



## SPRING 2012

### Friends of the Y:

The Greater Washington 2050 Coalition, which brings together leaders from every sector, recently conducted a survey to lay the foundation in ensuring our region is, and continues to be, a great place to learn, grow and thrive. The results were published in **Priorities for a Growing Region**, a report that offered an in-depth look at residents' priorities, challenges and aspirations for metropolitan Washington. As the Y celebrates 160 years of service to the region, we found that a powerful, underlying implication of the report is how the Y's mission and programs intersect with several priorities referenced. The Y is a unique, multi-faceted organization, and has been an integral part of the region's strengths. One finding indicated that nearly two-fifths of residents support regional solutions to problems. With over 20 locations in eight jurisdictions serving two states and D.C., our solutions for personal and social ills are crossing boundaries and communities every day. Not only are we connecting over 3,600 volunteers and 68,000 members to each other, we're also connecting them to the region and our mission. There's still much to be done, and we will continue to use this report as we **look back and move forward** as a catalyst for meeting community needs.

In Health and Happiness,

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

## LET THE CELEBRATIONS BEGIN!

**For 160 years**, the YMCA of Metropolitan Washington has been a cornerstone of the community. While entertainment, technology, fashion and national interest trends shift by the minute, the Y's *raison d'être* have been the same since 1852: to foster physical, mental and spiritual growth.

Join us in celebrating our members, volunteers, staff, community and YOU all year long! Here's how:

- Learn about the history of YMCA DC
- Try our "160 Challenges" and put your physical, mental and spiritual strength to the test
- Send us a photo, video or affirmation of you at a Y program or taking on a 160 Challenge
- Donate to our 160th campaign and receive a commemorative gift as a token of our appreciation
- Share your Y story so we spread awareness of the impact of our programs and services
- Learn more about YMCA Anthony Bowen, the world's first African American Y

This anniversary is dedicated to helping **you** have a healthier, stronger and more compassionate life. Why? Because you make miracles possible at the Y. Learn more about the celebration at [www.ymcadc160.org](http://www.ymcadc160.org).

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**Angie L. Reese-Hawkins**



## WE'RE IN THIS TOGETHER

In this time of economic uncertainty, all too many are struggling with the idea of how to pay for college, even forgoing the opportunity because it's just too expensive. The Y was proud to welcome 27 families for two **College Goal DC** events in Washington, DC. In connecting these students with 32 volunteer financial aid experts, we enabled them to overcome their inhibitions with free advice and assistance in filling out the Free Application for Federal Student Aid (FAFSA) forms. Here's to a bright future!

On February 17, 2012, YMCA Loudoun County welcomed more than 800 guests for the 25th anniversary of **Chocolates Galore & More**. The event featured six well-known judges, food and dessert from 22 of the area's finest restaurants and chefs, 150-plus auction items donated by local businesses, smooth music by the Katz Band, all-night dancing, free-flowing champagne, and plenty of chocolate! This was YMCA Loudoun County's most attended gala yet, raising \$47,000 to make the Y's programs accessible to those who couldn't otherwise afford it. Now that's what I call working together for a good cause!

## IT'S NEVER TOO EARLY TO LEARN

On March 3rd, YMCA National Capital welcomed over 500 children and parents for the most popular **Kids in the Kitchen** event yet. What better way to promote nutritional literacy in children ages 5–13 than with the help of Next Food Network Star Mary Beth Albright, high-energy exercises, games, crafts, nutritionists and hands-on learning? There was an activity to pique any child's interest and teach them the importance of healthy habits. Thank you, Junior League of Washington, for your partnership!

In its 10th year, the **YMCA DC Youth & Government** program empowers high school students to become ethical leaders and responsible citizens. On February 24th, 100 students experienced a special East Wing tour of the White House by invite of the First Lady's office. The program year was closed out March 16–17 with Legislative Weekend, a two-day working simulation of the DC government. Over 95 bills, the highest in the program's history, were debated by 216 students from across the region. The bills focused on issues such as improving school lunches and reducing the cost of metro fares for students.

## EMPOWERING ACTION THROUGH AWARENESS

One in four girls and one in six boys are sexually abused before their 18th birthday. In 90% of these crimes, the abuser is someone the child knows, loves or trusts. The Y has partnered with Darkness to Light to offer **Stewards of Children child sexual abuse prevention** trainings for adults in the communities we serve. **Stewards of Children** is proven effective in educating adults to prevent, recognize and react responsibly to child sexual abuse. We are honored to amplify efforts that will protect the confidence, security and sense of worth in local children. Stay tuned for more information.

## BUILDING A LASTING LEGACY

In October 2012, **YMCA Anthony Bowen**, the first African-American YMCA, will be reintroduced as a unique fusion of the past, present and future. The new Y will offer ample space and resources for community interaction, education, healthy living, and life-changing programs. Its rich past and famed visitors will manifest throughout, as well as the legacy of Anthony Bowen. If you're interested in our sponsorship opportunities, please contact Tycely Williams at [Tycely.Williams@ymcadc.org](mailto:Tycely.Williams@ymcadc.org) or 202-745-5261!

## YMCA FIRSTS

- YMCA DC is home to the world's first African American Y, YMCA Anthony Bowen (1853)
- America's longest-running summer camp program is at the Y (1885)
- Basketball was invented at the Y, followed by volleyball shortly after (1891 & 1896)
- Group swimming lessons were instituted at the Y (1909)
- Father's Day was created at the Y to recognize the significance of male role models (1910)
- The American Tennis Association was formally organized at the Y (1916)
- The YMCA, along with five national organizations, founded the USO to help servicemen (1940)
- Dance exercise classes started at the Y (1970)

## 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.

