. In times of bliss and anxiety, the Y is the perfect recipe for healthy kids, families and communities. The Y's mission takes on even greater significance and value during times of uncertainty. Therefore, we work harder every year to offer a safe and nurturing place for everyone in our community. We strive to be just what our community needs: a welcoming environment, a strong support system, and opportunities to relieve stress and improve health and well-being.

While most appreciate the positive growth the Y's programs and services bring about, our impact is often underestimated. For 160 years, we've been listening and responding to our community's most critical social needs. Whether developing skills and emotional well-being, welcoming and connecting diverse populations, preventing chronic disease or building healthier communities, the Y fosters the care and respect all people need and deserve. Our resolute efforts in childhood obesity, diabetes, senior wellness, men's health and summer learning loss are a testament to our commitment to the health of our community and its residents. Join the movement and be part of the change you wish to see in our region!

Have a blessed and joyous New Year!

Angie L. Reese-Hawkins  
President and CEO  
YMCA of Metropolitan Washington

## FOR YOUTH DEVELOPMENT

In 1906, we created a **summer camp** program in metropolitan Washington when it became clear that local children needed a positive developmental experience where they could make new friends, build confidence and grow in self-reliance. In its 105th year, Y camps have transformed into an oasis to learn, grow and thrive. Despite the strains of our economy, we welcomed 21,180 campers into our day and resident camp program this past summer, over 3,000 more than we had last year! We also gave over \$615,000 in scholarships so that every parent who came to the Y for help could give their child an experience filled with discovery and fun.

To close our enriching camp season, over 4,000 local Y campers and youth took over the Show Place Arena on July 28th to exercise their imagination and learn about science, technology, and the environment. At our **17th Annual Thingamajig Invention Convention**, kids became eco-friendly innovators, using recycled materials to create inspirational inventions, such as recyclable robots, fashion ensembles, fitness gear and flying machines. The arena was teeming with friendly competition, organic gardening, aeronautics and engineering workshops, dancing, obstacle courses and healthy food samples. Thank you to our corporate partners and the 440 volunteers who took part in validating our youth and upholding their creative and entrepreneurial spirits.

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**Angie L. Reese-Hawkins**



## FOR HEALTHY LIVING

This fall, the YMCA of Metropolitan Washington was invited to two nationwide events that affirmed our commitment to family and healthy play. On September 24th, more than 50,000 families and kids came out to the star-studded **Nickelodeon's Worldwide Day of Play** on the Washington Ellipse. As a community partner, the Y was there in full force with our PHD (Physical, Healthy & Driven) activities. We also co-hosted the **2011 Woof Walk Fun Run** with Mars Petcare at the National Mall on October 22nd, an event that promoted dog walking as a way to exercise and spend quality time with friends and family. After the walk, over 500 community members and their furry friends explored the family and pet fitness festival, which featured dog yoga, obstacle courses, and arts and crafts.

We kicked off the holiday season this Thanksgiving at YMCA Bethesda-Chevy Chase and Camp Letts with over 9,800 neighbors at our **Annual Turkey Chase**. This unique tradition personifies the holiday spirit of family, fellowship and charity every year. Lt. Col. Eduardo Monarez of the United States Air Force started running the Turkey Chase with his wife four years ago, and it has since become a highly-anticipated event for his wife and kids. He is currently deployed in Kabul, Afghanistan, but did not let that impede on his family's irreplaceable tradition. He organized a team of more than 100 military personnel to do a satellite run of the Turkey Chase 10K. "While I can't be home this year, at least now I can still participate in the Turkey Chase here while Susan, Bella and AJ participate back home," expressed Lt. Col. Monarez.

## FOR SOCIAL RESPONSIBILITY

On October 5th, PNC Financial Services announced their plan to extend the **PNC Grow Up Great** initiative by investing \$250 million nationwide over the next 10 years in early childhood education. They also revealed that they are contributing \$200,000 to the YMCA of Metropolitan Washington so we can incorporate financial literacy into our preschool math curriculum. Leaders in childhood education came out to celebrate PNC's commitment, including Mayor Vincent Gray, Mel Ming, the President & CEO of Sesame Workshop, and Sesame Street stars Elmo and the Cookie Monster. Thank you, PNC, for being a zealous champion for the education of our nation's youth!

This New Year brings with it so much reason to celebrate! The year 2012 marks the **160th Anniversary of the YMCA of Metropolitan Washington**. For 160 years, the Y has been a catalyst for positive personal and social change in our community. By promoting deeper bonds with loved ones and neighbors, a healthy balance among our 'to-dos', and a supportive and nurturing environment, we have helped countless generations find a fulfilled life. Join us as we celebrate 160 years of providing hope, health and happiness to the metropolitan Washington region. Visit [www.ymcadc.org](http://www.ymcadc.org) for special anniversary events, including our official Charter Day, June 9, 2012.

Another exciting development in 2012 will transform the way we communicate with our local community and extended Y family. This January, we **launched a new website** that reflects the growing need to connect our programs and services to the Y's overall mission and impact. It is designed under the architecture of the new brand and will allow us to adapt to today's social and cultural trends, such as the reliance on fast information, social media and search engines. Check out our new communication tool and let us know what you think! Contact Jackie Dilworth, Director of Communications, at [jackie.dilworth@ymcadc.org](mailto:jackie.dilworth@ymcadc.org) or 202-797-4497 with your comments and suggestions.

**CAN'T MISS  
EVENTS  
THIS YEAR**

**APRIL 28** Healthy Kids Day  
**JUNE 9** Charter Day (160 years since we were founded!)  
**OCTOBER** Opening of YMCA Anthony Bowen



## MISSION OF THE YMCA OF METROPOLITAN WASHINGTON

To foster the spiritual, mental, and physical development of individuals, families, and communities according to the ideals of inclusiveness, equality, and mutual respect for all.